

Norfolk Residents to Decide on Fire Station Project

Special Town Meeting and Special Town Election Set for this Month

BY GRACE ALLEN

A new fire station for Norfolk is on the agenda at this month's Special Town Meeting, to be held on January 11. If residents approve the project, which is estimated to cost about \$25 million, a debt exclusion vote to fund it will be held on January 28, with early voting available.

In order for the project to move forward, both votes need to be approved, so residents need to plan for a two-step process this month.

If approved by at least a two-thirds majority of registered voters in attendance at Town Meeting, the tax increase will go to the debt exclusion vote, which needs simple majority approval. Unlike an override, a debt exclusion raises property taxes for a period of time, usually 10 to 20 years, to finance a particular project. Once the financing bond is paid off, the tax increase for that project goes away.



Norfolk Fire Station (Photo courtesy of Norfolk Firefighters Local 4134)

A special building committee appointed by Norfolk's select board has been working on the fire station project for close to two years. After completing a feasibility study, the group recommended the existing building be replaced with an entirely new structure.

While no one disputes the building has long outlived its usefulness, this will be the town's third attempt to get an updated fire station built.

Current Fire Station

The current fire station was built in 1966, primarily as an apparatus bay for what was at the time an all-volunteer department. In 1985, the building was expanded to house the police department (which has since moved) and the fire chief's office. The current structure is 9,875 square feet.

STATION

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Wrentham's 350th Anniversary Celebration Starts This Month

BY GRACE ALLEN

A very special year for Wrentham begins this month. The town's 350th anniversary is finally here, and a full slate of festivities is scheduled to commemorate and celebrate the historic milestone.

Residents are asked to save the dates for the following events, set to take place throughout the year:

- To kick off the special year, a Senior Center Brunch honoring the town's oldest residents is scheduled for January 8 at the Senior Center.
- A St. Patrick's Day Celebration will take place on March 18 at the American Legion.
- William Sweatt Day will be held on May 20 on the town's common.
- The town's common will hold a Celebration Birthday Party on July 15.
- The Grand Parade through town, replete with both local groups and professional marching bands, will take place on September 16.
- A Time Capsule Burial will take place on Wrentham's common on October 15.
- The year's festivities will culminate in the Gala Ball on December 2 at Lake Pearl Luciano's.

The 350th anniversary committee hopes the year-long celebration will honor the town's history and celebrate its legacy while giving residents many different events to participate in.

To contact the planning committee, or for more information and to RSVP for some of the festivities, visit wrentham350.com. For updates, residents can subscribe to the planning committee's newsletter by signing up on the website or by following the group on Facebook (<https://www.facebook.com/wrentham350>) or Instagram (<https://www.instagram.com/wrentham350/>).

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The fire station building is rife with problems, including insufficient training space, storage space, office space, and meeting space. The apparatus bays have minimal clearance for modern firefighting trucks to get in and out. The department has had to purchase customized equipment with stacked bumpers to fit into the bays, which are also too shallow. During snowstorms, snow and ice buildup around the doors of the too-small bays has to be cleared away before the fire trucks can get out to respond to calls.

Lockers and storage for the firefighters' protective ensembles are also housed in the bays, where the PPE items are exposed to the diesel exhaust of the fire trucks. Diesel exhaust contains pollutants, as well as carcinogens, according to the American Cancer Society. State-of-the-art fire station design, which promotes firefighter health, has evolved since the current station was built.

The department is staffed by a combination of 17 career and 6 on-call firefighters. For each 24-hour shift, groups of firefighters/

paramedics live in a cramped trailer at the rear of the property. Housing the personnel in the trailer impacts response times to emergency calls since they have to traverse the parking lot—often hazardous in inclement weather—to get to the vehicles.

Proposed New Fire Station

The Fire Station Building Committee, working with an architectural firm and a state-mandated owner's project manager, has proposed a new, 25,670 square foot two-story building to replace the current structure. Committee members, who are Norfolk residents, include an architect, a geotechnical engineer, and a firefighter, as well as town officials and Norfolk's fire chief, Erron Kinney.

Kevin Champagne, the committee's chairperson, is a structural engineer who also served on the design team for the Marshfield and Tewksbury fire stations, and Ashland's public safety building. He explained it made more sense to build a completely new structure in Norfolk instead of renovating the existing building.

"The committee found that renovating and adding on was more expensive versus building new," said Champagne. "The building is so old that it's not compliant with current code. Because this is a fire station, it's considered a high-risk category building by the state building code. That basically means this has to be a survivable building and more robust than a typical building. So if we get a massive

hurricane, earthquake, or snow-storm, for example, the fire station needs to remain operational during and after that type of event."

Renovating and expanding the structure would mean moving the department to temporary quarters, which also comes at a logistical and financial cost. The current site is such that a new station could be built at the rear of the property, leaving the existing building operational and accessible during construction.

The proposed new fire station, with its all-electric design, is considered a green building. Green building design results in lower energy bills, lower water usage, and a safer and healthier environment for occupants.

Mechanical equipment would be housed on the ground or inside the building, so that the roof remains open for solar panels in the future, noted Champagne. If solar can be expanded on site, the structure has the potential to become an efficient, net-zero building.

The building's interior spaces have been designed to be multi-use. For example, instead of dedicated locker rooms, lockers will be housed in the bunk rooms. Stairwells can function as training areas for grappling and rescue operations.

"The plan of this building was to allow it to be flexible enough so that it can grow with the department," Champagne said. "We won't have to come back to the town for more money to add on in a few years. The space is thoughtful enough that it can be

used now and when the department expands."

Past History and Project Cost

The town has tried twice before to get a new fire station built. In a special election in 2008, voters rejected a debt exclusion for a new public safety building. In 2016, voters approved \$12.2 million for a new fire station and a new police station. The police station project, part of a new regional communications center on Sharon Ave., ran over budget for several reasons, leaving only \$3.3 million for the fire station, a significant shortfall.

According to Champagne, the Fire Station Building Committee believes the cost estimates from the 2016 project were not well-developed nor finalized before the project was presented to the town. He says the current committee looked back at other stations built around the same time to try and understand how the numbers were determined. The Randolph and Needham fire station projects, for example, came in at a significantly higher cost per square foot than Norfolk's.

"From our perspective, the 2016 estimate was too low to begin with," said Champagne. "It's never been clear to us how that number was developed. It was never going to be enough to complete the projects, in our opinion."

Champagne says the building committee is confident that this time, the estimated cost of about \$25 million, which will be offset by the \$3.3 million from the last go-round, is sound and is the final cost to deliver the project. Design and construction contingencies are built in, and all contractors bidding on the project have gone through a pre-qualification process. (Final bids were due after Local Town Pages deadline.)

"We will have a construction bid in hand when we go to Town Meeting," emphasized Champagne. "We are not relying on an estimate that was done early on in the process."

Champagne notes that fire stations are inherently one of the more expensive structures to build. Changes to building codes in the last few years, as well as National Fire Protection Association (NFPA) standards, means the proposed fire station is bigger—and thus more expensive—than past designs and estimates.

"This is the size building the town needs, and this is what fire stations cost," said Champagne.

Voters will ultimately have the final say on whether the town will get a new fire station this time around, despite the tough economic times and, potentially, a looming recession.

Paul Burns, one of the candidates for an open seat on the Select Board, reached out to Local Town Pages to voice his opposition to the project. In an email, Burns said, "Firefighters are essential to our town and I support them, but this project is far too costly, especially during an economic downturn, and I am very concerned about the large tax increase that will persist for the next twenty years. Many of our citizens, such as those on a fixed income, cannot afford such an increase. The town needs to consider an alternate solution."

If the fire station project fails to pass yet again, Champagne says the town plans to use some of the leftover \$3.3 million from the 2016 attempt to purchase a larger trailer for the fire fighters, with the goal of improving their living conditions, at least marginally.

For complete information on the fire station project, including a video tour of the current station and a comprehensive Frequently Asked Questions section, visit the town's website at Norfolk.ma.us and select Fire Station Building Committee from the Government pulldown menu.

Special Town Meeting is scheduled for Wednesday, January 11 at 7 p.m. at King Philip Middle School, 18 King St.

The January 28 Special Town Election will be held at the Freeman Kennedy School, 70 Boardman St. The polls will be open from 7 a.m. to 8 p.m.

In-person early voting will be available at the Town Clerk's office, 1 Liberty Lane on the following days and times:

Tuesday, January 17 from 8 a.m. to 8 p.m.

Wednesday, January 18 from 8 a.m. to 8 p.m.

Thursday, January 19 from 8 a.m. to 8 p.m.

Friday, January 20 from 9 a.m. to 5 p.m.

Saturday, January 21 from 9 a.m. to 5 p.m.

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Luncheon Helps Grieving Mothers Move Forward

BY GRACE ALLEN

A yearly luncheon hosted by Gilly's House attempts to acknowledge and address the profound grief mothers feel after losing a child. Held each November, the luncheon is an opportunity for mothers to gather, reflect, and learn how to move forward.

"Everybody grieves differently, but I've met so many mothers who have lost a child and are stuck in their grief process, even years later," said Barbara Gillmeister. She decided to hold the annual event as a way to help local mothers shift their approach to grief.

Gillmeister, along with her husband David, founded Gilly's House in memory of their son Steven, who passed away from a heroin overdose in 2016. Gilly's House, located in Wrentham, is a sober home for young men who have completed treatment but now need a place to continue their recovery.

Eighty women attended this year's event, which was held on November 14 at the Chabad Jewish Center in Milford. Mothers who lost a child from any cause were welcome.

The luncheon is free, with all the food provided by the center's leader, Rabbi Mendy Kivman,



From left, Becky Savage of the 525 Foundation, with Barbara Gillmeister and Maureen Cappuccino of Gilly's House.



Rabbi Mendy Kivman, leader of the Chabad Jewish Center in Milford, addresses the mothers.

and his wife Rochy. Mrs. Kivman cooks the meal, while beverages, goody bags, and door prizes are donated by sponsors.

Each year, the luncheon features speakers who demonstrate how they have found new purpose after losing a child. Becky Savage, who lost two sons in one evening to an oxycodone overdose, spoke at the Nov. 14 lunch. She and her husband started the 525 Foundation, an Indianapolis-based organization dedicated to raising awareness about the dangers of alcohol and prescription drug abuse.

"We try to present people who have done something in honor and memory of their children,"

said Gillmeister. "It doesn't have to be a big thing, but it hopefully gives these mothers ideas on how to find a purpose to help them move forward."

The luncheon also provides camaraderie for grieving mothers, many of whom have lost a child to substance use disorder. The shared experience can be very powerful, said Gillmeister.

"You're with a group of people that totally understand you," she explained. "Everybody cries and laughs together and there's no judgement of whether you were a good parent or not. It's comforting to be with other people who you don't have to explain your feelings to."

Gillmeister says the luncheon is always held in November, before Thanksgiving, for a reason.

"It's the beginning of the holiday season, and the empty chair at the table is really hard," she said.

Lynn Wencus lost her son Jeff in 2017 to a drug overdose. The Wrentham mother has attended the Gilly's House luncheon the past two years. It's comforting, she said, to be around other mothers who are going through the same experience, and to hear the inspirational stories of the speakers.

"I think, for a mom, the worst thing that can happen is to lose a child," said Wencus. "You carried them for nine months and fell in love with them before they even came into this world. While it doesn't give you peace, it's nice to be around people who get the grief and pain."

After Jeff died, Wencus became involved in advocacy work with Team Sharing, a national organization of parents who have lost a child to substance use disorder.

Rae Finn, the owner of Hogwash 'n Rhinestones, was a special guest at the luncheon. Her MetroWest-based organization upcycles clothing and accessories, providing used items with

new life. The theme "tattered and relentless" was presented to the mothers as a tangible way to acknowledge they are not the same persons they were before. Like Finn's upcycled items, they can reinvent themselves and find new meaning in life. For an ice-breaker activity, Finn provided the attendees with lapel pins and letters they could personalize with their child's name or a message such as Strength or Hope, for example.

Gillmeister says feedback from the luncheon is uniformly positive, despite how emotionally difficult it can be for some to even walk through the door. The experience can be draining yet cathartic, and she hopes the yearly gathering can help mothers find a purpose to help them on their grief journey.

In her welcome address to the mothers, Gillmeister said, "Our children would not want to see us stuck, unable to move from that awful moment in time that changed our lives forever. We need to take our memories, hold them tight, and move forward with our lives."

For more information about Gilly's House, or to be put on a mailing list for next year's luncheon, visit gillyshouse.com or call 508-384-2251.

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College Deferrals and Denials



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

During these past several months, high school students have spent endless hours exploring college websites, visiting campuses, and preparing their college applications. Their efforts are becoming a reality as many students are now hearing from their chosen schools. Many colleges have sent Early Decision and Early Action letters over the past few weeks. There is much excitement when students receive good news, however, some will be disappointed.

The college process is not getting any easier for high school seniors. 2022 was one of the most challenging years on record. The number of submitted college applications soared at many selective colleges, partially due to the schools implementing test-optional policies, while acceptance rates shrank. Unfortunately, this resulted in a frustrating number of deferrals and denials. Our guess is that this year will not be

any different. It is hard to not take it personally, but think of it in this way, in 2022 Yale University only offered acceptance letters to 4.6% of their applicants. So, focus on what can be done. Here is my message to students:

If you were DENIED:

- Give yourself time to grieve, especially if it was your dream school. It can be a challenging time and it is OK to climb under the covers and binge watch the entire series of *The Office* for 3 straight days. But on day 4, make a plan.
- You are still in the game. Review your college list and determine if you want to apply to some additional colleges. It is only January 1 and there are many colleges that have Regular Decision deadlines on 1/15, 2/1, and 2/15. FREE Resource: email us for a list of colleges with late Regular Decision deadlines.
- There are also tons of schools that would be thrilled to have you as a student, seriously, so take the time to review what college criteria is important to you (ex, major, location, size) and where you feel like you would genuinely fit in academically, socially, and fi-

nancially. Three resources to help you in the college research: collegeboard.org, Niche.com, and/or check what is offered through your high school, such as Naviance.

- When adding new colleges to your list, make sure your list is balanced with more likely and probable than selective schools. In this very unpredictable admission landscape, it is important that you are invested and engaged with these colleges.
- Finally for any new schools, review your current application and add any new information from your senior year that is not currently in the common app (awards, updated grades, interesting project) and have a 2nd set of eyes review your application.

If you were DEFERRED:

- As an FYI, there are normally 2 main reasons why a college issues a deferral- for some students their senior year academic performance is critical in the decision-making process and the college wants to review the student's 1st semester grades. Second, the student falls in the middle of the pack academically and the col-

lege wants to compare the student's application to the overall applicant pool.

- However, think of being deferred as a 2nd chance at admission and another opportunity to show off your amazing talents.
- Meet with your guidance counselor and ask for feedback. They often have strong relationships with the college admission reps and will be able to provide critical insight.
- It is essential that you keep up with your studies - your grades are the top priority when a college reviews your application.
- The deferral letter will normally include the protocol for moving forward in the application process. If the letter states that they don't want you to take any further action- then don't. However, many schools will allow you to submit additional materials, such as a new recommendation letter, an updated resume, or test scores. You also may have the opportunity to include a personal statement to express that XYZ University is your top choice.
- If you are serious about the school, and they allow you

to submit additional information- it is critical that you do it. Tip: when writing the personal statement be very specific by citing exact reasons why you and XYZ University are a good match. Also, take the time to research the school, such as, through their website or your favorite social media site. I would highly recommend visiting the campus in-person if possible or registering for a virtual tour.

- Finally, assess your current college list to determine if there are colleges already on your list where you can achieve your goals.

Remember, it is important to focus on what can be done, instead of dwelling on the "what ifs". The goal of the college process is to find and attend a college that is a right-fit for YOU where you will be happy- and with a little extra work you can accomplish this goal.

Good luck and enjoy the journey!

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Norfolk and Wrentham Fire Departments Awarded Grants

On December 9, the Baker-Polito Administration announced \$5 million in grant awards to 308 fire departments from the FY23 Firefighter Safety Equipment Grant Program. The program provides local fire departments with a variety of equipment that makes the dangerous job of firefighting safer. This is the third year that funding has been

awarded for this purpose as part of a five-year, \$25 million bond bill filed by the Administration to support firefighter safety and health in the coming years.

Norfolk and Wrentham's fire departments were each awarded \$19,000 in grant money.

"We ask so much of our firefighters, and no matter how dangerous or difficult the situation,

they always do whatever it takes to help," said Governor Charlie Baker. "This program is an opportunity to make sure they are properly protected every time they answer a call for help."

"The decision to become a firefighter is one of the bravest, most selfless choices a person can make," said Lt. Governor Karyn Polito. "I am so thankful to the men and women who have dedicated themselves to this calling. In every city and town, these heroes drop what they're doing and rush to help - even when it puts them in harm's way."

Fire departments in Massachusetts were able to apply to this program for 121 different types of eligible equipment, including ballistic protective clothing, thermal protective clothing, gear washers and dryers, thermal imaging cameras, assorted hand tools and extrication equipment,

communications resources, hazardous gas meters, fitness equipment, and more. In many cases, the purchase of this equipment will help departments attain compliance with Occupational Safety and Health Administration or National Fire Protection Association safety standards.

"In today's fire service, firefighters respond to increasingly dangerous calls. Access to the proper protective gear is critical to ensure their safety and ability to meet the modern challenges of emergency response," said Secretary of Public Safety and Security Terrence Reidy. "Firefighters have a vital role in keeping our communities safe. We are pleased to show our appreciation for their courage and service by providing funding to equip them with the appropriate level of protection."

"We now know that the occupational cancer risk caused by cumulative exposure to toxins encountered while firefighting is as great of a danger to firefighters as fire and smoke itself," said Undersecretary of Homeland Security Jeanne Benincasa Thorpe. "This program is an outstanding mechanism to combat that risk by ensuring that firefighters are wearing modern and properly cleaned gear every time they answer a call. The long-term benefits of this program to firefighters and their families will be truly immense."

"Every time a firefighter goes to work, they could be asked to rescue a child from a burning building, clean up a spill of hazardous materials, treat a patient

GRANTS

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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."

Business spotlight

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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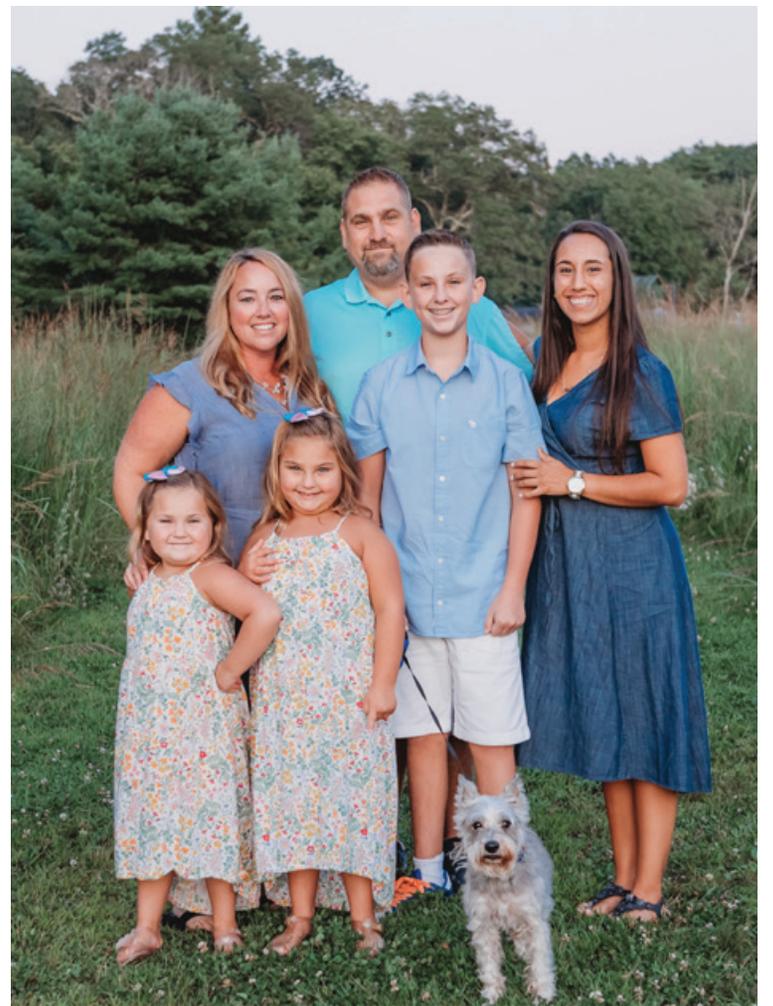
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spring, courses are being offered in Accounting, Business, Cybersecurity Studies, Early Childhood Education, English, Exercise Science, Psychology and more.

The last day to register for a Spring I course is January 13, 2023, while the last day to register for a Spring II course is March 8, 2023.

To view course times and descriptions, and to register for classes, visit www.dean.edu/scs.



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

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Dean College History Department Celebrates 5th Annual History Reception at the Franklin Historical Museum

The Dean College history department celebrated its 5th Annual History Reception at the Franklin Historical Museum on Tuesday, December 6, 2022.

An exhibition of student work was on display, featuring presentations from students in the “Public History” course. Students had the opportunity to share their chosen topic and research question for their final projects and answer questions for attendees, which included faculty, staff, alumni, family and Franklin community members.

The keynote address was delivered by Brock Leiendecker '08, an alumnus of the Dean history program and instructor of preservation carpentry at the North Bennet Street School. Leiendecker spoke about the importance of understanding the history of buildings, including their significance to the people who used them, and preserving that history for current and future generations.

“It’s important to appreciate that we’re simply a pinpoint in the built environment we’re around every day and make sure that what we love so much about these buildings lives on,” he said.

During the reception, history majors Scott Kirshy '23 and Elena Mejorado '23 received the Laska Award from the New England History Teachers Association (NEHTA). Linda Morse, president of NEHTA, presented each student with a monetary award and complimentary membership in NEHTA.

Scott and Elena were awarded this honor for demonstrating excellence in the history classroom and for their work digitizing over 100 back-issues of the New England Journal of History during their internship with the Journal. Both Scott and Elena were nominated for this award by Dr. David Dennis, professor of history and program coordinator for the humanities, and Dr. Rob Lawson, professor of history and



director of the Honors Program at Dean. Dennis and Lawson are also on the editorial board of the New England Journal of History, which is housed at Dean and published by NEHTA.

“Scott’s sense of joyous intellectual curiosity in the learning of history has stood out from the moment he first arrived at Dean and has translated into ex-

cellent work in the classroom,” said Dennis and Lawson. “He also has gone above and beyond through his work as history peer tutor in the Theodore and Cynthia Berenson Center for Writing, Mathematics and Presentation Excellence at Dean, and through his efforts to digitize back issues of the New England Journal of History.”

“Elena brings a sense of thoughtfulness, wit, and reflection to her study of history,” Dennis and Lawson added. “She’s not always the first person to speak out in class, but when she does speak, she commands the respect of her faculty and peers. She tackled her internship digitizing back issues of the New England Journal of History with tremendous energy and organizational skill.”

The Laska Award is given to an undergraduate with a declared major in history with a focus in United States history who is attending a college or university in New England to be used to further the recipient’s study of United States history. The award is named for the late well known History Professor, Dr. Vera Laska, a Kidger Award winner, and her husband Andrew J. Laska, who was a successful businessman.

To learn more, visit www.dean.edu.

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New Members Welcome to Charles River Chorale Open Rehearsals in January

The Charles River Chorale will begin rehearsals for its spring 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, January 17 from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis. Three additional open rehearsals will take place on January 24, 31, and February 7 to allow interested new members an opportunity to explore what the chorale has to offer.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is in its 39th year as a non-profit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 7th year with the Charles River Chorale, is also the choral director for Medway High School. She says the pandemic put a lot of things in perspective for music educators. “More than ever I am focused on cultivating a joyful community first, with

excellent musical experiences as the vessel to achieve this,” she said.

Charles River Chorale members hail from many area communities, and they range in age from high school students to octogenarians. The group typically holds winter and spring concerts, with the spring 2023 concert planned for Sunday, May 4.

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis.

GRANTS

continued from page 4

with a contagious medical condition, or rush into a hostile event to rescue and treat victims,” said State Fire Marshal Peter Ostroskey. “This program is absolutely vital to helping fire departments prepare for the vast array of hazards they face today and making sure that firefighters go home safe after every call.”

Membership dues for the non-profit organization support operating costs. There are no dues for high school students, and scholarships based on need are available. There is also a separate children’s choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charlesriverchorale.com>. Sponsorships and advertising opportunities are available.

“Three years into this program now, we’re really seeing the impact that it is making out in the field,” said Shrewsbury Fire Chief James Vuona, President of the Fire Chiefs’ Association of Massachusetts. “Firefighters are responding to calls with the proper protective gear and tools, which makes their jobs much safer. The firefighters of Massachusetts and their families are grateful for this investment in their health and safety.”

Your Money, Your Independence

New Year, New You... Not True?



Glenn Brown

Making New Year's resolutions to improve your financial wellness in 2023?

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

Bad Resolution: *Need to start buying "X" to grow my money.*

If you started 2022 with FOMO (Fear Of Missing Out) or based new investments chasing 2021 performance, how did that work?.

Yes, momentum, innovation, social & macro themes, niche', value and/or low-beta (risk) could be part of your investing strategy, but let's back up - do you have a strategy?

Is a core of low-cost, diversified index funds present to allow for explore ideas like X? How does X correlate with what is already owned? Impact on overall risk? Without mentioning performance, can you articulate why you own X and when wouldn't own X?

Better Resolution: *Need to save ___% and take ___ risk with investments to reach ___ goal.*

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured risks AND invest towards your established goal, not an investment benchmark or The Joneses.

Bad Resolution: *Pay down debt.* Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, and depreciation ensure all debt is not equal.

Better Resolution: *Execute a debt reduction plan.*

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% or lower mortgage, 2% auto loans, and a MassSave at 0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing those rates over time.

An exception, if not at ~40% home equity ownership, can make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

Bad Resolution: *Do more for my retirement.*

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.

Better Resolution: *How do I retire at 55 or semi-retire in 5 years.*

Now you're analyzing cash flows, balance sheet, contribution rates, investment allocations, taxation, work benefits, college funding, planning for the unexpected and desired lifestyle with

expenses in retirement. You'll establish a set of base facts, allowing to then create scenarios, see projections, reverse engineer action steps, and track goals within timelines.

Aggressive timelines creates urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

Now ask yourself, are your resolutions the same as last year?

What different actions are you going to take to make a difference?

Know what Einstein said about doing the same thing over and over and expecting different results.

Maybe it's time to socialized your goals, set monthly action items to create fresh start mo-

ments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2023 resolutions happen.

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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Eighth Grade Band Receives First-Person Account of Ukrainian Struggle

King Philip Regional Middle School's Grade 8 band had an impactful experience while preparing to perform two pieces for the school's annual winter concert, which was held on Wednesday, Dec. 14.

The first piece "Moscow, 1941" was originally composed in 2006 and tells the story of the Red Army successfully defending Moscow against the German invasion in the Second World War. The second piece "Kyiv, 2022" features the Ukrainian National Anthem and the powerful song "Prayer for Ukraine" which is emotionally connected to the theme of humanity.

As students were learning these two songs, it was KP Middle School music teacher Charles Sherwin's goal to give the band students an experience that would make the music creation process more

authentic and meaningful for them. He invited former King Philip exchange student Alex Yeremenko to speak with eighth-grade band members during a Google Meet call on Thursday, Nov. 17.

Yeremenko is a former King Philip Regional High School exchange student who lived with the Kinney family in Norfolk during his freshman year at KP in the late 1990s. Yeremenko's home country is Ukraine and he was living there when Russia invaded in February 2022. For the safety of his family, he relocated his family to Germany where he is now doing additional studies in Nurnberg.

During the call, students had the opportunity to ask Yeremenko about Ukraine and being an exchange student. He spoke about how being an exchange student wasn't scary

but different and how he loved learning English and French at King Philip. He also spoke about his Ukrainian family and how his mother was a music teacher so he grew up playing the trumpet.

"It was a great experience for our students to speak with Mr. Yeremenko as they had the opportunity to engage in over an hour of rich conversation and had a cultural learning adventure," Sherwin said.

One of Yeremenko's favorite teachers at King Philip, Paul Lemieux, who is now retired, also joined the call.

Following their discussion, Yeremenko went on to send the band the songs "Chevrone Kalina" and "Hey Sokoly" so that the students could get some additional exposure to Ukrainian culture while they learned to perform the song "Kyiv, 2022."

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Thank You from the Norfolk Lions

The Norfolk Lions would like to thank everyone who came out to welcome Santa Claus to town during the annual Santa Parade, held on Sunday, December 4. The Lions would also like to thank the contestants who participated in the first annual tree decorating contest "Holiday on the Hill."

Many parade groups helped lead Santa to Town Hill, including the Norfolk Fire Department, Scouts, KPHS cheerleaders, KPHS band, Norfolk Cooperative Preschool, Federated Church Youth Group & Leaders, Chiefs cheerleaders, Exhale dancers, and the Norfolk Select Board. On Town Hill, families and friends had photos taken with Santa, courtesy of Norfolk Lions photographer Erich Karasko.

The Norfolk Recreation Department served up much needed hot chocolate, while Ivy Music cranked up the holiday spirit by leading everyone in Christmas caroling. Event goes cast their votes for their favorite themed tree in the Holiday on the Hill tree decorating contest. The evening culminated with the town's annual tree lighting.

The winners of Holiday on the Hill tree decorating contest:

- 1st place: Gnome for the Holidays - Norfolk Lions
- 2nd place: Go Hawaiian - Girl Scout Troop 67242
- 3rd place: Be a Girl Scout - Norfolk Girl Scouts
- Honorable Mention - The Nutcracker - Exhale a School of Dance

The following participants were winners for holiday spirit:

- Norfolk Auto Inc - Getting You Back on the Road
- Norfolk Fire Department - Hose Your Holiday
- KPHS Student Council - Candy Cane Christmas
- KPHS Leos Club - Letters to Santa
- Sue & Lynne - The Grinch
- Marian Taylor & SNEITA 4.0 Womens Tennis - Adirondack Club - Tennis Anyone?
- Norfolk Small Business Association - Shop Local
- Flooring America - Joy to the Floor



Gnome for the Holidays, 1st Place - Norfolk Lions



Go Hawaiian, 2nd Place - Girl Scout Troop 67242



Be a Girl Scout, 3rd Place - Norfolk Girl Scouts



The Nutcracker, Honorable Mention - Exhale a School of Dance



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Give Blood at the Gary Mirliss Memorial Blood Drive

The 19th annual Gary Mirliss Memorial Blood Drive will be held on Saturday, January 7 from 8 a.m. to 3 p.m. at King Philip Middle School, 18 King St., Norfolk.

The drive honors the memory of Gary Mirliss, who died of leukemia in 2001. Blood donations will be used for patients stricken with cancer at Brigham and Women's Hospital, Dana-Farber Cancer Institute, and Children's Hospital Boston.

To make an appointment to donate blood on January 7, visit https://donor.kraftfamilyblood-donorcenter.org/donor/schedules/drive_schedule/3118.

Walk-ins will be accommodated on a first-come, first served basis.

For more information, email gm.memorial.drive@gmail.com.

Notable People of Wrentham

As part of Wrentham's 350th anniversary celebration, Local Town Pages is highlighting significant people and places in the town's history. Following is a submission we recently received.

Lionel "Luke" Schensnol

One of the founders of the Wrentham Conservation Commission, Luke Schensnol was born in Kaunas, Lithuania in 1925. He and his family escaped the Soviet invasion and takeover of Lithuania in 1939, leaving home and possessions behind, and took refuge in Sharon, Massachusetts. Luke joined the Marines at 17, participating in the Guam and Okinawan campaigns during WWII. After college and beginning a teaching career, Luke, his wife Cynthia and three children, moved to Wrentham in 1959 into the large colonial on East Street near the center of town, built by Daniel Guild in the 1700s.

A group of town folk, including fishermen, hunters, hikers and birders, advocated for and succeeded in passing the formation of the Wrentham Conservation Commission at Town Meeting in May of 1962. They held their first meeting on September 19, 1962. The newly formed Commission members included Lionel Schensnol, George E. Reynolds, Charles S. Canning, Jr., and Lawrence C. Perkins; appointed fellow members Marjorie E. Taylor as Chairman, Louis A. Maguire as Vice-chairman, and Edna K. Williams as Secretary.

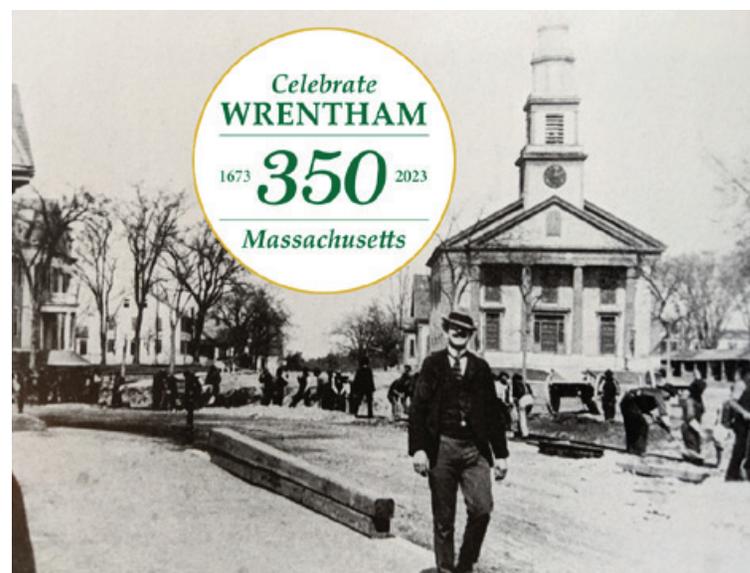
During that first meeting, the Conservation Commission recognized that Wrentham's unique qualities would likely bring further development into the town. In an effort to protect the town's natural resources and lakes, they focused on acquiring property. Luke Schensnol worked tirelessly to set aside land that would otherwise have been developed. Many of the properties were gifted or provided at bargain prices. Some of the notable parcels:

- Oxbow Meadow, 15-acres, purchased from Joseph A and Margaret L. Hunchard and Frederick C. and Lois M. Hyldberg for \$1,000 in 1964.
- Craig Meadow, 10-acres, purchased in 1964 from Harry J. Webb for \$350.
- Knuckup Hill, 17-acres, includes several parcels that were purchased with Conservation Funds in 1964 but included several parcels that had been obtained since 1958. This included the Sweatt Hill ski area, which Schensnol and members of the Wampanoag Ski Patrol ran until the early 1980s. The Wampanoag Ski Club hosted the Gitchie Manitou Ski Race, an Easter Bonnet Ski Parade, and in the summers, they held a clam bake and bean-hole-bean picnic at the ski hill each year.
- Crocker Pond, 122-acres. Schensnol coordinated this \$20,000 purchase with the City of Attleboro in 1968 to protect the watershed of Attleboro's water supply. The Crocker Pond site was purchased from the family of Mary P. Wells Smith, author of "The Boy Captive of Old Deerfield," who spent her summers at the family cabin on Crocker Pond. Schensnol continued to engage with local landowners such as Frank E. and Virginia A. Dicks to donate additional parcels adjacent to the Crocker Pond area.
- Burnt Swamp, 37-acres, purchased from William and Margaret Dias in 1969.
- Joe's Rock, 70-acres, purchased from Anna L. T. Massie and the Wentworth Massie Estate for \$25,000 in 1970.



In 1986, three years after Luke Schensnol passed away, the family of Salvatore B. Simeone donated 33-acres just south of Crocker Pond to the Conservation Commission to preserve in its natural state. This created a link to other town-owned land, providing a greenway for wildlife and protecting the watershed for the town's drinking water, well #4 off Thurston Street. The Crocker Pond area has been maintained as the Lionel Schensnol Conservation Area, with picnic tables and trails that include portions of the Warner Trail.

Schensnol coordinated with the Appalachian Mountain Club and Meade Bradner in maintaining the 14-miles of the Warner Trail in Wrentham. The Warner Trail, at that time, ran from the Blue Hills in Quincy to Diamond Hill Reservoir in Rhode Island. Because of development, it now runs from Sharon, MA to Diamond Hill Reservoir. Schensnol



obtained the trail easement at the end of Warner Trail Drive in Wrentham and maintained the Warner Trail though the State Forests in Wrentham.

He also founded and was Scoutmaster of Boy Scout Troop 131 which benefited the conservation areas through Boy Scout projects that blazed trails, built bridges, and cleaned up many of the conservation areas.

Beginning in the early 1970s, the responsibilities of the Commission increased when Massachusetts implemented the 1972 Wetlands Protection Act. The Act gave the Commission its first enforcement "teeth" to control developers and prevent wetland filling and damage. Enforcement and permitting took up much of the Commission's time when Schensnol was Chairman, as the town was "discovered" by developers once Interstate 495 was proposed and built.

September 2020 was the 60th anniversary of the Wrentham Conservation Commission's founding. The Commission continues to advocate for the preservation of open spaces for wildlife and sportsmen. The Commission works diligently to protect our watersheds, our source of drinking water, and existing properties through the enforcement of environmental laws. A description of the properties acquired and managed by the Commission as well as background information is provided in the "Guide to Open Spaces and Conservation Land - 2020" on the town's website at Wrentham.gov. From the Business pulldown menu, click on Conservation Commission and view Studies & Reports.

Hardcopies are free and available at Town Hall, 2nd floor.

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Too Late for 2022 Tax Planning? Guess again.



2022 is done, so 2022 tax planning is done too, right? Guess again. Although it's true that most tax planning strategies are limited after December 31st, there is still a lot you can do to make the tax-filing season cheaper and easier.

Maximize Your Retirement Contributions

If you haven't already funded your retirement account for 2022, you still have time. Contributions to a Traditional IRA (whether deductible or not) and to a Roth IRA are available until April 15th, 2023. If you are self-employed and have a Keogh or SEP-IRA, you have until October 15th, 2023 if you submit an

extension of time to file your tax return. Not only will making a deductible contribution lower your tax bill, but your investment will compound tax deferred. There are specific requirements and limits for each type of account so check with a qualified tax advisor on your specific situation.

Estimated Tax Payments

If you don't pay enough to the IRS during the year, you may be looking at a hefty tax bill come April. It is possible that you might even owe penalties and interest on top of the tax. You could avoid any 2022 fourth quarter penalties on underpayment of tax if you submit a payment by January 15th 2023. Try not to overpay the tax however, because the IRS does not pay you any interest on the borrowed money called your refund. It is your money so plan accordingly.

Organization of Your Records

Having your records organized may not save tax dollars but will make your tax season less stressful. Start by keeping your prior year returns and tax documents in the same place. Collect all of your receipts and

documents that may have piled up during the year (hopefully you already have a folder or file called "Taxes" to get you started). When your W2s, 1099s or other tax documents start arriving in the mail, put them all in the same folder and group them together in like categories. When beginning to prepare your return, work off a checklist or worksheet so you don't overlook anything.

Take Every Deduction You Are Entitled To

Oftentimes, taxpayers overlook deductions or decide not to take certain deductions because they feel too, they are being too aggressive. In order to minimize the amount of tax liability, take every deduction you are entitled to. If your qualified itemized deductions exceed your standard deduction, file with the higher amount. Some well-known items that you can itemize are home mortgage interest, real estate taxes and charitable deductions. Another lesser-known itemized deduction that you may be entitled to include is out of pocket medical expenses. If you are self-employed, make sure you write off all of your expenses and be prepared to back these with receipts. One of the items self-employed individuals may be eligible for is the Office-In-Home Deduction. If you conduct business exclusively out of your home office, you may be eligible.

File & Pay On-Time

If you can't finish your return on time, make sure you file Form 4868 by April 15th, 2023. You will get automatic six-month extension of the filing deadline until October 15th, 2023. On the form, you need to make a reasonable estimate of your tax liability for 2022 and pay any balance due with your request. Requesting an extension in a timely manner is especially important if you end up owing tax to the IRS. If you file and pay late, the IRS can slap you with a late-filing penalty of 4.5 percent per month of the tax owed and a late-payment penalty of 0.5 percent a month of the tax due. The maximum late filing penalty is 22.5 percent, and the penalty tops out at 25 percent. By filing Form 4868, you stop the clock running on the costly late-filing penalty.

That doesn't mean you have to wait until April 15 to visit your tax preparer's office, though.

In fact, the earlier you can prepare and file your tax returns, the better off you are. First, a new tax law effective last year requires the IRS to hold refunds for a few weeks for some early filers who claim the Earned Income Tax Credit and the Additional Child Tax Credit. The IRS has to hold the entire refund, not just the portion associated with those credits, until at least February 15. Second, the rise in identity theft

is causing the IRS and state tax authorities to spend additional review time to protect against fraud. Additional safeguards will be set in place for the upcoming 2023 filing season. Knowing these two important things, you should get a head start on the process. Even though the refund may be delayed, you should still file early to get ahead of the possible identity theft.

Seek Help, If You Need It

Low cost, affordable options to prepare and file your returns exist. If you are comfortable doing your own return, go for it. If you become uncomfortable or get in a jam, call a professional for added confidence and peace of mind.

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

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Candle with Care!

Candle Fires Are Most Common in the Winter Holiday Season

Candle Safety Day was observed on the second Monday of December, and State Fire Marshal Peter J. Ostroskey reminded residents to follow safety guidelines as we enter the period when most candle fires start.

"There have been more than 1,000 candle fires in Massachusetts over the past 10 years," State Fire Marshal Ostroskey said. "Together, they caused nine deaths, 192 injuries, and over \$32 million in damages. More of these fires started in December than in any other month, and especially on the days leading up to Christmas. If candles are part of your celebration or decoration, be sure to use them carefully."

State Fire Marshal Ostroskey offered the following safety tips to reduce the risk of fire:

- No matter the season, have working smoke alarms on every level of your home, outside bedrooms, at the top of open stairs, and at the base of cellar stairs.
- Keep a one-foot "circle of safety" around candles, free of anything that can burn.
- Always extinguish candles when you leave the room or go to sleep, and don't leave them unattended.
- Use a non-combustible saucer or candleholder.
- Keep candles out of reach of children and pets, and store matches and lighters up high where kids can't access them.
- Consider switching to battery-operated flameless candles.

There were 93 candle fires in Massachusetts last year and 75 took place in residential settings. The most common location was the bedroom, followed by the kitchen, bathroom, and living room. One such fire in Boston began when a candle ignited bedroom curtains and spread, causing half a million dollars in damages and displacing five people from their home.

"Candle fires peaked in Massachusetts in 1999, when we recorded 342 of them," State Fire Marshal Ostroskey said. "The following year, we began observing Candle Safety Day on the second Monday of December to promote awareness of the problem. Since that time, we've observed a 73% decrease in candle fires. Let's continue to practice safe candle use, especially around the holidays."









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Electric Youth 2023 to Debut at THE BLACK BOX

Electric Youth 2023 will debut at THE BLACK BOX on January 21 with two shows at 4:00 and 8:00 pm. The 2023 group of talented young singers and dancers includes Tatiana McAlpine, Audrey Miningham, Devin DeAngelis, Finley Doherty, John Fitzhenry, Madigan Wirkus, Abby Trombert, Anya Fox, Ashley Pepin, Erin Belger, Tzintli Cerda, Hannah Connors, Macie Hoben, Anna Linde, and Mason Sanford. Electric Youth is scheduled to tour again this summer bringing timeless hits and non-stop entertainment to venues across Europe.

Electric Youth delivers high-energy, fully choreographed performances of classic rock, contemporary pop, Broadway, and country hits for audiences of all ages. The American touring ensemble of talented singer-dancers, ages 14-18, is backed by the eight-piece Boston Show Band — world class musicians who've worked with music legends Tony Bennett, Aretha

Franklin, Dizzy Gillespie, B.B. King, Diana Ross, The Temptations, Van Morrison and more. Electric Youth is trained at the Franklin School for the Performing Arts. The group has toured Europe performing in such renowned venues as Vienna's Konzerthaus, Musikverein and Schonbrunn Palace; Sanremo's Ariston Theatre; England's Arundel Festival; Disneyland Paris; and professional theatres in Bristol, London and Windsor. EY has also headlined Fourth of July shows for U.S. troops stationed in Italy at Camp Ederle, Camp Darby, and Aviano Air Force Base. The ensemble has performed on Royal Caribbean's Oasis of the Seas, on Fox-TV and WBZ Radio, and at Fenway Park, Gillette Stadium, the Smithsonian Museum Theater, the United Nations and the U.S. Embassy in Vienna. Electric Youth has released six albums, including 2014's Power Chord, available on iTunes. Last year, EY recorded and released their a cappella single "Always



Remember Us This Way" arranged and edited by Jim Hogan of a cappella sensation T.3 (available on all streaming platforms).

Collectively, the members of Electric Youth 2022 have performed with Broadway stars, sung the National Anthem for Boston sports teams, been selected to perform at "Broadway Sessions" in NYC, worked with choreographers from So

You Think You Can Dance, and more. Alumni of Electric Youth have gone on to appear on Broadway, in national and international tours, television, regional theater, feature film, professional dance companies, cruise ships, and more.

Tickets for the January 21 Debut shows are available at www.theblackboxonline.com or by calling the box office at 508-528-3370. You can follow Electric Youth on Facebook, Instagram, and YouTube.

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Not just for Newcomers . . .



Come join your Franklin friends and neighbors at the Franklin Newcomers and Friends Club January Meeting. After a busy Holiday season we do not have a speaker planned . . . we're having a strictly social gathering. Join us at Escape Into Fiction Book Store, 12 Main Street, Franklin on Wednesday, January 11th at 7:00. Light refreshments will be served. Come early and browse/shop the store or grab a bit be-

forehand nearby.

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.

<https://www.meetup.com/Franklin-Newcomers-Friends>
<https://facebook.com/FranklinNewcomersFriendsClub>

Two Norfolk Residents Named to Honor Roll at BC High

The following students have been named to the First Quarter Honor Roll at Boston College High School:

- Coleman Williams, High Honors (Class of 2025)
- Danial Merchan, Honors (Class of 2023)

For High Honors a sophomore, junior, and senior must have at least a 3.80 quality point

average and all grades "C+" or higher. Freshmen need a 3.6 quality point average and all grades "C+" or higher.

For Honors a sophomore, junior, and senior must have at least a 3.20 quality point average and all grades "C-" or higher. Freshmen need a 3.165 quality point average and all grades "C-" or higher.

About Boston College High School: Boston College High School is a Jesuit, Catholic, college-preparatory school for young men in grades 7 to 12. Founded in 1863, the school enrolls more than 1,400 students from more than 100 communities in eastern Massachusetts. For more information, please visit bchigh.edu.



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KPHS Senior Receives Haley Cremer “Do Unto Others” Award for Peer Leadership

King Philip High School senior Matthew Kelley received the Haley Cremer “Do Unto Others” Award for Peer Leadership on Tuesday, Nov. 22, from Norfolk District Attorney Michael Morrissey at Gillette Stadium.

The award, which is given to a Norfolk County high school student who has had a profound impact on the lives of others, is dedicated to Haley Cremer (May 4, 1994 - June 15, 2014). Cremer was recognized in 2011 as a recipient of the Norfolk District Attorney’s Peer Leadership Award

prior to the award being named in her honor as she’s remembered for her compassionate commitment to helping others.

Kelley was nominated for the award by KP Director of Wellness Dot Pearl and Principal Dr. Lisa Mobley for his work both behind the scenes and outwardly to raise awareness about mental health and suicide prevention. In the King Philip community, Kelley has emerged as a leader supporting and engaging his peers regarding mental health.

Kelley, alongside his older sis-



From left, Michelle Kelley, Tom Kelley, Matt Kelley, Morgan Cremer, Marc Cremer, Ivie Cremer and Matt’s grandfather Tom Kelley at Gillette Stadium on Tuesday, Nov. 22. (Photo courtesy King Philip Regional School District)

Last spring, Kelley applied to the national organization for KP Active Minds to host Send Silence Packing at King Philip. This traveling program was important to Kelley, as it is directly related to preventing suicide, reducing stigma and increasing help-seeking through stories and resources. King Philip Regional was selected as the only high school in Massachusetts to host the event this past fall. As North Attleborough High School’s Active Minds group had hoped to host as well, the district partnered with them under Kelley’s leadership to expand the impact on the students of both schools.

“Matt is a quiet leader, but effective in encouraging his peers to take part and continuing the work to change the conversation about mental health and suicide awareness at King Philip,” said Director Pearl. “King Philip is proud to see Matt’s commitment and leadership to impact individual students and the school.”

King Philip Superintendent Paul Zinni noted, “Matt is an extremely strong student who has tirelessly advocated to raise awareness about mental health and suicide prevention within the King Philip community. We are extremely pleased to see Matt be recognized for his work by the Norfolk District Attorney’s Office and DA Morrissey, as it’s extremely well-deserved

ter Madison, began to advocate for suicide prevention phone numbers to be placed on the back of student identification badges in 2019. They felt strongly that putting crisis resources in the hands of all students would help prevent suicide after an extended family member of theirs died by suicide.

Together, their advocacy resulted in suicide prevention numbers being placed on student ID cards in the fall of 2021 at both the high school and middle school.

Feeling that all students should know that these numbers will ensure that they are not alone and that there is always someone to reach out to, Kelley also requested that the words “You are not alone” be added above the numbers.

This year with the addition of the 988 Suicide & Crisis Lifeline, Kelley also ensured that the student ID card template could be edited and that these additions to the ID cards would be a continued practice at King Philip. Kelley is also hoping to campaign for other high schools in the area to follow suit and add suicide prevention resources to its student ID cards.

Kelley also assisted the district in establishing an Active Minds Chapter at King Philip after meeting Jim Johnson of the Kyle Johnson Foundation and learning about the national Active Minds organization. Since then, Kelley has promoted the Active Minds Chapter among his peers to help raise awareness and reduce stigma.

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Norfolk Special Town Election to be held on January 28

Early Voting Available

At a January 28 special town election, Norfolk voters will choose between three candidates to fill a vacancy on the town’s select board. At press time, the candidates were Paul Burns, James Lehan, and David Michael Rosenberg.

Carolyn “CC” Van Tine occupied the seat before moving out of town.

Voters will also weigh-in on a debt exclusion to fund a new fire station for the town.

The special election will be held at the Freeman Kennedy School, 70 Boardman St. The polls will be open from 7 a.m. to 8 p.m.

In-person early voting will be available at the Town Clerk’s office, 1 Liberty Lane on the following days and times:

- Tuesday, January 17 from 8 a.m. to 8 p.m.
- Wednesday, January 18 from 8 a.m. to 8 p.m.
- Thursday, January 19 from 8 a.m. to 8 p.m.
- Friday, January 20 from 9 a.m. to 5 p.m.
- Saturday, January 21 from 9 a.m. to 5 p.m.
- Sunday, January 22 from 9 a.m. to 5 p.m.
- Monday January 23 from 8 a.m. to 8 p.m.

KP Superintendent Paul Zinni Announces Retirement

Effective July 1, 2023, King Philip Regional Superintendent Paul Zinni will retire after serving the district since July 2018.

During his impressive 36-year career in education, he has held the positions of an elementary school teacher, special education teacher and secondary mathematics teacher. He has most recently served in administrator capacities for the past 27 years in the roles of principal, Title 1 Director, Director of Pupil Services, Assistant Superintendent and Superintendent.

Superintendent Zinni began his career in education in 1987 at the Walker Elementary School in Taunton. At Walker Elementary, he served as a Substantially Separate Classroom Teacher for students with learning disabilities in second to fourth grade.

His experience in Taunton culminated with the position of Title 1 Director before he joined the Avon school district in 2001. In Avon, Zinni worked as a Director of Pupil Services/

Assistant Superintendent before assuming the role of Superintendent in 2013. He served in Avon as the Superintendent until he became King Philip's Superintendent in 2018.

Superintendent Zinni has also served as a private education consultant and adjunct professor/guest lecturer at Lesley University, Bridgewater State University and Stonehill College.

Superintendent Zinni has held numerous leadership positions in state, national and international education organizations including: the Council for Exceptional Children, CEC; the Massachusetts Council for Exceptional Children, MCEC; Phi Delta Kappa, PDK; the National Superintendents Roundtable; and the National Association of Federal Education Program Administrators (NAFEPA).

In Spring 2022, Superintendent Zinni was recognized with the NAFEPA State Leadership Award at a NAFEPA Awards



Following an impactful 36-year career in education, Superintendent Paul Zinni will retire on July 1, 2023.

(Photo courtesy King Philip Regional School District)

Ceremony in Washington, D.C. The award recognizes individuals who have assumed significant roles in the support and promotion of activities and goals of the NAFEPA.

Superintendent Zinni is one of only three educators in Massachusetts who have received this award twice. He previously received the award in 2000. He was nominated for the award by the Massachusetts NAFEPA chapter, the Council of Administrators of Compensatory Education (CACE). Superintendent Zinni, a longtime member of NAFEPA, has served on the Board of Directors for almost 25 years. During his time on the board, he's served on just about every committee including the membership, conference, communications, by-laws, and policy and advocacy committees.

Superintendent Zinni holds a Certificate of Advanced Graduate Studies in School Administration from Bridgewater State University, a master's degree in education from Lesley University and a bachelor's degree in education from Bridgewater State University. He also holds numerous certifications in education.

"It has been a pleasure and privilege to work in the education field for the past 36 years as I've had the opportunity to work alongside some amazing individuals and meet some exceptional students," Superintendent Zinni said. "I would like to thank the King Philip community for allowing me to lead the district over the past several years and for the relationships I've made here. I look forward to having a great rest of the school year to kick off the start of my retirement."

Superintendent Zinni grew up in Somerset and is a graduate of Somerset High School. He now resides in Wareham with his wife, Catherine, who has been in the education field for 35 years and currently serves as the Special Education Director of Barnstable Public Schools. Together, they have two children, Nicholas and Alexandra, who are all grown up, successful and on their own.

King Philip Regional High School DECA Boasts Busy Start to School Year

King Philip Regional High School's DECA chapter has had a very busy start to the 2022-23 school year. To kick off the school year, the King Philip chapter officers and class representatives attended the Fall State Conference at Bentley University on Oct. 26. At the conference, they listened to an inspirational speech from the founder of the app "Fetch," Wes Schroll. They also attended different workshops throughout the day and enjoyed lunch with other DECA chapters in the state.

On Nov. 15, the KP DECA officers and class representatives attended DECA Day at Beacon Hill in Boston. As part of DECA



The King Philip 2022-23 DECA team takes their annual group photo at the DECA breakfast. *(Photo Courtesy King Philip Regional School District)*

Day, KP students visited the Massachusetts State House and

listened to inspirational speeches from State Rep. Sean Dooley and Sen. Rebecca Rausch. Rep. Dooley took DECA members on a tour of the State House, and Sen. Rausch awarded KP DECA members with a Certificate of Achievement.

Then, on Dec. 7, KP DECA held its annual breakfast during which new DECA members were inducted into the chapter. The team listened to the new co-presidents, seniors Kayla Simas and Phil Harmon, speak about the year ahead. KP DECA

alumna Class of 2018 Tori Desmond also attended the breakfast as the keynote speaker and spoke about the impact DECA had on her and her career.

The team also enjoyed a night out at the TD Garden for DECA Celtics night on Friday, Dec. 9, which was a great bonding experience for all attendees.

"We have had a very successful start to our school year with so many excellent opportunities for our KP DECA members," DECA Marketing Coordinator James Dow said. "We are very excited for the rest of the year and to see what our students can achieve."



The King Philip DECA team visited the Massachusetts State House in November.

(Photo Courtesy King Philip Regional School District)

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Franklin School for the Performing Arts Welcomes New Families in the New Year

The Franklin School for the Performing Arts (FSPA) is still enrolling in the new year and offering complimentary trial classes to interested students. Prospective students are invited to make an appointment to come in person for a tour and to discuss program options.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts (FSPA) is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with profes-



sional instruction and extraordinary performing opportunities. With broad-based and varied

curricula, FSPA guides students in the development of technique, creativity, and artistic

expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to his or her own potential.

Performance is an integral part of an FSPA education and the school offers unrivaled performing opportunities for students throughout the year. On the calendar annually are student recitals, concerts by faculty and guest artists, master classes, student showcases, holiday shows, the school's signature Spring Concert, and summer camps and intensives. In addition, for students whose level of interest is more focused, there are special performing ensem-

ble opportunities available by audition. THE BLACK BOX, home of the Franklin Performing Arts Company (FPAC), a 200-seat flexible theater located behind FSPA, provides a professional venue for FSPA student productions, while FPAC offers opportunities by audition for student performers. Auditions for FSPA's 2023 spring productions are being held on Saturday, January 7. All enrolled students are eligible to participate in these performance opportunities.

For more information about FSPA and its programs, visit www.FSPAonline.com, call 508-528-8668, or stop by 38 Main St. in Franklin. You can follow FSPA on Facebook, Instagram, and YouTube.

Call Jen Schofield at 508-570-6544
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Milford Regional Recognized Nationally as Top Teaching Hospital

Milford Regional Medical Center was recently recognized as a 2022 top teaching hospital in the nation by the Leapfrog Group, an independent national watchdog organization committed to healthcare quality and safety for patients. Milford Regional also received a Grade "A" in patient safety from Leapfrog for the ninth consecutive time.

Top Teaching Hospital Distinction

Milford is one of only two hospitals in Massachusetts, five in New England and 58 across the country to receive Leapfrog's Top Teaching Hospital honor. Milford Regional serves as a teaching hospital for the University of Massachusetts Chan Medical School in Worcester. Brigham and Women's Hospital in Boston, two hospitals in Maine and Hartford Hospital in Connecticut were among the others honored in New England.

To qualify for a top distinction from Leapfrog, hospitals must rank highest among peers on the Leapfrog Hospital Survey, which assesses the quality of patient care across many areas of hospital performance including infection rates, practices for

safe surgery, maternity care and preventing medication errors.

"Milford Regional Medical Center is proud to be recognized as one of the top teaching hospitals in the country and the region," said Milford Regional President and CEO Edward J. Kelly. "Our team at Milford Regional takes great pride in maintaining the highest standards of care as we care for our community and have a hand in training current and future generations of medical professionals."

Leapfrog Awards Milford Regional with Grade "A" for Patient Safety

Milford Regional also received an "A" in the fall 2022 Leapfrog Hospital Safety Grade, a national distinction recognizing the hospital's achievements in protecting patients from accidents, injuries, errors, and infections. This is the ninth consecutive "A" Milford Regional has received from Leapfrog. The Leapfrog group's patient safety grading comes out twice annually.

"This distinction is a testament to the diligence of our clinicians and staff who ensure safety as a top priority at Milford

Regional," said Vice President and Chief Quality Officer Bert Thurlo-Walsh.

The Leapfrog grade uses up to 22 evidence-based measures of patient safety, including ICU physician staffing, nurse communication, doctor communication, staff responsiveness and discharge information. Leapfrog calculated a numerical score for all eligible hospitals in the county. The numerical score was then converted into one of five letter grades, with "A" representing the best grade followed by "B," "C," "D," and "F." The Leapfrog Hospital Safety Grade is the only hospital rating focused exclusively on hospital safety

Milford Regional Medical Center is a full-service, community and regional teaching hospital located in Milford, Mass. and serves patients from more than 20 towns in Central Massachusetts. The 149-bed medical center is a nonprofit, acute-care facility, where more than 300 primary care and specialty physicians are committed to providing exceptional healthcare services to our community with dignity, compassion and respect.



LITERACY VOLUNTEERS NEEDED

Attend a Tutor Training Orientation*

Thursday, January 12, 2023
 6:30 p.m. - 8 p.m.

*A Tutor Training will be scheduled in the spring

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LOCATION

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The b.LUXE *beauty beat*

2023: Small Pivot, Big Results...

BY GINA WOELFEL

Happy New Year! We hope your holidays were amazing! The last few months of the year are always a wonderful time to reconnect and celebrate with the things that bring you joy.

Now that the festivities have come to a close and the onset of winter is fully upon us, we might be feeling the effects of our end-of-year indulgences. I know I was! For the first Beauty Beat of 2023, I was tempted to go down the familiar path of the New Year's resolution. "I'll lose weight, exercise or find more "me" time." Does this sound familiar? As optimistic as we all may be with the goals we set, the fact is, more often than not, they fall flat as soon as the champagne has lost its fizz.

Quick, what were your New Year's resolutions last year? If you're scratching your head, you're not alone.

Why do we set ourselves up for failure with grand promises of change? What if we took the whole idea of the resolution and tossed it out with the New Year's trash and instead, chose small, daily habit changes to jump-start our goals? Could bite-sized portions of change be easier to swallow? Maybe if we worked smarter, not harder, our chance of success would skyrocket.

Since we're a beauty column, let's talk shop and discuss a few simple ways to amp up your glamor game and add that daily dose of self-care we all crave. No resolutions here! Just a few daily habit changes to slowly, but surely ensure better beauty results!

Hair - Create a routine that you'll stick to. Pick two to three mornings a week to wash and condition with salon quality products and leave time for a deep conditioning mask (It's only 60 seconds, ladies! You and your hair deserve that extra minute!) Check that your styling products contain a heat protectant for blowouts, curls and straightening. This will prevent heat damage and extend the life of your color services. Try to book hair appointments for at least two months in advance and prioritize this time. Your hairdresser's

an artist who does not want to rush their masterpiece. Booking ahead relieves the stress of having to crunch in a last minute appointment and keeps this time relaxing and enjoyable for both of you.

Skin - As the temperature drops, it's not just more moisturizer that's needed to keep skin healthy. For a happy epidermis, stick to a good four-step regime and wash, tone, treat, and moisturize. Five minutes, twice a day is all it takes for vibrant, younger looking skin. To start, use a moisturizing cleanser that doesn't strip your skin of its natural oils. Micellar water is okay in a pinch, but when used on a regular basis, can leave skin under-nourished and not properly cleansed. Use a gentle exfoliant each week to buff away dry, dead skin cells. An exfoliated skin surface better absorbs products for high-impact results. Ditch low-quality moisturizers that just sit on the skin's surface and switch to reparative serums and moisturizers that contain such beneficial ingredients as hyaluronic acid, vitamin C or Bakuchiol. Targeted skincare products are meant to penetrate the skin and hydrate its deepest layers. Booking a monthly (or bi-monthly) facial is a key step to finding your best skin. Letting the pros extract and exfoliate on a regular basis helps stay one step ahead of acne, fine lines and wrinkles. Their professional grade peels and masks work wonders to revive dull, winter skin. Regular aesthetic appointments prioritize self-care and allow you an invaluable moment to shut down, relax and renew.

Coming soon! February is the perfect time to schedule yourself a little "me-time." For the entire month of February, b.LUXE is bringing back our "Red Envelope Event!" Every client with a booked facial or spray tan in the month of February receives a red envelope on the day of their service and every envelope's a winner! (*must be redeemed that day) See photo for details!

For a winter pick-me-up, don't miss our January WINTER REFRESH EVENT in cooperation with the Medway Business



Council at our Medway studio on Thursday, January 11th from 6 - 8PM. Pre-registration required. Light refreshments will be served.

Our b.LUXE experts will be on-hand with demonstrations, for both men and women, on how to battle the effects of the cold, blustery weather. We'll chat about new therapeutic skin care services, as well as DIY recipes you can make at home. All are welcome to this networking event. Special: 10% OFF coupons, swag bags and a chance to win a spa gift basket! Pre-registration required *See photo for details!

Happy New Year, everyone!

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- Chat about new therapeutic skin care services and products
- DIY skincare remedies you can make at home
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Coming Soon

Red Envelope Event

For the entire month of February, b.LUXE is bringing back our "Red Envelope Event!"

Every client with a booked facial or spray tan in the month of February receives a red envelope at appointment & every envelope's a winner!

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Living Healthy

Decades of Service to the Community Welcoming 2023

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that we have grown to a dedicated group of 8 physicians and Optometrists in our state-of-the-art medical offices in Franklin, Milford and Millis. We are a group of eye physicians/ surgeons and optometrists offering the latest in comprehensive and surgical eye care for the entire family. 2023 is here and we would like to welcome the entire community to our offices and surgery center.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmol-

ogy practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No longer need to travel miles and hours to have cataract surgery! Three experienced eye physicians/ surgeons and 5 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel faraway to secure eye treatments, call us for a second opinion.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at University of Rochester and his fellowship in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows

and residents in Ophthalmology. Some of his trainees are now in academic and private practices in Massachusetts and around the world. Dr Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world including University of New York, Stanford University and University of Wisconsin, Madison. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr Kaldawy was the first surgeon in the area to offer bladeless laser-assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Cen-



ter of Milford.

Dr. John Hatch is the only fellowship trained pediatric ophthalmologist in the area and is a skilled surgeon with training in the latest techniques for straightening misaligned eyes. Dr. Hatch earned bachelors and master's degrees in engineering from Boston University and Dartmouth College. He completed his medical degree at the University of Massachusetts Medical School in 1988, followed by residency in Ophthalmology at Yale-New Haven Hospital and fellowship in Pediatric and Neuro-ophthalmology at Duke University. Returning to his home state in 1993, Dr. Hatch joined the Milford-Franklin Eye Center where he focuses on comprehensive pediatric and adult ophthalmology and adult strabismus.

Dr. Bryan Hong is our practicing vitreoretinal specialist. Dr. Hong is a graduate of Yale College and Yale School of Medicine. He completed his ophthalmology residency at the University of Southern California Eye Institute and the Doheny Eye Institute in Los Angeles, CA. He then went on to complete an intensive vitreo-retinal disease fellowship at the Wills Eye Hospital in Philadelphia, PA. Dr. Hong will be providing retina care in our practice starting September 2022, and specializes in eye surgery, laser surgery, and diseases of the retina, including macular degeneration, macular diseases, vitreo-macular interface abnormalities, retinal vascular diseases, diabetic retinopathy, trauma, retinal detachments, uveitis, and cataract complications. His research interests include retinal imaging, novel surgical techniques, and medical cost-efficacy analyses.

Dr. Adams, graduated from John Carroll University, Bachelors of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from The Ohio State University in 1997. In 2003 he received his

Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease and laser refractive surgery.

Dr. Mai-Khuyen Nguyen joined Milford-Franklin Eye Center from the New England Carpenters Benefit Fund – Vision Center, where she served as Head of Optometry. She has over 10 years of experience in comprehensive eye exams for adult, geriatric, pediatric, and special needs populations. Her experience includes performing contact lens fitting and managing contact lens complications. Dr Nguyen is also experienced in glasses fitting and lens edging. Her charitable activities include participating in Boston Cares program and the Boston Special Olympics.

Dr. Donald L. Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He has completed a residency in ocular Disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center and South Boston Community Health Center. Dr Conn will join our team in August of 2022. He is experienced in providing care to patients of all ages including adults, geriatrics and pediatric populations. Outside of work Dr Conn enjoys long distance running and spending time with friends and family.

Dr. Purvi Patel, OD originally from the tri-state area, received her bachelor's degree from The College of New Jersey in 1996 and her Doctor of Optometry from the State University of NY College of Optometry in 2000 through a joint accelerated B.S.-O.D. program. She then completed a residency in Ocular Disease and Special Testing. In 2003, Dr. Patel joined the New



MILFORD - FRANKLIN EYE CENTER

			
Roger M. Kaldawy, M.D.	John F. Hatch, M.D.	Bryan Hong, M.D.	Michael R. Adams, O.D.
			
Shalin Zia, O.D.	Donald L. Conn, O.D.	Dr. Mai-Khuyen Nguyen, O.D.	Dr. Purvi Patel, O.D.

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Living Healthy

Natures Drug: Sunshine

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

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

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



Dr. Rochelle Bien & Dr. Michael Goldstein

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

If you are suffering from these or similar symptoms don't hesitate to contact THE HOLISTIC CENTER AT BRISTOL SQUARE (508)660-2722 and make your appointment with Dr. Goldstein or Dr. Bien today.

We are located at 1426 Main Street Ste 6, Walpole, MA.

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Local Firefighter Graduates from Firefighting Academy



Wrentham Firefighter Anthony Campione graduated from the Massachusetts Firefighting Academy (MFA) on Nov. 28, 2022. He was one of 24 firefighters from across the state that participated in the 50-day Career Recruit Firefighting Training Program.

"First responders are on the frontlines protecting their communities, and these newest fire-

fighters are needed now more than ever," said State Fire Marshal Peter J. Ostroskey. "The rigorous professional training they've received provides them with the physical, mental, and technical skills to perform their jobs effectively and safely."

The recruits of Class #306 will represent the fire departments of Andover, Barnstable, Bellingham, Hingham, Hudson,

Lawrence, Medford, Medway, Milford, Plainville, Shrewsbury, Tewksbury, Walpole, Winthrop, Woburn, and Wrentham.

The MFA, which marked its 50th anniversary last year, provides recruit and in-service training at three separate campuses in Stow, Springfield, and Bridgewater. To date, nearly 14,000 firefighters have graduated in more than 450 classes.

EYES

continued from page 16

England College of Optometry as Clinical Assistant Professor. Through her role as Director of Eye Care Services at Whittier Street Health Center and then The Dimock Center, one of the largest community health centers in Boston, Dr. Patel brings with her teaching and leadership experience. She is a Fellow of the American Academy of Optometry, with a history of publishing, presenting and lecturing. During the last 10 years, Dr. Patel has transitioned to direct care and worked in collaboration with ophthalmology. Most recently, Dr. Patel completed a postdoctoral certificate for the treatment & management of glaucoma. Dr. Patel has clinical interests in diabetes, glaucoma, community-based eye and vision care, public health & epidemiology. Dr. Patel currently lives in Dover, MA

with her husband and 3 daughters. She enjoys traveling abroad, reading and tennis.

Dr. Shalin Zia, O.D. received her Bachelor of Science degree from Purdue University in 2014 and her Doctor of Optometry from Indiana University in 2018. She moved to Massachusetts from the Midwest after getting married. She is a comprehensive optometrist with solid experience in providing optometric and medical eyecare to patients of all ages. In her free time, she enjoys working out, listening to podcasts, and spending time with family.

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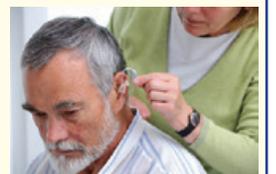
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BY GRACE ALLEN

A life-long love of animals has turned into a calling for a Norfolk woman. Susan Siegel, a former critical care nurse, is a newly licensed wildlife rehabilitator. She has also launched a non-profit organization, Return2Wild, out of her home, which she hopes will educate and engage people in wildlife care, conservation, and peaceful, safe coexistence.

As a wildlife rehabilitator, Siegel is tasked with caring for injured, sick, or orphaned wild animals. When the animals are healthy and can care for themselves, Siegel releases them back into their natural habitats.

Since she was a young child, Siegel wanted to become a veterinarian. Instead, she ended up going to nursing school, where she learned skills that are transferable to her new role today. Most wildlife rehabilitators are strictly volunteer, however, so she is not paid a salary.

"I have done many things in my nursing profession, and I've loved every moment, but now this is my full-time gig," she said. "This is my passion and also my way of giving back. It's my community service, and I'm honored to do it."

Wildlife rehabilitators follow

rules and regulations determined by both state and federal agencies, which require different licenses. Siegel is currently licensed to care for most mammals, reptiles, and non-migratory birds.

She will not take in raccoons, however, because they are a significant rabies vector species. She says it's important to note that they also carry raccoon roundworm, a severe zoonotic disease dangerous to both animals and humans. It is very difficult to eradicate via normal disinfecting methods and can live in the environment for up to 10 years.

"I do love raccoons, however, and I would help anyone find the right rehabilitator if the need arises," said Siegel. "I will also take any rabies vector species out of the hands of the public, immediately, for safety reasons, and help get the animal to the proper rehabber, a wildlife center, or animal control."

Since becoming licensed this past fall, Siegel has cared for opossums, chipmunks, bunny rabbits, and squirrels in her home. She has converted a room into what she calls the "WICU"—Wildlife Interim Care Unit. A walk-in closet has



Susan Siegel with "Willow," an injured opossum she nursed back to health.

become a treatment room for the tiniest baby animals that need an incubator or a warm, dark, and quiet space to de-stress. She currently has two outdoor enclosures, which are also used for stabilized wildlife being prepared for a return to the wild.

Wildlife rehabilitators work hand-in-hand with animal control officers. For Siegel, that partnership includes both Norfolk's animal control officer Hilary Cohen, as well as Erin Mallette, the animal control officer for Millis and Medway. Mallette is also a certified wildlife rehabilitator.

ACO Cohen, in an email, said Siegel is a welcome addition to the area's animal welfare professionals and will be an asset to the community.

"There are not enough wildlife rehabilitators in Massachusetts, so I am ecstatic to have her literally in Norfolk's backyard," said Cohen.

Deciding whether to call an animal control officer or a wildlife rehabber often comes down to public safety, explained Siegel. Animal control officers should be the first point of contact if

the animal appears dangerous or potentially rabid, or if it was hit by a car. Generally, domestic animals fall under the auspices of animal control officers, who are licensed differently than wildlife rehabilitators and are employed by police departments.

When spring finally arrives in these parts, Siegel expects to get very busy. As people spend more time outdoors, they may notice active wildlife or baby animals in their yards. Often, people are unsure if the babies are injured or abandoned, but there are clues that can help determine if the animal needs assistance, or if the mother is hovering nearby, unseen.

"I believe people are well-intentioned and want to scoop them up and rescue them because they think they're abandoned, but really they're not," said Siegel. "There are little tests people can do and I'll talk them through it. We always say, before you intervene, call us. And if we determine the animal really needs help, I'll step in."

Siegel says she will always respond to calls or emails from the public, and it doesn't matter which town they live in. If she can't help, she will direct the caller to someone who can. There are about 150 licensed wildlife rehabilitators in Massachusetts, each with their own area of expertise.

"We all work together to make things happen," said Siegel.

All wildlife rehabilitators in Massachusetts must have a Vet of Record as part of their team. A wildlife rehabilitator works closely with the veterinarian,



who helps provide needed medical care as well as euthanasia if necessary. Siegel noted that while wildlife rehabilitators can be quite astute at identifying and treating injuries, only vets are licensed to diagnose, prescribe medicine, or order medical tests.

Siegel sees part of her job as educating the public about wildlife. She wants Return2Wild to be a resource for the community and is happy to speak to area groups about local wildlife and animal welfare.

She also plans to start fundraising for her new organization, to cover the costs of food, formula, housing, and veterinary care. Right now, she is paying for everything herself, as is typical in the field because many wildlife rehabilitators work from home and receive little or no financial compensation. There is no government funding.

Wildlife rehabilitators also depend on volunteers, and Siegel plans to include volunteers to help her achieve her mission at Return2Wild. She believes that wildlife care and conservation takes a village—teamwork, volunteers, and donors. A commitment to doing what is best for animals, which can often mean leaving them undisturbed in the wild, is also important.

"No matter how good our intentions, nothing replaces momma," said Siegel. "We are here to give wildlife a second chance, not impact their best chance."

To learn more about Siegel and her new organization, visit return2wild.org, or follow the organization on Facebook.

To contact Siegel, call or text her at 774-469-0806, or send her an email at return2wildinfo@gmail.com. There is also a contact form on the website.

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Sports

Carlow Follows Carlow as KP's Hockey Coach

Captains Key Components for Warriors

BY KEN HAMWEY
STAFF SPORTS WRITER

The King Philip boys ice hockey team has a new coach this season but the transition from old to new shouldn't create many problems in adjusting — for two reasons.

Toby Carlow, the new coach, is employing a similar style on offense and defense that the previous coach used. And, the players won't have any problem with the new coach's name because Toby Carlow has replaced Paul Carlow.

Talk about coincidence!

Toby Carlow, however, is not related to Paul Carlow, who stepped away from interscholastic hockey to focus on his work as a scout with the New York Islanders. Paul Carlow is an amateur scout who previously covered the Northeast, however, he's now covering the entire U.S. "I'm going to miss coaching KP's team but I'll always be pulling for them," he said.

"Paul and I both have the same type of hockey mindset," Toby Carlow said. "At KP, we'll continue to blend an up-tempo offense that relies on precision and speed in transition with a defensive style that focuses on structured intensity."

Toby Carlow's hockey background includes a plethora of success — as a high school and college skater, as a high school coach, and he even played a year in the minor leagues.

Toby played at Burrillville High, a Rhode Island school that dominated ice hockey before Mount St. Charles became the state's kingpin. A defenseman, Carlow, who played on Burrillville's 1993 state title team, was a captain and a three-time all-star for the Broncos. In college at UMass-Boston, Carlow was an associate captain and an ECAC all-star. When he finished his four years of varsity play, he was the fourth all-time leading scorer for a defenseman.

Carlow played minor league hockey his first year after college. "I played in the East Coast Hockey League with the Toledo

Storm and the Birmingham Bulls," he said. "Later, I competed in the Western Professional League for the San Angelo (Texas) Outlaws."

After his pro stint, Carlow became an assistant coach at Burrillville High for seven years before moving on to become an assistant at Medfield High. After 11 games in his first year at Medfield, a change was made and Carlow suddenly was the Warriors' head coach.

The change and Carlow's promotion turned out to be a very productive move. He spent 13 years as head coach, guided Medfield to 13 tourney berths, and led the Warriors to a state runner-up trophy in 2014 and a state championship in 2016.

"My greatest time in coaching was at Medfield," Carlow said. "It was special, going to Boston Garden twice. Beating Lincoln-Sudbury for the state title in 2016 was my top thrill as a coach. Everything worked out well. The kids bought in, they were very coachable and I had a great staff. The town was all in when we were in the final four twice."

In spite of compiling a career regular-season record of 159-55-36 (24-11 in the playoffs), a coaching change was made in 2021. But, Carlow wasn't idle for long, accepting the KP post last September.

"The ultimate goal at KP is to win a state title," Carlow emphasized. "Other goals are for the players and the team to improve daily and to compete for the Kelley-Rex Division crown. Franklin usually is the team to beat for the division title. They're always strong, have good tradition and now Chris Spillane is back coaching them."

Carlow says his individual style will be "demanding but fair."

"I'll push the boys to reach their potential and they'll know I'm serious about motivating them," he noted. "I want them to have a great time and to enjoy their athletic journey. I'll be firm, but also fair and honest."



Toby Carlow (middle) and his assistant coaches celebrate after guiding Medfield to the state hockey championship in 2016.

Carlow inherited a program that had a 10-8-2 record last year and split a pair of games in the playoffs. "They lost, 3-1, to St. John's Prep, which won the state title," he said. "KP held its own against a great team and gave them all they could handle. I told my current players they should be proud of what they did against St. John's."

Carlow, who has taught special education at Woonsocket High for the last 18 years, is excited to be coaching KP in spite of losing 12 seniors to graduation and having another player transfer. He likes his team's strengths.

"Our work ethic is solid, we're skilled and our depth and skating ability are good," he said. "We're physical, have size and speed and the boys have shown they're flexible, able to adjust to a new coach and a new system."

Carlow was still learning about his players and assessing their roles as pre-season practice neared its conclusion. But, the new coach is well-versed on his two captains and his two assistant captains. The captains are seniors Kyle Abbott (goalie) and James Boldy (center), and the assistant captains are juniors Max Robison (left wing) and Cam Lehan-Allen (defenseman).

"The four captains are driven, goal-oriented, solid leaders and technically skilled," Carlow said. "Kyle has size, is aggressive and instinctive while James has scoring ability, is smart and leads effectively. He's our QB. Max is physical, gets to the corners and creates turnovers while Cam is strong with the puck on defense and able to create smooth transitions."

Carlow's brother, Albert, is KP's varsity assistant and Drew Diko, a Woonsocket teacher, is coaching the jayvees. "My brother played at Burrillville, coached the girls team there and was an assistant for me in Medfield," Carlow said.

The Warriors opened their season with a non-league encounter against Medfield and won, 5-4.

Relying on a competitive philosophy that focuses on hard

work, reaching one's potential and having fun, Carlow firmly believes that winning will be the by-product if all three of those situations occur. "Losing isn't fun but winning is," he said. "And, success comes from positive experiences."

Carlow also understands that sports can teach athletes valuable life lessons. "Athletes learn how to overcome adversity, how to be good teammates and leaders, and how to be mentally tough and resilient," he offered. "Sports also teach athletes how to fit into a role. Sometimes, players have to learn to wait for their time. I want to get kids prepared for the next chapter of their lives."

Toby Carlow knows the drill and he knows what it takes to win championships. The KP hockey program should be in good hands going forward.



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Real Estate Corner

Norfolk Register of Deeds to speak at Wrentham Senior Center

On Thursday, February 9, 2023, at 11 AM Register O'Donnell will speak about topics related to consumer issues and concerns that affect property owners. These topics include homestead protection, mortgage discharge, deeds, registry news, the process of document indexing, and the Registry's Consumer Notification Service.

Register O'Donnell welcomes the opportunity to speak at the Wrentham Senior Center. It is important to Register O'Donnell to have this opportunity to talk about how the Registry operates and to share information that property owners may find useful.

William P. O'Donnell of Norwood is Register of Deeds for Norfolk County. Prior to becoming Register, Register O'Donnell was an elected County Commissioner for Norfolk County and a Trustee of Norfolk County's highly regarded Agricultural High School for ten years. He previously served as a member of the Democratic State Committee and the Norwood Planning Board.



A graduate of Boston College Law School, Georgetown University, and Xaverian Brothers High School, O'Donnell was admitted to the Massachusetts Bar in 1985. He served as an Assistant District Attorney

for Norfolk County as well as in private practice, which included real estate, conveyancing, and related areas. He is active in local and regional bar activities and has served as an officer of the Norfolk County Bar Association,



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Other Scheduled Seminars:

January 12, 2023: Amy M. Antonellis of Family Law Partners, Estate Planning

March 30, 2023: "Revere Mortgage Pros and Cons" from Mike Dunksy of Fairway Mortgage

Attendees are asked to pre-register, either by phone at 508-384-5425 or in person, at the Wrentham Senior Center at least one week prior to each seminar. Anyone with questions about current seminars or ideas for future topics can call Rose Stavola at 508-507-1853

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Real Estate Corner

Treasurer Goldberg's Baby Bonds Task Force Releases Findings Report

The Massachusetts Baby Bonds Task Force released its findings report on creating a Baby Bonds program in the state on Monday, December 12. Included within the report are comprehensive recommendations on establishing an at-birth Baby Bonds program, an asset-building policy aimed at increasing economic opportunities for vulnerable communities.

The report can be viewed in its entirety at mass.gov/service-details/massachusetts-baby-bonds-task-force. There was also a virtual briefing.

"Baby Bonds has the potential to narrow the racial wealth gap and provide a more inclusive and productive economy for many of our state's youngest generation," said State Treasurer Deborah B. Goldberg. "This program will give us an opportunity to reach children across the state who suffer from generational poverty, providing them with a foundation for future success in adulthood."

"This report and the event are made possible thanks to the tremendous work by the Baby Bonds Task Force," said Chair of the Baby Bonds Task Force Lisa Wong. "A diverse group of stakeholders from across our state helped shape this important asset-building program for future generations of Massachusetts residents."

During the virtual briefing, State Senator Paul Feeny and State Representative Andy Vargas announced their support of the Baby Bonds bill, which will be introduced in the 2023 legislative session.

"With this report complete, we can now start building an effective and transformational Baby Bonds program that will build wealth from the bottom up, and the middle out, to put hard-working residents on a trajectory for real opportunity from day one," said State Senator Paul R. Feeny (D-Foxborough). "By investing at the start of a child's life, we are providing a jumpstart to individuals otherwise at a disadvantage by beginning to narrow the racial wealth gap and giving our most vulnerable

residents a fighting shot at the middle class and the American Dream."

"A Baby Bonds program brings us a step closer towards addressing our racial wealth gap and ensuring everyone in Massachusetts gets their chance at the American Dream, regardless of the home they're born into. I'm proud to join Senator Feeny in this effort and am grateful to Treasurer Goldberg and the Baby Bonds Task Force for making this possible through their diligent work and collaboration," said State Representative Andy Vargas (D-Haverhill).

Baby Bonds is a term used to describe trust funds set up by governments intended to build assets for low-to-moderate income residents and narrow the racial wealth gap. These trust funds are established at birth and grow until recipients reach adulthood. Account holders can then access their funds for asset-building activities such as post-secondary education, homebuying, or investing in a business.

Treasurer Goldberg convened the Baby Bonds Task Force earlier this year to explore the creation of Baby Bonds in Massachusetts. The Baby Bonds Task Force is a diverse cross-sector collaboration with members who have work, research, or volunteer experience in racial wealth equity, child welfare, public policy, community engagement, and asset-building initiatives. The Task Force also serves as an instrument to engage with impacted communities to allow community participation in the design of the program.

About the Office of Economic Empowerment

Treasurer Goldberg created the Office of Economic Empowerment, led by a deputy treasurer, with the deliberate goal of implementing a range of economic empowerment initiatives that include closing the race and gender wage gap, addressing racial equity, increasing access to financial education, and creating pathways to economically stable futures for all residents across the state.

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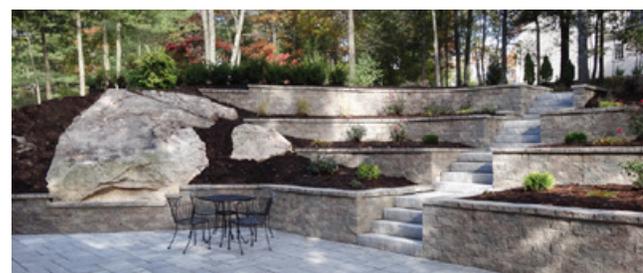
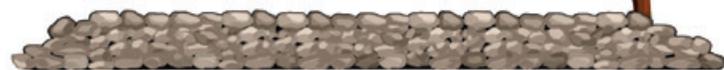
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KPHS Announces John and Abigail Adams Scholarship Recipients

Eighty-four seniors at King Philip Regional High School are among seniors statewide to receive a John and Abigail Adams Scholarship this year.

"We are very proud of our students who have demonstrated high academic achievement on their MCAS tests and who are being honored with this

well-deserved recognition from the state," KP Superintendent Paul Zinni said in a statement. "This scholarship is proof of all the hard work these students have put into their studies and I ask the community to join me in congratulating them."

The scholarship can be applied to the four undergraduate institutions of the University of Massachusetts, all nine state universities, and all fifteen community colleges.

This scholarship is available to students whose MCAS performance puts them in the top 25% of their district. To be eligible, students must either

score Advanced on the English, math and science exams, or Advanced on one exam and High Proficient on the other two. Students take the MCAS tests in the spring of their sophomore year.

The following King Philip Regional High School seniors have earned an Adams Scholarship:

Kyle Abbott, Aleksia Andoni, Emerson Baker, Hailey Beane, Helena Bekele, William Birmingham, Grace Berry, Allison Boie, Thomas Brewster,

SCHOLARSHIP
continued on page 23

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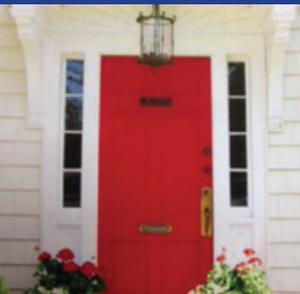
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January Program Highlights at the Norfolk Senior Center

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

Thursday, January 12 at 10:15 a.m. **Norfolk Affordable Housing** Presented by Susan Jacobson, Affordable Housing Director, Town of Norfolk. Learn about programs available in Norfolk, specifically for low- and moderate-income households.

Wednesday, January 18 at 11:45 a.m. **Elder Scams** Presented by Tri-County HS Legal & Protective Services Career Program (held on lower level). Students in the Legal and Protective Services Career Program at Tri-County Regional High School have spent their fall term focusing on identifying fraudulent practices and financial scams that target the

elderly. Learn how to recognize a SCAM and avoid becoming a victim yourself.

Thursday, January 19 from 9:30 to 10:30 a.m. **Potsdam, the German Versailles** This Virtual Travel Tour will bring us to the lavish Potsdam palace, Sanssouci, a UNESCO World Heritage Site. Built by Prussian King Frederick the Great as his summer palace, it is often counted among the German rivals of Versailles. Marvel at the grandeur and splendor of this palace and virtually stroll the royal gardens as your local tour guide shares the history of this majestic town. Refreshments served.

Tuesday January 24 at 1 p.m. Presented by **Therapy Gardens** What's better than a piping hot pot of soup or stew on a cold day? Forget the canned stuff. Come sample homemade soups and

learn how to make them yourself using fresh ingredients. RSVP by Jan. 17.

Mondays at 10:15 a.m. in January and February **Diamond Art Painting** Diamond Art is a mosaic art form in which the artist creates a painting by sticking small resins that sparkle like diamonds on a canvas that has corresponding numbers printed by all the colors of the diamonds. All the painter has to do is take a diamond and stick it on the canvas. Materials will be provided for free for the introductory two months. You can start small with a coaster or a bookmark and move on to larger pictures as you become more comfortable with working with the materials. (Bring your glasses!) Please call and pre-register if you plan to attend one or more of the sessions.

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As a local agent from Norfolk, I want to especially thank all of my Norfolk and surrounding town clients this past year.



Wishing you a Happy & Healthy 2023!

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Norfolk Police Participate in No Shave November

Members of the Norfolk Police Department took part in No Shave November to raise awareness around veterans and first responders' mental health.

During the campaign, members of the department were allowed to forgo facial hair restrictions by donating an amount of their choosing to Scars and Stripes 1776, which is a veteran and first responder charity that focuses on mental health awareness. It is dedicated to those who have served the country or their communities and includes military, police, fire, EMS, corrections, and 911 dispatchers.

"I'd like to thank Officer Neil Nicholson and Sgt. Sam Webb for organizing this fundraising effort for Scars and Stripes 1776," said Norfolk Police Chief Timothy Heinz. "We are very proud to be raising donations for such a worthy cause and look forward to partnering with them in the future."



Norfolk Police Department's community resource dog Mitch with his beard to celebrate No Shave November. (Photo courtesy Norfolk Police Department)

This is the first year that the Norfolk Police Department has raised donations for Scars and Stripes. To date, the department has raised \$1,200 from the participating Norfolk Officers.

Next year, the department hopes to partner again with this organization and open donations up to the community.



From left, Norfolk Police Officers Ryan Jasset, Jon King, Jay Keen and Sgt. Joe Choiniere participate in No Shave November. (Photo courtesy Norfolk Police Department)

Stronger Together for our Customers and Communities

Norwood Bank has merged with Foxboro Federal Savings

We have exciting news! Foxboro Federal Savings and Norwood Bank have merged.

It's a merger of two strong community banks with very similar histories, visions, and cultures.

The goal is to create one larger, stronger community bank – with an expanded branch footprint and more resources to serve you better.

