

## Taking a Ride on the Dark Side

*Haunted Car Crawl Continues the Tradition*

BY GRACE ALLEN

Norfolk families have enjoyed chills and thrills at the Haunted Train Ride every October for close to twenty years. In 2020, because of the pandemic, the popular event was reimagined as the Haunted Car Crawl. This month, the car



The Haunted Car Crawl is back for a second year in a row.

crawl returns again to the Freeman-Kennedy School complex. The socially-distanced spook-tacular is scheduled for Saturday, October 23 from 5 to 8:30 p.m., rain or shine.

Vehicles will drive through eerie scenarios set up throughout the school grounds, where costumed volunteers will provide some family-friendly scares. The event is geared towards kids in kindergarten through middle school. As the evening gets darker, the crawl gets scarier.

A joint venture between two town organizations, the Norfolk Lions and the Norfolk Community League (NCL), the Haunted Car Crawl (and its precursor) involves the efforts of many volunteers to set up, create and haunt the venues, and cleanup after the night.

The pandemic almost interrupted the beloved fall event.

“We weren’t sure if the Haunted Train Ride was going to happen,” recounted Kendra Bixby, one of the committee members from the NCL, describing a meeting in 2020. “We sat outside in lawn chairs at the town’s gazebo, six feet apart wearing masks, trying to figure it

**CAR CRAWL**  
*continued on page 2*

## Deputy Police Chief to run Boston Marathon for Charity

BY GRACE ALLEN

On October 11, George Labonte will participate in the 125th running of the Boston Marathon. That isn’t the only challenge facing Labonte, who is Wrentham’s Deputy Police Chief. He is also battling medullary thyroid carcinoma, a rare and incurable cancer.

Labonte is being treated at Massachusetts General Hospital and is running to raise money for the hospital’s pediatric cancer program.

“It breaks my heart to think of kids going through cancer treatment,” said the 41-year-old father of four. “I’ve had surgery, radiation, and chemotherapy and I can’t even imagine a child feeling as bad as I’ve felt.”

Labonte was diagnosed five years ago. In March of 2019, his health took a turn for the worse and he was placed on the then-experimental drug Retevmo



Labonte and his wife Katie at the finish line last year after he completed the 2020 virtual Boston Marathon.

(selpercatinib, formerly known as LOXO-292), and immediately started feeling better. He’s had no adverse side effects from the drug.

The Wrentham native has always tried to stay active, but admits he was never really a dedi-

**MARATHON**  
*continued on page 6*



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**CAR CRAWL**

*continued from page 1*

out. We wanted it to happen but we wanted everyone to feel safe and be safe. That was our main focus.”

The idea of a car crawl—with families ensconced in their own vehicles—coalesced as NCL and Lions committee members brainstormed different options. It would be a way to continue the Haunted Train Ride tradition but with a new twist.

Jennifer Cote, another committee member from the NCL, said the can-do attitude of the two citizen-led volunteer groups helped overcome the obstacles thrown in their way by the COVID-19 pandemic.

“The Lions are just amazing,” she said. “They put so much heart into everything they do for the community. We all

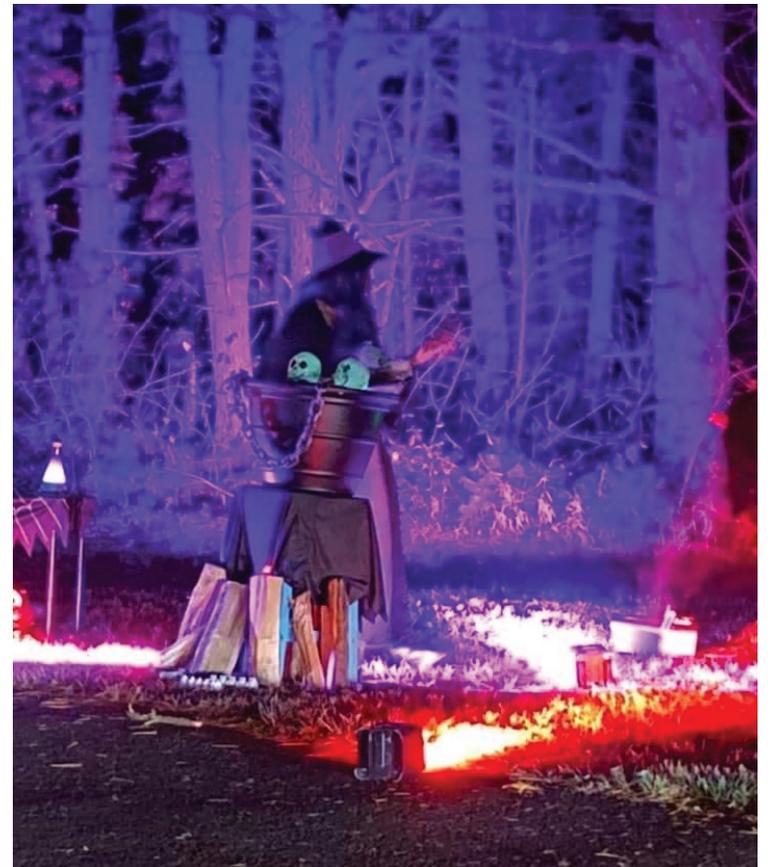


kind of came together and decided we were going to make this happen in some way.”

The Haunted Car Crawl was so successful last year—tickets

sold out in minutes—that the committee is hopeful the reimagined event will provide another night of scary good memories for area families in the midst of still-trying times.

Up until last year, the Haunted Train Ride had been held in the woods next to the Holmes Bus Company on Myrtle Street



in Norfolk. Participants rode antique, miniature trains on a half-mile loop through haunted woods. The rare trains belong to Dick Holmes and were originally amusement park rides.

This year will mark the twenty-first anniversary of the event. Proceeds from ticket sales are distributed right back into the community. Since its inception, the Haunted Train Ride (and now the Haunted Car Crawl) has raised close to \$150,000.

Bixby said the committee members are hopeful the Haunted Train Ride will return one day. The beloved yearly event is too important to area families and the volunteers to become another victim of the pandemic.

She added, “When this pandemic does fade away, we want to be able to say we did keep the Haunted Train Ride alive in our own way, that we did everything we could to keep the tradition in place.”

At press time, Haunted Car Crawl tickets were still available. Price is \$30 per vehicle and can be purchased through the Norfolk Lions at [www.norfolkmlions.org](http://www.norfolkmlions.org). “Boo Bag” treat bags and t-shirts are also available for purchase.

Participants are invited to come in costume. There will also be a coat drive at the beginning of the crawl. Just hand any coat donations out the window to a volunteer.

If you’d like to contribute a carved pumpkin for the pumpkin patch, visit the group’s Facebook page (Haunted Train Ride Norfolk) and look for the Pumpkin-Palooza SignUpGenius link.



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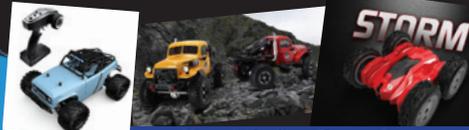
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# Open Enrollment: Benefits to Opt-In for your HSA

For many, fall brings Open Enrollment to work benefits. The once-a-year opportunity to make changes without needing a life event.

Beyond insurance and retirement benefits, these elections help maximize your tax planning for 2022. Yet, people spend more time scrolling Instagram than reviewing offered electives.

### What are HSAs?

Health Savings Accounts or HSAs are tax-exempt savings plans paired with a high-deductible health plan (HDHP) meeting certain criteria (i.e. \$2,800 family deductible).

HSA is not "Use It or Lose It" like FSA annual benefits and upon leaving a company or retirement, you maintain your HSA.

### How do you participate?

Only during an Open Enrollment can you Opt-In to an HSA by choosing a \$ amount to contribute. You can change \$ amount throughout the year, but not the ability to Opt-In.

### Key HSA facts:

- In 2022, an individual can contribute \$3650 and a family up to \$7,300.

- If over 55, contribute an additional \$1,000.
- All contributions are tax-free - federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.
- Excess HSA funds can be invested for tax-free growth to compound for years.

Thus, unlike any other tax-advantaged savings plan, HSA can offer "triple tax benefits": tax-free contributions, tax-free earnings, and tax-free distributions.

### Free money. Really.

Shockingly, over 50% of eligible Americans decline to participate in an HSA. Unbelievable considering most employers put \$500-\$1,500 each year into an HSA. In theory, \$1 per pay period could return \$500-\$1500 per year from your employer - take it!

Furthermore, "health rewards" programs can earn deposits into HSA by doing preventative care activities. For example, seen \$400 deposited into an HSA when each spouse had an annual physical.



Glenn Brown

### Get the tax savings.

Consider a family in 24% tax bracket averaging \$4,000 in out-of-pocket medical expenses. HSA tax-free contributions would provide them tax savings of \$1,466 (\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). Earners in 32% bracket can max out 2022 contributions and gain tax savings of \$3,259.

### Leverage tax-free growth for retirement.

Gaining momentum is a financial planning strategy of avoiding withdrawals from HSAs and pay medical expenses from free cash flow. The allows for investment (funds, ETFs, equities) of HSA contributions to grow

tax-free for years before using in retirement for eligible expenses like Medicare premiums, vision, dental, hearing aids, nursing services, long-term care premiums, and medical expenses.

Alert for the Retire Early crowd, while HSAs cannot be used to pay private health insurance premiums, they can pay for health care coverage purchased through an employer-sponsored plan under COBRA, which may be a desired option leaving a company and maintaining until reaching Medicare eligibility.

Learn more by connecting with your benefits coordinator or Certified Financial Planner.

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

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

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# Promoting Rehabilitation through Yoga and Mindfulness

By GRACE ALLEN

What if yoga could transform a life behind bars? That's the goal of the Prison Yoga Project, an international non-profit dedicated to providing free yoga classes for the incarcerated.

Angela Cote started teaching yoga at MCI-Norfolk in 2019 under the umbrella of the Prison Yoga Project. She thinks the benefits of yoga have provided purpose and positive change for her students.

"I believe yoga can reduce the men's aggression and impulsivity, reactivity, and despair," said Cote, the creator of Sacred Tree Yoga & Wellness. "And it can improve their relationships, whether those relationships are with the other incarcerated, with the staff, or with their own family and friends."

Yoga, with its combination of physical exercise and mindfulness

practices, can help manage stress and promote better self-care. At MCI-Norfolk, Cote teaches "trauma-informed" yoga, a type of practice that impacts the entire mind-body system.

Trauma-informed yoga and evidence-based practices are widely considered to be the most effective body-based therapies available because they help calm down the nervous system and self-regulate while feeling and tolerating a range of emotions and sensations. The criminogenic risk is reduced significantly when prisoners receive, implement, and practice tools through a body-based therapy that encourages responding to life as opposed to reacting to their environment.

The weekly classes have proven very popular with the prisoners, and class time increased from one hour to three, while students per class increased from eight to over twenty, noted Cote.



Photo courtesy of Robert Sturman Photography.

"The men that I teach are so grateful for the practice and they honor it," she said. "I know it's something that helps keep them in balance physically, mentally, emotionally, and spiritually."

The pandemic has put a temporary halt on volunteer visits to

the prison, but Cote has continued her involvement by providing books, instructional DVDs, and guided meditations not only for the men at MCI-Norfolk but also to the incarcerated in the thirteen other prisons across Massachusetts. This was accomplished through the support of the local community.

Cote also hopes to implement a 200-hour yoga teacher certification program at MCI-Norfolk so inmates can become yoga teachers themselves. Certification could provide job opportunities for men released from prison, and those incarcerated for life would be able to teach other inmates. She has proposed the idea to the Massachusetts Department of Correction, and if it comes to fruition the program would be the first one in the state.

On August 11, Cote was honored by the New England Patriots Foundation as a 2021 Myra Kraft Community MVP Award winner for her volunteer work

at MCI-Norfolk. She received a grant of \$10,000 to be used for the Prison Yoga Project.

The Prison Yoga Project was started in 2002 by James Fox at California's San Quentin State Prison. The organization's mission is to reform the criminal justice system from the inside out by promoting behavioral rehabilitation through increased self-awareness. More than 90% of incarcerated people will be released, according to the organization, and yoga, a centuries-old personal development practice, can provide the tools for change that can ultimately help create safer communities.

Anyone interested in receiving training to teach yoga to the prison population is invited to contact Cote at [sacredtree22@gmail.com](mailto:sacredtree22@gmail.com) for more information.

To make a donation to help provide more yoga and mindfulness programs to MCI-Norfolk, visit [www.sacredtreeyoga.net/prison-yoga](http://www.sacredtreeyoga.net/prison-yoga).

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

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But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled

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

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

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

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

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an any-



mous call center. Your phone call goes right to Jay.

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

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

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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order

a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.take-awayjunk.com](http://www.take-awayjunk.com).

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## MARATHON

continued from page 1

cated runner. He played baseball and soccer at King Philip High School and ran sporadically while attending Salem State University and then Roger Williams University for graduate school. But in August of 2019, he found himself waking up at 4 a.m., worrying, and had trouble falling back asleep.

"I said to myself, I have to do something. I'm just going to get out there and start running," recounted Labonte. "And it stuck this time. So I decided if I could run a half-marathon on my own by October, I'd sign up for the marathon."

While Labonte kept his promise and signed up for the April 2020 marathon, the race was postponed to September that year because of the pandemic and then went virtual as the virus spread. Labonte ran the virtual race but set his sights on this year's marathon too.

"My goal is to break four hours this time, get into the threes. I don't think I'm going to win it,"



Labonte with his children at last year's virtual race.

he laughed.

Labonte says running has become a way to clear his head as well as a way to maintain his health. "It's kind of like my green light. I'm away from work, away from the kids. I can just let my mind wander and think."

Along with his wife, Labonte has become a vegetarian, and hopes to instill healthy habits in his children, who are excited to see their father race.

"They're proud of me," he said. "I try to be a good role model. They play sports and I want them to keep focused on eating well and staying fit as best they can."



This year's marathon, although smaller than usual, will likely provide runners with plenty of motivation to power through to the end. There will be spectators cheering and fellow runners providing support. And while the experience will surely be more positive than last year's virtual race, Labonte has already set the bar pretty high for what he can accomplish. Whether his path is lined with fans or not, he has proven that determination, tenacity and first-rate care can help you get through almost anything.

To contribute to Labonte's fundraising efforts for Mass General, visit [www.givengain.com](http://www.givengain.com) and search for George Labonte.

# Norfolk and Wrentham Residents Running in the 2021 Boston Marathon

*Legendary Race to be Held Monday, October 11*

BY GRACE ALLEN

In just under two weeks, thirteen local residents will join thousands of others and set off from Hopkinton to run the 26.2 miles to Boston in the 125th Boston Marathon. Runners get a bib by entering with a qualifying time or by running for a charity.

Last year's Boston Marathon was a completely virtual event held in the fall because of the pandemic. This year's race was postponed from its traditional date, Patriot's Day in April, in the hope that the pandemic would abate.

Several health and safety precautions have been implemented by the Boston Athletic Association in an effort to prevent the spread of COVID-19. Entrants must provide proof of vaccination or produce a negative COVID-19 test administered by a B.A.A. testing provider.

Other virus mitigation efforts include a reduced field size of 20,000 entrants and enforced mask usage on race-day

busses and other indoor public settings per Boston's indoor mask mandate.

In addition to the in-person marathon, this year there will also be a virtual Boston Marathon to celebrate the 125th anniversary of the iconic race. Participants will need to complete 26.2 miles in one, continuous attempt. At press time, close to 28,000 people had registered to run (or walk) the virtual race. Finishers receive a special medal.

The following residents will be running the 26.2 miles from Hopkinton to Boston on October 11:

**Norfolk entrants:** Christopher Allen, 27; Allary Braitsch, 40; Michael Dunlop, 51; Jonathan Gavin, 37; and Daniel Kasmarek, 39.

**Wrentham entrants:** Gianna Bender, 24; Melissa Booth, 49; Mark Conley, 56; Daniel Gundler, 49; George Labonte, 41; Michael Rossi, 35; Timothy Sheehan, 28; and Marc Waxman, 49.

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# Oktoberfest Fundraiser for WEST

The Wrentham Elementary School Trust (WEST) will be holding an Oktoberfest fundraiser on Saturday, October 2 at the American Legion, 592 South St., Wrentham. The event starts at 6:30 p.m. and will include authentic food and drink, live music, auction items, and more. Dirndl dresses and lederhosen are encouraged.

Tickets are \$50 and can be purchased at [www.wrentham-west.org](http://www.wrentham-west.org). Attendees must be 21 or over.

All proceeds will go towards enrichments grants for the Wrentham Elementary Schools.



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# St. John's Pumpkin Patch Opens this Month

Pick the perfect pumpkin during the month of October at St. John's Episcopal Church Pumpkin Patch.

The church will have a large assortment of pumpkins and gourds from October 2 through October 31 on the front lawn at 237 Pleasant Street, Franklin. Visitors can shop Monday through Friday from 4 to 6 p.m., as well as Saturdays and Sundays from noon to 6 p.m.

Adding to the fun, children can enjoy games and activities on the front lawn.

The pumpkins and gourds are grown on a Navajo reservation in New

Mexico and provide jobs for its people. The growers use sustainable farming practices, so they're gentle on the earth.

So grab a gourd. Select a squash. Pick your perfect pumpkin and remember: it's cool to shop local!

Contact St. John's Episcopal Church at 508-528-2387 with any questions.



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# Scout Project Focuses on Improving Wrentham's Trails

Recently, the Trout Pond and Knuckup Hill hiking areas in the center of Wrentham got an upgrade when Braden Kennedy, a Troop 131 Scout, targeted them for his Eagle Scout project.

Kennedy improved many aspects of the area, including making the trails more engaging for residents with the addition of colored trail markers, clearing hiking paths, cleaning up the fishing and picnic areas at Trout Pond, designing and installing a set of maps, and appealing to younger hikers with the installation of a new trail game.

For those not familiar with these trails, Trout Pond and Knuckup Hill (sometimes referred to as Sweatt Hill) can be accessed from the Sweatt fields, the Senior Center parking lot, or the Wrentham Building Inspector's office.

As part of the project, Kennedy mapped out all the trails using GPS and then worked with Printmaster to design a detailed map of the area. Maps were



printed on metal signs and Kennedy installed map stands at the three main access points.

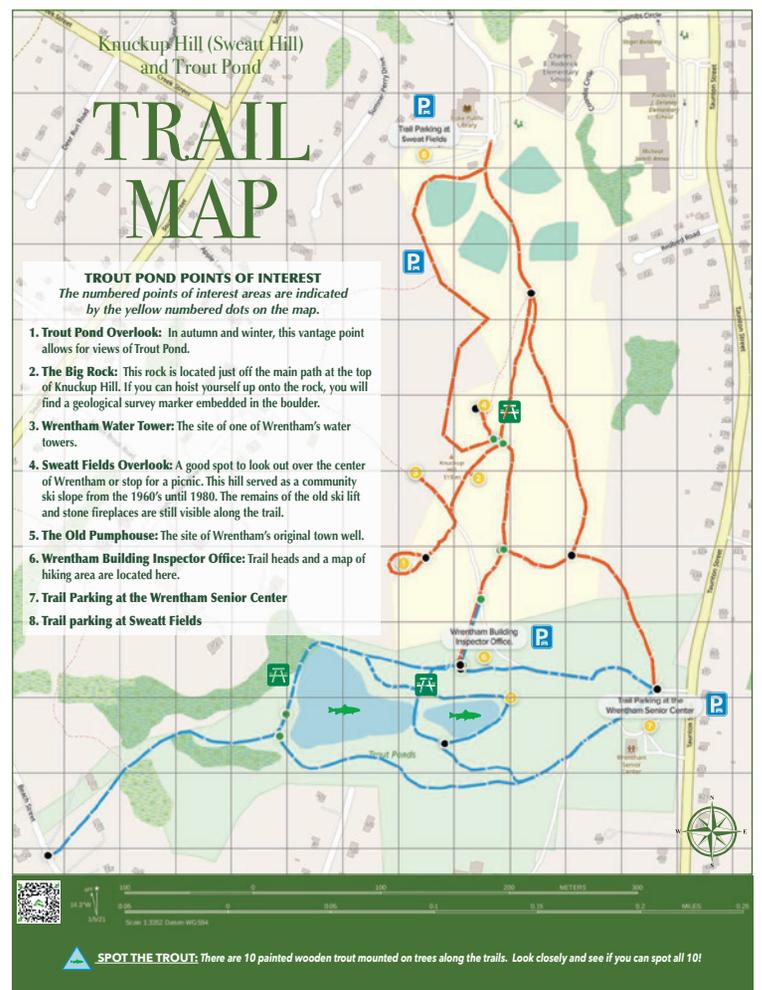
Hikers are encouraged to take a photo of the map at the start of their hike or use the QR code on the map to use the free All Trails application on their smartphone. The maps highlight the Knuckup Hill trails which are marked with orange tree markers and the Trout Pond trails marked in blue. In addition, several notable areas of the hiking area are high-



lighted on the map, including the old Wrentham Pumphouse, the Trout Pond Overlook, and the "Big Rock." Ten uniquely painted wooden trout have also been attached to the trees along the trails so young hikers can play "Spot the Trout" as they hike.

Kennedy completed this project during the height of COVID-19 and relied on the support of fellow Troop 131 Scouts, Scoutmasters Ed Crisci, Rich Johnson and Steve McNeil, as well as friends and family to complete the project.

Kennedy worked closely with the Wrentham Conservation Commission and the Wrentham Department of Public Works and would like to acknowledge Darryl Luce and Michael Lavin for their assistance. In addition, Braden would like to thank the following local businesses and organizations for supporting his project: Wrentham Cooperative Bank, the Wrentham Holly Club, Wrentham Youth Baseball Softball Association, Mike McGill at Distinguished Floors, and Tim Connors at Printmaster. This project also wouldn't have been possible without the support of the many individual community donors who supported him at a time when traditional fundraising activities would not have been



possible. A special thanks goes to Tracy Sylven for her helpfulness in getting the word out about the project.

Braden Kennedy is a junior at Xaverian Brothers High School and is a member of Wrentham Troop 131 of the Mayflower Council. Through Scouting, Kennedy has also completed National Youth Leadership (NYLT) Training and served as an instructor at the NYLT Leadership Academy held at Summit Bechtel Reserve in West Virginia

this summer. For a Scout to reach the rank of Eagle, many other requirements must be completed in addition to completing a community service project. These requirements include earning at least 21 merit badges, which signifies the mastery of Scout-related skills, and holding leadership roles within the troop. Nationally, less than 7 percent of Boy Scouts achieve the Eagle rank. Kennedy was awarded his Eagle Scout rank on July 22.

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# King Philip High School Celebrates Class of 2021 AP Capstone Diploma Recipients

Superintendent Paul Zinni and Principal Dr. Lisa Mobley recently announced that four members of King Philip Regional High School's graduating Class of 2021 earned the AP Capstone Diploma Award.

Class of 2021 members Madeline Crowley, Emily Hom, William Martin and Felicia Sobande earned the AP Capstone Diploma Award based on their 2021 AP test scores. They are four of approximately 11,900 students at participating AP Capstone schools around the world who earned this distinction.

"We're extremely proud of these students for their achievements on their AP exams and for participating in the AP Capstone Diploma program," Dr. Mobley said. "These students have gone above and beyond what is expected in the classroom to further enhance their education, which will greatly benefit them in their futures. We would also like to congratulate our AP Scholars,

AP Scholars with Honors and AP Scholars with Distinction for their accomplishments on the AP exams as well."

Over 2,000 schools participated in the AP Capstone Diploma program, a project-based learning experience valued by colleges and universities across the U.S. and around the world. The AP Capstone Diploma program helps students to develop critical thinking, research, collaboration and presentation skills that are critical to academic success. To receive the AP Capstone Diploma, students must earn scores of 3 or higher in AP Seminar, AP Research and on four additional AP Exams.

In addition to King Philip Regional High School's AP Capstone Diploma Award recipients, the school also had 37 AP Scholars, 32 AP Scholars with Honors, and 54 AP Scholars with Distinction. In total, King Philip Regional High School had 123 AP Scholars, averaging a 3.87 AP exam score.

## About the AP Capstone Diploma Award

To earn the AP Capstone Diploma, students must earn scores of 3 or higher in AP Seminar and AP Research and on four additional AP Exams of their choosing. This is an outstanding achievement, and the award is acknowledged on any AP score report that is sent to colleges after the award has been conferred. Students are being notified via email about their award during the summer. They can view their award online at the student AP Scores website.

## About the AP Capstone Diploma Program

AP Capstone is a College Board diploma program that's based on two yearlong AP courses: AP Seminar and AP Research. The program provides student-centered learning while incorporating performance-based assessments. Both courses

prepare students for college and career success through the development of critical thinking,

academic research, collaboration, presentation, and time management skills.



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# Happy Birthday Norfolk

September 18 dawned damp and foggy in Norfolk, but by mid-afternoon the sun broke through the clouds. Hundreds of people lined the streets to celebrate the town's 150th birthday with a parade, postponed from one year ago because of the pandemic. By the time the parade kicked off at 3 p.m., the day was warm and bright. That evening, fireworks filled the clear night sky, the spectacular finale coming just in time, right before a passing thunderstorm crossed the area.

It was as if the heavens intervened and smiled benevolently on the small town. After a very difficult eighteen months, it was almost magical how everything came together perfectly and resulted in a great day to celebrate Norfolk.






Fiske Library is looking great with their new fall display arranged by the Sohoanno Garden Club. Library patron Harper is enjoying her book among the pumpkins!

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## Fall Financial Tidbits

Summer has come to an end. Now that the hottest days, family vacations and back-to-school rush are behind us, it's a great time to give some attention to your personal finances. Prepare for the coming months – and the holidays on the horizon – with these fall tips:

- Prepare for the cooler months. Although you may still have summer on your mind, staying warm gets expensive when winter hits. Many utility companies offer “budget billing” plans that allow you to spread your heating costs over the year while avoiding a surprisingly large bill for a particularly cold month. Also, winterizing your home this fall conserves energy and saves money.
- Start saving for the holidays. It may sound excessive to start thinking about the holidays in October, but Christmas is a less than 90 days away. Now is a great time to create a holiday spending plan. For instance, if you plan to spend \$300 on gifts, you should start



saving \$3-4 per day to get there. Stashing away cash in advance allows you to buy gifts for everyone on your list without taking on debt. Resolve to start a “Christmas Club” savings account in the New Year to jump-start your savings habit.

- Teach children to save. When kids return to school, they often have a renewed sense of focus and determination. Schools across the country are incorporating financial literacy into the classroom. Take this opportunity to talk to your children about money and the importance of saving. Your efforts will be rewarded as your child develops an understanding of financial principles and positive financial habits. We have a great FREE guide entitled “Money Doesn't Grow on

Trees...Teaching Kids About Money”. Please feel free to call me and I will send you a copy right away. My number is below.

- De-clutter and donate. As summer winds down and you start spending more time inside, take a hard look at all the stuff you've been stockpiling. Sorting through clothes you no longer wear along with electronics and unused household items can free-up space and even make you a little cash. Sell items at a local consignment shop or donate them (by making a tax-deductible contribution).
- Conquering the Clutter in your Financial Closet. You need only to keep credit card receipts, ATM transactions, and deposit and debit card receipts until you verify the transaction on your monthly statements and then you can shred them. In the event that you have a small business, some of these records should be kept longer. Feel free to reach out to me and I can provide you with some details on how long to keep specific items. Always remember that any financial transaction, receipt or account statement should be shredded. NEVER throw them in the trash.

PERMANENT items you may want to keep:

- Educational records
- Employment records
- Health records
- Retirement and Pension Plan information
- Contents of your safe deposit box

CURRENT items, which need to be reviewed every 3-6 years, before deciding whether to continue keeping or shredding them include:

- Cancelled checks
- Bank statements
- Insurance policies
- Home purchase, repair and improvement records
- Warranties
- Income tax records

*Jeffrey Schweitzer 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*

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## Wrentham Awarded \$113,344 in MVP Action Grant Funds to Build Climate Resilience

The town of Wrentham has received a \$113,344 municipal climate resilience grant for the Climate Resilience and Low Impact Development Regulatory Integration and Town-wide Green Infrastructure Plan.

Awarded by the Baker-Polito Administration's Municipal Vulnerability Preparedness (MVP) program, which is administered by the Executive Office of Energy and Environmental Affairs (EEA), these competitive grants support cities and towns in identifying climate hazards, developing strategies to improve resilience, and implementing priority actions to adapt to climate change.

Wrentham is one of 66 communities and regional partnerships to have received action-grant funding in the latest

round of applications.

Building on Wrentham's climate resilience planning process completed in 2018, these funds will allow Wrentham to update the local land use bylaws and regulations with the goal of increasing climate resilience with the implementation of stormwater green infrastructure, a green infrastructure assessment and community engagement targeting private property owners around the three major lakes in town.

Wrentham identified these projects as urgent and necessary in its efforts to address ongoing climate change impacts.

Community members interested in getting involved in the process can contact Director of Planning & Community Development Rachel Benson at plan-

ning@wrentham.am.us or by calling 508-384-5441.

### About the Program:

The MVP program has awarded over \$65 million in funding and technical support to communities across the state. With this year's awards, 93% of Massachusetts cities and towns, or 328 municipalities in total, are enrolled.

Created in 2017 as part of Governor Baker's Executive Order 569, the MVP program pairs local leadership and knowledge with a significant investment of resources and funding from the Commonwealth to address ongoing climate change impacts like sea level rise, inland flooding, storms, and extreme temperatures.

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## Senator Rausch Announces Virtual Fall Office Hours

Senator Rausch (D-Needham) will host her next virtual office hours on Friday, October 9 from 10 to 11 a.m. In keeping with best practices and recommendations from public health officials, conversations with the Senator and her staff will take place via video conferencing and phone calls.

Residents from any part of the Norfolk, Bristol and Middlesex District are welcome to share their questions and opinions on state issues with Senator Rausch and her staff. Constituents may reserve 15-minute appointments

in advance at [www.beccarauscha.com/office-hours](http://www.beccarauscha.com/office-hours).

Senator Rausch will also hold virtual office hours on Friday, November 5 from 10 to 11 a.m. and Friday, November 10 from 10 to 11 a.m.

To subscribe to Senator Rausch's newsletter, please visit <https://beccarauscha.com/newsletter>. Constituents can still contact the Senator and her team at 617-722-1555 or email [beccarauscha@masenate.gov](mailto:beccarauscha@masenate.gov) to share their opinion on state issues, seek assistance, or schedule a call with the Senator or her staff. Residents

can also get live updates from the Senator via Twitter (@BeccaRauschMA) and Facebook (@BeccaRauschMA).

*Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her second term, Senator Rausch serves as the Senate Chair of the Joint Committee on the Environment, Natural Resources, and Agriculture and the Senate Vice Chair of the Joint Committee on State Administration and Regulatory Oversight.*

### Guest Column

## Building Bridges

By G. GREGORY TOOKER

In a recent speech, President Biden underscored the urgent need to repair and strengthen the nation's infrastructure, especially our crumbling bridges. Already some have collapsed, with deadly consequences. Designing and constructing a sturdy, durable bridge is no small task but it is child's play when compared with what it will take to effectively span the widening gap between our political parties.

The dialogue between the fringe elements of the Republican and Democrat parties becomes more heated with each salvo fired. Bipartisanship is becoming a mythical concept these days as one side continuously plots to hamstring the other, the result being little if any progress on the multitude of issues plagu-

ing our country. Who will step forward with the creative blueprint that will unite and save our democracy?

Your writer believes the time has come for a third, centrist political party to be formed. The percentage of undeclared/independent members of the electorate exceeds avowed members of each existing party. Our culture is becoming more diverse with every passing decade. European political systems allow for multiple parties in many countries. The United States needs to move in that direction if we are to achieve meaningful progress in meeting our challenges.

The Republican party contains many members of Congress who are not inclined to side with those who favor a more autocratic form of government. Presently, they are in the prover-

bial position of being out to sea without a paddle, forced to be blown by the more radical winds in a direction that does not necessarily represent their true beliefs. Occasionally, we witness some consensus between these moderate Republicans and the more practical-minded Democrats on the other side of the aisle, but this doesn't occur frequently enough to make a real difference.

Many will say it is pie-in-the-sky thinking to imagine more than two parties in American politics. The present system, however, is clearly not working and while our duly elected representatives stand immobile staring each other down, our country spins its wheels in a pandemic-facilitated quagmire. Pragmatic, creative minds, unencumbered by political dogmatism, are the vehicle toward meaningful progress.

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# The b.LUXE *beauty beat*

By GINA WOELFEL

Happy Fall, Y'all! I've busted out my autumn wardrobe, enjoyed my first PSL (pumpkin spiced latte for you coffee purists) and officially embraced my favorite season - "sweata weatha."

We hope you took some time for yourself last month and enjoyed our September specials. It's a crazy time of year when the kids return to school and you're suddenly juggling a more chaotic schedule. Self-care is super important and that means scheduling it out. Be it yoga, a facial, a massage or your salon visit, these appointments are your "you time." They give you the chance to relax, regroup and feel better. It's hard to believe that the end of this month is the start of the holiday season! Yup, you read that right. In less than 30 days, we'll be knee-deep in witches, turkeys and snowmen. With all the holiday hoopla right around the corner, that brings us to this month's beauty beat topic: Scheduling.

We thought this would be a good time to talk about what it really means to work in the service industry and more specifically, the obstacles and frustration that many face with a commissioned-based career. To

work on commission means that your salary is based on a percentage of the business you generate. For argument's sake, let's talk about the beauty industry.

You know that wonderful feeling you get when you visit your salon, get your nails done, or have a facial? I know, for me, there's nothing like taking that beat from my schedule and doing something exclusively for myself.

Our post-pandemic lives are busier than we could have imagined. With safety precautions in place and tightly booked schedules, appointment-based businesses are working hard to ensure that clients can readily book services, feel safe during their treatments and still provide the highest level of customer care. Employees who work on commission are also still struggling to find a balance with childcare and expenses, with many having to split their time apart as a family to keep their children safe and make ends meet.

This year at b.LUXE, we moved towards a more strict enforcement of our 24 hour cancellation policy and fees, a move that, perhaps, ruffled a few feathers.

Like many businesses, b.LUXE keeps an active cancel-



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lation list for our customers who were unable to schedule their desired appointment. If a booked appointment is canceled with less than 24 hours notice, re-booking that time can be difficult. Not only is this disappointing for our waitlisted customers, it can be devastating for your stylist who depends on that service for their commissioned-based pay. When you cancel, no show or run so late that you can't be seen, you directly impact the lives of your

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We understand life is busy and things can pop up. This chat wasn't for the client who's had to cancel once or twice. It was for the serial canceler (and you all know who you are!)

Stylists LOVE their clients and every day, go above and beyond to make them look and feel beautiful.

Perhaps, as we head into what's sure to be a very busy season, we can shift our perception of our schedules and the people we've tied to them. With three of the most overscheduled months

ahead of us, book ahead! Set some time aside for yourself to relax and enjoy what makes you happy and prioritize that time. Let's also give a face to each appointment we make and respect and adhere to the time we've asked them to set aside for us. If we can do that, we'll enhance our local business community and support the people who, so often, support us.

We look forward to seeing you soon at the studio!

Be sure to check out our October specials above!

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# Living Healthy

## World-Class Eyecare and Cataract Surgery Closer to Home

BY ROGER M. KALDAWY, M.D.  
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Cataract surgery is by far the most common surgery performed in the United States. With advanced technology and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportunity to reduce your dependence on glasses or contacts and in many cases eliminate this need. Your expectations should also be to have your surgery by a world-class surgeon close to where you live and not be told to travel hours for testing and surgery. Many choices exist on where to have the surgery and by whom. Here are the specific questions to ask when it's time to have the surgery:

1. Why are you referring me to this surgeon? Your optometrist may ask you to travel miles and hours away from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons

within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home. Ask your provider why they want you to travel hours and miles away. Unfortunately, if you dig enough, you will find the only reason for this remote referral is financial and business-related interest your provider has with the far-away surgeon. Beware referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

2. What is my cost? Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance will be higher at a hospital? If this is happening to you, we are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford with potential cost savings to you.

3. What type of anesthesia am I going to get? With modern cataract surgery, most surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being asked to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the compli-

cation rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

5. What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat



low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser bladeless cataract surgery? We do!

**EYES**

*continued on page 16*

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# Living Healthy

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Helen C presented to our office reporting severe joint and muscle pain all over her body. The deep ache and stiffness in her body has insidiously impacted her life preventing her from performing activities of daily living such as cleaning, cooking, laundry and food shopping. Her sleep was interrupted due to pain which has led to extreme fatigue, anxiety and depression.

Her exam revealed an under-



Dr. Rochelle Bien & Dr. Michael Goldstein

lying systemic Candida infection contributing to inflammation in the muscles and joints as well as Leaky Gut Syndrome. She was put on a specific diet and a program of care to address the Leaky Gut and Candida infection. After several months on the program her pain levels were significantly reduced. She is sleeping better and slowly reclaiming her life.

If you are experiencing similar symptoms and have not been successful in improving your health don't hesitate to call (508) 660-2722 today and set up an appointment with Dr Rochelle Bien or Dr Michael Goldstein. We are located at The Holistic Center at Bristol Square, 1426 Main Street Ste 6, Walpole MA. We look forward to assisting you on your health care journey.

### EYES

*continued from page 15*

7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen without the need for glasses.
8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.
9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.

10. What will be my vision on day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and Vivity lens implants. We offer bladeless laser cataract surgery. We implant high quality premium lenses only, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford offering bladeless laser cataract surgery. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and a second location in Milford. 7 providers with your interest in mind offering the best cost-efficient surgical care in an ambulatory surgery center closer to home.

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# Living Healthy

## Pandemic Purgatory

SUBMITTED BY  
G. GREGORY TOOKER

“Waiting, waiting,” sang Jim Morrison of the Doors, “...waiting for the sun.” That is how so many of us feel these days, as we mark time waiting for the end of the pandemic, yearning to return to life as we once knew it. But most of the globe remains in a state of suspension as progress to achieve herd immunity has been painfully slow. Illogical reluctance to receive proven vaccines plus logistical challenges to deliver the life-saving medicine to third world countries leaves mankind treading water far from shore.

It is indeed a challenge to sustain positive thinking in the face of such frustration. Adding to worries about emerging COVID variants, international conflict, climate change and economic hurdles weigh on the mind. During your writer’s discussions with family, friends and neighbors encountered in recent months, they have shared tools they have employed to distract from worry and negative thinking while negotiating the seemingly endless pandemic gauntlet.

Most often mentioned is outdoor recreation such as running, walking, biking, swimming and other exercise,

including yoga. Tai Chi is especially popular among older, less mobile folks. The slow, stretching movement in combination with mind-relieving meditation reduces stress and helps one relax. Gardening is another activity growing in popularity. Community vegetable and flower gardens are popping up in many towns.

Lest we not forget another most effective pandemic diversion, conduct a quick experiment on yourself. Honestly tally the number of hours you spend a day/week on your smart phone. Divide that number by 2 and re-channel the calculated time to relaxation with

a good book. Americans have gotten away from the reading habit, with spoon-fed entertainment easily available at the push of a button or voice command. We need to rediscover the joy of recreational reading.

Bottom line, there are many healthy activities that will get your mind off the marathon newscasts and social media posts that breed pessimism and create depression. Find one that appeals to you and make it a daily habit. An hour or two spent in a quieter environment, enjoying nature and fresh air can magically restore one’s sense of purpose and optimism.

## Norfolk to Hold Flu Clinic

The Metacomet Public Health Alliance will be offering a flu clinic for Norfolk residents on Tuesday, October 5 at the Senior Center, located at 28 Medway Branch, Norfolk.

Flu shots will be administered from 9 to 11 a.m. for ages 65 and older and from 3 to 5 p.m. for ages 18 and older.

Please register before the clinic. The registration link will be posted on the town’s website (Norfolk.ma.us).

## Wrentham to Hold Flu Clinic

The town of Wrentham will hold a flu clinic on Thursday, October 7 at the Senior Center, located at 400 Taunton Street.

Flu shots will be administered from noon to 2 p.m. for ages 65 and older and from 3 to 5 p.m. for ages 18 and older.

Residents are asked to bring Medicare and insurance cards. No fee will be charged for those without insurance.

Please register before the clinic. The registration link will be posted on the town’s website (www.wrentham.ma.us).



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# Wrentham Resident Tees Up for Big Brothers Big Sisters of Eastern Massachusetts

On Tuesday, Sept. 21, Dan Gill of Wrentham, hit the fairways at Stow Acres Country Club for Big Brothers Big Sisters of Eastern Massachusetts 18th annual Daquan Burrell Memorial Big Golf Tournament. The President of ROI Communications was among 175 golfers to tee up to raise \$50,000 to support the nonprofit's year-round one-to-one youth mentoring programs.

Gill, a 12-year Big Brother, founded the Big Golf Tournament in 2003. In 2017, the one-day fundraiser was renamed in memory of Daquan Burrell, a Little Brother for the program who tragically passed away earlier that year. Burrell was matched with his Big Brother Tim, a member of the nonprofit's tournament committee, for

nearly 10 years. To date, the annual event has raised more than \$600,000 for the cause.

The state's leading one-to-one youth mentoring program partners with under-resourced families to provide children with one-to-one relationships with caring adult mentors who help them reach their fullest potential. With research and proven outcomes at its core, Big Brothers Big Sisters of Eastern Massachusetts creates matches based on shared interests, geography and personality and serves as a consistent resource for Bigs, Littles and their families. The organization welcomes Bigs and Littles of all races, ethnicities, cultures, socio-economic backgrounds, genders, sexual orientations, and physical abilities and serves as a bridge between communities and

community partners, helping to address larger social issues, such as race and education gaps.

"Being a Big Brother enriched my life significantly and I wanted to do more for the program and help more kids find more mentors, thus the Big Golf tournament was created," says Gill, who served as event chair for nearly 18 years. "So many kids are in difficult situations and the simple presence of a mentor to help boost their self-esteem and navigate decisions has a profound impact on the likelihood that they will avoid negative outcomes and achieve higher levels of happiness, education and other opportunities for their life. Thousands of young people across the region could benefit tremendously from this type of mentorship in their lives and we

have a responsibility to help enable this opportunity for them."

Currently, community-based matches are meeting in-person and socially distant only when the Big, Little, and guardian are all comfortable, following state and CDC guidelines. All site-based and campus-based mentoring programs remain online. Since March 2020, more than 600 new matches have been made virtually.

In its 70th year, the largest Big Brothers Big Sisters affiliate in New England has created and served more than 20,000 matches. The nonprofit is now enrolling and matching Littles and Bigs virtually. For more information, to register your children or to become a volunteer, visit: [www.emassbigs.org](http://www.emassbigs.org).



Dan Gill speaking at a prior Big Brothers Big Sister of Eastern Massachusetts Big Golf Tournament.

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## James Taylor Tribute Comes to Foxboro

The Marilyn Rodman Performing Arts Center (MRPAC) welcomes Nashville's Sweet Baby James, the #1 James Taylor tribute artist in the nation as he brings his solo-acoustic "Walking Man" show to Foxborough. The 90-minute acoustic show is on Saturday, October 2 at 7 p.m. Tickets are \$25 each and are on sale now at [www.orpheum.org](http://www.orpheum.org).

Join us for a special evening celebrating the timeless music of 6-time Grammy winner and Rock & Roll Hall of Fame member James Taylor, with an authentic tribute performance you have to hear to believe.

Brill Griese (aka "Sweet Baby James") sounds so much like Taylor vocally, and plays JT's signature guitar style so closely, you can close your eyes and imagine you're listening to the legend himself. And rest assured, Sweet Baby James is not a "James Taylor impersonator." The audience can expect a genuine, down-to-earth presentation--a fitting and respectful tribute to an American original.

Come hear all of your favorites, like "Fire & Rain," "You've Got a Friend," "Handy Man,"

"Shower the People," "Carolina In My Mind," and of course "Sweet Baby James." See why audiences are raving: "The next best thing to seeing James himself," "It's like having James Taylor in your living room," and "If you're a James Taylor fan, you must see Sweet Baby James!"

### About the Marilyn Rodman Performing Arts Center

The Marilyn Rodman Performing Arts Center is run by a 501(c)3 Non-Profit Organization, the Foxboro Regional Center for the Performing Arts. The MRPAC is committed to serving the Foxborough region as THE resource and destination for arts, entertainment, educational and community needs. The MRPAC is air-conditioned with 396 seats, is fully accessible and has full theater concessions. MRPAC has year-round programming for all ages including children's workshops, sensory-friendly performances, movies, concerts, plays, musicals and more. For additional information, contact the MRPAC at 508-543-ARTS (2787) or email [admin@orpheum.org](mailto:admin@orpheum.org).

# Wrentham Seeks Nominations for Volunteer of the Year Award

The town of Wrentham has put out its annual call to recognize residents in two age groups who have made a difference in their community.

Nominations for the annual Volunteer of the Year Award will be accepted until noon on October 29. Residents can nominate a young adult age 18 or younger, or an adult age 19 or older.

The nomination form is available on the town's website: [www.wrentham.ma.us](http://www.wrentham.ma.us).

All nominations must be received by the Board of Selectmen's Office, 79 South Street, Wrentham, by noon on October 29.

The winners will be acknowledged at the November 15 Town Meeting.

# King Philip Regional School District Launches New District Website

The King Philip Regional School District has launched a brand-new district website, giving community members an updated and modern space to access information, news, events and other important information.

The new website, [www.kingphilip.org](http://www.kingphilip.org), features a user-friendly, easy-to-navigate design with a clean layout and bright photos and includes:

- District information and news
- A calendar of events
- Department pages with contact information
- Quick links/resources for students, staff and families
- Welcome videos from Superintendent Zinni, KPRMS Principal Michelle Kreuzer and KPRHS Principal Dr. Lisa Mobley

The homepage includes an information section for numerous facets of the district and a search feature that allows users to quickly navigate to desired pages. Also featured on the homepage are links to individual landing pages for King Philip Regional Middle School and High School. On the landing pages is each school's respective information including school activities, curriculum information

and more.

The website is available to translate to several different languages including Spanish, Arabic, Chinese and more.

Community members also have the ability to subscribe to the site to receive news and updates via email.

The district website also directly links to the district's Facebook and Twitter pages, which community members are encouraged to connect with in order to have quick access to the latest updates from the King Philip Regional School District.

"We are pleased to launch our new district site, which features a seamless, easy-to-navigate design that is a one-stop-shop for all information district-wide," said KP Superintendent Paul Zinni. "With this site, King Philip will deliver a cohesive and unified district message across all of our online platforms. We encourage all community members to explore the site."

The website was designed by John Guilfoil Public Relations LLC and was built using the WordPress website platform. It features a modern, HTML 5 "Responsive Design" that works equally well on computer, tablet, and smartphone screens.

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## FPAC to present Mary Poppins

The Franklin Performing Arts Company (FPAC) will present Disney & Cameron Mackintosh's *Mary Poppins*. The production, choreographed by and starring Broadway's Clay Rice-Thomson, will run October 15-17 and 22-24 at THE BLACK BOX. Everyone's favorite practically perfect nanny takes flight in THE BLACK BOX for this Supercalifragilistic-expialidocious musical adventure.

The production stars NYC's Kaley Were as the title character. Were has performed regionally and across America with *The Wizard of Oz* National as well as at Lyric Theatre of Oklahoma (*Bernice Bobs Her Hair*, *Mary Poppins*, *Oklahoma!*, *Big Fish*), and Disney Cruise Line (Disney Magic, Disney Fantasy, Disney Dream). She has most recently been sailing the seven seas with Disney Cruise Line, performing on the Disney Dream in the IAAPA award-winning production of *Beauty and the Beast*. Were graduated from Oklahoma City University's Bass School of Music with a Bachelor of Music in Music Theatre. This will be her first production with FPAC.

Choreographing the production and starring as the loveable chimney sweep Bert, is Broadway's Clay Rice-Thomson. Rice-Thomson has performed on Broadway in *KING KONG* (King's Company),

*Newsies* (Spot Colon), *Matilda* (Michael Wormwood), and the Broadway National Tours of *WICKED* (Chistry), *Jesus Christ Superstar*, *West Side Story* (A-rab), and Cameron Macintosh's *Oliver*. His TV credits include *Saturday Night Live*, *The TONY Awards*, *MACYS Thanksgiving Day Parade*, *The Tonight Show*, *GMA*, *The Late Show*, *The View*, *The Marvelous Mrs. Maisel*, and more. With FPAC, Rice-Thomson choreographed *Matilda*, starred in Christopher Rice's *The Tappy Christmas Special: LIVE!*, and most recently played Aaron Schultz in summer 2021's *Legally Blonde*.

FPAC's production, directed by Raye Lynn Mercer, is presented with a live professional orchestra and the spectacular aerial effects of Flying By Foy. Based on the books by P.L. Travers and the classic Walt Disney film, Disney and Cameron Mackintosh's *Mary Poppins* delighted Broadway audiences for over 2,500 performances and received nominations for nine Olivier and seven Tony Awards, including Best Musical. *Mary Poppins* is an enchanting mixture of irresistible story, unforgettable songs, breathtaking dance numbers, and astonishing stagecraft.

*Mary Poppins* runs October 15-17 and 22-24 at THE BLACK BOX in downtown Franklin. Tickets are on sale now at



www.THEBLACKBOXonline.com or by calling the box office at 508-528-3370. Patrons are invited to follow the Franklin Performing Arts Company on Facebook and

Instagram (@franklin.performing.arts.co) for season updates, behind the scenes looks at their productions, and more.

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# Sports

## KP Boys Soccer Team Aiming for Tournament Berth

By KEN HAMWEY  
STAFF SPORTS WRITER

Mike O'Neill is in his third year as coach of the King Philip boys soccer team and he's optimistic his Warriors can register another winning season, even though the Warriors lost 13 seniors from last year's 5-4-4 squad.

The 51-year-old O'Neill, who took the coaching reins in 2019, began his career by guiding KP to an 8-4-6 campaign that eventually ended in the play-offs where the Warriors bowed in the first round to New Bedford. This year's contingent is off to a slow start, losing a pair of one-goal matches to Foxboro and Taunton. KP, however, has some key strengths that no doubt are fueling O'Neill's positive outlook.

"Our players are technically skilled and have a high soccer IQ," he noted. "We've also got instinctive players and quality leadership. We have the ability to attack on the outside and our players are creative – able to break down defenses and pass effectively to provide scoring opportunities. We're not as experienced as last year, so we're hoping our juniors and sophomores will contribute."

KP's goals for this season are to contend for the Kelly-Rex Division title in the Hockomock League and to qualify for tournament play.

"Milford is the defending Kelly-Rex champ and they'll be in the mix again," O'Neill said. "Franklin also looks strong. They've got senior leadership, talented players, and strong tradition. They're also well-coached. It'll be a wide-open competition. If we qualify for the tourney, we'd obviously like to advance as far as possible."

O'Neill is acutely aware of the value of tourney experience. His players qualified in his initial season but post-season play was eliminated last year because of the coronavirus.

"To succeed in the tourney takes lots of mental preparation," O'Neill emphasized. "Everyone has to be focused and on the same page. Team chemistry is a big key but you need some luck, too. It's a time and a place when kids can do something special."



Mike O'Neill is in his third year as KP's soccer coach.

The Warriors four senior captains are leaders who definitely can be special. They include midfielders Caleb Cassetta-Waxman, Stephen Griffin and John Pfeiffer, and outside back Sean McCarthy.

"Caleb is the engine room of our midfield," O'Neill said. "He makes everything work. He's creative, has a high soccer IQ, reads the game beautifully, is an excellent passer, and he's solid in transition. Stephen, who can also play wing, is creative and he's a terrific attack dribbler. A four-year player, we'll rely on his experience. John has tremendous leadership ability. He's a solid technical player and a very competitive athlete. Sean, who's an excellent two-way player, can create on the offensive end. He's a great competitor and athlete."

Two other seniors — wing/striker John MacEachen and outside back Dan Fifolt — will be counted on heavily.

"John is a tremendous competitor who plays with pace and a desire to score," O'Neill said. "We'll rely on his offensive capabilities. Dan is versatile, has terrific close control, and is athletic. Highly skilled, he always seems to make the best decisions under pressure."

Two key juniors will be major keys in helping KP's offense. They are Matt Crago, an attacking midfielder, and striker Oliver Blackburn.

"Matt is our most talented offensive player," O'Neill offered. "He can finish plays, create opportunities for others and he understands how to break down



KP's captains include, from left, Sean McCarthy, John Pfeiffer, Caleb Cassetta-Waxman, and Stephen Griffin.

defenses. Oliver's hold-up play is excellent, he has great instincts in the box and knows how to finish."

Sophomore Dermott Amorim can play either on the wing or in midfield. "Dermott is quick, talented and versatile," said O'Neill. "We'll rely on him to contribute early on in his career."

Another sophomore, striker Tommy Lomuscio, made a positive impression in KP's opener at Foxboro. Although the Warriors lost, 5-4, Lomuscio scored two goals and assisted on two others. "Tommy is intense, he's got a sky-high soccer IQ and he has a terrific nose for the goal," O'Neill said.

A trio of juniors O'Neill is banking on includes outside back Turag Ikbal and midfielders Matt Thompson and Andrew Seropian. "It's important for this group to make positive contributions," O'Neill said. "They're versatile and can play multiple positions."

The current season isn't a compete return to normalcy after a COVID-19 campaign last year, but O'Neill is optimistic on that front, too. "We've got some form of a normal season but the process is continually unfolding," he said. "More vaccinations can only be a plus."

What was a plus was the way KP's players handled all the restrictions and regulations forced by the pandemic. "Our kids were incredible and heroic," said O'Neill, who is a professor of philosophy at Providence College. "They adjusted beautifully. They played with masks on and they competed with enthusiasm. Our team and our community learned how to endure both uncertainty and difficult circumstances."

O'Neill's philosophy classes no doubt could learn a lot about the keys to competing if they listen closely to his athletic philosophy.

"If my players are reaching their potential and enjoying their athletic experience, then winning will follow," he said. "I try to emphasize leadership, which includes service to the community."

Life lessons can also be learned through sports — like setting goals, overcoming adversity, and being accountable. Difficult things are worth doing because positive results usually follow. By challenging yourself, you learn a lot about yourself."

A high school captain and all-star in Long Island, N.Y. and Allendale, N.J., O'Neill later played soccer for a year and a half at Fordham University where he earned a bachelors degree. He has a masters and PhD from Catholic University.

It doesn't take a PhD, however, to understand why his first two teams achieved winning records. All one has to do is analyze his coaching style.

"Being well-organized on defense is important," he stressed. "Also very important are reliance on possession of the ball, quick transitions and incisive passing."

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# Nursing Home Negligence or a Vibrant Life Plan Community?

BY HEATHER J. CULKEEN  
EXECUTIVE DIRECTOR: PROJECT PERSEVERANCE

Doctors, nurses, patients, and their family members have all types of unpleasant conversations, according to Amy Sarah Marshall of the University of Virginia Medical Center magazine, *Healthy Balance*. For example: How to prepare for aging and caring for an aging partner or parent is one of those. For Lee Willis and her husband Hal, the conversation started this way: their beloved doctor of 15 years asked Lee, point-blank: "Are you prepared for the possibility that Hal may outlive you?"

At 94, Hal is ten years older than Lee. A plane accident broke multiple bones in his legs, and arthritis had settled in. Walking is hard for him. He does his own laundry and washes the dishes, but he doesn't drive and often uses a wheelchair.

Lee, on the other hand, just bought herself a new kayak. A nine-year cancer survivor, she relieves pain with exercise, not medicine. She swims three times a week. When not caring for Hal, she's active, traveling, and socializing.

Still, the doctor had a point: Be prepared.

## FACING THE FACTS OF AGING

Most people avoid the subject of getting old. Death is as natural as birth, but too many people simply don't want to think about it until they are too ill to participate in decision making, leaving family members and their physicians to make decisions that may or may not be what they would have wanted at the end of life. We need to prepare better.

## FINDING A PLACE TO AGE

Lee's major purpose in preparing for Hal's aging and her own was to find a location where this could happen. Lee didn't simply conduct a Google search. She went to a lot of nursing homes. She compiled a list of in-home care services and went to each one.

But Lee wasn't satisfied, mainly because of shifting staff. "You can never guarantee the same people. The bottom-line dictates staffing. This turnover and the resulting lack in continuity of care, is a problem."

So, she looked at the option of aging in place. She volunteered at programs of all-inclusive care for the Elderly, which offers 24/7 coverage for anyone qualified for a nursing home. It seemed like "this would probably be what we choose to do," she said.

But then Lee discovered The Green House Project, a new model for long-term care for el-

ders. In 2001, a doctor named Bill Thomas was appalled at the state of elder care. He saw it was a hospital, not a home with people just sitting in wheelchairs. So, he introduced a lot of changes, bringing in birds, dogs, cats, and plants. But it still wasn't enough. So, he "super-trained" staff to behave like family members, not healthcare providers. He built a new structure, with one central room, the residents living in rooms off in spokes. It became a communal place, with a common kitchen where people cook family recipes and behave like relatives.

Lee found one in her state. "If we both have to go somewhere, this will be it!"

## AGING GRACEFULLY: HOW TO GET STARTED NOW

The best advice Lee's received from her doctor: Exercise. He told her that the biggest factor that differentiates healthy from unhealthy aging is exercise—folks who remain sedentary clearly become frailer more rapidly than those who either remain or become active in their later years. Exercising on a regular basis makes a huge difference in how one ages.

Lee's primary lessons for younger people: Be proactive. "It's really hard when you're 50 to think about being 80, but you should." She advises younger people to:

- Take your health seriously—eat well and exercise.
- Prepare with a reputable Estate Planning Attorney who cares about your health as well as your assets.
- Be an advocate for yourself.
- Get political and advocate for end-of-life care.

*Heather J. Culkeen is Executive Director of Project Perseverance. The public charity is dedicated to supporting rescue efforts, as well as assisting local, early-stage nonprofit organizations. We focus on protecting Families for Generations. We have protected families, children, boomers, seniors, and the elderly for generations. We welcome opportunities for growth and development.*

*In our experience most people prefer aging on their own as they take steps to improve and protect health, home, spouse, family, and life savings enabling them to stay in control. Take control of your life! You will be glad you did.*

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## Norfolk Public Library October Programs

These are just a sampling of the library's programs this month. Visit the library's website ([www.norfolkpl.org](http://www.norfolkpl.org)) for a full list of programs and events, as well as registration links.

### Focaccia Art Cook-Along

October 5, 6:30 p.m.: Join Chef Liz Barbour of The Creative Feast for this cooking demonstration. Liz will share an easy focaccia recipe, and using a colorful palette of cheeses, meats, herbs, vegetables, and edible flowers, Liz will demonstrate how to create an edible gardenscape. Registration required.

### Tech Tuesdays Workshops (Drop-In)

October 12, 11 a.m. to noon: How to access ebooks and audiobooks through Overdrive/Libby

October 19, 11 a.m. to noon: How to use Hoopla

### Mindful Mondays

October 18, 3:30 p.m.: Stressed or overwhelmed? Need to get away for a breather? Stop by for a brief and relaxed mindfulness session, including guided meditation, stretching, and discussions about mindfulness myths and strategies.

### TED Talk

October 25, 7:30 p.m.: Education. TED Talks are recorded presentations that last 20 minutes or less on a wide variety of topics ranging from science and technology to culture and arts. During each TED Talk session, participants will watch at least two TED talks and discuss. Registration required.

### Beginner's Chess for All Ages

October 26, 7 p.m.: Instructor Glenn Davison will teach the fundamentals of chess, the world's most popular game, during this online class. Suitable for adults, teens, and children 8+. No chess set needed. Registration required.

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# FSPA Continuing Enrollment for 2021-22 Performing Arts Programs



The Franklin School for the Performing Arts (FSPA) is still enrolling for the 21-22 school year. FSPA is a home for performing artists of all ages, abilities, and interests. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students can participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. FSPA offers programming for students as young as 18 months. Students are able to "discover their FSPA" and take class anywhere from one day a week to six.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. With broad-based and varied curricula, FSPA guides students in

the development of technique, creativity, and artistic expression to last a lifetime.

FSPA's faculty boasts outstanding professional artists, performers, and teachers. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to their own potential. Violin Instructor Irina Fainkichen speaks of the school, "I see FSPA as a second home for many students. Besides all the opportunities this school provides, I love that everybody has so much fun together. Whether in the hallways or classrooms, you can hear music, dancing, singing, and laughter."

Performance is an integral part of an FSPA education and the school offers unrivaled performing opportunities for students throughout the year. On the calendar annually are student recitals, concerts by faculty and guest artists, musicals, plays, opera scenes, dance performances, master classes, student showcases, holiday shows, the school's signature Spring Con-

cert, and summer camps and intensives. In addition, for students whose level of interest is more focused, there are special performing ensemble opportunities available by audition.

Students who wish to attend FSPA for academic classes as well have the option of FSPA Academy. FSPA Academy combines the flexibility of a virtual education with the practicality of a schoolroom, and can accommodate professional opportunities, rehearsal, and performance schedules. FSPA Academy partners with TECCA, a virtual Massachusetts Public School. The curriculum is taught by licensed, certified teachers through a combination of Live Lessons and individual assignments.

For more information about FSPA and its programs, visit [www.FSPAonline.com](http://www.FSPAonline.com), call 508-528-8668, or stop by 38 Main St. in Franklin. Follow FSPA on Facebook, Instagram (@fspaonline), and YouTube.

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# Real Estate Corner

## Steady Real Estate Activity During August in Norfolk County

Register of Deeds William P. O'Donnell reported the Norfolk County real estate market more than held its own during the month of August 2021. He also reports a continued strong showing in sales highlighting Norfolk County real estate market activity for the month of August.

According to O'Donnell, there were 16,282 documents recorded at the Norfolk County Registry of Deeds which is a 1% increase over last year's August document volume. There were 1,999 deeds recorded out of this document volume, representing a 7% increase over August of last year. Average sale price, again including both residential and commercial sales, increased 3% over 2020 to \$903,842.69.

Even though there was a considerable increase to the monies for mortgages, the num-

ber of mortgages recorded decreased over the previous year's numbers. There were 3,665 mortgages recorded during the month which is an 11% decrease over 2020. Total amount of money borrowed for mortgages county wide was well over 3 billion, a 62% increase compared to August 2020.

"There has been a strong demand for housing, single family housing particular, coupled with a limited supply of available housing stock and historically low interest rates which could be motivating buyers to do what is necessary to secure housing," noted O'Donnell. "The growth in some real estate indicators seen in 2020 continues into 2021."

One continuing cause for concern, however in Norfolk County, was foreclosures. A

moratorium on foreclosures in place during the pandemic in 2020 was lifted on October 17, 2020. This moratorium was in place due to the COVID-19 pandemic. During August of 2021 there were 6 foreclosure deeds recorded as a result of foreclosure processes taking place in Norfolk County. Additionally, there were 15 Notices to Foreclosure Mortgages, the first step in the foreclosure process in Norfolk County.

"A foreclosure recording is very impactful on those being foreclosed on," said the Register. "In August of 2020 there were no Notices to Foreclosure Mortgages and 5 foreclosure Deeds. These numbers remind us that some of our neighbors continue to face financial challenges."

Register O'Donnell went on to say, "Available real estate



inventory continues to be a constant source of concern in Norfolk County. It's especially been a problem for first-time homebuyers attempting to crack the market. However, there is a silver lining in the August real estate statistics and that is based on the optimistic lending numbers that we've seen. These figures are very encouraging and tell us competitive interest rates and a robust eastern Massachusetts economy are having a positive effect on the Norfolk County region."

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website [www.norfolkdeeds.org](http://www.norfolkdeeds.org). Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email at [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).



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# Real Estate Corner

## Good Deeds: Technology Drives Change

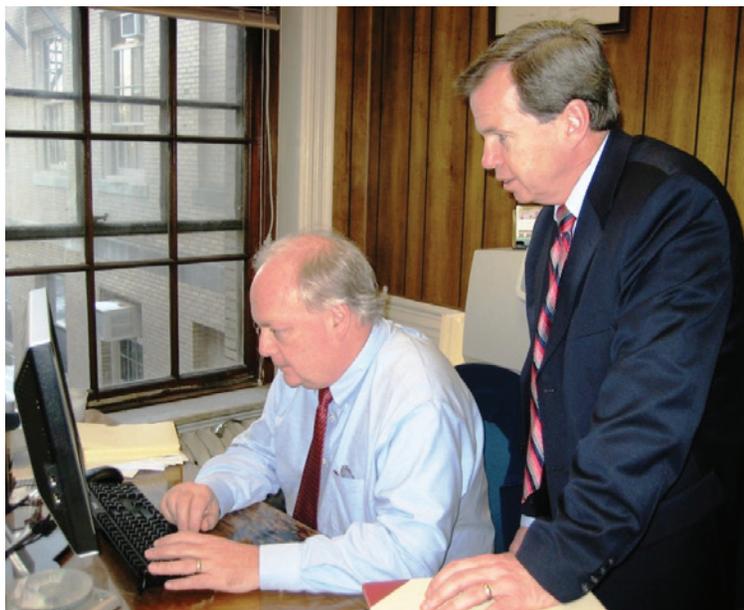
BY WILLIAM P. O'DONNELL  
REGISTER OF DEEDS

Growing up my beloved Uncle Ray would say, "There is nothing as constant in life as change." We all have a beloved relative or parent or friend whose words of wisdom we often think of, act upon and repeat. The sentiments expressed by my uncle were that of an ancient Greek philosopher Heraclitus who has been quoted as saying, "The only constant in life is change."

There have been a number of modernization initiatives implemented at the Norfolk Registry of Deeds. What has driven those modernization initiatives? Technology and the advances in technology have been the foundation for change at the Norfolk Registry of Deeds.

My grandparents were immigrants that came from Ireland. My grandmother came at age 17 in 1923 and lived to be 106 years old. I think of all the changes she witnessed in her lifetime. Some of that change was driven by technology- radio, television, color television and the space program that landed an astronaut on the moon in 1969. Today, we take changes driven by technology for granted in our day to day lives.

Did you know on September 21, 1983, Motorola made history when the Federal Communication Commission (FCC) approved the world's first commercial portable cell phone? Although the cell phone was approved in 1983 it took years of technology and technological improvements to get where we are today with cell phones and cell phone use. Young readers may not be aware of the "facsimile machine" which scanned printed textual and graphic material and then transmitted the information through the telephone network to similar machines where facsimiles were produced close to the form of the original document. The technology for "fax machines" was invented a long time ago. However, it was not until advances in technology and tech-



nological improvements took place that fax machines became popular with consumers and businesses in the 1980s.

You also may not be aware that on December 3, 1992 Neil Papworth, a 22-year-old software programmer, sent the first ever text message by typing, "Merry Christmas" on a computer and sending it to a cellphone of Vodafone director Richard Jarvis. Again, it took technology and advances in technology to get us to the present, when we rely upon text messages for communication.

The Norfolk Registry of Deeds is an arm of government that deals with the biggest asset most of us have- our homes. As the eleventh (11th) Norfolk Register of Deeds, I take great pride in preserving these land records that were first recorded for the communities of Norfolk County dating back to 1793. The mission of recording land documents may be similar to the days of scribes and quill pens at the Norfolk Registry of Deeds. However, the delivery of services in this technology-centric world is so vastly different than the days when land records were delivered by horseback to Dedham where the Norfolk Registry of Deeds is located.

As I reflect on my tenure as Norfolk Register of Deeds, the delivery of quality recording services to the Registry stakeholders and citizens of Norfolk

technology. There was no internet land record research at the Norfolk Registry of Deeds when I became Register of Deeds in 2002.

January 1, 1983 is considered the official birthday of the internet, which allowed various computer networks to communicate with each other. Now, because of technology, you can go to the Norfolk Registry of Deeds web-

site at <http://www.norfolkdeeds.org> and search the county's land records. A lot of businesses and government entities like the Registry of Deeds did not have websites, something that is commonplace now. The Registry's records in its internet library of over 15 million scanned images

**DEEDS**  
*continued on page 26*

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# Real Estate Corner

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## DEEDS

*continued from page 25*

have been brought into homes and businesses because of technology. You can search and view land records from your computer, including those records related to four Presidents of the United States born in Norfolk County.

The Norfolk Registry of Deeds undertook a transcription project which transcribed over 450,000 recorded land

documents handwritten between 1793 to 1900. David McCullough, an American historian and author, wrote, "I was fascinated and delighted to learn about the way the Norfolk County Registry of Deeds and the Xerox Corporation are transcribing the historical deeds into easy-to-read computer text, and I say this as one who has spent a great deal of my working life struggling to read original letters, and diaries, and other old documents....you are making an important contribution and I send my warmest congratulations." It was technology and advances in technology that made this historical and impactful undertaking come about.

Many other modernization initiatives have been implemented at the Norfolk Registry of Deeds. For example, a closing can take place in a lawyer's office and the land documents to be recorded are transmitted for recording to the Norfolk Registry of Deeds.

Technology and advances in technology in our society and world will continue. Technol-

ogy and the need to deal with technology as a way to deliver quality service by the Norfolk Registry of Deeds needs to continue. To those who may think otherwise, I will harken back to my Uncle Ray's words, "There is nothing as constant in life as change."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email us at registerodonnell@norfolkdeeds.org.

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# Real Estate Corner

## Recent Home Sales in Norfolk

Date	Address	Amount
Sept. 1	14 Standish Road	\$807,000
Sept. 3	18 Bretts Farm Road	\$915,000
Sept. 8	39 Everett Street	\$418,200
Sept.10	6 Fredrickson Road	\$700,000
Sept. 10	18 Pennacook Street	\$650,000
Sept. 10	3 Boyde's Crossing	\$677,500
Sept. 14	19 Brett's Farm Road	\$690,000
Sept. 15	6 Daisy Drive	\$530,000
Sept. 16	10 Cranberry Meadow Road	\$620,000
Sept. 17	52 Miller Street	\$455,000
Sept. 17	10 Harlow Avenue	\$800,000
Sept. 17	31 Boyde's Crossing	\$690,000

Source: [www.zillow.com](http://www.zillow.com)

Compiled by Local Town Pages

## Recent Home Sales in Wrentham

Date	Address	Amount
Sept. 1	114 Berry Street	\$450,000
Sept. 2	80 Gilmore Road	\$539,000
Sept. 3	298 Eastside Road	\$549,000
Sept. 3	62 Harvard Lane	\$579,000
Sept. 3	110 Lafayette Avenue	\$244,494
Sept. 3	70 Hamilton Road	\$405,000
Sept. 7	140 Red Fox Run	\$770,000
Sept. 10	885 Franklin Street	\$655,000
Sept. 10	897 East Street	\$755,000
Sept. 15	1348 West Street	\$705,000
Sept. 17	100 Martin Lane	\$860,000
Sept. 17	3 Lealand Peck Drive	\$925,000

Source: [www.zillow.com](http://www.zillow.com)

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Welcome to this exceptionally crafted, custom designed home by acclaimed architect Warren Daniel. This impeccable 6 bedroom Georgian style colonial is historically accurate in symmetry, prominent chimneys, articulated corners, door surround, and 2'x6' construction. The home is setback on a large, level private lot in one of Norfolk's most sought after neighborhoods. Meticulously designed for a comfortable lifestyle, whether entertaining, working from home or simply relaxing. The updated kitchen with new appliances and quartz counters features a large eating area with walkout bay and french doors. A sundrenched front-to-back home office with separate entrance off farmer's porch overlooks the property's wooded lot. The owner's bedroom is a step-down private suite with fireplace & serves as the perfect space to retreat at the end of a busy day. Freshly painted exterior & interior, new roof, and refinished hardwoods are among the many recent improvements. Imagine yourself unwinding by one of the home's 3 fireplaces or enjoying the day stretched out on your large back deck overlooking the private yard. This is about craftsmanship and lifestyle. This is home.

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Young home great neighborhood, 4BR, 2.5 BA. 900's, Norfolk

Great neighborhood 4 BR, 2.5 BA Colonial, 700s, Norfolk

Charming & Updated Cape. 3 BR, 2 BA 500's, Mansfield

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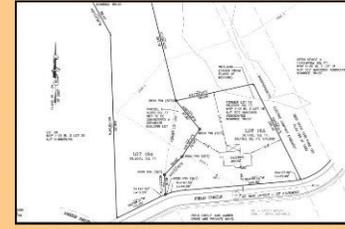
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NEW

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- 53 Meadowbrook Rd, Franklin
- 465 Pleasant St, Franklin

COMING SOON

- 130 Mechanic St, Foxboro

PENDING

- 15 Seaview Dr, Plymouth (Buyer)

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- 137 Mastro Dr, Franklin
- 714 Eagles Nest Way, Franklin (Buyer)
- 12 Cherie Ln, Franklin



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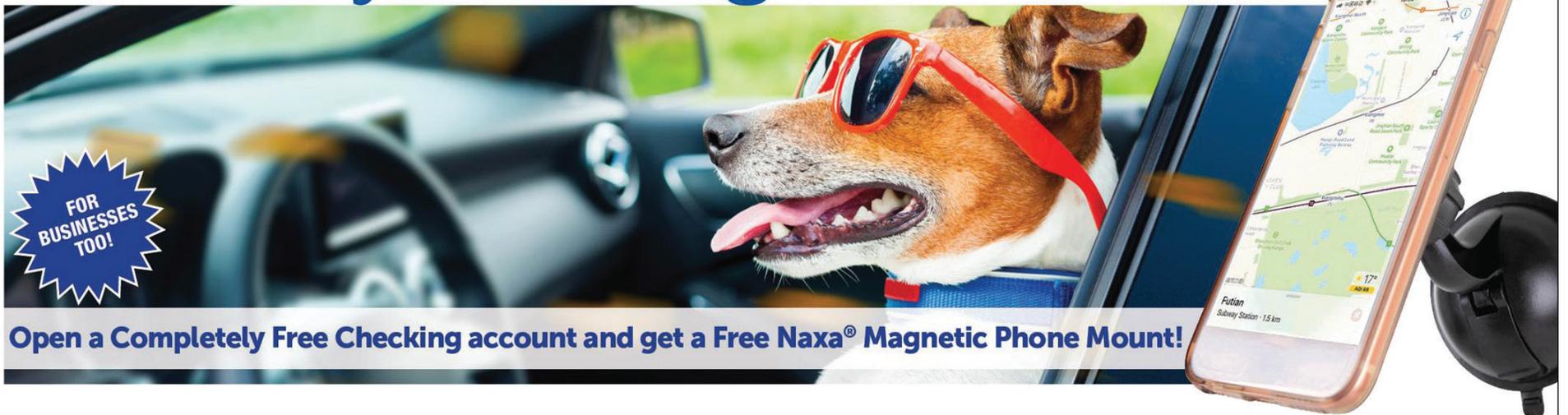


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