

Wrentham Volunteer Alliance: Better Together

Group Plans December 12 Holiday Event for Downtown

BY GRACE ALLEN

Helen Keller once famously said, “Alone we can do so little; together we can do so much.” The powerful quote by the one-time Wrentham resident could be a fitting motto for the Wrentham Volunteer Alliance, a group formed in November of last year.

The Wrentham Volunteer Alliance includes members from several different organizations and clubs throughout town. The group works alongside town government with the goal of bettering the downtown area and public spaces in town, as well as improving life for the residents of Wrentham.

“There has to be a public-private partnership between the town and the volunteer community to get things done,” said Rebecca Zitomer, the coordinator of the Wrentham Volunteer Alliance. “No one thing should land on one



The Wrentham Volunteer Alliance has been hard at work decorating the downtown for the holidays.

particular group. It really needs to be a collaborative and community effort.”

Open to all volunteer groups in town, the Wrentham Volunteer Alliance currently is made up of members from the Landscape and Memori-

als Committee, the Cultural Council, the Lions Club, the Sohoanno Garden Club, the Holly Club, and the Recreation Committee.

VOLUNTEER
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Santa is Coming to Norfolk



Santa Claus is coming to town on Sunday, December 5 and a host of groups will turn out to celebrate his arrival with a variety of activities, including a parade.

The parade will begin at 3:30 p.m. at Hillcrest Village on Rockwood Road. Before it kicks off, however, Santa will visit with the residents and hand out cookies and treats.

Under the direction of Michael Keough, the award-winning King Philip High School Marching Band will join Santa in the parade, which will also feature Santa’s elves, Frosty

the Snowman, the Grinch, Norfolk Police and Fire Departments, and area Scouts.

Santa’s parade will travel along Route 115 through the center of town, turning right onto Liberty Lane and ending at the Norfolk Library.

At 4 p.m., Santa will be outside the library and available for photos. The Norfolk Recreation Department will be offering refreshments.

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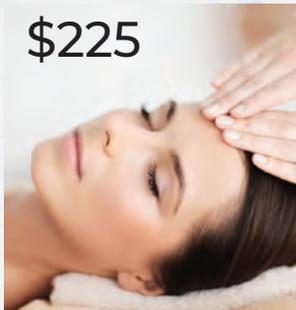


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VOLUNTEER

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Zitomer, a member of several town boards and volunteer groups, sees the benefit of town groups working together under one umbrella for big projects and events around town. By sharing volunteers and resources for a common goal, more can be accomplished.

In a short period of time, the results have been noticeable. Plantings and landscaping in public areas downtown have kicked up a notch. Sweatt Park, the hidden gem in the center of town, has come into its own, with even more improvements planned for the future.

And that's not all. This month, the Wrentham Volunteer Alliance will kick off what the group hopes will be the start of an array of outdoor cultural

events for residents. On Sunday, December 12, a family-friendly afternoon of music is planned for the downtown and common areas. Music groups from King Philip High School will perform from 2 to 4 p.m., while Victorian carolers will stroll around from 4 to 6 p.m. Other musical surprises are planned, too. Parked on the common will be an antique truck with a Christmas tree in the back for family photos, and Santa Claus may also make an appearance. Food and hot beverages will be available on the common from Crosby's Coffeehouse.

If you missed the town's tree lighting ceremony on November 28, be sure to drive by after dark. A professional lighting company, Christmas Décor by Curb Infusion, has been hired by the town to transform the common for the holidays. Spearheaded by the alliance, the lighting display was funded by the town this year with COVID federal relief funds to help local businesses, said Steve Langley, Vice Chairman of the Board of Selectmen.

"It was not just to brighten the holidays, which we can all surely use, but more importantly as a vehicle to lend support to the businesses of Wrentham that have suffered so much during the pandemic," said Langley, who has been working with the alliance. "They are such an important part of the well-being of our community and trying to help them out is paramount to a vibrant Wrentham."

Zitomer says the Wrentham Volunteer Alliance's long-term



Selena Zubrowski was named Wrentham's Volunteer of the Year at the November 15 Special Town Meeting. Zubrowski is a member of the Wrentham Volunteer Alliance, the Landscape and Memorials Committee, and the Sohoanno Garden Club.



goal is to hold family-friendly, cultural events in the downtown area several times a year as a way to bring the community together. Plans are already in the works to host an ice sculptor artist and serve hot chocolate on the com-

mon in January, while the holiday lights are still up. The town common, after all, is historically significant in New England. In addition to being a location where commerce took place, it was also a gathering place for townspeople. The fact that Wrentham is coming up on its 350th anniversary in 2023 has been further impetus to bring more community events to the downtown, said Zitomer, who noted the pandemic has made outdoor spaces more important than ever.



Sweatt Park is just one of the areas in downtown Wrentham that is being transformed with the help of the Wrentham Volunteer Alliance.

Selectman Langley agrees. "I see more use of our public resources like the common, Sweatt Park, and other areas," he said. "We have spent a lot of time, effort and money for their upkeep and as a town leader, I would like to see them used as often as possible. I think that one of the things most of us missed during COVID was the ability to congregate, and because of that, there is now a newfound, or re-found, desire to hang out together. The creation of events that this group will focus on will be integral to recapturing that spirit and fostering it for a long time."

He added, "We have so many wonderful people in this town that do amazing public service, whether on a town committee or service organization. Individually, each group has added so much to the town's beauty and character. Now, you take those volunteer-minded individuals and groups and band them together--I can't even imagine the possibilities."

The Wrentham Volunteer Alliance meets quarterly. For more information or to join the group, email wrenthamvolunteeralliance@gmail.com or visit the Wrentham Landscape Committee page on Facebook.

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Inflation: Increase assets, borrow, and lock in debits.

Social Security recipients cheered 5.9% cost of living adjustment for 2022. As consumers, our experiences with inflation say to put the pom-poms down.

I'm not here to guess how high, how long, or place blame.

I can share some actions based on "Inflation rewards debtors and hurts creditors", a timeless premise reiterated recently by famed Yale economist Robert Shiller.

Consider the following:

Cash is Trash. Those shaking their fists at me, yes cash is needed for upcoming purchases, but not at 10% or more of total savings. Last 12 months, cash earned 0.1% while inflation rose 6.1%, meaning your purchasing power decreased by 6%. That's not coming back.

If cash is needed, close the gap and hedge against Fed rate increases by laddering CDs across 6, 12, 18, and 24-month terms. As CDs mature, reinvest what isn't needed 24 months out.

Diversify Fixed Income and Increase Assets. With inflation outpacing Treasuries, that part of your portfolio loses buying power. Don't abandon all your treasuries, but mix in assets that tend to keep up with inflation.

Consider adding REITs (real estate investment trusts), TIPs (treasury inflation-protected securities), commodities, and equities growing their dividends consistently above inflation.

Words of caution, high-yielding stocks tend to move downward like fixed-rate bonds during inflationary times and evolve beyond "oil and gold" for commodities to include metals in renewable energy and necessities within technology.

Buy Instead of Rent or Lease. Bad news renters, your landlord will be hiking rates to keep pace with inflation, thus you're unprotected. Homeowners, your mortgage is fixed and the inflation-adjusted value of your payments declines at the same rate as inflation rises. Also, the replacement value of your home tends to rise with costs of land, materials, and labor.

Buy higher quality durable goods that last longer (i.e. clothes, appliances, machinery) delaying replacement at higher costs. Autos should be bought, financed (see mortgage example), and owned for extended periods. Changing cars every 3-4 years means you're buying the same utility (transportation) at a higher



Glenn Brown

price versus utility at a fixed cost of 8-10 years.

Negotiate and Lock-In Expenses. Subscription services, cable, internet, phone plans, insurance premiums, gym memberships, credit card APRs are recurring costs that are often negotiable. Also, discounts if prepay, pay annually, or commit to extended periods. Most not advertised, so ask.

Bigger items, you can find auto loans ~2%, HELOCs at Prime minus 0.5%, and 15-year mortgages ~2.5%.

Determine if you can manage 15-year mortgage payments, even if currently 3.2% on a 30-year refinance. Consider \$500K at 3.2% 30-year is \$2,162 month with ~\$278K total interest versus 2.5% 15-year is \$3,333 month with ~\$100K total interest.

You can't control how inflation rises and falls, but you can control financial decisions today that will help manage inflation tomorrow. To learn more, talk with your 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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Roundabout Productions Presents "A Christmas Carol"

Norfolk's Roundabout Productions will present Charles Dickens' holiday classic "A Christmas Carol" this month. Directed by Norfolk resident Lori Beck, the tale of Ebenezer

Scrooge features local actors. The production will be held at the Norfolk Grange, 28 Rockwood Rd., in Norfolk. Performances are scheduled for Friday, December 17 at 7:30 p.m., and Saturday, December 18 at 2 p.m. and 7:30 p.m.



Tickets are \$15, and can be purchased at <https://roundaboutproductions.org/buy-tickets>.

In compliance with the recommendations of the CDC and MA Department of Health, audience members must wear a mask while in the theater.



SANTA

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Children are invited to bring their homemade ornaments to help the adults decorate the Christmas tree on Town Hill, which will be lit for the first time to mark the beginning of the holiday season.

The parade and festivities are sponsored by the Norfolk Lions Club and the Norfolk Recreation Department, with the cooperation of numerous town departments, including Fire, Police and Highway, and the staff of the Norfolk Public Library.

The parade and Town Hill celebration was not held last year due to the coronavirus pandemic.

The Real Divide

To the Editor:

I agree wholeheartedly with guest columnist G. Gregory Tooker ("Reining in the Fringe," November, 2021) that "we cannot allow [this country's] state of paralysis to exist much longer" without irreparable damage. And to that I will add that it is becoming clear that these so-called cultural wars are not restricted solely to ideological differences (liberal vs. conservative, Right vs. Left, e. g.). Their durability and severity suggest there is far more going on than politics as usual.

The reality is that one of our major political parties not only refuses to turn its back on right-wing extremism, it has embraced it as a shameless strategy for recapturing or retaining power. Bogus claims of election fraud? Blatant voter suppression? Dog-whistled racism? The minimization of white supremacy? Hate of immigrants? Is this who we have become?

The longer we fail to address this ongoing welcome-mat for extremism and its all-consuming hostility and bitterness (among other events, clearly displayed by the insurrection and violent assault on the Capitol on January 6th), the more impulsive, volatile, and destructive it will become, exposing the clandestine intentions of those who have no use for a democracy and are seeking an Americanized version of a tin-pot dictatorship.

It is time we ALL returned to empathy, reason, and compromise—the essential earmarks of a functioning democracy. And, more importantly, resist falling prey to disingenuous politicians and chronic rabble-rousers resorting to hot-button ploys and specious emotional issues. And I don't have to list those "issues" here, most of us fully recognize precisely what they are. If we don't, we are at risk of suddenly discovering that our cherished democracy has vanished before our very eyes. Worst of all, that mission will be accomplished not only by the hostile and the bitter, but also with the naïve assistance of the uninformed, the misinformed, and the easily manipulated.

Sincerely,
Tom Mirabile
Norfolk

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A Better World Is Near

Special Worldwide Campaign Brings Positive Message to Community

Norfolk was one of the thousands of communities around the globe that received a powerful message of hope in November as Jehovah's Witnesses embarked upon a special campaign focusing attention on the Bible's hope for a better world.

The goal of the campaign was to distribute a special edition of The Watchtower magazine containing the cover series, "A Better World is Near." More than 36 million printed copies of the magazine were expected to be distributed in some 230 languages to communities in 240 lands around the globe. In addition, the digital publication is available on various platforms in nearly 400 languages.

"People are longing to hear a positive message, and this is the best news possible," said Robert Hendriks, U.S. Spokesman for Jehovah's Witnesses. "A better world is not just a dream, it's inevitable. In fact, it is the central theme of the entire Bible."

The magazine addresses the age-old "doomsday" question, "Is this world going to end?" with a comforting answer that may surprise many readers. While many religions have predicted the "end of the world," the magazine reveals the Bible's clear message: the earth is here forever and will never end! However, the magazine also explains the powerful truth that wickedness will soon be gone, quoting the Bible book of Psalms where it promises that the "lawless one" will be no more. (Psalm 37:10, Rotherham translation)



Steve and Lynne Buckley, outside their home in Norfolk, find comfort in the Bible's hope of a time when death is no more. Jehovah's Witnesses engaged in a special campaign in November focusing attention on the Bible's hope for a better world. A special edition of The Watchtower magazine containing the cover series, "A Better World is Near," is available for free on jw.org. (Photo courtesy of Jehovah's Witnesses)

This positive message has been the hope of millions around the world who have prayed for "God's Kingdom

to come," a familiar refrain of many Christians taught by Jesus in what some refer to as the Lord's Prayer.

For Steve and Lynne Buckley, longtime residents of Norfolk, that prayer has given hope to their family. At the age of 37, Lynne was expecting her third child. "I was ecstatic, full of joy," said Lynne. "I wanted another baby." But 15 weeks into her pregnancy, they received the tragic diagnosis their baby would be born with a fatal condition. "At that moment our feelings of joy turned into feelings of disappointment and apprehension," said Steve. Their baby daughter, Kayla, died shortly after her birth in 1991.

The Buckleys found solace when they poured out their feelings in prayer. "I just turned it over to God, and I felt peace and calm," said Lynne. They continue to keep close to their heart

their favorite scripture about a time when death is no more. This hope has helped Steve and Lynne to endure the lingering sadness of their loss and have an optimistic outlook for the future.

"It's invaluable," said Steve. "It's a unique hope that you cannot find anywhere else."

The Watchtower magazine has been carrying a similar message about God's Kingdom for more than 100 years and remains the most widely translated and circulated magazine in the world. The 2021 number two edition is available free online at jw.org, where anyone can also request a free printed copy by scrolling down on the homepage to "Request A Visit."

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Norfolk Library News

Donate Children's Books, Games, Puzzles, DVDs

Need to declutter some of your kids' stuff so you can make room for holiday gifts? The Friends of the Norfolk Public Library is looking for gently used books, games and puzzles (with all the pieces intact, please!), and DVDs for kids of all ages.

Book donations can be brought into the library and put in the Friends closet. Or, drop

off books at the book shed at the DPW (33 Medway Branch) on Wednesdays and Saturdays. Please remember that books put in the blue Discover bin do not benefit the local book sale.

(Decluttering your personal library? You can donate books for adults in the same way.)

Children's Book Sale

Looking for an activity to wrap up the end of school vacation? Bring the kids to the Friends

of the Norfolk Public Library's Children's Book Sale! The sale will be held on Thursday, December 30 from 10 a.m. to 2 p.m. in the Community Room.

With gently used books priced from \$0.50 to \$2., kids can enjoy looking for new-to-them favorites that will keep them reading throughout the winter.

(What about books for the adults? Don't forget to visit the Ongoing Book Sale within the Library any time you stop by.)

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Wrentham Local Kristi Brunick Joins Pearson Wallace Insurance

Kristi Brunick has joined Pearson Wallace Insurance as Senior Account Executive.

Brunick, a resident of Wrentham, is the newest addition to the Massachusetts insurance agency. Kristi joined the team in August 2021 after a successful position with Liberty Mutual Insurance.

Originally from Upstate New York, Kristi graduated with a BS in Business Management from Ithaca College, with a minor in Music Performance.

Kristi has worked in various roles such as Account Management, Real Estate Sales, and Insurance Sales.

Focusing on excellence in customer service and knowledge in her field has proven to be a winning combination in the world of insurance. Helping people get the best coverage at the best price, and teaching the importance of the correct insurance is what comes naturally to her. I love being able to offer home, umbrella, auto, business insurance, life and health with a wide array of carriers naming a few Travelers, Hartford, Quincy and Arbella.

Kristi has been part of the Wrentham community since 2012. During that time, she served on the Wrentham Elementary School Committee, Wrentham Board of Health,



Wrentham Finance Committee, and ran for Town Clerk in 2016.

Kristi used good, old-fashioned networking to find the perfect position at the company.

“I was looking for another opportunity to grow in the insurance industry so I reached out to Alex (Vice president at Pearson Wallace), who I had worked with prior, to ask him about the agency model versus a direct carrier. We had a really good conversation about it and then 15 minutes later, he called me and said come work with us and I said OK! After interviewing with Pearson Wallace I was offered the position” she said. “I was just really excited for the opportunity to work with Alex again and the company that they started.”

Pearson Wallace Insurance has been around for four years and covers the entire state plus New Hampshire, Vermont, Rhode Island, New York and Connecticut. President Beth Pearson said she was excited when she heard about the prospect of Kristi joining the company.

“I thought she sounded like the perfect fit. And it was great to hire another woman — one who had the experience we needed,” said Pearson. “It’s been really great to have her on board and to have her representation in the Wrentham area.

Pearson said Brunick’s experience and personality dovetail nicely with Pearson Wallace’s values.

“We go above and beyond to help our customers. Everyone has easy access to our team, always a text, email or call away. So bringing Kristi on is just a natural extension of our home and our business model. She emulates our core business values,” she said.

Her connection to the community begins at home, having lived in Wrentham for more than a decade. And she hit the ground running with her new position. She has already reached out to the town committee that is planning the 350th birthday celebration next year to see how she can help.

A great example of how having an insurance broker local to you is that Kristi goes above and beyond for her clients:

“For example, I had a policy holder who needed paperwork for the registry and he didn’t have a printer. So I printed it out and I drove it over to his house and that’s not something that you’re going to get with a large company. That’s not the kind of service that you will get,” she said.



One of her personal goals is to make sure every customer understands what they need and what they are purchasing.

“I think the thing with insurance is most people know they have it, but they don’t know exactly what they have and they don’t know that they don’t have enough until it’s too late. I really enjoy working with people in that aspect because then I know that I’m helping them protect the things that are important to them. I think that’s really what keeps me happy and motivated in this industry—that I am le-

gitimately helping people,” said the Wrentham resident.

Outside of work, Kristi enjoys spending time with her three children. You might also find Kristi playing guitar or piano, organizing and playing in golf tournaments, hosting neighborhood events, creating new recipes, or shuttling children to many different sporting events.

Kristi Brunick can be reached via cell phone at: 617-840-4138; via office phone at: 413-464-9390; or via email at: kristi@pearsonwallace.com.

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“All Hearts Come Home for Christmas”

HOPE - Sunday, November 28th at 10am – “The Sound of Silence”
 LOVE - Sunday, December 5th at 10am – “Family Ties”
 JOY - Sunday, December 12th at 10am – “Joseph’s Dream”
 PEACE - Sunday, December 19th at 10am – “Room in the Inn of our Hearts”
 CHRISTMAS EVE - Friday, December 24th at 5:30pm - “O Holy Night”
 LESSONS AND CAROLS - Sunday, December 26th at 10am

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Hamilton Cast to perform at THE BLACK BOX!

The cast of the national tour of the hit Broadway musical *Hamilton* will take the stage at THE BLACK BOX in downtown Franklin on Monday, December 6 at 7:30 pm. The cast, including Franklin Performing Arts Company friend Christopher Rice-Thomson, will perform their holiday favorites in an exclusive one night fundraiser event. Proceeds from the evening will benefit the Franklin Performing Arts Company and The Santa Foundation.

In addition to the donation from the event, patrons are invited to bring a wrapped gift to the show to be donated to The Santa Foundation. The Santa Foundation, established 30 years ago, provides gifts for families in need at the holidays.

The December 6 Broadway event will also support the Franklin Performing Arts Company (FPAC) and THE BLACK BOX. From the beginning, FPAC has followed a mission dedicated to promoting the per-



Business spotlight

forming arts with an emphasis on youth development. Through FPAC, THE BLACK BOX stage is graced by Broadway stars, professional artists, local performers, and students of the arts. Their performances feature live orchestras and professional artists, and they often provide a first glimpse into the world of theater for local youth.

Featured in the concert is *Hamilton* cast member and frequent Franklin visitor Christopher Rice-Thomson.



Rice-Thomson is on the Broadway Faculty at the Franklin School for the Performing Arts (FSPA) and has performed with FPAC at THE BLACK BOX in Newsies (Jack Kelly) as well as

his own creation Christopher Rice's The Tappy Christmas Special: LIVE!.

Tickets for this exciting one-night-only concert are available at THEBLACKBOXonline.

com or by calling the box office at 508-528-3370. THE BLACK BOX is located at 15 W. Central Street in downtown Franklin, MA.

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Successful Backpack Drive for FAFC

The Friends of Adoption and Foster Care (FAFC) in Wrentham would like to thank all who donated to our recent backpack drive. More than 100 children will benefit from these backpacks filled with school supplies, toys, pajamas and personal care items. For a child placed in the care of the Department of Children and Families, these gifts are a tremendous comfort. Thank you so much!

Donations can still be placed in our bin at the back of St. Mary Catholic Church in Wrentham. We also take diapers, wipes, and baby formula. For more information, visit pwc.church or email Jane at jsvcl@yahoo.com.

2021 Coats 4 Kids Campaign

The Norfolk Lions are pleased to announce that the "Coats 4 Kids" winter outerwear drive is being held again this year.

Please consider donating gently used or unwanted coats—for infants, kids, men or women—to this annual drive. Drop off locations this year are at the Lions Christmas Tree sales located next to Dunkin' and at the Norfolk Grange at 23 Rockwood Road. All coats will be cleaned by Anton's Cleaners of Medfield.

This year's Coats 4 Kids drive started on October 23 at the Haunted Car Crawl and will continue until January 10, 2022.



The Lions would like to send a special thanks to Dover Trucking for once again donating new totes for the collection stations. If you have any questions about the drive, please contact Cindy Ladue at 508-667-0002. Happy Holidays!

Eco-Warriors and Bird Club Partner Together to Help Clean up Wrentham State Forest

King Philip Regional High School's Eco-Warriors and Bird Club partnered together to help clean up the Wrentham State Forest on November 7.

A total of 21 members from the Eco-Warriors and Bird Club visited the Wrentham State Forest alongside club chaperones to help clean up litter and garbage in the area.

At the forest, the students split up into smaller groups to cover more area and trails. As they hiked the trails, students equipped with gloves and trash bags picked up as much garbage as they could. One group of students cleaned up the area near the edge of the highway and the other group hiked deep in the woods. At the end of the day, all trash was compiled and properly disposed of.

"We were able to gather several full bags of trash at the Wrentham State Forest this past weekend," Bird Club advisor Nicholas Glabicky said. "Next time you decide to walk through the woods there and enjoy the birds' sounds, just know our own



KP's Eco-Warriors and the Bird Club at the Wrentham State Forest on Sunday, Nov. 7. (Photo courtesy King Philip Regional School District)

student body helped make it pristine."

This clean-up effort was the first time the two clubs have worked together and the first time either club has visited the Wrentham State Forest to clean up trash.

The King Philip Regional High School Bird Club was created eight years ago by club advisor Glabicky. The club goes on local trips on the weekends about two times a month to observe and record bird sightings. The Eco-Warriors is a club aimed at

raising awareness of the environment and advocating for its protection and care. Students in the club participate in clean-ups at conservation areas and forests as well as assist with a school-wide recycling program and campus clean-ups.

"This was our first activity with the Bird Club but we are planning future events since this outing was such a success and there is an overlap of membership to each of the clubs," Eco Warrior's advisor Gretchen Pickart said.

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Gilly's House Holiday Wish List

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Gilly's House is a non-profit 21 bed sober recovery house for men. The men here are seriously working on maintaining their sobriety and moving forward on their recovery. Please consider making their holidays a little happier by making a tax deductible donation from this wish list.

All donations can be dropped off or shipped to Gilly's House by 12/22/21
 1022 West St.
 Wrentham, Ma. 02093
 Attention: Maureen Cappuccino
 other drop off locations:
 St. Jude Church, 86 Main Street, Norfolk
 St. Edward's Church, 133 Spring Street (Rt 27), Medfield
 Norfolk Public Library, 2 Liberty Lane, Norfolk
 St. Mary's Church, 130 South Street, Wrentham
 Fiske Public Library, 110 Randall Road, Wrentham
 Questions email Maureen at maureen@gillyshouse.com

For the guys (21 in total)
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 Visa gift cards
 Mobil or Shell gas gift cards
 Cumberland Farms gift cards
 Dunkin Donuts gift cards
 CVS gift cards
 Walgreen's gift cards
 Omega Pizza-Wrentham gift cards
 Commonwealth BBQ, Wrentham gift cards
 Gum, Lifesavers/mints/Christmas candy
 Irish Spring body wash
 Axe deodorant spray
 handwarmers
 Men's athletic socks
 Men's warm winter socks
 Men's work boots (sizes 9-13)
 Men's winter boots (sizes (9-13)
 Men's winter gloves (large and x large)
 Men's winter beanies (preferably dark colors)
 Men's athletic/sweat pants (med, lg, xlg, 2xl)
 Men's winter jackets (med, lg, xlg, 2xl)

For the House
 Visa gift cards
 Tums
 large bath towels
 standard sized pillows
 HP63 black and color ink for printer
 Printer paper
 caffeinated K-Cups
 sugar
 Bounty paper towels
 Scott Toilet paper (needs to be 2 ply)
 Resolve Carpet Cleaner
 Swiffer Wet Pad refills
 Carpet fresh powder
 Fabuloso
 Concentrate All Purpose Cleaner
 Free & Gentle Tide Pods
 Individual snack size candy, chips, popcorn, pretzels, peanuts, granola bars...
 gallon size Ziploc baggies
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 Advil
 55 gallon trash bags
 8 gallon trash bags
 trifold paper towels
 21 new twin size comforters
 2 new electric heating pads
 2 new square Teflon frying pans
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For the House Gift cards to:
 BJ's • Shaw's • Stop and Shop
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To make a monetary donation click here → <https://gillyshouse.com/one-time-donation>

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Black Bear Sighting in Wrentham

BY GRACE ALLEN

A black bear was spotted in Wrentham last month, prompting the Police Department to issue a warning on Facebook to residents. The bear was seen traveling along the old railroad bed near the Eastside Road area, and sightings were later reported along West Street and near Trout Pond.

Erin Mallette, a wildlife rehabilitator in Franklin and the part-time Millis/Medway animal control officer, said anyone encountering a bear out on a trail or while out on walk should not run away. Rather, she suggests backing up slowly. If a bear enters your yard, “haze” them by banging pots and pans, clapping, playing loud music, yelling and shouting and shining bright lights.

“You want to let the bear know that this is not a safe or welcoming area for them to be,” Mallette said.

She also suggests that dog owners keep their pets leashed while out on a walk in the woods.

Female bears with cubs should never be approached.

Contrary to popular belief, black bears are not considered deep hibernators. According to Mass Audubon, while black bears may enter a den, usually between early November and mid-December, they will wake up if danger is near. Black bears typically den in caves, brush piles, depressions under fallen trees, or rock crevices.

The Massachusetts Division of Fisheries and Wildlife estimates there are 4,500 black bears in the state and that number is increasing at a rate of about 8% a year. While most live in western Massachusetts, bears have been steadily moving east as land is being developed near their preferred habitats. Bear sightings in the area are no longer rare.

Norfolk’s animal control officer, Hilary Cohen, says the town typically gets one confirmed bear sighting a year. Based on scat and tracks, most sightings have occurred near the Norfolk and Millis town line.

“We haven’t had a situation to my knowledge where a resident has actually come in contact or conflict with a bear in Norfolk, but I would imagine that this could happen in the future with less available land, more development, people feeding birds and not securing trash,” said Cohen, noting that bears are opportunistic feeders. “Which is why the saying ‘a fed bear is a dead bear’ is applicable. Intentional and non-intentional man-made food sources left for bears can habituate them and then a conflict could arise.”

To discourage bears from your property, Mass Audubon recommends not putting up bird feeders, or only putting them up from mid-December to the end of February. Trash should be secured, and pet food should never be left outside. If you have a garden, berry patch, or orchard, pick fruit as it ripens and before it falls to the ground. Bee hives should be placed far from the woods, ideally in large, open spaces.

Mass Audubon suggests the following actions if you encounter a bear:

- Back away slowly and quietly while keeping your eyes on the bear to determine whether or not it’s following you. Never approach a bear to get a better look or to take a photo.
- Do not try to run from a bear or climb a tree. A black bear can do both and better than you. (Black bears can run up to 32 mph if necessary.)
- If the bear is aware of your presence, make yourself look as large as possible, raise your arms, and hold-up your knapsack or a coat. Singly loudly or speak in a firm, non-threatening voice while backing away.
- If the bear tries to approach, be aggressive: yell and wave your arms, jump up and down, blow a whistle or horn.
- An agitated black bear will often huff, stamp its paws, and make a lot of noise to let you know it wants its space. Continue backing away.
- Should the bear actually attack, roll onto your stomach or curl into the fetal position to protect your abdomen. Wrap your arms around your head to protect your neck and face. Remain on the ground until you’re absolutely sure the bear has moved on.

Norfolk Lions Hold Annual Christmas Tree Sale

The Norfolk Lions are holding their annual Christmas Tree Sale at the lot next to Dunkin’ on Main Street in downtown Norfolk. The lot is open from 3 to 9 p.m. on weekdays and from 9 a.m. to 9 p.m. on weekends until the trees sell out. The Lions accept cash and checks only, and will trim the bottom of the tree, wrap it, and secure it to a car. (Pickup trucks are encouraged.)

Tree selections include Balsam and Fraser Firs, as well as the popular Silver Firs, which look almost like the Fraser Firs but have the aroma of the Balsam Firs. The trees come from northern Maine and are fresh and beautiful. It takes 10 to 12 years of growing time and professional care to bring a Christmas tree to harvest.

There will also be a selection of wreaths, as well as tree bags and tree life preservative to promote needle retention and help keep the tree fresh.

The month-long event is one of the Lions Club’s most important fundraisers and a great opportunity for the Lions to connect with so many members of the community during the holidays.

All of the proceeds from the sales of the trees go right back into the Norfolk community and to various Lions charities. “Monies that the Lions generate go to seed such research as blindness

prevention, diabetes prevention and numerous other causes”, says Jack Campbell, this year’s President and King Lion.

Also on site is a collection bin for Coats for Kids. Coats in good condition for men, women, and children will be dry-cleaned courtesy of Anton’s Cleaners and then distributed to needy area families.

The Lions will also accept non-perishable food donations for the Norfolk Food Pantry at the tree sale.

Again this year, the Boy Scouts of Norfolk will be offering a tree pick up service after the holidays. Scouts will pick up your tree at any home in Norfolk and bring it to the transfer station for recycling. The fee for this service is \$15 (\$5 for senior citizens). Register on-line at <https://rebrand.ly/Troop80Trees2022>. The Boy Scouts will also be on-site at the lot during tree sales to answer questions and hand out information fliers with all the details.

The Norfolk Lions will be observing all MA state and CDC regulations and guidelines regarding the COVID-19 pandemic.

For more information or to get involved with the Norfolk Lions Club, visit www.NorfolkMALions.org, send an email to norfolkionsmembership@gmail.com, or talk to any Lions member you may know.






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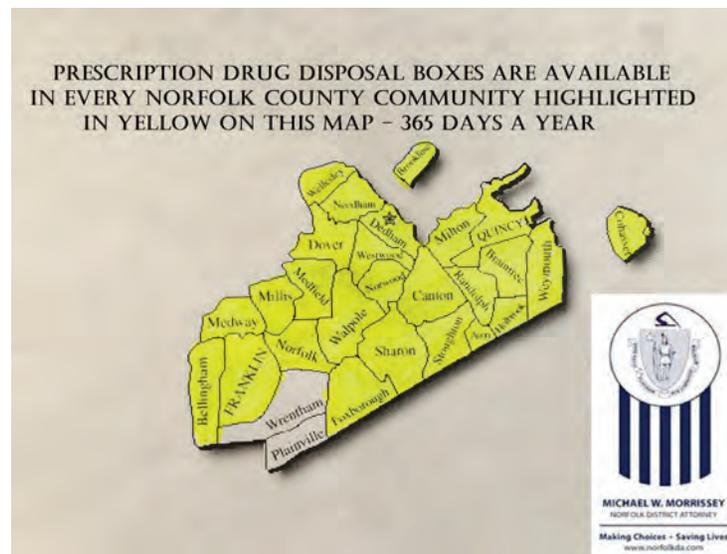



How to Dispose of Unwanted Prescription Drugs

If you missed the Drug Enforcement Administration's Drug Takeback Day on October 23, Norfolk District Attorney Michael W. Morrissey reminds residents that they can go to any one of 26 area police stations to safely dispose of prescription drugs every day of the year.

"Through a partnership with Bay State Community Services and local chiefs, we were able to expand the number of drug collection containers from five towns to 26 over the past several years," District Attorney Morrissey said. "Now every station except Wrentham and Plainville house a container that is available at any hour of the day, any day of the year."

Morrissey worked with Bay State Community Services and the Department of Public Health to offer matching grants to area departments to acquire and house safe collection kiosks. He then coordinated with COVANTA Energy to safely dis-



pose of the drugs in a way that does not pollute local landfills or groundwater.

"There are no questions asked at the station," DA Morrissey said. "The kiosks look very much like mailboxes. Just open the front, put the unneeded drugs in – in the original bottles or any other container -- and the police will make certain they are held

safe until they can be destroyed."

Morrissey began the effort to collect unneeded drugs almost a decade ago, when addiction specialists found that the majority of those seeking treatment for opioid misuse had acquired their first dose from the medicine cabinet of a friend or family member.

Making Spirits Bright Fundraiser

The Norfolk Lions and Norfolk Community League are holding their second annual Making Spirits Bright fundraiser on Saturday, December 18. Pass holders drive their cars through the grounds of the Freeman-Kennedy elementary school to view holiday scenes created by volunteers from local non-profits and businesses.

The event is free to Norfolk residents holding a pre-registered pass. The passes have all been claimed but organizers are hoping that pass-holders and community members alike will make a donation to this fundraiser.

If you have a pass and are attending Making Spirits Bright, please bring an unwrapped gift for the Santa Foundation, or you can make a cash donation that can be used to help charities in our community.

Donations can be made upon entry to the event, or if you are not attending, please go to the Norfolk Lions website and hit Rudolf's nose: <https://www.norfolkmalions.org/>. This event is run entirely by volunteers and their dedication to the community and these causes is greatly appreciated.

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FPAC Holiday Productions Presents *Humbug!*

FPAC Holiday Productions will present *Humbug!* an original musical running December 18 and 19 at the Franklin High School Auditorium. A family favorite since debuting as part of FPAC's 2008 season, *Humbug!* is an original musical retelling of Charles Dickens' A Christmas Carol, starring the script's writer, Nick Paone, as Ebenezer Scrooge. With musical hits of every genre and live accompaniment by a 10-piece band of professional musicians, *Humbug!* transports audiences from Dickensian England to contemporary America as the novel's iconic characters and storyline are cleverly reimagined with



modern setting and dialogue. *Humbug!* delivers a holiday gift of hilarity with a timely – and timeless – message.

You can follow FPAC on Facebook (Franklin Performing Arts Company) and Instagram (@franklin.performing.arts.co). For tickets and more information, visit www.FPAConline.com or call the box office at 508-528-3370.



Share the Warmth of the Season with Our Holiday Sharing Tree.

Take a mitten tag from our Sharing Tree.

Help bring some holiday cheer to a local child. Beginning November 18th, just take a "mitten tag," listing age and gift ideas for area children from the Sharing Tree in our lobby and return all wrapped gifts to us by December 10th. Lobby hours are Mon-Wed & Fri 8:30 to 4pm, Thurs 8:30 to 6pm and Saturday 8:30 to 12:30pm. For more information call 781-762-1800 or email us at webmail@norwoodbank.com.

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Healthy KP Hosts First 5th Quarter Event for KPHS Students after Football Game

King Philip Regional's Healthy KP coalition successfully hosted its first 5th quarter event for the high school's students after the Warriors' football game on Friday, October 15.

The event was held outside at King Philip Regional High School from 9 to 11 p.m. with more than 250 students in atten-



Healthy KP coalition hosted a 5th quarter event for King Philip Regional High School students, which featured many fun activities, including a dunk tank. (Photo Courtesy King Philip Regional High School)

dance. The goal of the event was to provide a safe substance-free space for students to have fun with their friends after the game.

The free event featured pizza, snacks, soft drinks, cotton candy and popcorn machines, as well as a dunk tank, live DJ, a mural to paint, lawn games and raffles. Volunteers from Healthy KP coalition, SAFE coalition and the school community staffed the event. Members of the Massachusetts State Police and the Wrentham Police Department attended.

The event was sponsored through the Drug-Free Communities grant, which Healthy KP was awarded in December 2020. The grant aims to provide Healthy KP with funds to strengthen relationships with local community partners and implement different strategies and programs that are designed to reduce youth substance use rates.

"This was the first time the district held an event like this and I am amazed at its success," said King Philip Superintendent Paul Zinni. "It would not have been made possible without the hard work of our many volun-

teers and community partners, as well as the generosity of all who donated. I thank Healthy KP for providing a safe and healthy space for our students to have fun and enjoy themselves."

KPRHS thanks SAFE Coalition, the Massachusetts State Police, Big Y of Franklin and Walpole, Christine Molla, and members of Healthy KP for donating to the event, as well as DJ Manny Barros for performing. KPRHS also thanks Eagle Brook Saloon for providing discounted pizza.

Additionally, KPRHS thanks Assistant Principal Kip Lewis, DFC Grant Program Coordinator Cassandra Bigness, Healthy KP Chair Ann Barr, Healthy KP Treasurer Wayne Burt, Wellness Director Dot Pearl, Michelle Kelley, Joanne Grant, John Barrett, Kim Lewis, Jody Jeanetti, April Frey, Scott Kramer, and Michael Poirier, SAFE Coalition Executive Director and co-founder Jennifer Knight-Levine, SAFE Coalition members Chavelyn Santana, Emilee Purdy and Brian Hamlin, Rev. Gregory Vozzo of St. Jude's and St. Edward's Parishes, Facilities Manager Joseph Zahner, KPRHS



Healthy KP coalition hosted a 5th quarter event for King Philip Regional High School students after the Warriors' last football game, with more than 250 students in attendance. (Photo Courtesy King Philip Regional High School)

groundskeeper Greg Wickstrom, Wrentham Police Chief Bill McGrath, School Resource Officer Todd Schwalbe, Sgt. Dan Morris and Community Service Dog Cruiser, the Massachusetts State Police, Custodians Danny Mello, Dave Hunchard, Jon Maranda, Anthony Davis and Eric Gearhart, as well as students Sophie Peck, Neva Keighley, Sophia Collins and Sam Arsenault for volunteering at the event.

About Healthy KP

Healthy KP was founded in 2018 with the goal of empowering students from Wrentham, Norfolk and Plainville to live a healthy, substance-free life through youth leadership, education, training, policy and support.

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Norfolk Public Schools Celebrate Unity Day in October

October is National Bullying Prevention Month

Norfolk Public Schools celebrated Unity Day on Wednesday, October 21.

Unity Day is an annual event held during the month of October in commemoration of National Bullying Prevention Month. National Bullying Prevention Month is a nationwide campaign, founded in 2006 by the PACER Center's National Bullying Prevention Center, aimed to unite people around the world in an effort to educate and raise awareness around bullying prevention. Unity Day is the campaign's signature event that was started in 2011 and is now celebrated around the world.

In observation of Unity Day, students, staff and teachers throughout Norfolk Public Schools wore orange clothing on Oct. 21 as a way to demonstrate the district's unified message promoting kindness, inclusion and bullying prevention. As part of the event, artwork encouraging inclusion and kindness was also hung up throughout the Freeman-Kennedy and H. Olive Day schools and students participated in lessons aimed to teach them more about Unity Day and its themes.

At the Freeman-Kennedy School, students participated in a Unity Day lesson during art classes ahead of Wednesday's event. As part of their lesson, students created a piece of artwork to be included in a school mural promoting unity. The mural can be found in the Freeman-Kennedy's administration/library hallway.

"It's our goal at the Freeman-Kennedy School to create healthier communities beginning with our students being taught the basic principles of kindness, acceptance and inclusion," said Freeman-Kennedy School Principal Lisa Altham-Hickey. "Through events such as Unity Day, we have the opportunity to promote these positive ideologies through fun events for our students such as everyone wearing a certain color and participating in specially-themed art projects."

At the H. Olive Day School, School Adjustment Counselor Carolyn Kelley created lessons for teachers to deliver to students in the days leading up to Unity



Students at the Freeman-Kennedy School also wore orange clothing on Wednesday, Oct. 21, in recognition of Unity Day.



Students at the H. Olive Day School (pictured above) and Freeman-Kennedy School participated in Unity Day lessons.



Members of the Norfolk Police and Fire Departments visited Norfolk Public Schools as part of Unity Day.



The Freeman-Kennedy School's Unity Day mural.

Day. As part of the lessons, students learned what unity is, what the day represents and about positive bullying prevention behaviors, and decorated paper t-shirts with a word that is aligned with the theme of unity.

Students, staff and teachers at the H. Olive Day School each signed a letter forming the word 'UNITY' as part of a school-wide mural. 'U' was signed by second grade students, 'N' was signed by first grade students, 'I' was signed by preschool students, 'T' was signed by kindergarten students and the 'Y' letter was signed by staff and teachers. Staff unveiled the mural Wednesday morning upon students' arrival to school.

"Beginning at our students' earliest ages we focus on fostering a community of individuals who lead with acceptance and inclusion," H. Olive Day School Prin-

icipal Linda Balfour said. "Unity Day is a special event that reinforces our previously-established school culture of community, caring, understanding and empathy while tying into our ongoing social-emotional learning initiatives throughout the year."

Added Superintendent Dr. Ingrid Allardi, "At Norfolk Public Schools we put a strong emphasis on putting an end to bullying and that starts with teaching our students about how acts of kindness, such as including someone, can have a lasting positive impact on that person. It was great to see our school community come together and all wear orange in observation of Unity Day."

About PACER's National Bullying Prevention Center

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue that impacts education, physical and emotional health, and the safety and well-being of students.



Students at the H. Olive Day School wore orange clothing on Wednesday, Oct. 21, in recognition of Unity Day. (Photo courtesy Norfolk Public Schools)



The H. Olive Day School's Unity Day mural.

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Year-End Tax Planning Strategies for Individuals

With the end of the year fast approaching, now is the time to take a closer look at tax planning strategies you can use to minimize your tax burden for 2021.

General Tax Planning Strategies

General tax planning strategies for individuals include accelerating or deferring income and deductions, as well as careful consideration of timing-related tax planning strategies concerning investments, charitable gifts, and retirement planning. For example, taxpayers might consider using one or more of the following strategies:

Investments. Selling any investments on which you have a gain (or loss) this year. For more on this, see Investment Gains and Losses, below.

Year-end bonus. If you anticipate an increase in taxable income this year, in 2021, and are expecting a bonus at year-end, try to get it before December 31. Contractual bonuses are different, in that they are typically not paid out until the first quarter of the following year. Therefore, any taxes owed on a contractual bonus would not be due until you file your 2022 tax return in 2023. Don't hesitate to call the office if you have any questions about this.

Charitable deductions. Bunching charitable deductions (scroll down to read more about charitable deductions) every other year is also a good strategy if it enables the taxpayer to get over the higher standard deduction threshold under the Tax Cuts and Jobs Act of 2017 (TCJA). Under the CARES Act of 2020, this year (2021) eligible individuals may take an above-the-line deduction of up

to \$600 in cash for charitable contributions made to qualified charitable organizations. Cash contributions are those that are paid with cash, check, electronic fund transfer, or payroll deduction. Taxpayers can claim the deduction even if they do not itemize on their 2021 taxes.

Medical expenses. Medical expenses are deductible only to the extent they exceed a certain percentage of adjusted gross income (AGI), therefore, you might pay medical bills in whichever year they would do you the most tax good. To deduct medical and dental expenses in 2021, these amounts must exceed 7.5 percent of AGI. By bunching medical expenses into one year, rather than spreading them out over two years, you have a better chance of exceeding the thresholds, thereby maximizing the deduction.

Stock options. If your company grants stock options, then you may want to exercise the option or sell stock acquired by exercising an option this year. Use this strategy if you think your tax bracket will be higher in 2021. Generally, exercising this option is a taxable event; the sale of the stock is almost always a taxable event.

Withholding. If you know you have a set amount of income coming in this year that is not covered by withholding taxes, there is still time to increase your withholding before year-end and avoid or reduce any estimated tax penalty that might otherwise be due.

Accelerating or Deferring Income and Deductions

Strategies that are commonly used to help taxpayers minimize

their tax liability include accelerating or deferring income and deductions. Which strategy you use depends on your current tax situation.

Most taxpayers anticipate increased earnings from year to year, whether it's from a job or investments, so this strategy works well. On the flip side, however, if you anticipate a lower income next year or know you will have significant medical bills, you might want to consider deferring income and expenses to the following year.

In cases where tax benefits are phased out over a certain adjusted gross income (AGI) amount, a strategy of accelerating income and deductions might allow you to claim larger deductions, credits, and other tax breaks for 2021, depending on your situation. Roth IRA contributions, child tax credits, higher education tax credits, and deductions for student loan interest are examples of these types of tax benefits.

Accelerating income into 2021 is also a good idea if you anticipate being in a higher tax bracket next year. This is especially true for taxpayers whose earnings are close to threshold amounts that make them liable for the Additional Medicare Tax or Net Investment Income Tax (\$200,000 for single filers and \$250,000 for married filing jointly). See more about these two topics, below.

Examples of accelerating income include:

- Paying an estimated state tax installment in December instead of at the January due date. However, make sure the payment is based on a reasonable estimate of your state tax.
- Paying your entire property tax bill, including installments due in 2022, by year-end. This does not apply to mortgage escrow accounts.
- Paying 2022 tuition in 2021 to take full advantage of the American Opportunity Tax Credit, an above-the-line tax credit worth up to \$2,500 per student that helps cover the cost of tuition, fees, and course materials paid during the taxable year. Forty percent of the credit (up to \$1,000)



is refundable, which means you can get it even if you owe no tax.

Charitable Contributions

Property, as well as money, can be donated to a charity. You can generally take a deduction for the fair market value of the property; however, for certain property, the deduction is limited to your cost basis. While you can also donate your services to charity, you may not deduct the value of these services. You may also be able to deduct charity-related travel expenses and some out-of-pocket expenses, however.

Keep in mind that a written record of your charitable contributions - including travel expenses such as mileage - is required to qualify for a deduction. A donor may not claim a deduction for any contribution of cash, a check, or other monetary gift unless the donor maintains a record of the contribution in the form of either a bank record (such as a canceled check) or written communication from the charity (such as a receipt or a letter) showing the name of the charity, the date of the contribution, and the amount of the contribution.

Other Year-End Moves

Roth Conversions. Converting to a Roth IRA from a traditional IRA would make sense if you've experienced a loss of income (lowering your tax bracket) or your retirement accounts have decreased in value. Please call if you would like more information about Roth conversions.

Maximize Retirement Plan Contributions. If you own an incorporated or unincorporated business, consider setting up a

retirement plan if you don't already have one. It doesn't need to be funded until you pay your taxes, but allowable contributions will be deductible on this year's return.

If you are an employee and your employer has a 401(k), contribute the maximum amount (\$19,500 for 2021), plus an additional catch-up contribution of \$6,500 if age 50 or over, assuming the plan allows this, and income restrictions don't apply.

If you are employed or self-employed with no retirement plan, you can make a deductible contribution of up to \$6,000 a year to a traditional IRA (deduction is sometimes allowed even if you have a plan). Further, there is also an additional catch-up contribution of \$1,000 if age 50 or over.

Health Savings Accounts. Consider setting up a health savings account (HSA). You can deduct contributions to the account, investment earnings are tax-deferred until withdrawn, and any amounts you withdraw are tax-free when used to pay medical bills.

In effect, medical expenses paid from the account are deductible from the first dollar (unlike the usual rule limiting such deductions to the amount of excess over 10 percent of AGI). For amounts withdrawn at age 65 or later not used for medical bills, the HSA functions much like an IRA.

To be eligible, you must have a high-deductible health plan (HDHP), and only such insurance, subject to numerous exceptions, and you must not be enrolled in Medicare. For 2021, to qualify for the HSA, your minimum deductible in your HDHP must be at least \$1,400 for self-only coverage or \$2,800 for family coverage.

529 Education Plans. Maximize contributions to 529 plans, which can now be used for elementary and secondary school tuition as well as college or vocational school.

Don't Miss Out.

Implementing these strategies before the end of the year could save you money. If you are ready to save money on your tax bill, please contact the office today.







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Pan-Mass Challenge Raises Record-Breaking \$64 Million Dollars

Two-Year Fundraising Reaches \$114 Million Despite COVID-19 Pandemic

The Pan-Mass Challenge (PMC), the two-day bikeathon that pioneered the athletic fundraising industry, announced on November 4 a record-breaking \$64 million donation to Dana-Farber Cancer Institute (Dana-Farber), a world leader in adult and pediatric cancer treatment and research, and its Jimmy Fund. This impressive gift raised by the PMC community far surpassed fundraising expectations this year, topping the organization's pre-pandemic record \$63 million donation in 2019. Since the start of the COVID-19 pandemic in early 2020, the PMC has raised more than \$114 million for Dana-Farber and the Jimmy Fund, bucking industry-wide trends of decreased fundraising and engagement stemming from public health crisis.

Twenty-four riders from Norfolk and Wrentham participated in this year's Pan-Mass Challenge.

"The PMC community knows 'there's a lot riding on us' and certainly rose to the occasion with this year's record-breaking gift," said PMC founder and executive director Billy Starr, a Dana-Farber Trustee. "To not only drastically exceed our fundraising goal, but to top our pre-pandemic fundraising record is an incredible feat. The \$64 million our community raised this year – in addition to the \$50 million our riders raised virtually in 2020 – makes an unparalleled impact on the fight against cancer at Dana-Farber."

The PMC donates 100 percent of every rider-raised dollar to support the lifesaving mission of Dana-Farber and the Jimmy Fund, including immediate patient care needs and breakthrough cancer discoveries. The PMC, which has contributed \$831 million to the fight against



Photo courtesy of John Deputy.

cancer since 1980, is the nation's most successful single-event athletic fundraiser and Dana-Farber's largest single contributor, accounting for more than 55 percent of its Jimmy Fund's annual revenue.

Thanks in part to PMC funding, Dana-Farber was not forced to suspend clinical trials during the pandemic, ensuring the advancement of critical oncology research. For example, in 2021, Dana-Farber research help garner FDA approval for a novel immunotherapy combination as a first-line treatment for advanced kidney cancer. This success was made possible with PMC support.

"I am in awe of the steadfast commitment by PMC riders, volunteers, sponsors and donors to our shared mission to defy cancer. PMC has once again exceeded expectations, raising a record amount to continue as our largest single contributor," said Laurie H. Glimcher, MD, president and CEO of Dana-Farber. "This unmatched and

generous gift, raised during an ongoing pandemic that has presented unique challenges to the cancer community as a whole, will provide integral funding for the innovation that takes place with our patient care and the cutting-edge research conducted at Dana-Farber."

In August, the PMC brought together more than 6,000 riders hailing from 47 states and 11 countries to cycle up to 211 miles across Massachusetts for the first time since 2019. In 2020, the PMC raised an impressive \$50 million through its summer-long Reimagined campaign, which kept participants engaged and fundraising, on and off the bike, through the pandemic to support lifesaving cancer research and treatment at Dana-Farber.

The PMC is presented by the Red Sox Foundation®. To learn more or to make a financial contribution to the cause, visit www.pmc.org, or call (800) WE-CYCLE. Connect with #PMC2021 on Facebook, Twitter, Instagram and LinkedIn.

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Town of Norfolk Snow Related Bylaws & Policy

Winter Parking Ban
November 15, 2021 to April 15, 2022

No overnight parking is allowed on Town roads. The ban is put in place to enable our Public Works crews and contractors to effectively plow and treat the streets so that we can keep them passable for drivers and emergency vehicles. Residents are also reminded that cars should not be parked on the sides of the road as well. Vehicles left in the roadway that interfere with snow and ice removal are subject to towing per the Town's General Bylaws, Chapter 10, Section 19.

Placing Snow, Ice & Water on Public Property

Placing Snow, Ice and Water on Public Property No person, other than an employee or other person in the service of the Commonwealth of Massachusetts or the Town of Norfolk shall direct, discharge, dump, shovel, pile, push, blow, plow or deposit snow, ice, or water under conditions where water would be subject to freezing onto, into or across any public way, including sidewalks or public property, or cause, direct, sanction or authorize any such activity involving snow, ice, or water on a public way or public property. Violations of this section shall be subject to a fine of one hundred dollars (\$100) for each violation. General Bylaw, Chapter 10 Section 38

Snow Plow Mailbox Damage Policy

The DPW will **Not** be responsible for repairing or installing mailboxes due to damage from snow cast or snow pushed from plows. However the DPW will supply the Home Owner with a mailbox and or a post or reimbursement up to \$60 towards the cost of a new mailbox. The supply or reimbursement policy does not apply to inferior construction or mail boxes/posts in deteriorated conditions. If a mailbox is damaged as a result of a direct hit by a plow, the DPW will replace the mailbox and post with the same or similar one up to \$300.

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The b.LUXE *beauty beat*

Happy Holidays!

By GINA WOELFEL

b.LUXE Hair and Makeup would like to take this opportunity to say thank you to you, our clients - AKA our favorite people in the world!

These past few years have been especially challenging, yet, with your love and support, we had one of our best years ever, even being named one of the top salons in the US. That achievement came directly from you! Thank you for being our biggest cheerleaders and trusting us for all of your beauty needs. There's so many of you who've been with us since we opened in 2011 and even more who found us this past year. We have so much gratitude in our hearts for this outpouring of support!

We're often asked about our name and how we came to be known as b.LUXE.

From a young age, owner Heather Cohen always knew she wanted a career in beauty and dreamed of owning her own salon. As she says "I've had the b.LUXE name in my head since before I went to cosmetology school! I guess I've always believed that everyone deserves a little luxury in their lives. So BE LUXE!"

So what is luxury to you? We often think of opulent homes or expensive cars, but with the pandemic and two years of stripped down, simplified living, has your idea of luxury changed? I know mine has. Now I try to tease out a little luxury each day. My favorite "indulgence" is my morning cup of coffee. I love this pre-sunrise block of time I

set aside for myself. Waking before the house fills with commotion, I give myself 30 minutes of unadulterated alone-time. Just me and my Folgers... That's my luxury.

Now I know what you're thinking. "A cup of coffee isn't luxurious, right?" Well, for me, setting aside a time solely for myself and starting each day on the right, caffeinated foot is very luxurious.

Do you treat yourself to something special every day? A long walk? A nightly soak in the tub? A great book? That's your luxury, and you deserve it! If it's something that brings you joy and sends you back out into the world a better person, indulge away!

And since we're on the subject of indulgence, let's share some LUXURY together!

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This event is open to everyone! If you're a customer of b.LUXE, or if you'd just like to take a tour of the salon and join in the festivities, we look forward to seeing you all!

Be sure to also check out our holiday specials!

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We also have a full line of b.LUXE BEAUTY BOXES, Spa Packages and At-Home Luxury Boxes available this season! Each of these specially priced items is in-stock and available for online ordering or in-store purchase.

Wishing our local friends, clients, community and fellow business owners the happiest of holidays! We can't wait to see what 2022 has in store for everyone!

See you soon at the studio!

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Living Healthy

Laser Cataract Surgery Closer to Home: The Best Technology for 2022

By: ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE CENTER

What is a cataract and what is cataract surgery?

A cataract is a common condition in which the normally

clear lens of the eye becomes progressively cloudy. When light passes through a clear lens, the light can focus to a point, creating a clear view. When light passes through a cataract, the light gets distorted, creating a

blurred view. Treatment for cataracts involves surgery to remove the cataract and replace it with an intraocular lens implant. It is the most common surgical procedure in the US and around the world and is considered to be

an extremely successful and safe procedure. It's an exciting time to be offering cataract surgery! Laser technology and advanced lens implants allow not only for clear vision but also for reduction in need for glasses.



for glasses or contact lenses after surgery.

What are my choices for lens implants during surgery?

Once a cataract is removed this cloudy lens will be replaced with an implant called an intraocular lens or an IOL. IOLs can have a wide range of capabilities. Given as they are a lens, they can have different focusing properties. IOLs can be correcting for a single focus point, correct for astigmatism, or correct for all distances.

What is a standard, Single focus implant?

A standard single focus implant or monofocal implant corrects for a single distance only. It is unable to focus at all distances. Glasses will be needed after surgery to focus at other distances. This implant is covered by all insurances at the time of the cataract surgery.

What is laser cataract surgery?

Many of the steps of cataract surgery are traditionally performed using handheld tools. Now, they can be completed with the precision of a laser. Using the Catalys Precision Laser System, your surgeon can offer you unprecedented accuracy and customization in your cataract surgery procedure. Your surgeon can use the laser to create a circular opening for accessing and removing the cataract. Clinical studies have shown that this opening is more accurate when performed with the laser than what is achievable by hand. The laser then softens and breaks up the hard cataract into tiny pieces, allowing for gentler, easier cataract removal. Depending on your pre-operative vision and desired visual result, your surgeon may recommend a tailored treatment plan that could include creating ultra-precise laser incisions in the cornea and a specific lens implant type. This tailored treatment may reduce your need

EYES

continued on page 21

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Living Healthy

EYES

continued from page 20

What is a Toric IOL?

A toric IOL is also a single focus implant, but it is also able to correct corneal astigmatism. Many patients have always had astigmatism and the standard implant will improve their vision. The Toric IOL will allow for these patients to be able to see clearly at a set distance without the aid of glasses (most patients choose distance).

What is a multifocal implant?

A Multifocal implant corrects for vision at all distances - near, intermediate, and far. This IOL allows for many patients to be free of glasses. Its advantage is the true capacity to provide a much more functional ability; ability to drive, read a cell phone, read the dash, read a note. For more strenuous activities such as doing taxes, reading the small print on a medication bottle or prolonged detailed close work, at times, a minor pair of over-the-counter reading glasses may also make such tasks more comfortable.

There are several types of these implants that are FDA approved: The PanOptix implant is a true trifocal implant allowing for comfortable all-distance vision. The Vivity implant is similar to PanOptix with night vision risks however may require more help for close reading tasks.

What are the risks of a multifocal implant?

In the early days after the implantation with the multifocal implant many patients notice some glare and halos. These are a direct result of the concentric rings of the implants that also produce the near and the distance image. After a period of adjustment, most patients glare and halos

subside significantly, although they will always be there if one looks for them. The new Vivity implant causes much less risk of halos.

Who is not a good candidate for multifocal implants?

It is very important to note that a multifocal implant may not be the best choice for all patients. Some patients with some eye conditions, such as macular degeneration, diabetic retinopathy, retinal disease or glaucoma, may be better candidates for monofocal implants or for the Vivity implant.

Why choose our practice and surgery center?

It's an exciting time to be a cataract surgeon or surgery patient! The technological innovations in our field are truly remarkable. At Milford Franklin Eye Center Dr. Kaldawy is proud to offer bladeless laser assisted cataract surgery and was the first surgeon in the greater Boston area to implant the PanOptix lens implant and the new Vivity implant. No more need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford offering laser-assisted cataract surgery. If your provider is still recommending you go somewhere else and drive hours for surgery ask this provider about his/ her financial bias and call us for a second opinion. We offer world-class eyecare and surgery much closer to home and we can prove it! A new office in Franklin and a second location in Milford. 7 providers with your best interest in mind offering the best of the best eye care. As we cross to 2022 we wish you the best from Milford-Franklin Eye Center, a trusted name in the community for 4 decades.

For more details, see our ad on page 10.

You Have to Learn to Live With It!

We all look for balance in our lives, but achieving it is a more difficult task. It's not uncommon that when a specific health challenge occurs and has been interfering with our life, for many, they seek their primary doctor's advice. But after going through many tests and/or imaging they may get the answer "Great news, all your tests and images are normal." That is great, but that doesn't answer the question, why do I still feel this way?

Homeostasis is the ability or the tendency of the body to seek and maintain a condition of equilibrium or balance in the body. When we can no longer achieve homeostasis, symptoms start to appear. The nervous system's job is to control and coordinate every system, organ and tissue in the body. When this process is interfered



Dr. Rochelle Bien & Dr. Michael Goldstein

with our health potential begins to decline. Through NIS (Neurological Integrative Systems) and/or NET one can identify the stressors. This allows us to utilize a 3 step process of remove the stressor, rebuild the tissues and restore the function, thereby bringing you back into balance (homeostasis).

If you are experiencing health stumbling blocks such as

stress, brain fog, fatigue, digestive disorders, insomnia, long haul symptoms of Covid 19, Vestibular dysfunction (vertigo), learning and focus issues and more, give the Holistic Center at Bristol Square a call (508)660-2722 and make your appointment to see Dr. Michael Goldstein or Dr. Rochelle Bien today.

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Living Healthy

Fire Officials Offer Reminder: Change Your Clocks, Check Your Alarms

Replace Batteries in Smoke and CO Alarms, and Replace Alarms More Than 10 Years Old

With the end of daylight savings time last month (Nov. 7), Massachusetts fire officials issued a seasonal reminder to check your smoke and carbon monoxide (CO) alarms when you change your clocks.

“Working smoke and CO alarms are key to surviving a fire or carbon monoxide leak,” said State Fire Marshal Peter J. Ostroskey. “Remember to check your alarms when you change your clocks. Unless you have newer alarms with 10-year sealed batteries, this is a good time to replace the alkaline batteries in your smoke and carbon monoxide alarms or replace the entire device if it’s more than 10 years old.”

Fire Marshal Ostroskey also highlighted the importance of CO alarms as we head into the colder months.

“Carbon monoxide is the leading cause of poisoning deaths in the United States,” he said. “The primary sources of carbon monoxide in the home are furnaces and other fuel-burning appliances. We can’t see, smell, or taste carbon monoxide, so it’s important to have working

CO alarms to alert you to this invisible killer.”

Replace Aging Smoke Alarms

“Smoke alarms are like any other household appliances: they don’t last forever,” said Chief Michael Winn, president of the Fire Chiefs Association of Massachusetts. “Alarm manufacturing dates are printed on the back of the device. Smoke alarms usually need to be replaced after 10 years, and carbon monoxide alarms after five to seven years. If the date on your alarm is more than 10 years ago, or if there’s no date at all, it’s time to replace it.”

Replacement Alarms Should be Photoelectric With 10-Year Sealed Batteries

The State Fire Code requires replacement battery-operated smoke alarms in older one- and two-family homes to be photoelectric and have 10-year, sealed, non-replaceable, non-rechargeable batteries and a hush feature.

“We see too many disabled smoke alarms at fire scenes

where people really needed them to work,” said State Fire Marshal Ostroskey. “Fire officials hope that if smoke alarms are easier to maintain, like those with long-life batteries, people will keep them in use rather than disabling them or forgetting to change out the batteries.”

Modern Fires Burn Faster

“Changes in construction and manufacturing make today’s residential fires burn faster,” said State Fire Marshal Ostroskey. “In the average house fire, there are only one to three minutes to escape after the smoke alarm sounds. Working smoke alarms give you precious time to use your home escape plan before poisonous gases and heat make escape impossible.”

Chief Winn said, “No one expects to be a victim of a fire, but the best way to survive one is to have working smoke alarms. Take a few minutes to protect those you love by changing the batteries in your smoke alarms this weekend. And if you have parents, grandparents, or older neighbors who might need a hand, volunteer to check their alarms and change their batteries, too.”

Home Fire Sprinklers

Home fire sprinklers can provide residents additional time to escape and contain or even extinguish a fire, but working smoke alarms are still needed to alert people to danger.

Senior SAFE

Nearly 40% of last year’s fire deaths involved adults over the age of 65. More than 200 fire de-

partments across Massachusetts have grant-funded Senior SAFE programs. Seniors who need help testing, maintaining, or replacing smoke alarms should contact their local fire department or senior center for assistance.

For more information on smoke alarms or the Senior SAFE program, visit www.mass.gov/dfs or contact your local fire department.

State Offers In-Home Vaccinations, Including Boosters

BY GRACE ALLEN

Did you know the state has an in-home COVID-19 vaccination program? Homebound residents and people who cannot travel to a vaccine clinic for any reason, including children 5 to 17 years old, can request an appointment for medical professionals to come to them to administer a vaccine.

To schedule an in-home vaccination through the Massachusetts Department of Public Health, call the In-Home Vaccination Central

Intake Line at (833) 983-0485, between 9 a.m. and 5 p.m., Monday to Friday. A representative will discuss your specific needs and register you for a vaccine appointment, which may take up to two weeks to schedule.

Appointments are scheduled based on geography. The Johnson & Johnson single-dose vaccine, two-dose Moderna or Pfizer vaccines, and boosters are all available. Children 5 to 17 years old will be offered the Pfizer vaccine.

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Celebrate the Holidays with FPAC's *The Nutcracker*

FPAC Holiday Productions will present the holiday classic *The Nutcracker* December 4 and 5 at the Franklin High School Auditorium. Experience all the festive magic and colorful splendor of *The Nutcracker* as FPAC stages its cherished annual production of the holiday classic with live orchestra, special guest artists and more than 100 area dancers. *The Nutcracker* remains a highly anticipated and treasured part of the FPAC season - a popular holiday tradition for more than 20 years. The world-famous ballet, set to Tchaikovsky's beloved score, delights the imaginations of audiences young and old with a professional production at a reasonable price. The holiday classic is brought to Franklin under the direction of former American Ballet Theatre dancer Cheryl Madeux.

Guest Artists Elina Miettinen and James Monroe Števkó will dance the principal roles of the Sugar Plum Fairy and her Cavalier. Elina Miettinen is a New York based professional ballerina, actress, and ballet coach.

Growing up in Finland, Miettinen began taking dance lessons in Helsinki when she was a little girl. She was soon accepted to be a full time student at the Helsinki Dance Institute and ballet became her main focus in life. In 2005 Miettinen was recognized as a young promising dancer in Finland and was awarded a Pro Dance Scholarship. She completed her ballet studies by spending a year training in Amsterdam and taking summer courses in Paris, Cannes, and Copenhagen. Miettinen soon signed a contract with the American Ballet Theatre as the first ballerina from Finland. During the spring of 2019, Miettinen landed

lead roles in short films "Island" and "Lucid" as well as a supporting role in a film "Lola" which made it into film festivals across the United States. Miettinen recently launched her ballet course



online, "Ballet Body Today" (www.balletbodytoday.com). Her mission is to encourage people of all ages and backgrounds to learn ballet and experience the great benefits that ballet can bring.

James Monroe Števkó is a NYC-based dancer and actor. He started dancing at 18 after entering college as a trumpet player. He last made his principal acting debut in the award-winning production of *Fiddler on the Roof* in Yiddish, directed by Tony, Golden Globe and Academy Award winning director, Joel Grey. Previously, he has also danced with: The Metropolitan Opera, The Radio City Christmas Spectacular, Milwaukee Ballet, City Ballet of San Diego, and in regional musical theater houses. He has been featured in *Dance Teacher Magazine*, *DanceInforma*, and the *New York Times* Bestseller, *I Will Teach You to be Rich*.

The production features a professional orchestra under the direction of Broadway conductor/arranger Eric Stern. With

19 Broadway shows to his credit, including *Shrek*, *Xanadu*, *Follies*, *Parade*, and *Candide*, Stern has recorded over 30 albums. He has performed in concert with renowned artists Audra McDonald, Mandy Patinkin, Barbara Cook, Dawn Upshaw, Dianne Reeves, Deborah Voigt, Jesse Norman, Thomas Hampson, the Irish Tenors, and many others. Stern has conducted many of the world's top orchestras including the Cleveland Orchestra, Chicago Symphony Orchestra, London Symphony Orchestra, Orchestra of St. Luke's and Boston Pops. He won an Emmy for his work for PBS, and his albums have been honored with a Grammy and two Gramophone Awards. He has enjoyed a long association with the National Orchestra of Wales as frequent guest conductor, and he currently teaches conducting at Berklee College of Music.

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Sports

KP Volleyball Team's Tourney Run a Gallant Effort

By KEN HAMWEY
STAFF SPORTS WRITER

The winter sports season is just around the corner but it would be an injustice not to recognize an autumn team that had a fabulous regular season and competed gallantly for a State championship.

Hats off to the King Philip volleyball squad.

All the Warriors did was compile a regular season record of 19-1, share their fifth Kelly-Rex Division championship with Franklin, and advance in the Division 2 Tournament to the State semifinals where they lost to Hopkinton. The Hillers won the opening game, 25-18, lost the second, 23-25, then closed out KP by margins of 25-8 and 25-21.

KP's run to the semifinals came after 3-0 victories over Chicopee Comprehensive, Notre Dame Academy (Hingham) and Woburn. The tournament's championship match (Westboro vs. Hopkinton) was played after Local Town Pages deadline.

"Hopkinton executed very well," said KP coach Kristen Geuss. "They're a really good team and really strong. They displayed lots of skills, technical ability and athleticism."

Geuss was pleased the way her squad rallied after losing the first game. "We bounced back to tie the match but losing the third game, 25-8, was very uncharacteristic of our team. Hopkinton wrapped it up in the fourth game. They just played better than us."

The second-seeded Warriors opened the tourney against Chicopee Comprehensive and cruised to a 3-0 triumph (25-9, 25-11, 25-7). "That matchup gave us a taste of what the tourney would be like," said Geuss. "We got our feet wet."

The next two teams provided KP with some spirited competition. The Warriors registered a 3-0 decision against Notre Dame

by scores of 25-12, 25-12, 25-17, and their victory over Woburn included margins of 25-21, 25-11, and 25-12.

"The scores of the Notre Dame sets don't reflect how competitive that match was," Geuss said. "And, against Woburn, we had a challenging start. We just had to settle down and play our game."

The three wins enabled KP to take home a plaque that recognized it for advancing to the State's Final Four. The trio of victories basically singled out the Warriors as Sectional champs.

Against third-seeded Hopkinton, which entered the State semifinals unbeaten at 23-0, the Warriors met a formidable foe. Geuss, however, was upbeat and very proud of her squad, which was the first in the program's history to get to the State's Final Four. It also finished with the best record in school history (22-2).

"It's been a memorable season," Geuss emphasized. "I'm proud of the way the girls worked and the way they stayed focused. They hung in all season, played competitively and gave it everything they had. Their effort was super."

Immediately after KP's elimination, Geuss said her emotion was one of sadness. "I was sad the season ended but I told the girls what I'll miss most is seeing them in practice two hours a day, six days a week. It was a fun season and I had the pleasure of watching them develop."

During the regular season and in the playoffs, Geuss' squad relied on a style that was fundamental and on a plethora of strengths that produced positive results. "Our style stressed playing straight-up volleyball and that means good passing, strong hitting and smart sets," Geuss said. "We strived to not only play well, but to play within ourselves. Our practices emphasized proper technique and mechanics."



The 2021 King Philip volleyball team, which finished with an overall record of 22-2, advanced to the State Tournament's Final Four.

The Warriors' assets included a high volleyball IQ, athleticism, speed, quickness and mental and physical toughness. "Besides relying on fundamentals, we had players who had experience and players who provided depth," Geuss emphasized.

The leadership team gets high marks for the role it played and for the results it generated. The three captains included senior setter Stella Bailey and two outside hitters — senior Liv Carey and junior Ahunna James.

"The trio led by example and by being vocal and supportive," Geuss said. "They worked hard and were very organized."

"Stella was our quarterback on offense. A strong server with a high volleyball IQ, she was instinctive and read the court well. Liv was a steady, solid presence who was capable of making a key play. She was consistent and never got rattled. Ahunna was powerful, strong, and a good blocker who also was able to end the point quickly."

Senior libero Samantha Asprelli was lauded by Geuss for her demeanor and passing ability. "Samantha was calm and consistent," Geuss noted. "She dominated the back row and her great passing enabled us to set up so many plays."

A pair of junior middle hitters — Sami Shore and Emily Sawyer — were prime-time contributors.

"Sami is an incredible all-around player, one of our leading scorers," Geuss said. "A

smart player, she made few mistakes and maintained a positive attitude. "Emily was a first-year player but she was a high impact competitor. An incredible blocker and hitter, she also was one of our top scorers."

Geuss liked the way senior right-side hitter Molly O'Brien fulfilled her role. "She was efficient, steady and consistent," said Geuss after wrapping up her seventh year as the Warriors' coach. "Molly blocked well and could be counted on to make a big play."

Sofia Riedel and Gianna DeLorenzo, a pair of senior defensive specialists, were key cogs who delivered in clutch situations. "A consistent server, Sofia was fast and scrappy," Geuss noted. "She dived relentlessly for a loose ball. Gianna was a quiet presence who filled out the back row effectively. She complemented the defense very well and was in the right place at the right time."

Five players who'll be returning next year and likely will be very important components in KP's nucleus are junior setter Kiera Hagen, junior outside hitter Olivia O'Neil, junior right side hitter Missy Canning, sophomore right side hitter Kate O'Neil, and sophomore defensive specialist Shea Mellman.

"This group makes an impact when called on," Geuss offered. "Their potential is promising and their futures are bright."

Four girls who compiled top-notch statistics during the regular season were Shore (186 kills, 44

aces and 32 blocks); Bailey (493 set assists and 66 aces); Sawyer (156 kills and 27 blocks); and James (145 kills).

As the tourney rolled along, Geuss was acutely aware that her forces were handling pressure situations well and rising to the occasion. "The players were business-like," she said. "They had their game faces on but they also were having fun and enjoying their journey."

No one player dominated the action. "They all stepped up when it was their time to shine," Geuss said.

The personable Geuss, who has directed KP into post-season tournaments six times, is quick to credit much of the Warriors success to her jayvee and freshman coaches. "Emily Diulius, who teaches math at the high school, has been on the staff all of my seven years," she said. "First as a freshman coach and now as the jayvee coach. Carly Adams is our freshman coach. New this year, she played three years for me and also played club volleyball at UMass-Amherst."

Geuss' volleyball background includes playing at Saugerties High School in New York and later competing at the collegiate level at SUNY-Cortland (State University of New York).

The head coach, her assistants and all the players deserve praise for a dynamic season. And, it's safe to say that the 2021 edition of the KP volleyball team was all about desire, dedication and devotion to the task.

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Sports

Hamwey Among 7 to be Inducted into Millis Hall of Fame

Local Town Pages sports writer Ken Hamwey will be inducted into Millis High School's Athletic Hall of Fame on March 19, 2022 at the Medway VFW.

The 78-year-old Hamwey, a Bellingham resident who's worked for Local Town Pages for 10 years, was a unanimous choice of the selection committee. The veteran sports journalist continues to cover feature stories in semi-retirement for Local Town Pages, focusing on seven communities — Medway, Millis, Norfolk, Wrentham, Holliston, Natick and Franklin.

Hamwey, who previously lived in Millis after earning a bachelor's degree from Babson College, started his newspaper career in 1967 with the Framingham News, now known as the Metrowest Daily News. His first story, which was published 54 years ago, focused on Millis' varsity football team. Early on, his reporting ranged from high school and college sports to the professional beat where he covered the Boston Celtics and the New England Patriots.

"I'm honored and humbled to be selected for induction into Millis' Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Millis recognize me for my

reporting. Some of my fondest memories during a 54-year career involve Millis. Gordon Browne, a three-sport athlete at Millis High, will be presenting me at the ceremony in March and for those unaware of his stature, he was the first Tri-Valley League football player to be drafted (second round by the Jets) into the National Football League. He was an offensive tackle who blocked for quarterback Joe Namath for two years before suffering a career-ending injury."

Hamwey will be inducted as a contributor and he'll be honored along with star athletes Molly Breen, Dennis Breen (posthumously) and Rich Monaghan; coach and athletic director Peter Vigue; the 2008-09 girls state championship basketball team and the 1980 boys track team.

After six years in Framingham, Hamwey was hired at the Providence Journal where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper. He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last day in



by the Mass. Interscholastic Athletic Association (MIAA), which presented him with its Distinguished Friend Award.

At the Metrowest News, which included the Milford News and the Country Gazette, Hamwey wrote a popular weekly column — "Yesterday's Heroes" — that focused on athletes' and coaches' past achievements.

In 2007, Hamwey began covering sports for the Bellingham Bulletin. As Sports Editor at the Bulletin, he launched a column similar to Yesterday's Heroes called "Where Are They Now;" reporting on former Bellingham athletes. For the next 11 years, Hamwey extensively covered Bellingham sports while also filing stories for Local Town Pages.

Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to R.I. athletics. Two years later, in 2010, he was honored

Hamwey's upcoming induction in Millis will be his first Hall of Fame honor. However, he has been nominated for induction into Bellingham's Hall of Fame but that committee has yet to select him.

Hamwey moved to Bellingham in 1972. He's married to Pauline Allard, a school teacher who taught in Bellingham at the Macy Elementary School. His son, Travis, graduated from Bellingham High in 1989.

Tickets for the ceremony cost \$50 and can be ordered until March 12, 2022. They can be obtained by writing a check to the Millis Athletics Hall of Fame and mailed to 155 Plain St., Millis, MA 02054. Tickets can also be obtained via Venmo (money amount to @Millis-AthleticsHOF). A cocktail hour will begin at 6 p.m. and dinner will be at 7 p.m. followed by the ceremony.



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Dancing Arts Center Presents The Nutcracker at the Norwood Theater

Dancing Arts Center is pleased to announce the return of The Nutcracker at the Norwood Theater on December 17-19.

This will be Dancing Arts Center's seventh production of the Nutcracker presented in Norwood and will feature fresh costumes, choreography, fun surprises, and guest artists. Telling the story of Clara's Christmas Eve dream battling the Mouse Queen alongside her Nutcracker, dancing through the Land of Snow, sampling the Kingdom of Sweets, and meeting the Sugarplum Fairy and Cavalier, the Nutcracker has been captivating audiences and inspiring young dancers for generations. The beautiful and historic Norwood Theater located in downtown Norwood, Massachusetts makes an ideal setting for this family-friendly and professional production of the traditional holiday ballet.

Throughout the rapidly changing health environments of 2020 and 2021, Dancing Arts Center remained steadfast in providing their students with the development opportunities so important to their growth as young people and positioning them to be prepared for this season's Nutcracker.



"We're thrilled to be returning to the stage after being absent in 2020," said DAC co-director Gregg Saulnier. "We have a renewed energy. Last year made us realize just what a special place the arts have, how much we need them, and what a gift it is to have the opportunity to work with our own students on such a top-notch production. We also

want to thank all the parents of our students for being so supportive and flexible and helping us continue bringing the arts to their children. This long-awaited Nutcracker season is exciting for the kids, and for us."

Tickets are on sale now for four general public matinees and evening performances from December 17-19. Purchase options

and health and safety protocols are available at <https://norwoodstage.com/the-nutcracker-2021>. Playbill advertising packages with opportunity to reach over 2800 patrons are also available; please contact Dancing Arts Center at DancingArtsCenter@gmail.com or (508) 429-7577 for information (deadline of December 3, 2021).

About Dancing Arts Center:

Located in Holliston, Massachusetts, Dancing Arts Center provides world-class instruction in classical ballet grounded in the American Ballet Theatre® National Training Curriculum, modern dance, improvisation, tap, jazz, and choreography to children of all ages as well as open classes for teens and adults. With a faculty of teaching artists, a variety of performance opportunities throughout the year, exceptional summer programs, and exposure to professional companies, Dancing Arts Center is committed to providing a uniquely supportive artistic environment where young people can embark on their own journeys of personal growth. Open Enrollment is available year-round with prorated tuition and discounts for families.

For more information about the Dancing Arts Center contact DAC Directors Patrick Notaro and Gregg Saulnier at (508) 429-7577 or dancingartscenter@gmail.com, or visit www.dancingartscenter.com.

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MassBay Launches Center for Cybersecurity Education

MassBay Community College has launched the Center for Cybersecurity Education, which offers vital resources to students at both the high school and college levels studying cybersecurity. MassBay created the Center to teach best practices and prepare students for current workforce needs in response to increasing threats and risks to organizations' information and data. Currently the Center functions virtually, but MassBay is anticipating an exclusive space on the Wellesley Hills campus in the near future. The Center's launch coincides with nationally recognized Cybersecurity Month.

"The Center for Cybersecurity Education is an innovation hub for students to work on projects and engage on a deeper level with the cybersecurity field," said MassBay computer science professor and director of the Center for Cybersecurity Education, Shamsi Moussavi. "This Center provides students access to the latest technology and offers them additional hands-on learning opportunities to prepare them with the skills they need for internships and high-paying jobs in the emerging high-tech sector. Additionally, the Center is a hub to collaborate and share best practices and curriculum with community colleges and industry professionals, strengthening the cybersecurity field, the education-to-workforce pipeline, and the regional economy."

The Center works with other community colleges and four-year public and private universities on projects, while creating robust and sustainable pathways for associate degree graduates. In addition, MassBay aligns with

regional industry partners, professional organizations, state and local information technology and cybersecurity departments, and other related groups to facilitate resources that help fill the workforce gaps in the cybersecurity field. The Center also holds events, lectures, competitions, and career panels for students focusing on enhancing students' cybersecurity knowledge.

"Companies worldwide are looking for well-trained cybersecurity professionals who can identify, prevent, mitigate, and address cyber risks. Our new Center for Cybersecurity Education better positions our students to compete in the global workforce, while providing a needed pipeline of well-trained, skilled workers," Moussavi added.

MassBay is the only community college in Massachusetts that offers an associate degree in Cybersecurity. MassBay's STEM division also offers certificate programs in cybersecurity and advanced cybersecurity, which prepare students for industry-standard certification exams and can be stacked with the associate degree for added credentials and/or used for transfer into a four-year institution.

To learn more about MassBay's Center for Cybersecurity Education or upcoming events visit www.massbay.edu/cybersecurity.

About MassBay Community College

MassBay Community College is the most affordable higher education option in MetroWest Boston, offering a robust portfolio of courses and more than 70 associate degree and certifi-



MassBay Community College Wellesley campus. Photo courtesy of MassBay Community College.

cate programs with flexible day, evening, and weekend classes in Ashland, Framingham, Wellesley Hills, and online. MassBay students receive an unmatched educational value by earning stackable credits that transfer to bachelor's degree programs, and workforce-ready skills necessary to advance careers in high-demand fields such as health and life sciences, automotive technology, engineering, business, cybersecurity, and the humanities. MassBay's Associate Degree in Nursing (RN) and Practical Nursing (LPN) programs were both ranked as the #1 Nursing Program in Massachusetts in 2020-2021 by national nursing advocacy organizations RegisteredNursing.org, and PracticalNursing.org. Since its founding in 1961, MassBay has been accredited

by several governing bodies and remains firmly committed to its mission of meeting the needs of the diverse local communities it serves. We value the intrinsic

worth of all individuals, collectively in pursuit of inclusiveness and prioritize our work towards achieving equity within our community and beyond.

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Real Estate Corner

Third Quarter of Year 2021 Real Estate Activity Report

According to Norfolk County Register of Deeds William P. O'Donnell, third quarter (July-September 2021) real estate stats showed an increase in residential and commercial sales, while

mortgage lending numbers experienced a decline.

"The recently concluded third quarter of the calendar year, the average Norfolk County real estate sales price, both residential

and commercial, increased 16% to \$1,001,738," said O'Donnell. "Total real estate volume, again both residential and commercial, was \$3.7 billion, a 23% increase year over year."

The third quarter of the calendar year figures also show an overall 10% increase in the number of properties sold county-wide from 5,893 to 5,342 for the same quarter of 2020.

For the third quarter of 2021, the number of land documents recorded, (such as deeds, mortgages, Homesteads, mortgage discharges, etc.) was 48,341, a 3% drop from the previous year. Register O'Donnell noted, "These figures are pointing that things are starting to slow down. We will continue to watch these numbers."

Another area that is slowing down was the 10,869 mortgages recorded at the Registry during



the third quarter of the calendar year 2021 compared to 12,900 for the same time period in 2020. This is a sixteen percent (16%) decrease in the third quarter of 2021 over the same period in 2020. Total mortgage borrowing was \$8.9 billion for the third quarter of the year compared to \$5.3 billion during the third quarter of 2020. "With the relatively low interest rates, consumers seem to be more comfortable borrowing money, however it appears most consumers who were going to refinance have done so," stated the Register.

Norfolk County homeowners continued to benefit from the Homestead Act. A total of 3,840 Homesteads were recorded during the third quarter of the calendar year, which is comparable to last year's 3,822 Homestead recordings. "The Homestead law provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000. I urge Norfolk County residents to consider this important consumer protection tool," said O'Donnell.

REGISTER

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Real Estate Corner

Register O'Donnell Delivers Donated Clothing to InnerCity Weightlifting

Due to the generosity of countless Norfolk County residents, Register of Deeds William P. O'Donnell recently

delivered a clothing donation, through its Suits for Success program, to InnerCity Weightlifting.

REGISTER

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Another sobering indicator was the uptick in foreclosure activity in Norfolk County. A total of 18 foreclosure deeds were recorded versus 9 filed during the third quarter of 2020. In addition, there was a significant increase in the number of Notice to Foreclose Mortgage recordings, the first step in the foreclosure process.

O'Donnell stated, "While the eastern Massachusetts economy remains on a solid footing, there are still those in Norfolk County experiencing economic hardship, in many cases through no fault of their own. The Registry continues to work with Quincy Community Action Programs, (617-479-8181 x376), and NeighborWorks Housing Solutions, (508-587-0950) to help homeowners who have received a Notice to Foreclose Mortgage document. A third option is to

contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400."

Register O'Donnell concluded, "While the numbers were a bit contradictory, I am confident that Norfolk County real estate remains a very strong commodity. The Registry will continue to monitor the housing inventory levels and future real estate indicators closely."

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 register-odonnell@norfolkdeeds.org.

Register O'Donnell stated, "On behalf of the many kind and generous Norfolk County citizens, Registry staff and real estate professionals who contributed clothing, it was my pleasure to deliver these critically needed items to InnerCity Weightlifting." The clothing donations included men's clothing, shoes and ties.

InnerCity Weightlifting, founded in 2010, is a program designed to keep young people off the streets by using its weightlifting and gym facilities to create a community and network of support that encompasses education, job training and employment in the field of personal training.

On October 7, Reginald Talbert, Khyzhaun Peete and Nolisha Greer from InnerCity Weightlifting accepted a dona-

tion of men's clothing and accessories to help individuals pursue their career opportunities from the Norfolk Registry of Deeds. Nolisha Greer, InnerCity Weightlifting Student Engagement Manager noted, "Today in society, we only get to see kindness on a rare occasion. Today I met two people who made a bunch of young men smile. Young men they have never met."

The goal of the Suits for Success program is to help men and women reach economic independence and personal self-fulfillment. This year marks the tenth anniversary of the program at the Registry of Deeds. During that period Register O'Donnell has delivered more than 7,500 pieces of clothing. Besides InnerCity Weightlifting, other non-profits who have benefited from

this program include Interfaith Social Services of Quincy, Father Bill's & Mainspring of Quincy and Brockton and the Boston Veterans Administration Healthcare System Service program.

Those interested in making a clothing donation can schedule a drop off of new or gently used business appropriate clothing, professionally cleaned, Monday through Friday between 9 a.m. and 4 p.m. at the Registry of Deeds building located at 649 High Street, Dedham, MA.

Register O'Donnell concluded by stating, "I again want to thank everyone for their continuing generosity in supporting the Suits for Success program."

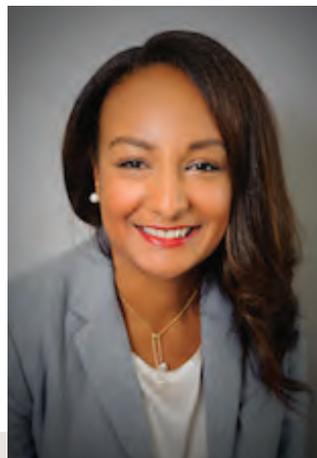
DONATION

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Registry of Deeds 2021 Holds Holiday Food Drive through December 29

Noting that some Norfolk County families are more worried about putting food on the table this holiday season, Regis-

ter of Deeds William O'Donnell is asking people to contribute to the Annual Registry of Deeds Food Drive, which runs through Friday, December 29.

"There is no doubt that Norfolk County is a destination place to live and to work," said O'Donnell. "However, there are people throughout the county that are truly hurting. Just looking at our monthly foreclosure numbers, we at the Registry of Deeds can see firsthand how people are being adversely im-



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pected. Misfortune can strike anyone in a number of ways, from a job loss to a medical catastrophe to an elderly person on a fixed income."

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FOOD DRIVE
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Real Estate Corner

DONATION

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Having something in your closet that you no longer wear can make a world of difference in the life of someone else. It may just be the item that helps them get ahead in life.”

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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FOOD DRIVE

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of every 10 households in Massachusetts is considered food insecure. Furthermore 1 out of every 7 children in the state is also considered food insecure. In fiscal year 2017 Project Bread received more than 28,000 calls for food assistance.

“As we near the holiday season, there is definitely a need for more food assistance,” noted Register O’Donnell. “Household expenses are higher due to the cost of home heating fuel and also food bills are higher with kids home during school vacation. Let us be mindful during this Thanksgiving season that others may be in need of our help.”

Non-perishable food items can be brought directly to the Registry of Deeds which is located at 649 High Street in Dedham. A donation bin will be set-up in the Registry’s lobby and food can be dropped off Monday through Friday from 8

a.m. to 4:30 p.m. Suggested donations include canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products.

If you can’t get to the Registry to drop off food, you can check the agency’s website at www.norfolkdeeds.org for a pantry location in your community. “Working together, we can truly make a huge difference this holiday season,” said Register O’Donnell.

The Norfolk County Registry of Deeds is the principal office for real property in Norfolk County. 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 at (781) 461-6101, or by email at registerodonnell@norfolkdeeds.org.

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