



A New Pastor for the Federated Church

BY GRACE ALLEN

After a three-year search, the Federated Church of Norfolk has a new pastor. The Rev. Derek White started in his new role on Sept. 1, entrusted with guiding forward a church steeped in local history.

Rev. White says he was drawn to the Norfolk church because it has a very active congregation that participates in various missions, outreach, and youth programs.

“I think the thing that impressed me the most is that during COVID, a lot of churches struggled,” said Rev. White. “But at this church, the volunteers found their identity and became a much stronger lay-led church. There are so many gifted people here that want to give and serve the church as well as the wider community.”

With his 23 years of ministry, Rev. White brings to Norfolk a wealth of diverse experiences and talents. In



The Rev. Derek White, the new pastor of the Federated Church of Norfolk.

addition to serving in congregations from the Midwest to the Northeast, Rev. White was also a wing chaplain for the United States Air Force, serving in multiple back-to-back deployments. As a military chaplain, he received special training in suicide prevention, addiction issues, and marriage and grief counseling. In January, Rev. White separated from the military, but he is

currently working on a doctoral paper focusing on post-traumatic stress disorder to provide support for individuals and veterans in particular.

The 45-year-old pastor thinks of himself as a community pastor who also likes working with veteran populations.

“Even when I was a chaplain, I was out in the field, not in always in a building,” he explained. “I like to be out and about in the community, serving as a resource for everyone. And veteran causes are very important to me and I plan on being active and supporting veterans even if they’re not church members. I’m here to be a resource and to serve the community.”

The Rev. White also has a strong background in youth ministry. In addition, he has built 17 houses for Habitat for Humanity in Ft. Myers,

PASTOR

continued on page 3

KP’s Matt Kelley is Special in a Variety of Ways

Club He Started Tackles Mental Health Issues

BY KEN HAMWEY
 STAFF SPORTS WRITER

Matt Kelley has all the credentials to be labeled “special.”

The King Philip senior is a versatile football player who’s a starter in all three phases of the game — a wide receiver on offense, a cornerback on defense and, on special teams, he’s the Warriors’ field-goal kicker. He also plays baseball, an outfielder who hit .330 last year.

The 17-year-old Kelley not only is a top-notch athlete, but he’s also a high caliber leader, currently a captain in football, and in the spring he’ll serve as a captain in baseball. A team-first player, he cherished a junior year that included two state final appearances — the Super Bowl game against Catholic Memorial and the baseball finale against Milton.

A native of Norfolk, Kelley is also dynamic in the classroom. He’s a National Honor Society student whose GPA is an eye-popping 4.2. And, his collegiate future is already mapped out — he’ll be attending Amherst College where



The “Active Minds” club at King Philip Regional focuses on empowering young adults to speak openly about mental health. Matt Kelley, left, is the club’s founder and he’s joined by junior Luke Sullivan, middle, and senior Ryan Hurwitz in promoting the issue.

he’ll major in economics and play football.

Kelley obviously is special because he checks all the boxes in athletics and academics. One box, however, gets a double checkmark for delivering in clutch situations. That was the Warriors’ football

KELLEY

continued on page 3



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Franklin Performing Arts Compan

Note from the Publisher:

Please note that in the October edition, on page 5, the Shawn Dooley Political Spotlight was a paid advertisement.

Unfortunately the words PAID ADVERTISEMENT were not included as part of the disclaimer in error.

Our apologies for any confusion this may have caused our readers. As a media source, we maintain our neutrality in all political matters and do not endorse candidates.

Rausch Responds to Dooley Assertions

Thank you to the editor for clarifying that this paper does not make political endorsements and the opportunity to respond to falsehoods in an advertisement my opponent bought.

I am proud to serve as your State Senator. A mom of two young children, attorney with public and private sector experience, and champion of reproductive rights, I consistently deliver real results for our families. This term alone, I secured tens of millions of funding for local housing, water, transportation, and infrastructure, passed small business support legislation, and helped our youth by fully funding full-day kindergarten in Wrentham and creating the first state-sponsored youth mental health support text line. I crafted components of this term's reproductive health protections law; last term I championed reproductive rights legislation ensuring Bay Staters still had those rights when Roe fell, while my opponent voted no every time.

My opponent is campaigning unethically and deceptively, including spreading disinformation about my positions. I urge voters to compare our records.

Once you know the facts, you'll see why 50+ town leaders endorsed me: I'm the proven leader who best delivers for our shared values in the Senate. I respectfully ask for your vote by November 8. Thank you.

STATE SENATOR BECCA RAUSCH

Christmas Craft Fair Returns to St. John's Episcopal Church

St. John's Episcopal Church will hold a craft fair on Saturday, December 3 from 9 a.m. to 3 p.m.

There will be baked goods, a cookie walk, children's activities, a silent auction, raffle items, and fresh wreaths. Fun for all ages!

St. John's is located at 237 Pleasant St., Franklin.

Celebrate the Holidays with FPAC Holiday Productions

FPAC Holiday Productions will present two shows as part of its annual holiday season. December kicks off with the holiday classic: *The Nutcracker*, presented December 3 and 4 at the Franklin High School Audi-

torium. 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 production



is staged by Cheryl Madeux of American Ballet Theatre, Hartford Ballet, and Joffrey Ballet. Madeux is currently director of

BalletFranklin- the ballet conservatory at the Franklin School for the Performing Arts.

The FPAC Holiday Productions December season continues as *'Tis the Season!* returns to entertain audiences with great merriment, fanfare, and fun. An original large cast musical first presented by FPAC Holiday Productions in 1995, *'Tis* is an upbeat, jazzy extravaganza featuring members of the Kenny Hadley Big Band, with contemporary arrangements of favorite holiday classics in musical styles ranging from R&B, gospel, and

Motown to Rock, Pop, and Broadway. The production is directed by FPAC Artistic Director Raye Lynn Mercer with Music Direction by Hallie Wetzell. It also features exciting choreography by Mercer, Kellie Stamp, and more.

FPAC Holiday Productions are presented at the Franklin High School Auditorium. For tickets and more information, visit www.FPAConline.com or call the box office at 508-528-3370.

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November Program Highlights at the Norfolk Senior Center

Pre-registration is required for these events. RSVP to 508-528-4430 or register at the Norfolk Senior Center, 28 Medway Branch Road, Norfolk.

Wednesday, November 16 from 9 to 11 a.m. **2nd Annual Health & Wellness Vendor Fair** at the Norfolk Senior Center. Meet with over twenty local agencies and companies. Raffles, resources, and give-aways. Free and open to the public.

Thursday, November 17 at 11 a.m. **Fuel Assistance Q & A** Becky Poynot, Norfolk COA Outreach Coordinator, will be discussing income guidelines, the application process, and when and how this benefit is distributed.

Mondays at 11:30 a.m. **Tai Chi with Tony Berg** This class is suitable for all levels and will focus on the therapeutic aspects of Tai Chi. \$3 per class.

Fridays at 1 p.m. **Qi Gong with Holly** A gentle, flowing practice that anyone can do, either standing or seated. \$3 per class.

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KELLEY

continued from page 1

game against Milford last month on Oct. 14. He scored 13 of KP's 19 points for a huge 19-7 victory over the Scarlet Hawks. Kelley scored on a 13-yard reception, two fields from 25 and 42 yards, and one PAT. The triumph kept the Warriors unbeaten at 6-0.

Kelley has a plethora of positive attributes but what makes him a breed apart is a deep-seated caring nature that's played a key role in a club he started at KP that deals with raising awareness of mental health and removing the stigma surrounding the issue.

Kelley makes his share of tackles at cornerback but the way he's organized a club that includes 75 students shows he's not afraid to tackle a sensitive topic. He's all about assuming responsibility and facing a challenge head-on.

The club is "Active Minds" and Kelley started the KP chapter of the national organization two years ago as a sophomore. The organization's mission is to empower young adults to speak openly about mental health in an effort to reduce stigma, encourage people to seek help and prevent suicides.

This issue is personal for Kelley whose family was impacted by suicide.

"My cousin (Ryan Riggieri) died by suicide in 2019," Kelley said. "He lived in Grafton and was in his late 20s. Watching my uncle and family go through this sad event made me reach out to Dot Pearl, KP's health and wellness coordinator, for approval to start the club.

"Club members do research to see what's needed and what we



Matt Kelley is a top-notch student-athlete who has a 4.2 GPA.

can do to spread mental health awareness throughout the school and the KP communities. People who struggle with their mental health will speak to the club and relate their stories about how they've been affected by the issue and how they've overcome it."

When Kelley heads to Amherst next fall, he plans to stay involved in the endeavor. "I'll continue to participate in some manner but the club will be in good hands with the underclassmen who've joined," Kelley offered. "They'll continue to work hard on the issue."

Meanwhile, the 5-foot-9, 170-pound tri-captain remains committed to the football goals he's set. "I want to see us win the Kelley Rex Division title and not only return to the Super Bowl, but win it this time," he noted. "We lost to Catholic Memorial last year, and in baseball we lost in the state final to Milton. Although both losses were sad and tough to deal with, we were proud of what we achieved in both sports. No one favored us to get to those two finals, so I don't consider the losses 'disappoint-

KELLEY

continued on page 13

PASTOR

continued from page 1

Florida. He and his wife, Carolyn, were also shelter site directors for a number of years and worked in homeless ministry, which he said is near and dear to their hearts. They have been married for 18 years and have two children.

From 2008 to 2014, the Rev. White was the pastor of the First Congregational Church of Kennebunkport, Maine. Among the congregants were George H. W. and Barbara Bush, and their family.

"They had an amazing sense of humor, and it was nice to get to know them in a personal way," Rev. White shared. "They were wonderful, caring people. I think people see the title and the role they had, but they're still people like everybody else."

He recounted one time when a congregant shared at a Sunday service that her son was going to be deployed soon. George W. Bush was in attendance that day, and when the service ended and most people had left the church, the younger Bush came back into the building to hug and thank the mother and tell her how much he appreciated what her son was doing for the country.

"I saw the personal side of him that day," said Rev. White. "There were no cameras, no press in attendance. It wasn't a photo-op. It was a genuine, personal gesture."

Rev. White says he found his calling early in life, while still in high school. He always thought he would become a pilot—he got his pilot license on his 16th birthday—but by senior year even his peers recognized the



Recipients of the Feel the Warmth blankets.

spiritual direction his life was taking and told him he should go into ministry work.

"Eventually I got to the point where I said, 'I understand, God,'" reflected White. "This is the plan you have for me so I will follow this path."

From there, White said, he devoted his life to learning the skills he needed to develop into the best pastor he could be. He holds a bachelor's degree in biblical and theological studies from North Park University in Chicago, a master's degree from Chicago Theological Seminary, and a doctorate in ministry from Gordon Conwell Theological Seminary. He has earned numerous certificates and accreditations in counseling.

Among his priorities for the Federated Church, Rev. White would like to bring back more faith formation and spiritual workshops to help people grow in their faith. In the short term, he's focusing on several upcoming special projects.

On Nov. 19 from 3 to 5 p.m., the church will make and assemble blankets for its "Feel the Warmth" blanket project, an endeavor that is especially important to Rev. White. Prior to coming to Norfolk, Rev. White started the non-profit Feel the



Assembled blankets ready for distribution.

Warmth, Inc. The organization is dedicated to providing blankets to individuals facing heating insecurity through homelessness, natural disasters, humanitarian crises, power outages, or because they are lacking in resources to heat a home sufficiently.

Other church missions in the next few weeks include the Feeding of the 5000, which provides meals for people in need; Samaritan's Purse, which fills shoeboxes with gifts for children; and assembling care bags for children placed in foster care.

With a new pastor at the helm, ready to connect with a congregation inside the building and a community beyond its walls, the Federated Church is becoming quite active again this fall. Since early September, there has been a 30% growth in attendance, estimated Rev. White. That bodes well for the church's missions and outreach.

"We've got probably one of the largest Confirmation classes the church has seen in years," remarked Rev. White. "We're seeing a lot of young families return to church, so I think that's encouraging."

Rev. White can be reached at pastor@fcon.org. Or call 508-528-0262 to set up a time to visit him in his office.

College-Prep: To-Do List for High School Juniors

Junior year in high school sneaks up on families quickly. Students are now at the halfway point and in less than 2 years, many students will be heading off on a new adventure - college! Junior year is a critical time to put a college prep plan in place. Creating a timeline now, versus waiting until senior year, will definitely alleviate some of the college stress, and will set your student up for a successful college admissions experience their senior year.

Robert D. McCaig, Monmouth University Vice President for Enrollment Management, sums it up perfectly when he said, "The most important things students should do when applying to college is pace themselves and prioritize. Starting early certainly helps students with the pacing, and knowing when to put time into SAT prep versus studying for an exam versus visiting another college, for instance, is an important part of prioritizing."

@Students: Here are some helpful tips to get you moving in the right direction this fall:

1. The #1 question an admission rep will be thinking when they are reviewing your college application: "Did you take the most rigorous courses you could,

and did you earn good grades?" GPA and course rigor, without question, are the 2 most important factors. Make your studies a top priority. Other factors like leadership activities, strong SAT scores, and athletic prowess are secondary considerations. They will help- but you still need good grades!

2. If your grades start to slide, don't wait until you are drowning. Raise the red flag immediately and meet with your teacher or tutor and ask what can be done to help. Asking for help is not a sign of failure - but of strength.

3. Visit your guidance counselor early junior year. Determine the courses you should take to put you on the right track for college admission. Course selection is important. Colleges like to see growth in a student's transcript. If you have 2 years of A's in College Prep Math - think about taking Honor's Math the following semester or year. A good question to ask- "How much can I push myself without



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

being shoved."

4. Plan early for the PSAT, ACT, and SAT. You'll need to register 5 weeks before the exam. Many students opt to take the test more than once and a student should plan accordingly. Reminder: many colleges are test-optional if you prefer not to send your standardized tests scores.

5. Start building your activity resume and update it throughout the year. Make a list of your extracurricular activities, accomplishments and work experience with a short description. It's never too late to begin an activity or join an organization. Colleges are looking to build a well-rounded class with students that show depth and commitment in a few activities that interest them. My advice: Do what you love and do the work (engage and create impact).

6. Begin visiting colleges as early as possible and definitely by the fall of your junior year. I recommend touring local colleges first, even if you think you may want to attend college out-of-state. It will help determine the factors that are important to you in selecting a future college. A few factors to consider: rural, urban, or a suburban setting; small or large student body; public or private school.

student throughout their four college years. Excellent financial aid resource: studentaid.gov. And It is never too late to start saving - 529 plans!

8. As a family, determine early on if you need assistance from an outside source. Independent Educational Consultants (IEC) have broad experience in navigating the many aspects of the college admissions process. Some consultants offer comprehensive packages beginning sophomore and junior years as well as hourly work for specific pieces of the application process.

Good luck and enjoy the journey!

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Poetry Night in Wrentham

The Wrentham Cultural Council will host a Poetry Night on Wednesday, November 9 at 6:30 p.m. at the Old Fiske Museum in Wrentham. Poetry lovers are invited to this open mic-style event.

Share an original poem, read a poem written by someone else that is meaningful to you, or just come in and listen. You do not have to perform in order to participate.

Additionally, participants may make up one or two stanzas of a poem with the starting line "Twas the Night Before Christmas..."

Each participant will be given ten minutes to perform his or her poems. In order to provide ample opportunity for all participants to read, we ask that each person bring no more than two poems to share.

The Old Fiske Museum is located across from the Wrentham common at 55 East Street in Wrentham. Light refreshments will be served.

Please RSVP to jean.matte6@gmail.com.

The Wrentham Cultural Council supports the arts within the Wrentham community. We invite you to get involved as we plan upcoming events and activities that enhance Wrentham's art and cultural presence. For more information, email ContactWCC@wrentham.ma.us.

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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my



truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

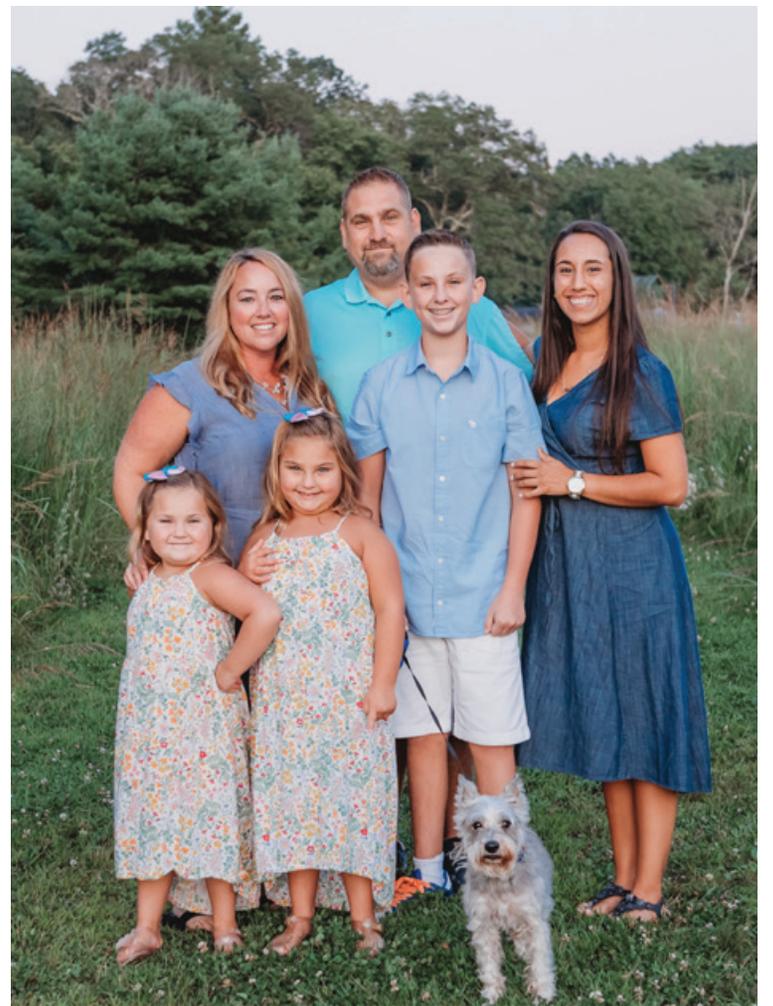
In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Norfolk and Wrentham in particular, Schadler says they are proud to have many repeat customers and friends in the area. Christine spent her childhood holidays in Norfolk, where her aunt and uncle live, and she learned to blow glass at Luke Adams Glass Blowing in nearby Norwood. The Schadler family also frequents Supercharged in Wrentham, one of her son's favorite spots.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

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This race is in honor of Heather Olivieri, who passed away in 2019. She was a 41 year old mother who lived her life in Norfolk and loved running. In January 2018 she accomplished a long-time goal by finishing the Disney World Full Marathon, with lung cancer. In 2022, three \$2000 scholarships were awarded in her memory (over \$13,000 to date).



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Kennedy-Donovan Center provides developmental services to more than 7,500 individuals and families in 150 communities in Massachusetts.

Kennedy-Donovan Center (KDC) provides help to children as they progress toward milestones, and adults as they find the most supportive, least restrictive ways to meet their goals, according to the KDC website www.kdc.org.

KDC was founded in 1969 by Luella Donovan, private duty

nurse to the children of Joseph Patrick and Rose Kennedy. [See sidebar]

The stated mission of KDC is to empower and support people to realize their full potential. Their vision is to create “a world where every individual and family thrives, no matter the circumstances.”

**Business
spotlight**



KDC delivers “life-changing outcomes” to people of all ages including children, adults, and families who experience developmental delays, disabilities, or challenges. KDC’s “unique approach utilizes pioneering data-driven approaches, a wide breadth of family- and community-based services, and a passion for human empowerment.”

KDC offers 15 different programs that support individuals and families of all ages, throughout the lifespan. The Family Services Division offers 5 programs: Intensive Foster Care (ages 0-22), Lives in Forward Transition AKA LIFT (ages 16-22), Independent Living (ages 0-18), Support & Stabilization (families of all ages) and Family Visitation Center (families of all ages).

KDC’s Intensive Foster Care program provides support to children who are “in the custody of the Department of Children and Families. These children range in age from birth to 22 years. Historically, our Foster Care program served children with developmental disabilities, medical issues, or special needs of any kind. With the huge need for foster homes we have experienced recently, we now take referrals for all levels of function and care,” says Adele Cabral, CFC Program Coordinator at KDC.

“Our Foster Care program works closely with each foster parent to match their abilities with the child’s needs, and we help identify the age range they would be most comfortable fostering. We understand that fostering a child is an important decision to make. We come across people who are at different stages of wanting to become a foster parent, and we know it is critical to meet them where

“I love KDC’s concept of teaching, as well as creating independence and confidence in our youth. They don’t just help them with life skills to survive, they help them flourish.”

— S. Jacobs, Foster Parent

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Foster parents come from a wide range of backgrounds: single persons, married couples, LGBTQ, etc. All are welcome to apply as long as they have a spare bedroom and can provide a loving, nurturing home.

Foster parents indicate what age range they are comfortable with and KDC matches each child’s needs to the abilities of the foster parent. KDC provides training to help foster parents better understand some of the challenges they face.

For more information, visit www.FosterWithKDC.org

EILERTSON, Virginia (“Ginny”) C.

Age 89 of Norfolk MA and Bridgton ME passed away peacefully at home surrounded by her loving family. Born to the late Arthur P. and Marian Coggins in New Britain CT, she was predeceased by her brothers Burt and Larry.

Ginny graduated from Colby College in Waterville, ME. She and her husband Don raised their family in Medfield, MA where she was a member of the United Church of Christ for more than 50 years. She enjoyed playing bridge, and was active in Questers, an organization dedicated to researching and teaching others about antiques.



She was an active member of the Stencil Artisans League and attended numerous national stenciling conventions. She founded her own stenciling business, creating many beautiful decorative designs and teaching this wonderful art to others. She was an avid and skilled knitter who loved making sweaters, hats and mittens for family and friends, and also knitting baby blankets through UCC Medfield.

Ginny had a great love for the state of Maine, having spent childhood summers in Pembroke, ME. She and Don with their family enjoyed many summers at their home on Highland Lake in Bridgton, ME. Ginny was very involved with the Rufus Porter Museum of Art and Ingenuity in Bridgton, acting as a docent, managing the gift shop and serving on the Board of Directors. She was also blessed to have a wonderful church family at the First Congregational Church of Bridgton.

She is survived by her loving husband of 67 years, Donald Eilertson of Norfolk, MA and their daughters Cindy and her husband Terry (Franklin, MA), Sue (Franklin, MA), Jody and her husband Tom (Barrington, RI), and Lynn and her husband Bob (Norfolk, MA), and her loving Brother-in-Law and Sister-in-Law, Alan and Marianne Eilertson of Norwood MA. “Mimi” is also survived by her 9 grandchildren and 5 great grandchildren who were a constant source of love and joy in her life.

A celebration of Ginny’s life will be held at the United Church of Christ, 496 Main St. Medfield, MA on Saturday October 22nd at 11:00 AM. Private interment ceremony to follow.

In lieu of flowers, donations may be made in Ginny’s memory to the Rufus Porter Museum of Art and Ingenuity, 121 Main St. Bridgton ME 04009, the First Congregational Church UCC, 33 South High St. Bridgton ME 04009, or the United Church of Christ, 496 Main St., Medfield, MA 02052.

Kennedy-Donovan Center

The Kennedy-Donovan Center originated with the connection between Luella Hennessey Donovan and the family of Joseph Patrick and Rose Kennedy.

Luella joined the Kennedy family in 1936 as a private duty nurse and tended to the needs of the Kennedy children. Rosemary, the eldest daughter, had developmental disabilities and was institutionalized in 1941. When Rose confided to Luella that she wished her daughter could have attended a local school to remain with her family, Luella was inspired to embark on a new career. In 1969, after earning her degree in public health nursing from Boston College at the age of 59, Luella fulfilled

her dream: she opened one of the first community-based educational and therapeutic programs for young children.

The program now known as the Kennedy-Donovan Center was launched with a three-year grant from the Joseph P. Kennedy Jr. Foundation. In gratitude, Luella named her program the Kennedy Center for Handicapped Children. The Center began serving four children in a borrowed space; Luella was their teacher, and she worked with a physical therapist to serve the children.

In 1987, when Luella retired, the agency was renamed the Kennedy-Donovan Center.

Source: www.kdc.org/our-history/

they are at. Some people may be just starting to skim the surface of the foster world and are not 100% sure they want to commit to caring for a foster child, and just some need information on what to expect. We do all we can at the beginning stages of assessing a potential foster parent to equip them with the information and tools they need to be

ready and comfortable to move forward with fostering,” says Cabral.

KDC also offers more than 3,000 trainings to its clients.

To find out more about KDC and its services, ways to get involved, and ways to donate to its mission, visit www.kdc.org.

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Your Money, Your Independence

When Markets Give You Lemons, Make Roth Conversion



Glenn Brown

Go to cash until you die?

Well, inflation would be an issue. Consider the tales of lore from parents sharing how much they paid for their first house.

As painful as it has been, step back and view annualized returns of last 3-year period (10/17/19 to 10/16/22), S&P 500 Index is +8.25% and Nasdaq is +8.62%... in line with their 15-year and 25-year averages.

There are many aspects to successful financial planning, including being proactive to change, vetting all options for opportunity and giving yourself time to reflect prior to execution.

A year-end strategy to consider for turning lemons into lemonade is Roth Conversion.

Recall Roth Conversion is the taxable act of converting Traditional IRA assets into a Roth IRA. It increases your taxable income (MAGI) the year you convert and you should pay taxes with non-IRA funds. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free.

An added bonus is Roth IRAs are not subject to Required Minimum Distributions (RMDs) nor are balances in Roth accounts a factor in determining RMDs for

your tax deferred accounts. In short, you'll decrease your tax liability for years in retirement.

Anyone, regardless of income levels, can convert to a Roth IRA. With portfolios down -20% (or more), market corrections provide an opportunity to convert IRA investments over to Roth, pay less in taxes (as values are depressed) and let the asset rebound inside the Roth over time.

There are complexities and variables, which many CFPs can help with projections, scenarios and provide recommendations beyond "should" or "should not". Proper planning allows you to estimate an appropriate amount to convert this year (and future years), project tax liability and compare scenarios of portfolio and net worth impact with assumptions.

Some considerations:

The pro-rata rule and taxes.

When converting, the IRS considers all traditional IRA account balances combined and you must figure out the proportion of which is nondeductible contributions, then use this percentage to determine how much of your conversion will not be taxable. You can't choose to convert only after-tax money; the IRS won't allow it.

Not all-or-nothing. You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay taxes with non-IRA assets.

What's done is done. Given that tax law changes now prohibit conversion reversals ("re-characterization"), it is important to be measured, give yourself time to reflect and re-run the latest data before execution.

More to consider beyond this limited space, talk with your tax professional or Certified Financial Planner.

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

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

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US equities markets are down considerably in 2022 with S&P 500 Index -23.9% and tech-laden Nasdaq -34.0% year-to-date through October 16 (YTD 10/16).

At least there's the US bond market to help protect. Oh wait... given rampant inflation, the Fed's blunt instrument of raising rates is making bond values fall. Thus, the US Aggregate Bond Index is down -15.8% YTD 10/16.

Put it all together, a basic 60/40 stock/bond index portfolio is -20.5% YTD 10/16.

What's one to do?

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1. MA House Roll Calls #278, 293, 294, 317, 374 (2020); 279 (2017); 440 (2014); State House News, "State Capitol Briefs - Friday, Nov. 3, 2017"
2. Vote Smart, Shawn Dooley (accessed 10/19/22)

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Dean College Holds Series of Community Events to Celebrate the Inaugural Chancellor and 14th President

Dean College celebrated the inauguration of Edward M. Augustus, Jr. as the College's first-ever Chancellor and the investiture of Kenneth Elmore, J.D. as the College's 14th president with a series of events from October 13 to 16, 2022.

The celebration began on Thursday, October 13 with an afternoon salon moderated by President Elmore on the topic of "Discovering and Re-Discovering Mesopotamia," featuring leaders in higher education to engage the community in meaningful dialogue.

Dr. Gregory Ellison II, associate professor of pastoral care and counseling at Emory University and founder of Fearless Dialogues, discussed his work in creating meaningful, shared experiences and heartfelt conversations. Ellison encouraged the audience to relate to other people "soul to soul, rather than role to role," and that when it comes to having hard conversations, that "if you ask the right questions,

even the most resistant people will feel something moving in them."

Dr. Rob Lawson, professor of history at Dean and manag-

ing editor of the New England Journal of History, reflected on his book "Jim Crow's Counterculture: The Blues and Black Southerners, 1890- 1945" and the idea of music as resistance and accommodation. Lawson explained that music can not only find a common ground between those who don't have similar life experiences, but it can also take on different meanings based on those life experiences. "Different people can listen to the same track and it has a different outcome," he said.

Dr. Keith Magee, chair and professor of practice of social justice at Newcastle University and senior fellow in culture and justice at University College London, spoke about the journey to end racism in our lifetime. He emphasized that an obstacle to change is often known as cathedral syndrome, or building towards something you won't see the completion of. "Rome wasn't built in a day," he remarked, "but every day a brick was laid to build Rome."

On Friday, October 14, the College held the Installation Ceremony of Chancellor Augustus and President Elmore, including



performances and readings by students, faculty and staff; remarks from distinguished guests; and inaugural and investiture addresses by Chancellor Augustus and President Elmore. Following the ceremony, the Dean College community was invited to a reception in the Dr. Paula M. Rooney Student Center to celebrate the next chapter in Dean's history.

The Installation Celebration also coincided with Dean's annual Homecoming Weekend for alumni and families. On Friday,



women's volleyball played Saint Joseph's College of Maine in Pieri Gymnasium but came up short with a final score of 3-1. The celebrations continued on Saturday with the alumni

lacrosse game, a favorite tradition of the weekend, as well as a historical tour of campus led by Dr. Rob Lawson. Over at Longley Athletic Complex, families and alumni enjoyed a game-day cookout and participated in fun activities for all ages at the Bulldog Fan Zone.

The Dean College football team took on Gallaudet University and, after leading for most of the game, ultimately fell 26-23. The Thomas "Butchie" Williams '75 Award for Most Valuable Player was presented to Mozes

Mooney '24 for having the most impact on the game. Fans also enjoyed halftime performances by the Dean College dance performance teams.

Following the game, Chancellor Augustus and President Elmore held a celebration with the community on Awpie Way, featuring food, lawn games and more. The day's events also included a tree dedication in memory of Professor David Middleton, an open house at the Green Family Library Learning Commons and an alumni gathering at Teddy Gallagher's in downtown Franklin, before concluding with a performing arts showcase and trivia night in the Rooney Student Center.

To round out the weekend, both the field hockey and men's soccer teams celebrated senior day on Sunday, while the women's soccer team also competed. Field hockey took on Rivier University but fell 4- 0, men's soccer played to a 0-0 draw with Fisher College and women's soccer took home a 3-1 win against Norwich University.

Learn more about the celebration at www.dean.edu/installationcelebration.

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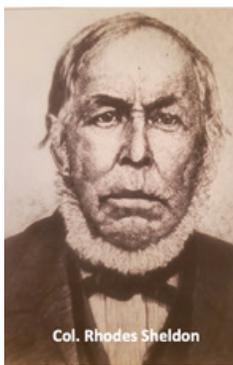
Notable People of Wrentham

As part of Wrentham's 350th anniversary celebration in 2023, the committee planning next year's events has asked residents to submit memories of significant people in the town's history. Following is a submission the anniversary committee shared with Local Town Pages.

Col. Rhodes Sheldon

Born July 21, 1786, in Cumberland, Rhode Island, Col. Rhodes Sheldon came to the west end of Wrentham in 1823. He was first married to Prusha Inman, in September 1808 in Cumberland, RI; she died in early 1849. He married his second wife, Catherine H. (Morse) Tilton, who was the daughter of John and Mary Morse, in November 1851 in Ashland, MA. His children included Stephen Sheldon (1808-1826), Huldah Sheldon Grant (1810-1835), Marietta Sheldon Wellman (1812-1890), Nathaniel Sheldon (1814-1884), George Sheldon (1817-1894), Orin Sheldon (1820-1893), and William T. Sheldon (1823-1855).

A farmer by occupation, early on he developed skills in carpentry and began to build small boats. The availability of excellent boat-building materials (such as cedar trees), along with



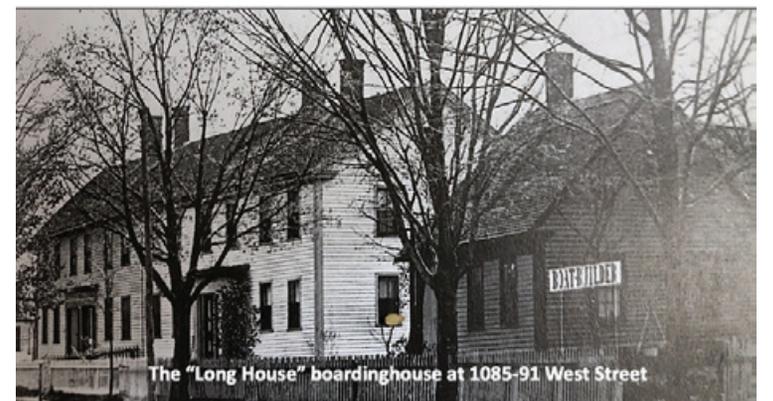
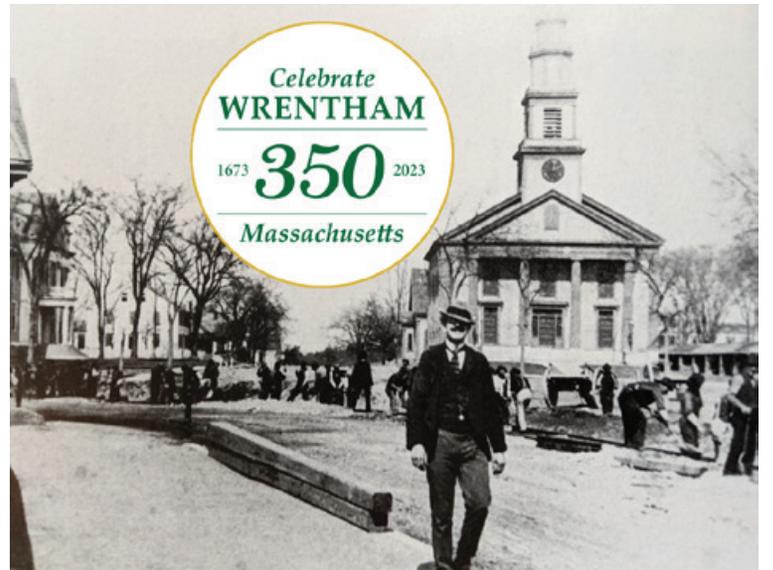
his increased expertise, prompted him to start the Sheldon Boat Works, which he located on the north side of West Street, along the stream. The market for these boats was limited in Wrentham so Sheldon began to carry and cart them to Boston for sale.

Before long, the Sheldon craft were in demand, and he employed several local men as assistants. He also built some homes for his neighbors and his employees and became so well established and so highly regarded, that the area in which he worked and operated his business became known as Sheldonville, and the village has retained that name to this day.

In fact, the "Long House" at 1085-91 West Street was built as a boardinghouse for the boat factory workers from the Sheldon Boat Works Shop, which was lo-

cated across the street. It probably also housed some workers from Alfred Nash's boat shop, located downstream from Sheldon's and on the south side of West Street as noted by the sign in the photograph of Long House. Nash had been a salesman for the Sheldon Boat Works, and eventually he and others built boats to use on the lakes in town.

Col. Sheldon's sons inherited the Sheldon Boat Works business and expanded it. George Sheldon, along with others in the Sheldon family, carried on the boat-building business after the death of its founder in 1867. Before the end of the century, George and his son were manufacturing boats and had a store in Sheldonville and another in Boston. The Sheldon family continued the business into the twentieth century.



Col. Sheldon and many family members are buried in the Sheldonville Cemetery in Wrentham on Burnt Swamp Road, right off West Street.

Compiled by Paula Kowalewski Sullivan from various sources, including "Wrentham, 1673-1973: A His-

tory" by Jordan D. Fiore (1973); the "Images of America" series volume on Wrentham (1999) by C. Gordon "Gog" Woodhams and Earle T. Stewart; and online sources such as "Find A Grave."

State Election is November 8

Official Early Absentee Ballot for the Commonwealth of Massachusetts, dated Tuesday, November 8, 2022. Includes sections for Governor and Lieutenant Governor, State Representative, State Senator, District Attorney, Sheriff, Auditor, and County Commissioner.

Sample Ballot with four questions regarding proposed constitutional amendments and laws. Each question includes a summary and a 'YES/NO' voting area.

Massachusetts residents have important decisions to make on Election Day, which will be held on Tuesday, November 8. In addition to deciding who will get their vote, residents will be asked four questions relating to taxes, dental insurance, alcohol licenses, and driver's licenses for undocumented immigrants.

Norfolk votes at the Freeman Kennedy School, 70 Boardman Street. Polls will be open 7 a.m. to 8 p.m. on November 8.

The last day to request a mail-in ballot application is November 1. In-person early voting in Norfolk this month will be held on Tuesday, November 1 from 8

a.m. to 6 p.m.; Wednesday, November 2 from 8 a.m. to 8 p.m.; and Thursday, November 3 from 8 a.m. to 6 p.m. Early voting will be held in the Town Clerk's Office, Norfolk Town Hall, 1 Liberty Lane. Visit Norfolk.ma.us for more information.

Wrentham votes at the Delaney Elementary School, 120 Taunton Street. Polls will be open from 7 a.m. to 8 p.m. on November 8.

The last day to request a mail-in ballot application is Tuesday, November 1. In-person early voting in Wrentham this month will be held on Tuesday, November 1 from 8 a.m. to 7:30 p.m.; Wednesday, November 2 from 8 a.m. to 4:30 p.m.; and Thursday, November 3 from 8 a.m. to 4:30 p.m. Early voting takes place in the 2nd floor conference room at Town Hall. Visit Wrentham.gov for more information.

Sample ballot for the Nov. 8 election.

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8 Estate Planning Mistakes to Avoid



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

1. Improper beneficiary designations

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

2. Not changing asset titles to trusts

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

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

3. Incorrectly assuming clients' goals

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

4. Naming minor children as account beneficiaries

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

5. Wrong choice of executors and trustees

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

6. Failure to address medical directives

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

7. Ignoring state estate and inheritance taxes

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

8. Failure to address asset protection

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

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

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FPAC to present *The Curious Incident of the Dog in the Night-Time*

The Franklin Performing Arts Company (FPAC) will continue their exciting 2022-23 season with the stage adaptation of *The Curious Incident of the Dog in the Night-Time* running November 18-20 at THE BLACK BOX.

Fifteen-year-old Christopher has an extraordinary brain: He is exceptional at mathematics but ill-equipped to interpret everyday life. He has never ventured alone beyond the end of his road, he detests being touched, and he distrusts strangers. Now, it is 7 minutes after midnight, and Christopher stands beside his neighbor's dead dog, Wellington, who has been speared with a garden fork. Finding himself under suspicion, Christopher is determined to solve the mystery of who murdered Wellington, and he carefully records each fact of the crime. But his detective work, forbidden by his father, takes him on a thrilling journey that upturns his world.

Winner of the 2015 Tony Award for Best Play, this adapta-

tion by Simon Stephens of Mark Haddon's popular novel will be directed for the FPAC stage by Nick Paone. A former Equity actor, Paone performed with and directed for FPAC extensively, including starring roles in *Sweeney Todd*, *The Sound of Music*, *The Music Man*, *Mary Poppins*, and so many more. He is the creative mind behind and star of FPAC Holiday Productions favorite *Humbug!*. Paone has been on the drama faculty at the Franklin School for the Performing Arts and an actor and director at FPAC since 2001.

The Franklin Performing Arts Company at THE BLACK BOX is a professional Equity theater producing musicals, plays, and more, featuring Broadway stars, professional and regional performers, and emerging artists.

For tickets and more information, visit THEBLACKBOXonline.com or call the box office at 508-528-3370.







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The Clear Choice is Dooley for State Senate

With inflation soaring and crime on the rise, there is one clear choice for State Senate. That person is Shawn Dooley.

To keep our economy rolling and avoid the national recession, it is essential to support small businesses that create the majority of new jobs in Massachusetts. As a State Representative, Shawn Dooley is the only candidate with a proven track record of working with local businesses. He has supported initiatives and filed legislation to help small businesses thrive. Not only does Shawn have a perfect record in supporting small business, but he is also endorsed by the National Federation of Independent Business which is our nation's leading small business advocate.

Shawn Dooley is the candidate we can count on to help our local mom-and-pop stores that are the backbone of our economy.

On the home front, many families and seniors are worried about the rising price of gas, heating oil and groceries especially with the latest report showing inflation increased to a whopping rate of 8.2 percent. Once again, Shawn Dooley is the only candidate for State Senate



with a proven record of working to make Massachusetts affordable.

Just this year, he supported suspending the gas tax, because Shawn knows that by lowering the price of gas that helps drivers while also decreasing the costs for transporting products such as groceries and clothing. With the Commonwealth having a record surplus of \$3 billion in tax revenue and \$8 billion in the rainy day account, Shawn supports the 62F law to return the excess to the taxpayers.

Moreover, there is only one person in this race that opposes new taxes on gas and home heating oil. That's Shawn Dooley and it is one of the many reasons why he has earned a perfect 100 percent score in protecting taxpayers' wallets from Citizens for Limited Taxation.

As our next State Senator, we can count on Shawn Dooley to lower taxes whether it is the gas tax or the sales tax while work-



"Shawn is one of the hardest working public servants I know. He is fiercely independent and his passion for helping people makes him the perfect choice for the State Senate. The Commonwealth of Massachusetts needs strong independent voices like Shawn Dooley. For the 8 years we have worked together – Shawn has been a tireless advocate for the people of his district and no one has worked harder to make our state a better place to live and raise a family. Please vote for Shawn Dooley for State Senate." Gov. Charlie Baker

ing to reduce rising utility costs. He has the proven track record we can trust. That's why he has earned the endorsements of Governor Charlie Baker, Governor Bill Weld and Lt. Governor Karyn Polito along with a slew of local officials and police associations.

Most importantly, Shawn Dooley is one of a very few independent voices. He always puts people ahead of politics and is never obligated to special interest groups. When he votes on an issue, he votes for the people not the party.

Whether it is supporting our police, lowering taxes, helping the economy or putting people ahead of politics, Shawn Dooley is the only candidate we can trust. His agenda is our agenda – not the special interest groups'. Shawn Dooley is the clear choice to be our next State Senator.

For more information on Shawn Dooley, visit Dooley4Senate.com

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Remembering Bob Volpicelli

BY GRACE ALLEN

There's an adage that goes, "Behind every successful man is a strong woman." But if instead you said, "Behind every successful woman is a strong man," you'd be capturing the relationship between Mary Ellen Blue and Bob Volpicelli.

Locals know Mary Ellen Blue as the owner of Cilla's Coffeehouse in Norfolk. But what they might not know is that Bob Volpicelli was her behind-the-scenes partner in every sense of the word, instrumental in the coffeehouse's build-out and day-to-day operations. Theirs was a love story that ended far too soon, when Bob was diagnosed with Lewy body dementia.

Lewy body disease is a type of dementia that can initially present like Alzheimer's or Parkinson's because the symptoms often overlap. But along with a decline in mental abilities, people with Lewy body dementia suffer from hallucinations and paranoia, as well as movement disorders such as tremors. It's an insidious dis-



Bob Volpicelli and Mary Ellen Blue. Jason Collins Photography

ease but progresses rapidly in younger individuals. Bob Volpicelli survived barely two years after diagnosis, passing away on June 19, 2022 at age 66.

A Millis native, Bob was a firefighter for more than a decade before starting his own construc-

tion company. He also trained as an arborist, and eventually went back to school to become a civil engineer, graduating valedictorian from Wentworth Institute of Technology.

"Bob loved construction," said Mary Ellen. "Even throughout his illness, he would talk in construction terms. I've never met someone who loved what they did more than Bob."

During the coffeehouse's construction, Bob put in the two grease traps for the restaurant, digging the holes himself. He was, said Mary Ellen, her go-to guy around the restaurant, cleaning out vents, washing windows, shoveling the walkways, and sometimes even doing the dishes—even though he had his own business to run.

Once, the coffeehouse's ice machine needed to be cleaned. Both Mary Ellen and Bob had watched a professional clean the machine before and decided they could do it themselves. They met at the coffeehouse after dinner and started the process, which took much longer than they planned. At 2 a.m., the sanitation cycle was still running so they stretched out on benches in the dining area and promptly fell asleep. When they woke up, the sun was coming up and customers were starting to arrive.

"People think owning a coffeehouse is a lot of fun but it's a lot of work too," said Mary Ellen. "Bob was just so supportive of every part of it, and we always kept our sense of humor. We'd



Bob at Avita of Needham, a week before he passed away.

look at each other and laugh and say no one has any idea how crazy our lives are."

Because they both worked many hours and often seven days a week, Bob and Mary Ellen seized every opportunity to be together. Sometimes they took road trips, often out of state, to pick up furniture or equipment for the coffeehouse, making a day out of it.

Still, Bob made it to Cilla's daily, no matter how busy he was with own work. He was the first customer of the day and often the last one, too, in addition to pitching in when needed.

"He would call me every afternoon to see if I needed help," said Mary Ellen. "I would always say, 'I'm good, I got it,' and about a half hour later, I'd see that black truck of his turn the corner, and out he'd come with his mop in hand. He'd come in, walk past me with that smile and a wink and say, 'Two hands can get this job done faster than one.' He loved Cilla's as much as I did."

Each Sunday, Bob picked up his 89-year-old mother, Pat, and brought her to Cilla's for lunch. The regulars got to know both of them, although they may not have been aware how instrumental Bob was to the coffeehouse's success. He never left the restaurant without saying goodbye to each staff member.

The restaurant's most popular sandwich, the "Bobwich," a bagel with cream cheese and bacon, was named for Bob. He also enjoyed Cilla's French roast coffee and Chai tea, often with a scone.

Bob and Mary Ellen would often joke that they should write a book together because of the craziness of their lives—between them they had 6 children, two separate homes, and two businesses. In 2019, at the urging of their children, Bob and Mary Ellen sold their houses and bought their first home together, in Norfolk. They had been a cou-



One of the restaurant's grease traps, put in by Bob.

ple for thirteen years.

Three months later, Bob was diagnosed with Lewy body dementia. Facing an uncertain future, Bob asked Mary Ellen to try and keep the coffeehouse up and running, even if the time came when he couldn't help her anymore.

"I served coffee with a broken heart for over a year and did not miss a day's work. His request kept me going," she said.

Mary Ellen, with the support of Bob's children and her own family, cared for Bob at home as long as she could before moving him to Avita of Needham, a memory care facility. She visited him almost daily, and even when his memory started failing, he'd ask Mary Ellen during her visits, "How were your numbers today?" Moments like that, when Bob would have a clear thought, sustained her.

"One day he yelled after me, 'I don't know who you are but I know you're somebody I love and trust. I'm just going to keep loving you until I can't,'" Mary Ellen shared. "And that's exactly what he did."

Mary Ellen keeps a photo of Bob in her shop. While her brother was the primary investor for Cilla's Coffeehouse, there would be no Cilla's without Bob.

"When he got sick, Bob said to me, 'When you write that book will you make sure my death isn't a sad ending? I don't want our book to end in a sad way,'" said Mary Ellen. "And so even in my darkest days, I am really trying to take that sorrow and turn it around to gratitude because not everyone meets a Bob the second time around. That's what I focus on, how lucky I was to have this man in my life. He helped me fulfill my dream of opening a coffeehouse and ended up loving it as much as I do."

Bob Volpicelli left behind his two children, Corey and Marissa; Mary Ellen, and her children Ashleen, Mike, Ben, and Nattie, son-in-law Kyle, and a new grandson, who arrived two weeks before Bob passed away.

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KELLEY*continued from page 3*

ing' because we accomplished a lot."

As for individual goals, Kelley just wants to continue to be the best captain he can be. He leads by example, he's communicative and he's very supportive of all his teammates.

Kelley enjoys playing three positions and he thrives in pressure situations, especially when everyone's eyes are focusing on him when he's attempting a field goal.

"I enjoy the pressure that goes with making a field goal," he said. "Kicking is a role that's unappreciated and is under the radar. I like my wide receiver role because one catch can change the complexion of a game. Cornerback is demanding and challenging. The key is to rely on instincts in the secondary and the key for success in all three roles is to stay calm, handle pressure and be confident you can deliver in clutch situations."

Kelley said that a teammate's father calls him "Matty Ice."



Matt Kelley has kicked some clutch field goals for King Philip's football team.

It seemed like his heroics in the 12-point triumph over Milford was achieved with ice water in his veins.

"The Milford game was the best of my career," Kelley said. "It was a tremendous win and it felt great to contribute against a very competitive opponent. So many of our players stepped up, especially in the second half. That victory not only sets a positive tone for the playoffs, but it also gives us lots of momentum going forward."

Before his heroics in the Milford contest, Kelley's statistics through KP's first five games were admirable — 2-for-3 in field goals, 16-for-16 PATs, 25

tackles, and 8 receptions for 65 yards. He also excelled against powerhouse Xaverian in KP's second game of the season. He kicked two field goals and two extra points and had a 36-yard reception that sparked a TD drive. The Warriors downed Xaverian, 19-14.

Kelley's calm nature also provided some highlights last year.

"Two memorable games were our triumphs over Milford last year," Kelley said. "I kicked a 31-yard field goal to beat Milford with five seconds left in the game. Later, in the playoffs, we beat Milford, 31-16, to clinch a Super Bowl berth. I had a field goal and four extra points."

Kelley's top gridiron thrill was being selected a captain by a vote of the players. "That showed that my teammates had respect for me and trusted me as a leader," he said. "And, what's also humbling is the way the coaching staff has shown trust. I left Bishop Feehan after my freshman year because I wanted to return to KP and be with so many friends. At KP, I was strictly a kicker as a sophomore, then was the kicker and a cornerback last year, and now I'm a

wideout, too."

KP's head coach, Brian Lee, likes the way Kelley approaches games and the way he focuses in practice.

"Matt has a high football IQ, he's instinctive, resilient and versatile," Lee emphasized. "As our kicker, he's accurate from 45 yards in. He knows his roles, is athletic, has a positive attitude, is confident and isn't overwhelmed by adverse situations."

Before his 42-yard field goal against Milford last month, Kelley's longest field goal came against Taunton last year — a 41-yard boot that enabled KP to beat the Tigers by nine. Kelley kicked three field goals and had three extra points in that encounter.

Quick to deflect praise to others, the personable Kelley lauds the Warriors' other captains and he admires Lee's style.

"Will Astorino (fullback/linebacker) and Nate Kearney (tight end/defensive end) are seniors who lead effectively and motivate our team," said Kelley. "They're both dependable and turn in great efforts every game. Coach Lee is an amazing moti-

vator who's understanding, respectful and has a phenomenal demeanor."

Calling his parents (Tom and Michelle) and his two grandfathers (named Tom) role models for their support and encouragement, Kelley relies on an athletic philosophy that includes winning, reaching one's potential and having fun. Kelley also emphasizes that football demands total focus "on the task at hand and how I can contribute in a meaningful way."

"Athletics have also helped me to learn valuable life lessons," he said. "I've learned how to overcome adversity, to be resilient, how to be a team-first competitor and how to sharpen leadership skills."

Leadership is an area where Kelley gets high marks. He's responsible and he rolls up his sleeves when challenges arise. Starting a club to deal with mental health speaks volumes about his character, his caring and his sensitivity to delicate issues.

Matt Kelley is a very special young man because he's real and he cares.

Wrentham K of C 5K Planned for November 13

5th Annual Knights of Columbus



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When: Sunday, November 13th 2022 @ 9 AM
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The 5th annual Wrentham Knights of Columbus 5K will be held Sunday, November 13 at 9 a.m. The 5k Run/Walk will start and end at Parker's Pub, 303 Shears Street in Wrentham.

The USATF-certified flat course will loop around scenic country roads. Cash prizes will be awarded to the top three male and female finishers, and other valuable prizes will be awarded for the top finishers in each age group. There will be a DJ, sponsor tents, and fun for the entire family.

Register for the event at <http://wrenthamkofc.racewire.com>. The council has raised over \$15,000 to date from the annual 5K race, all of which has been donated back to the community for several charitable causes.

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The b.LUXE *beauty beat*

Hitting Our Stride

By GINA WOELFEL

Hello! It's good to be back! As you may have noticed, The Beauty Beat took a brief hiatus to focus and fine tune a few projects we had in the works, but we're back and we can't wait to share what we've been working on!

Let me catch you up...

The past two years have been a whirlwind for the studio, but we've finally settled into our new space and we're hitting our stride! When we decided to expand b.LUXE, we did so with our clients' comfort in mind. We wanted to create a space that was not only beautiful, but functional and we're happy to say that we achieved both! The studio is open and airy with plenty of natural light and is the perfect setting for our creative team. The new, larger studio has also allowed us to add a beautiful skincare department with luxurious spa treatments, tanning and lash services. We love that this renovation has made the b.LUXE experience all the more enjoyable!

In addition to our new space, we've also expanded our team! We're thrilled to welcome some new faces to the b.LUXE family. We're constantly striving to offer the most current beauty services at b.LUXE and our new talent is a big part of achieving that goal!

2022 was also a HUGE year with the OFFICIAL launch of our b.LUXE BEAUTY BRANDS. Our first product, BEFORE Oil, was previewed last year before its final packaging to rave reviews! b.LUXE BEFORE OIL is a preventative, pre-shampoo, treatment that's designed to be your first line of defense against hair damage. It's made with organic sunflower and prickly pear oil and our powerhouse ingredient - broccoli seed oil, an essential element that protects like nothing you've ever used before!

Our BEFORE Oil is featured in this year's holiday gift offer.

The b.LUXE Holiday Hygge Box

Hygge (hoo-ga) is a Danish concept that can be described as "a feeling of comfort, togetherness, and wellness." This time of year, we could all use a little extra Hygge in our lives! The

b.LUXE Holiday Hygge box was designed with self-care and comfort in mind. It's the perfect gift for anyone on your list who could use a little "me-time" this holiday season.

The Holiday Hygge box includes our luxurious and rejuvenating BEFORE Oil, a super absorbent, eco-friendly hair wrap made from natural bamboo and organic cotton, a scalp massaging brush and a wide-toothed, static-free comb.

Best of all, it can be shipped directly to your loved ones - no need to brave the crowds at the mall! Give the gift of Hygge this holiday!

By year's end, we'll also be introducing two new products to our beauty brand:

- **BEFORE BODY**, a two-part, intensely nourishing oil/mist duo that drenches the skin with powerful, curative hydration.
- **BEFORE FACE**, a high-result skin serum packed with 2% Bakuchiol - a plant-based retinol alternative — this ingredient delivers similar benefits as dermatologist-revered Retinol that reduces the visible signs of aging. We've filled our new BEFORE products with only the most targeted and essential ingredients to make you look and feel your very best. We've been lucky enough to be using these new products ourselves for the past couple of months and we can't wait for you to try them, too! Full reveal in next month's Holiday Beauty Beat.

And for the holiday gift-giving season we have three special offers for you!

They're available for purchase November 1st in-studio or on our website under our "Monthly Specials" tab (Scan the QR code for full details)

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Finish your holiday shopping early and from the comfort of your own home! And grab a gift for yourself with our Buy 3 Get 1 FREE offer! It only happens once a year!

We hope that this holiday season is filled with all things "Hygge" for you. For some, that might be all about spending time with family and friends, for others it could be curling up by the fire with a good book or taking a relaxing bath. The important thing is that you find what makes you feel comfortable and content and do more of those things this holiday season.

We'll see you soon at the studio!

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Living Healthy

Eyelid Margin Disease

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

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily particles and bacteria near the base of the eyelashes. This condition is very common and unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

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

This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What causes blepharitis?

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

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

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular ro-

sacea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.

What is demodex blepharitis?

Some people with oily (seborrheic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum) and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such as rosacea and blepharitis. Another version of these mites (de-



clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.

Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis:

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

What if I get a stye?

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

How is blepharitis treated?

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

Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)—an enlarged lump caused by clogged oil secretions in the eyelid.

Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.

Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a

clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime. Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation. Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the “high” dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, 4 locations including a surgery center in Milford, our eye centers offer state-of-the art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of 8 providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

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Living Healthy

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Many people seek chiropractic care for low back, mid back or neck pain, but where can they turn to for balance and/or dizziness problems?

When considering treatment for balance, we must consider the "Proprioceptive System." The body communicates between its parts through proprioceptors, located in the muscles and the joints, that relay information to the brain. This information from the various body parts is then integrated with incoming information from the vestibular system (inner ear). The brain also relies heavily on the cerebellum, located in the back of the head, which is largely responsible for

coordination the unconscious (automatic) aspects of proprioception. The ability to maintain balance is dependent on all three of these systems working properly.

John G visited the Holistic Center at Bristol Square office complaining of dizziness and loss of balance. This started after he had Covid and he had been sneezing and coughing. He had been to his primary care physician who told him his issues can happen after a virus like Covid and would resolve on its own. After suffering for over two weeks with these symptoms John decided on a second opinion at the Holistic Center. Upon his exam,

it was discovered that John had benign paroxysmal positional vertigo (BPPV), and needed treatment. After being put on a regimen of chiropractic adjustments, supplements and specific exercises, the dizziness and loss of balance started to resolve.

If you or a family member are suffering from BPPV or balance and /or dizziness problems contact The Holistic Center at Bristol Square, located at 1426 Main St. in Walpole. Call (508) 660-2722 to schedule an appointment with Dr Bien or Dr Goldstein.

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Dr. Rochelle Bien & Dr. Michael Goldstein

Health and Wellness Fair on November 16

The Metacomet Public Health Alliance nurses are hosting their second annual Health and Wellness Vendor Fair at the Norfolk Senior Center on November 16 from 9 to 11 a.m. All are welcome.

There will be a variety of vendors, such as assisted living facilities, elder law specialist, low

vision and hearing specialist, funeral planning, pre-packaging of medications and home delivery, physical therapists, HESSCO, home care companies and many more. There will also be raffles.

Call the Norfolk Senior Center at 508-528-4430 with any questions.

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SCAN TO RSVP

22Mohawks Selected as a Charity for Boston Bruins' Bfit Challenge

22Mohawks, a local non-profit supporting military veterans, has been selected as a charity in the Boston Bruins Foundation's 7th Annual BFit Challenge, set for Sunday, February 5, 2023, at the TD Garden. The event will run from 9 a.m. to 1 p.m.

The BFit Challenge raises money for military and first responder charities while "getting people moving." By joining the BFit challenge through 22Mohawks, participants will raise money for the non-profit orga-

nization, which brings veterans, their families and the community together through social connection. 22Mohawks also hosts extreme sporting events for veterans, and in addition, can provide vets with therapy dogs.

Registrants in the BFit Challenge must raise a minimum \$300 and can participate virtually for one week prior to the event (January 27 through February 3), or in person. Registration for the event closes on January 25, 2023.

The event is not a fitness competition, and all community members, including firefighters, law enforcement, military members, and EMS, are encouraged to participate. There will be prizes for top fundraising teams and individuals.

If you'd like to help 22Mohawks but can't participate, you can also donate to an individual or team participating in the event. Businesses can choose from several sponsorship levels and be recognized at the TD Garden.

The New England Patriots are not scheduled to play on February 5.



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Visit the EVENTS page at www.22Mohawks.com to sign up for the BFit Challenge.

For more information on the BFit Challenge, visit www.bostonbruins.com/bfitchallenge.



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Gingerbread Church Fair to be Held on November 19

The Original Congregational Church will hold its annual Gingerbread Fair on Saturday, November 19 from 9 a.m. to 2 p.m.

The fair is one of the church's largest fundraising events. The fair tables--this year both upstairs and down--will feature local craft vendors, plants, gifts, books, jewelry, baked goods, Christmas decorations and more.

Attic Treasures is always stocked full of gently used goods. Bid on an item at the Silent Auction, which will have plenty of gift certificates, theme baskets and other interesting items.

A brunch will be served all day and the free Children's Fair promises to be full of fun, with games and crafts, and Santa Claus.

For more information, visit the church website at www.occhurch.net, or call (508) 384-3110. The Original Congregational Church is located at 1 East St., Wrentham. All are welcome.

The Original Congregational Church of Wrentham presents the



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Guest Column

Pandemic Cacophony

By G. GREGORY TOOKER

The time has come to break the silence on this subject. Cacophony is defined as harsh or discordant sound and yes, it is very evident in today's living environment, vibrating our window panes and straining our eardrums. The sources of this irritation are easily identified; high revving, exhaust system altered fossil-fueled engines, testing their limits, audio equipment set at maximum volume, tires breaking traction on asphalt, horns blaring with the frustration of impatient drivers demanding the right of way and trucks impacting roadway surfaces long in need of repair. These auditory attacks are not limited to our streets. Soon machines designed to replace rakes will raise their unappreciated chorus in the yards of suburbia throughout America, as trillions of leaves are herded to their rightful place. Other examples abound.

But back to the roadway. There was a time when most drivers made an effort to hold such disruptive noise to a minimum, but no longer. The motor vehicle has become an extension of driver personality change which has occurred among

many individuals frustrated by unwanted changes brought about by pandemic mandates and the challenged economy. Political leadership priding itself on tough guy imagery and bullying tactics has helped create a behavioral model that once was confined to fringe social elements. Such a mindset gives little consideration to those who must absorb the chaos it creates, such as young children whose sleep is disturbed and safety threatened by the high speeds accompanying aggressive driving behavior.

Some communities with effective safety and risk management policies are attempting to curb this trend through the enforcement of noise ordinance provisions and speed limits. Apparently others have opted to let the behavior disappear on its own with the imagined exit of the pandemic. The fact remains, however, that reckless driving behavior continues to mount, as has the rate of fatalities on American highways. There are many action items on the agendas of local governments these days and clearly traffic control and noise abatement needs to be given higher priority.

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Home Heating Assistance Available in Wrentham

By GRACE ALLEN

As cold weather arrives, homeowners who need to heat their homes may start to feel a strain on their household budgets. Help is available, however, for any Wrentham resident who meets income eligibility criteria.

Robin Tobin, the outreach worker for the Wrentham Council on Aging, helps Wrentham residents of all ages navigate the town's fuel assistance program.

"I'm already receiving calls daily from people needing help, especially for heating assistance," said Tobin. "People are struggling but they can call us and we can help them with the resources that are available."

Eligibility is based on total household income and household size. The home heating season runs from November 1,

2022 through April 30, 2023. Fuel assistance applications become available on November 1. Applications are free.

Funds for Wrentham residents needing assistance pull from the federally funded Low Income Home Energy Assistance Program, or LIHEAP. The eligibility threshold for a four-person household this year is \$81,561. Once approved, a monetary credit will be awarded to the account of the applicant's heating vendor, whether they heat with oil, electricity, natural gas, propane, kerosene, wood, or coal.

Residents who qualify for LIHEAP may also qualify for Self-Help, Inc.'s energy conservation and weatherization programs for their homes. In addition, they may be eligible to receive a discounted rate on their utilities.

Tobin notes that residents' whose income falls between 60 and 80 percent of the state's median income level may be eligible for the Massachusetts Good Neighbor Energy Fund (GNEF). GNEF, a program available through the Salvation Army, helps Massachusetts residents who cannot meet a month's energy expense and are not eligible for state or federal assistance.

For more information on these programs, or to make an appointment to complete the paperwork necessary for assistance, contact Robin Tobin at 508-384-5425.

Residents can also apply directly to Self-Help, Inc., 1362 Main St., Brockton, 508-588-5440 if they prefer. Residents may also call the Salvation Army directly at 800-334-3047 for GNEF help.

Town of Wrentham Invites Community Members to Submit Photography

Photos to be Featured on Town Website

Community members are encouraged to submit digital photos of their life in Wrentham to be featured on the town's website. Submissions can include photos of town-owned facilities, town-sponsored events, landscapes, and wildlife within Wrentham, and more.

"To showcase the Town of Wrentham through the eyes of

our own community members, we are inviting those with a passion for photography to submit any photos they have taken around town to be featured on our website," Town Administrator Kevin Sweet said in a statement. "Anyone and everyone is encouraged to submit their photography, and professional experience is not needed as this is a

fun way to get the community involved in populating our website. We look forward to viewing submissions and seeing how our community perceives our town."

Those wishing to submit photography must email digital photos to photos@wrentham.gov by Tuesday, Nov. 15.

Those submitting photos must also email a completed

release form, which can be accessed at <https://wrenthamtownadmin.org>, giving photography release to the Town of Wrentham.

By filling out this form, community members are giving the Town the right to publish the photos with a royalty-free, perpetual license. Credit will be given to the individuals who

take the photo unless otherwise specified by those who submit it.

Those under the age of 18 can submit photos to be considered for the town website, however, consent by a parent/guardian is required.

Sports

KP Volleyball Team Aims for Lengthy Tourney Advance

BY KEN HAMWEY
STAFF SPORTS WRITER

The King Philip girls volleyball team is eager to get started on another playoff run.

Last year, coach Kristen Geuss' squad, which finished the regular season with a 19-1 record and tied for the Kelley-Rex Division title, rolled to three straight triumphs in the state tourney before bowing out of the final four.

KP defeated Chicopee Comprehensive, Notre Dame of Hingham, and Woburn before losing to Hopkinton, the eventual state champion.

Last year's tourney run was the deepest advance by a KP volleyball team coached by Geuss, who's led the Warriors to six playoff berths in six years.

"Our goals at the start of this season were to qualify for the tourney, to compete for the Kelley-Rex title and to improve our skills," Geuss said. "The players' unspoken goal was to capture a state championship. Our objectives are realistic because we've got talent, we're skilled and we have depth and experience. Other strengths include a high volleyball IQ, athleticism, resilience and team chemistry."

Three Warriors who display a variety of the strengths listed by Geuss are the senior captains — Ahunna James (outside hitter), Emily Sawyer (middle hitter), and Sami Shore (middle hitter).

"Ahunna is a two-time captain," Geuss noted. "She's versatile, able to play any position. A force on the inside, she can attack from the back row. She's athletic, strong and has a high volleyball IQ. Emily blocks well, is an aggressive server, has great instincts and is a strong finisher. Sami has a high volleyball IQ, adjusts quickly, is a quality hitter and blocker and has a strong serve."



The 2022 edition of the King Philip girls volleyball team is aiming for another successful run in the state tournament.

At Local Town Pages deadline, Sawyer was leading in kills (127), aces (46), and blocks (17). James had 33 aces, 102 kills and was leading in digs with 100. Shore was second in kills with 118.

All the captains will be competing in college next year. James will be playing for Southern Connecticut State, Sawyer will play at Sacred Heart University in Connecticut, and Shore will be competing for Suffolk University.

Three other seniors who were prime contributors during the regular season are Kiera Hagen (setter), Olivia O'Neil (outside hitter), and Missy Canning (right-side hitter).

"Kiera is a timely, well-skilled setter," Geuss said. "She knows when and who to get the ball to. Effective at the service line, she gets her share of assists. Olivia has improved greatly. She's a strong hitter, an effective blocker and is solid on defense. Missy also has improved a lot from last year. A powerful hitter from the right side, she's a strong presence at that position."

Junior Shea Mellman (libero) and sophomore Madison Asprelli (setter) are key components in KP's nucleus.

"Shea takes control of the back row nicely," Geuss said. "A strong communicator, she sees the ball well and adjusts quickly. Madison is confident and calm in her setter role. She doesn't get rattled easily and she's effective at the service line."

Juniors Kate O'Neil (right-side hitter) and Ava Kelley (defensive specialist) are skilled and consistent.

"Kate is strong and powerful," Geuss said. "She's strong, intense and a formidable blocker on the right side. Ava is quick and scrappy in the back row. A calm-

ing presence, she's a consistent passer who's very athletic.

Rounding out the roster are four girls who could step in and play effectively if called on. They are juniors Ryann O'Sullivan (right-side, middle hitter), Meghan Sullivan (defensive specialist), and Emily Zappola (outside, right-side hitter), and sophomore Fiona Bailey (outside, right-side hitter).

"Ryann is a great blocker," Geuss offered. "Meghan is a good passer and digs well. Emily is a strong hitter on the outside, and Fiona, who shows signs of being a strong hitter, has filled in at setter while Keira Hagen recovers from an illness."

Geuss relies on a coaching philosophy that emphasizes reaching one's potential, having fun competing and embracing sportsmanship on and off the court.

"If the girls are playing to their potential and enjoying volleyball, we hope that winning is the by-product," Geuss emphasized. "And we hope athletics provide an opportunity to learn valuable life lessons. Sports can

help competitors to overcome adversity, to be good leaders and good teammates, to set goals, manage their time and to believe in yourself and each other."

The Warriors, whose record was 14-1 after 15 matches, will be banking on tourney success, and the source of that success will come from a reliance on an opportunistic style and an ability to finish strong.

KP's volleyball program rarely ever experiences a slump, or a down cycle. The program's players just seem to rise to the task at hand and compete relentlessly.

"We don't rebuild," Geuss said. "We reload. We all love volleyball. The girls play year-round and their work ethic is great."

Reloading is a realistic approach, considering that Geuss lost six seniors to graduation. Her roster now includes six seniors, six juniors and two sophomores, all capable and all able to create dependable team chemistry.

A final four appearance last year was admirable but a playoff journey this month that takes a bit longer would be welcomed.

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Sports

Norfolk Lacrosse Player Selected to All-State Tour Team

Brett Warren to Represent MA at Best of Texas Lacrosse Tournament

Brett Warren of Norfolk was selected to the Mass Bay Colonials boys lacrosse team that will travel to Houston, Texas on December 10-11 to compete in the Best of Texas Lacrosse Tournament. Warren was selected from over 200 athletes from 125 town lacrosse programs from Central and Eastern Massachusetts.

“The Mass Bay Colonials is an extension of our community-based youth league, Mass Youth Lacrosse, and was founded to promote and celebrate town-based lacrosse and the elite

athletes who commit to their communities each spring,” said Joey Picard, Colonials founder and General Manager.

Warren, a goalie, is a 6th year player with the King Philip Youth Lacrosse Program. He also plays for the Express Hockey Club, and is an avid fisherman. Brett is currently in 7th grade at The Carroll School in Lincoln, MA.

In addition to their performance at the tryouts, players submitted recommendations from coaches, teachers, and com-

munity leaders to earn a spot from the selection committee. The Mass Bay Colonials seek to not only bring the most talented youth lacrosse players from Massachusetts, but the players who can proudly represent our state on-and-off the field.

2022 is the third iteration of the Mass Bay Colonials, but the first time with both a boys and girls team, as Mass Youth Lacrosse added a girls league to the organization in 2022. The Mass Bay Colonials will send a boys team (class of 2027) and a

girls team (class of 2027/2028) to Houston to compete against teams from Texas, Oklahoma, Missouri, and others from across the Southwest.

The 2027 Boys Team will be led by head coach Nathan Kittler. Kittler is the head coach at Natick High School and was named the 2022 Eastern Mass Lacrosse Coach’s Association Coach of the Year. Kittler will be assisted by Ed McCarthy, a long-time youth and high school coach who has been a Mass Youth Lacrosse Coach Education trainer for the past 5 years. Rounding out the coaching staff is Tom Spangenberg, the current Chair of Mass Youth Lacrosse Board of Directors, former president of the board, and long-time youth coach with Dover-Sherborn Youth Lacrosse.

“As a league, we focus on many important facets of the game designed to grow lacrosse and honor its sacred traditions,” said Spangenberg, “and the Colonials is one such example of how we’re uniting our towns, prioritizing teaching the skills in a fun environment, and promoting the importance of character, community, and camaraderie. We’re thrilled to bring the finest athletes and coaches from our small community to a much larger one in Texas this winter.”

The 2022 Mass Bay Colonials Boys team will have 22 athletes representing youth lacrosse programs in Andover, Cambridge, Framingham, Grafton, Hamilton-Wenham, Holliston, King Philip, Lexington, Marblehead, Melrose, Natick, Newburyport, North Andover, North Central, Norwood, Pentucket, Reading, Stoneham, Wachusett, and Wayland.



Norfolk’s Brett Warren will compete in the Best of Texas Lacrosse Tournament on December 10-11.

About Massachusetts Youth Lacrosse:

Massachusetts Youth Lacrosse (MYL), a non-profit 501 (c)3 organization, was founded in 1992 by a group of town youth lacrosse programs that had the common goal to promote the growth of the game of lacrosse throughout Massachusetts by providing leadership, guidance, training, and structure to anyone interested in lacrosse. Over 110 town programs participate in MYL with over 1,000 teams and 14,000 players participating in an 8-week spring season followed by the largest youth lacrosse Jamboree in the country over two weekends in Devens, MA. In the spring of 2022, a new Girls League launched with 21 town programs and 2,000 girls players. Over 70 girls programs will be participating in 2023. For more information, visit www.massyouthlacrosse.org.

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We are excited for you to join us in our 16th year of Youth Basketball! NWPYB is an instructional league led by professional coaches and supported by the King Philip Basketball players. Our philosophy is to teach players the **FUNDamentals** of the game in a caring and fun manner specifically geared toward the elementary school age player. Our goal is to give players an excellent foundation and experience to enjoy the game at all levels while emphasizing **team work and sportsmanship. Boys and girls play on separate teams.**

THE SCHEDULE

| | |
|--|--|
| SATURDAY DATES: 12/10, 12/17, (no 12/24 & 12/31), 1/7, 1/14, 1/21*, 1/28,* 2/4, 2/11 | |
| *If there is a KPHS event, the schedule may be switched to Sunday (same times)! | |
| <p style="text-align: center; color: red; margin: 0;">@ King Philip Middle School</p> <p style="text-align: center; color: red; margin: 0;">*Anticipated Times:</p> <p style="margin: 0;">8:45-9:30am: K Boys</p> <p style="margin: 0;">9:45-10:40am: Girls Grades 1-2</p> <p style="margin: 0;">10:45-11:40am Girls Grades 3-4</p> <p style="margin: 0;">11:45-12:40pm: K Girls/Girls 5-6</p> <p style="font-size: x-small; color: red; margin: 0;">* times may need change based on actual registration numbers.</p> | <p style="text-align: center; color: red; margin: 0;">@ King Philip High School</p> <p style="text-align: center; color: red; margin: 0;">*Anticipated Times:</p> <p style="margin: 0;">9:00-9:55am: Boys Grade 1</p> <p style="margin: 0;">10:00-10:55am: Boys Grade 2</p> <p style="margin: 0;">11:00-11:55am: Boys Grade 3</p> <p style="margin: 0;">12:00-12:55pm: Boys Grade 4</p> <p style="margin: 0;">1:00-1:55pm: Boys Grades 5-6</p> |

OPTIONAL PRACTICE: Players in Gr. 3-6 have a 50-minute optional, but encouraged, practice on Thursday evenings at the King Philip Middle School (Dates & Times TBA).

FEE: K-2: \$119*, GRADES 3-6: \$149*

Family discounts: \$15 for each additional child. To receive this discount a family account must be used when registering.

All players receive full, reversible uniforms. Please specify uniform size when ordering. If size is in question, please order up! (Shorts have drawstrings).

Fees include uniform and ball for Grades K-2, a uniform and Thursday practice for Grades 3-6.

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New Mattress Recycling Program for Town of Norfolk Residents

The Town of Norfolk is collaborating with HandUp, a New Bedford-based business, to offer town residents a convenient and cost-effective way to recycle unwanted mattresses and box springs responsibly.

Effective immediately, Norfolk residents can drop off unwanted mattresses and box springs at the Norfolk Transfer Station during normal business hours. The charge for each piece is \$40.

HandUp is a social impact business in New Bedford that recycles and upcycles mattresses in

an environmentally sustainable way. The mattresses collected by HandUp are separated into their components—foam, cloth, wood, and metal—and recycled. HandUp also has a mattress shop, at Kilburn Mills in New Bedford, where they sell gently used, high-quality “upcycled” mattresses and box springs for a fraction of the retail price.

Erik Dyson, Co-Founder and CEO of HandUp, states, “We are pleased to partner with the Town of Norfolk to offer Town residents a convenient, cost-

effective, and environmentally responsible way to dispose of their unwanted mattresses. As a company, we are committed to making a positive environmental impact and returning the majority of our net profits back to the local community by supporting non-profit organizations that provide services to our immigrant and refugee neighbors.”

Blair Crane, Town of Norfolk DPW Director, says, “The Town of Norfolk is proactively launching this mattress recycling program in advance of the State of Massachusetts’s mattress ban, which is to take effect on November 1, 2022, which requires all unwanted mattresses and box springs to be recycled. We are pleased to partner with HandUp to offer this service to Town residents.”

For more information, contact the Norfolk DPW at 508-528-4990 or HandUp at handup-mattress.com, or email info@handupus.org.

Newcomers Club Sets November Meeting

The Franklin Newcomers and Friends Club will hold their next monthly meeting at 7 p.m. on Wednesday, November 9 at Escape Into Fiction, 12 Main Street, Franklin. Please join us for an informative evening with members of the Franklin Town Council as they share with us some recent happenings in town and their priorities for the upcoming year. They will also be happy to answer any questions we have.

No need to be a newcomer to the area. Come make connections in your community. We are a multi-generational, member-driven organization, offering a wide range of activities, and are always excited to welcome new

faces and new ideas. Residents of Franklin, or any surrounding town that doesn’t have a Newcomers Club, are welcome to join us. Look for us on our Meetup and Facebook pages for more information.

Also coming up, the Franklin Newcomers and Friends 47th Annual Craft Fair will take place on Saturday, November 5, at Tri-County Regional Voc-Tech High School, 147 Pond Street, Franklin, from 9 a.m. to 3 p.m.

For more information about the Franklin Newcomers Club, visit <https://facebook.com/FranklinNewcomersFriendsClub> or <https://www.meetup.com/franklin-newcomers-friends/>.



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Wrentham Cooperative Bank Welcomes a New Assistant Vice President of Retail Banking

An Experienced Individual Ready to Make an Impact on a Community Bank

Wrentham Cooperative Bank welcomes Adam Glass into its Assistant Vice President of Retail Banking position. Mr. Glass will provide leadership to the branch network regarding sales and service delivery, employee relations, operations, and procedures. In this position, he is also set to support the bank's engaged team, who has demonstrated growth in customer relationships within the community.

Prior to joining Wrentham Cooperative Bank, Mr. Glass garnered over 24 years of experience in the banking industry. His most notable experience is being one of the first hires in the Commerce Bank Retail Division, a bank that grew from nine



to sixteen offices during his time there. Most recently, Mr. Glass has served as a Branch Manager

at Westfield Bank's Chicopee branch for the past four years. When not at work, he enjoys his free time with his wife and three daughters by his side.

About Wrentham Cooperative Bank: Wrentham Cooperative Bank has been serving the financial needs of individuals, families, small businesses, and retail stores in Wrentham, Plainville, and surrounding communities since 1901. Wrentham Cooperative Bank prides itself on treating customers equitably and providing quality service while maintaining a high level of social awareness, responsibility, and community involvement.

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Norfolk Police Department Awarded Funding Through State's Municipal Road Safety Grant Program

Chief Timothy Heinz recently announced that the Norfolk Police Department has been awarded \$18,864 in grant funds as part of the Municipal Road Safety Grant allocated by the Executive Office of Public Safety and Security's Office of Grants and Research (OGR).

This grant will be used to fund officer overtime for traffic safety enforcement which begins in December of 2022 and continues until Sept. 15, 2023.

The FFY 2023 Traffic Safety Enforcement Campaign Schedule is as follows:

- Winter Impaired Driving: Dec. 1-31, 2022
- Distracted Driving: April 1-30, 2023
- Click it or Ticket: May 1-31, 2023
- June Speed: June 1-June 30, 2023
- July Speed: July 1-30, 2023
- Summer Impaired Driving: Aug. 12 to Sept. 15, 2023

In addition to funding overtime for these campaigns, funds will also be allocated for the purchase of traffic-related equipment including a new handheld radar unit and a replacement speed sign board Officers Jason Keen and Daniel Mazzola chose to purchase to support these campaigns.

"I want to recognize the tremendous work demonstrated by Traffic Officers Mazzola and Keen on preparing for and acquiring this grant," said Chief Heinz. "These two officers spent countless hours collecting information, gathering statistics and submitting documentation required for the grant application. Their thoroughness and dedication to this mission, undoubtedly, allowed the Norfolk Police to successfully be awarded this grant."

The grant is part of \$10.9 million in federal grant funding awarded by the Baker-Polito Administration earlier this month to 186 municipal and state agencies for road safety improvements.

The grants provide police departments funding to address local traffic safety issues through enforcement, new equipment and novel traffic-safety programs. The goal is to support traditional enforcement activities and develop new strategies to reduce roadway crashes, injuries, fatalities, and associated economic losses in Massachusetts.

Since taking office in 2015, the Baker-Polito Administration has distributed approximately \$70 million in highway safety grants. The grants provide equipment, training, and enforcement resources for local communities.

KPHS DECA Chapter Announces New Senior Officers, Shares Updates from Beginning of the Year

It is a new year with new beginnings for KP DECA, the high school's internationally recognized student business and entrepreneurship organization. With the new year comes new senior officers for the 2022-2023 school year:

Co-Presidents Phil Harmon and Kayla Simas

Vice President of Marketing Brooke Noonan

Vice President of Leadership Lainey Grant

Vice President of Finance Liam Hickey

Vice President of Hospitality Julia Lanza

Vice President of Career Development Ava Lanza

Vice President of Membership Caden Heslin

Director of Fundraising Ben Simmons

Elections for junior, sophomore and freshman representatives will be held in the coming months. These representatives will be joining the KP DECA officer team and will represent their own class.

Last year was a huge success for KP DECA. The chapter had the most students qualify for DECA's International Ca-

reer Development Conference throughout Massachusetts and had the most students earn international recognition on stage in Atlanta in Massachusetts DECA. KP DECA also had the honor of being the only chapter in the state to earn two first-place glass trophies, DECA's highest competitive honor.

On Saturday, Nov. 16, KP DECA will hold its annual breakfast and installation ceremony as the official start of the King Philip DECA season. Parents and students will come together to celebrate the induction of new members and senior officers.

"We have yet another great year ahead for our KP DECA chapter and I greatly look forward to all of our new senior officers stepping into their roles within our organization," King Philip DECA Marketing Coordinator James Dow said.

About King Philip DECA:

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

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Real Estate Corner

Preventing Fires at Home

Fire Prevention Week was held last month, marking its 100th anniversary with a theme that reflects a major challenge in modern fire safety: “Fire won’t wait. Plan your escape.”

“Modern residential fires burn much faster than they did in past decades,” said State Fire Marshal Peter J. Ostroskey. “Changes in building construction, manufacturing, and furnishing mean you could have less than three minutes to escape a fire at home today, compared to 15 minutes or more in the 1970s. That’s why it’s so im-

portant to have working smoke alarms and a practiced escape plan that includes two ways out.”

Smoke Alarms

“Over 60% of Massachusetts fire deaths last year took place in the overnight hours,” said State Fire Marshal Ostroskey. “Smoke alarms are your first line of defense, so be sure they’re on every level of your home and working properly. When you hear that alarm, everyone at home should know it’s time to get out, stay out, and call 9-1-1.”

Smoke alarms should have a manufacturing date printed on the back. Alarms older than 10 years old should be replaced with new alarms that have a sealed, long-life battery. When choosing an alarm, select one from a well-known national brand that’s listed by an independent lab such as UL or Intertek/ETL. Test alarms monthly to be sure they’re working properly.

Home Escape Planning

“No matter how big or small your household is, every home needs an escape plan,” State Fire Marshal Ostroskey said. “Consider any special needs you or your loved ones might have, including young children, older adults, and people with disabilities.”

When creating your escape plan, look for two ways out of every room – and remember that one of them may be a window. Keep those escape routes clear of furniture, clutter, and other obstructions. If you have security fittings on doors or windows, be sure they can be removed or disengaged quickly from inside.

Pick a family meeting place out front a safe distance away from the house. The meeting place should be permanent, like a tree, mailbox, or light pole, and located where firefighters can easily find you.

Once you’ve planned your escape route, practice it at least twice a year. Try it during the day and at night so everyone is familiar with it – even if they’re tired or groggy. Remember that you may have to “get low and go” in the event of smoke.

100 Years of Fire Prevention Week

Fire Prevention Week is observed annually in the week that contains Oct. 9 – the date on which Great Chicago Fire of 1871 caused most devastation. The National Fire Protection Association has sponsored and promoted Fire Prevention Week annually since 1922, making it the longest-running public health observance on record.

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Recent Home Sales in Norfolk

| Date | Address | Amount |
|----------|---------------------|-----------|
| Sept. 16 | 19 Avery Way Lot 32 | \$749,697 |
| Sept. 16 | 1 Sumner St. #7 | \$729,961 |
| Sept. 21 | 4 Audubon Trail | \$1.32M |
| Sept. 22 | 18 Canterbury Lane | \$1.10M |
| Sept. 26 | 9 Sumner Street #8 | \$709,970 |
| Sept. 28 | 21 Avery Way Lot 31 | \$747,370 |
| Sept. 29 | 12 Overlea Road | \$700,000 |
| Sept. 30 | 4 Whites Pond Drive | \$710,000 |
| Oct. 13 | 17 Sumner St. #21 | \$740,363 |

Source: www.zillow.com

Compiled by Local Town Pages

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Real Estate Corner

Recent Home Sales in Wrentham

| Date | Address | Amount |
|----------|-------------------------|-----------|
| Sept. 15 | 95 Pokanoket Path | \$840,501 |
| Sept. 21 | 88 Beach Street | \$525,000 |
| Sept. 23 | 364 Forest Grove Avenue | \$460,000 |
| Sept. 28 | 540 Franklin Street | \$357,000 |
| Sept. 29 | 35 Blake Road | \$555,000 |
| Sept. 29 | 25 Welcome Lane | \$950,000 |
| Sept. 29 | 21 Weber Farm Road | \$816,038 |
| Sept. 30 | 17 Cypress Road | \$380,000 |
| Sept. 30 | 80 Jennifer Drive | \$775,000 |
| Sept. 30 | 390 West Street | \$780,000 |
| Sept. 30 | 35 Weber Farm Road | \$818,838 |
| Oct. 4 | 1897 West Street | \$325,000 |
| Oct. 4 | 24 Weber Farm Road | \$770,700 |
| Oct. 17 | 414 Hancock Street | \$560,000 |
| Oct. 17 | 391 Franklin Street | \$410,000 |

Source: www.zillow.com
 Compiled by Local Town Pages

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September Real Estate Activity in Norfolk County

September 2022 numbers relative to Norfolk County recordings indicate a continuing decrease in overall real estate activity, particularly mortgage activity, as compared to the September 2021 numbers, indicating the market may be starting to cool off.

According to Norfolk County Register of Deeds William P. O'Donnell, data indicates that the Norfolk County real estate numbers in September demonstrate a continued slowdown in the market compared to 2021 and for the first time it appears that the average sales price is leveling off. There were 9,972 documents recorded at the Norfolk County Registry of Deeds in September, a 35% decrease from September 2021 and a decrease of 14% from August, 2022.

The number of deeds for September 2022, which reflect real estate sales and transfers, both commercial and residential, show a decrease of 23% from September, 2021 and a decrease of 16% from the previous month of August, 2022. Sale prices for September appear to have leveled off when compared to September 2021. The average sale price in September was \$1,082,714, a decrease of 1% compared to September 2021. Total dollar volume of commercial and residential sales is down, decreasing 24% from one year ago and decreasing 16% from last month, noted O'Donnell.

Overall lending activity show a continued trend downward for the month of September. A total of 1,693 mortgages were recorded during the month, a significant decrease of 55% compared to a year ago and down 15% from August, 2022.

"It appears that the sharp increase in the mortgage interest rates has significantly impacted

mortgage activity," said Register O'Donnell.

A continuing cause for concern in Norfolk County is the number of pending foreclosures. The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In September, there were 6 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, one less than in September, 2021. However, there were 37 Notices to Foreclose, the first step in the foreclosure process, recorded in September, up significantly from the 10 recorded in September 2021.

"The dramatic increase in the number of these notices is alarming. It indicates that more of our neighbors are facing financial challenges going forward," said O'Donnell. "We will continue to track these numbers."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Register O'Donnell stated, "If



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Real Estate Corner

RE ACTIVITY

continued from page 26

you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance.”

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry of Deeds. There was a 21% decrease in homestead recordings in September 2022 compared to September 2021. “The reduction in recorded Declarations of Homestead is not too surprising where the sales of homes continue to level off, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced sale of an individual’s primary residence to satisfy unsecured debt up to \$500,000,” said O’Donnell. “We want to see folks protecting

the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. The recording fee is only \$36. Feel free to visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and to make sure you have taken advantage of this protection.”

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.

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