

Scout Plans Revolutionary War Memorial for Town Common

BY GRACE ALLEN

A Wrentham Boy Scout is turning his love of history into an Eagle Scout project to acknowledge and honor Wrentham residents who fought in the Revolutionary War.

Jackson Frye of Troop 131 is designing, planning, and fundraising for a Revolutionary War memorial to be installed on the town common this spring.

“The Wrentham residents who served in the war deserve to have a memorial,” said the King Philip High School junior. “They fought for and helped establish our country.”

Since he was a small boy, Frye has always been interested in history. Playing with toy soldiers segued into a fascination with battles and wars, followed by an interest in the countries involved, including their histories and culture. As Frye got older, the lack of a proper memorial for the town’s Revolutionary War soldiers weighed on his mind. When it was time



Jackson Frye, second from left, with former state Rep. Shawn Dooley, Ed Crisci, and Nate Crisci at a yard sale Frye organized and ran in October to raise funds for his Eagle Scout project.

to choose an Eagle Scout project, the decision was easy.

An Eagle Scout project must be developed, planned, and led by a Boy Scout, and benefit a religious, school, or community organization. Nationally, only about 6% of Boy Scouts achieve the Eagle rank because it requires commitment, leadership, and plenty of hard work, all while balanc-

ing school and other activities.

For his project, Frye is working with Tribute in Stone, a local monument company, to design the memorial. The monument, which will be between 6 and 8 feet tall, will consist of granite quarried

SCOUTS

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Fiske Library Director Retires



Mary Tobichuk was at the helm of the Fiske Library since 1991.
(Photo courtesy Town of Wrentham.)

BY GRACE ALLEN

Fiske Public Library Director Mary Tobichuk officially retired on January 15 after 38 years of service to the town of Wrentham. She was at the helm of the Fiske since 1991 but had been a librarian there since 1985.

Tobichuk spearheaded the effort to build a new library to meet community demand for increased library access and community space. The Fiske Library at 110 Randall Road opened in July of 1997. The old town library, located at 55 East Street, is now known as the Old Fiske Museum.

Linda DeVore has worked at the Fiske since 1998. Tobichuk, she says, created a “family-like”

atmosphere for the staff.

“She was a visionary, often ahead of her time, and always had the public interest at heart,” said DeVore, who noted Tobichuk leaves an indelible mark on the community.

According to DeVore, Tobichuk helped organize the Fiske’s first “Author Series,” bringing in Dennis Lehane before he became famous. She was also instrumental in expanding the library’s nonfiction history offerings with the support of the Webster Gift Account.

Tobichuk was constantly developing and expanding the library’s programming, offering art classes, cultural music programs, and dance programs for patrons. During the height of the pandemic, she created a “Library of Things” collection.

Kathy Lussier is the Executive Director of the SAILS Library Network, a consortium of public and school libraries in 60 communities in Southeastern Massachusetts. Tobichuk, said Lussier, was one of SAILS’ founding library directors when it was incorporated in 1995, and she was the only one still working as a director in a SAILS library up until her

RETIRE

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in Wrentham and topped by a bronze eagle. The eagle is being fabricated by a veteran in Idaho.

The names of the Wrentham residents who served in the war are still being researched, says Frye, noting Wrentham at the time covered a much larger area, which included Dedham and parts of Franklin, Plainville, and Norfolk.

He anticipates his final list will have between 20 and 30 names on it, but they won't be carved into the memorial. Instead, Frye plans to use an interactive technology to list the names. Visitors to the memorial can scan a QR code and see a list of names on their phones. This way, the list can remain fluid so future historians or anyone else can add more names as they are discovered.

In a unique twist to the project, the granite being used for the monument was discovered just a few years ago on the side of the road near Wampum Corner. Greg Stahl, a local contractor who is also the chairman of the town's historical commission, was working on a job and spotted the

large piece of stone in the bushes.

Stahl believes the granite was part of a railroad bridge that once crossed West Street just past Wampum Corner. The bridge was part of the Old Colony Railroad, which operated from 1845 to 1893. The railroad then became the New York, New Haven and Hartford line, which ceased operations in 1959. The bridge was most likely dismantled in the 1980s, surmised Stahl, with several pieces of granite discarded on site.

Stahl also believes the granite used in the bridge was quarried in a nearby area known as Wampum Rock, the last known site where Indians lived in Wrentham.

The Historical Commission took possession of the granite block, with the purpose of using it for a Commission-sponsored monument in the future. When the group became aware of Frye's Eagle Scout project, it became clear where the piece of granite belonged.

"This was a situation where things happened in the right order for Jackson to get a piece of Wrentham history to build his monument with," said Stahl.

Frye agreed. "It's a very nice aspect of my project."

Monuments are not inexpensive, and Frye's project will cost \$37,500. He has raised more than \$12,000 so far, through do-



The October 30 yard sale, held in Wrentham center, raised \$6,500.

nations and a large yard sale held last fall. Frye was also recently awarded a \$15,000 grant from the State Historical Records Advisory Board, to be used towards the project.

Frye believes the project has helped him hone his writing and presentation skills, as well as his leadership and organizational abilities. He is coordinating the effort with town officials, vendors, and Scoutmaster Ed Crisci, to work through the logistics of the complicated project. Frye is also speaking before town organizations with a goal of eliciting financial support for the project.

Joe Botaish, the chairman of the Wrentham Board of Selectmen, said the board is impressed with Frye's project and his com-

mitment to commemorate the residents who participated in a war that happened close to 250 years ago.

"There's a lot of history in Wrentham that people may not be aware of," said Botaish. "This memorial will serve to further show people what an interesting and great community we have."

Frye hopes the monument will be finished and installed sometime in late spring. He plans to have an unveiling ceremony, too, noting the town is celebrating its 350th anniversary this year. The memorial to those long-ago residents is certainly overdue.

If you'd like to donate to Frye's Eagle Scout project, scan the attached QR code. Donations should be made to Boy Scout

Troop 131, with "Jackson Frye" in the Eagle Scout Candidate box.

Or, checks made out to Troop 131 can be mailed to Frye at 131 Gilmore Rd., Wrentham MA 02093.

Donations are tax deductible.



Scan this code to donate to Frye's Eagle Scout project.

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Norfolk Seniors Attend "80 for Brady" Special Showing

By GRACE ALLEN

A group of senior citizens from Norfolk were invited to a special screening of the movie "80 for Brady" last month. The sixteen Norfolk residents, along with 140 seniors from neighboring communities, were hosted by Patriot Place's Showcase Cinema de Lux.

The "80 for Brady" movie depicts four octogenarians and New England Patriots fans who take a trip to the 2017 Super Bowl to see Tom Brady play. The movie is based on a true story.

Attendees walked the red carpet into the cinema and were greeted by Pat the Patriot and the New England Patriots Cheerleaders, along with themed décor and Brady-related memorabilia.

The complimentary event included popcorn and beverages for the seniors who attended.



Norfolk seniors attended "80 for Brady" showing at Patriot Place.



Mascot Pat the Patriot and the New England Patriots Cheerleaders welcomed the Norfolk contingent.



(Photos courtesy of Sean Briggs/Patriot Place.)



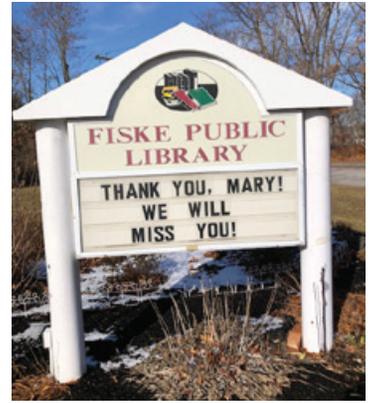
RETIRE

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retirement.

"Mary was instrumental in establishing the relationship between the Wrentham schools and SAILS and worked closely with the network to ensure the latest technology was available to Wrentham residents," said Lussier. "Under Mary's leadership, the Fiske Library had a strong collection that was always in high demand among SAILS libraries."

Suzanne Bove is the Chairman of the Fiske Library Trustees. Bove acknowledged



Tobichuk's impact on the community, saying in an email, "Mary Tobichuk has 38 years of service to the Fiske Public Library. As Wrentham has moved with the times, Mary's leadership has allowed the library to keep pace. She has served the citizens of Wrentham well. The Trustees are grateful."

A search committee has been formed to find a replacement for Tobichuk. In the meantime, Town Administrator Kevin Sweet has appointed Steve Butzel as Interim Director. Butzel, a consultant, will also perform an operational assessment evaluation of the library for the town and the Trustees.



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College Accepted Students Day

The waiting game for many high school seniors is now over - the college admission letters have been posted and students can begin to explore their options! Now comes the challenging part. It is time for students to decide which college will be the right fit for them socially, academically, and financially. Attending the college's Accepted Students Day is a great way to help with the students' decision.

Accepted Students Day is designed to give potential new students an opportunity to take a closer look at the school, meet students who may enroll, and learn more about the academic program and the extra-curricular offerings. The special visit programs are offered at most colleges beginning in February through the end of April and are open to all admitted students. Many colleges will also host parent information sessions during the visit program. The event dates and details are easy to locate on the college's website. It is necessary to pre-register and the events often fill up quickly. Visiting the campus in-person is one

of the best ways to determine if the school is the right fit for the student. Last year, I traveled with my nephew and his family to see one of his top choice colleges. On paper it was the perfect fit for him and he was convinced that he would be attending this college in the fall. When we left I asked him, "Can you see yourself here"? He said, "The kids look like they are having a ton of fun - just not my type of fun!" He quickly removed the school from his list. The social fit is just as important as the academic fit. The number one reason college students transfer is for social reasons.

A few Accepted Students Day Tips for the Students:

1. Come equipped to Accepted Students Day with your list of 4 or 5 "must haves" that you really want from your future college. What is important to you? Size of the school, proximity to home, residing in the middle of the city or near the mountains with a great college town, diversity, LG-

BTQ+ friendly, academic interests, internships, fun weekend life, affordability, disability services, religion, and the list goes on.

2. With your list of top considerations, begin by finding out the pluses and minuses of each school. Take notes from each visit day and compare colleges. Location and size are key criteria that should be considered as well - is the college too far from home? Does the campus now feel too big? It would be difficult to find a school that embodies everything you want. Choose the college that fits your most important criteria.
3. The tables have turned - it is the college's turn to impress you. They will roll out the red carpet, but don't base your decisions on the amazing marching band that wowed the crowd! Dig deeper - attend a class, talk to financial aid, stay overnight with a student,



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

talk to a professor in your major, eat in the dining hall, talk to students and ask what life on campus is like, drive through the local town, and ask about the safety protocol.

4. During the visit, ask yourself 3 questions: "Can I see myself thriving here academically and socially?" "Are my 'people' here?", and "Does this college meet my family's financial budget?". You will feel much more confident with your decision.

This is one of the final steps before the student leaves for college. It is bittersweet. But Accepted Students Days are a wonderful opportunity to help families feel good about their student's final decision.

Good luck and enjoy the journey!

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The newer Red Dam's sluiceway is in good repair.

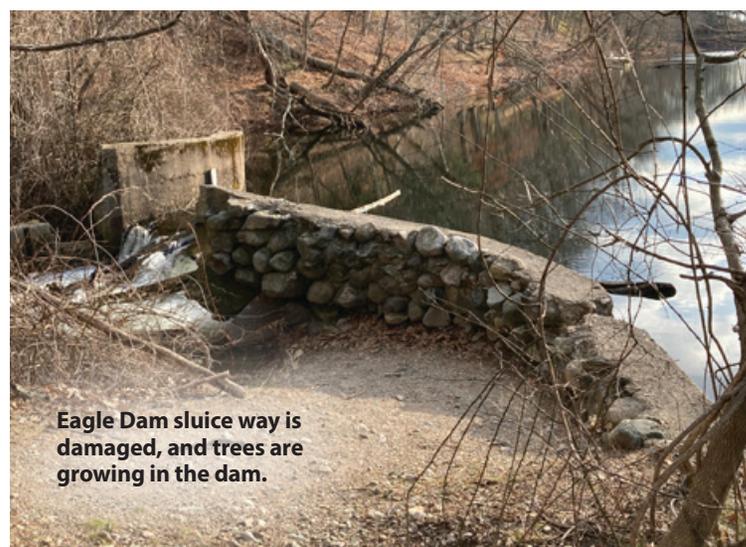
Eagle Dam in Wrentham: Repair or Remove?

CONTRIBUTED BY JOE STEWART

On Saturday, January 21, the Charles River Watershed Association (CRWA), the town of Wrentham, and Weston & Sampson (an engineering consulting firm), hosted a walk where attendees could see firsthand the damage Eagle Dam has sustained over the years. Eagle Dam is located just off Rt. 140, adjacent to Town Well #3.

The Eagle Dam was built in the late 1600s, and while it once powered a mill, it has long since outlived that use. The State Office of Dam Safety requires periodic dam safety inspections and those inspections have found that Eagle Dam needs attention. The town is concerned that high winds, a hurricane, or other storms will force a breach of the damaged dam and cause flooding on Rt. 140 and further downstream.

To address these concerns, the town hired CRWA to assess options. One option is to



Eagle Dam sluiceway is damaged, and trees are growing in the dam.

remove the dam entirely, which is estimated to cost significantly less than other options such as repairing or replacing the dam.

According to Rachel Benson, Wrentham's Director of Planning and Economic Development, the town hired CRWA with funds from a State Municipal Vulnerability Program grant for this project. Weston &

Sampson is a sub-consultant for CRWA.

Residents of Wrentham are urged to get involved and make their voices heard. CRWA and the town of Wrentham plan another Eagle Dam walk on April 13, beginning at 5:30 p.m., starting at 608 Franklin St. in Wrentham.

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

Business spotlight

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

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

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

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

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn

carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

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

Jay and his team beat the big waste haulers on both price and customer service. When you call



Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

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

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

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

Jay and his family are deeply involved in the community. He

and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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Dawn Porthouse, a long-time Bellingham resident, started Porthouse Tax Advisors five years ago, with her main goal being to help people. She has an MBA from Babson College, an MPA from Framingham State University and a business degree from UMass Dartmouth. With nearly 20 years of experience in the financial world, you're in great hands if you go to her with your tax issues.



Porthouse Tax Advisors is a boutique firm which specialize in helping individuals and business owners deal with tax problems. They help people who owe significant amounts to the IRS navigate the IRS maze. "I speak government," Porthouse says. "We are local and very methodical." The first steps to helping are pulling transcripts and analyzing the severity of the situation.

Porthouse Tax Advisors does not use a "one size fits all" approach. Instead, they will use an individualized approach, where they assess your situation in stages. According to Dawn, "Everyone's tax situation is different. No two are ever the same and require different solutions."

Porthouse states she loves "helping people navigate the complexities of taxes." Her em-



ployees are from local communities, and they do not outsource the work. Porthouse Tax Advisors is open year-round, with their busiest season being from February through May. Their hours of operation are Monday through Friday, 9:30 a.m. to 4:30 p.m., by appointment only. This way they can ensure each client receives the time and attention they deserve, and no one is sitting around waiting to be helped.

Porthouse also gives back to the community. She is commonly known for doing reduced tax returns through her Liberty Tax office in Franklin, Mass. for members of the Franklin Senior Center.

If you are in need of tax assistance, have any questions, or would like more information on how they can help you, contact Porthouse Tax Advisors by phone at (774) 613-2600.

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Glenn Brown

turns still above 10%. Add US bond market index down -13.1% due to rising rates, you can see the attraction on a relative basis.

Unfortunately, due diligence by many investors buying or selling dividend stocks is based on yield and a story with a catchy headline. They ignore a company's business model, free cash flows, payout ratios, dividend growth, stock appreciation and other key factors.

Even worse is mantra of "I don't care about the stock price, as long as I get my dividend."

Here's a few considerations I use to avoid pitfalls and manage a Dividend Growth & Income portfolio.

- 1. Be diversified across industries.** Far too often see self-directed investors own 20 companies and think they're diversified. Problem is 15 are in the same sector (i.e. today it's energy, 5 years ago REITs, 17 years ago financials). Be across at least 5-6 sectors to reduce portfolio volatility throughout economic cycles.
- 2. Seek total return approach.** Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distri-

bution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

- 3. Growth of dividends.** Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from cash flows, and many growth companies yield 1.5% or less today. Given this, these are ignored by income investors. Huge mistake, let me explain via concept of Yield-On-Cost (YOC).

- 4. Yield-On-Cost (YOC).** Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100.

Real world example. Five years ago software company is yielding 1.0%, today through dividend increases YOC is 2.8%. Meaning your initial investment 5 years ago now pays out 2.8% annually even though current yield still ~1%. Bonds can't do this, they're fixed. But there's more... add 216% stock appreciation and you see

the mistake of only selecting high dividend yields.

Other examples:

- Managed Care: 1.3% yield, 5-year YOC 3.9% + 131% total return.
- Environmental Industrial: 1.7% yield, 5-year YOC 3.9% + 134% total return.
- Semiconductor: 0.8% yield, 5-year YOC 3.8% + 380% total return.
- Pharmaceutical: 1.3% yield, 5-year YOC 5.3% + 394% total return.

- 5. Balance with consistently boring.** Boring is reliable. Boring is necessary. This can include companies increasing dividends each year for 25 years (just 64) or 50 years (only 37). Additionally, this is also where you can add some slow growth, high-yield opportunities to help increase

overall portfolio income. Again business model matters, debt matters, visibility matters.

Dividend investing can play a part in your investment and/or income distribution strategy, but it's more than yield with a story if you want results to stay invested over economic cycles.

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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Is _____ Stock's 5.25% Dividend Yield Safe?

With headlines like these, who needs enemies?

Dividend stocks are getting a lot of attention given how as a group they outperformed the S&P 500 Index which declined -18.1% in 2022. Witness leading dividend ETFs (exchange traded funds) from Schwab, Vanguard and iShares (BlackRock) ranging from -3% to -9% for the year, keeping 10-year annualized re-

Norfolk Lions Community Day is set for June 10

Save the date! June may seem like a long way off, but the Norfolk Lions Community Day team is already planning this annual event.

This year's event will be better than ever, resurrecting the original "Old Tyme Day" theme from years past when times were a little slower and more affordable. Community Day will take place on Saturday, June 10 from 11 a.m. until 4 p.m. Once again the Holmes Family has graciously agreed to host the event at their property at 22 Myrtle Street, Norfolk.

This will be the Lions' 31st year of bringing a day of family fun and entertainment to the community. The Lions' goal is to provide a country fair type

environment including music, dancing, games, petting animals, hayrides, train rides, pie eating contest, foam for kids to play in, food and historical displays. This is an event for the entire Norfolk community to come out, celebrate, and get to know neighbors.

The Lions welcome participation and invite any Norfolk business, organization, neighborhood or group to participate in Community Day. Groups and organizations (including corporations) can take part in a number of ways, whether by setting up a booth or tent, sponsoring an activity or entertainment, or simply by becoming a sponsor.

Registration fees can be waived if the applicant can provide an activity at their booth.

For example, if your company wants to have a booth, then you should have something to offer that will add to the fun such as a game or activity, or provide financial support that will be used towards other expenses. You can also sponsor an event or entertainment. We are flexible--just tell us what you have in mind.

Help make Norfolk Community Day 2023 one of the best and join the fun. Event sponsorship and vendor registration will open up soon at <https://www.norfolkmalions.org/community-day>. Email norfolkcommunityday@gmail.com for more information, or call Eric Diamond (617-755-6427) or Jen Cote (781-492-5390).

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Guest Column**Complicit**

BY G. GREGORY TOOKER

Although the new year has hardly begun, the incidence of mass shootings has already started to ramp up, not boding well for 2023. But resistance to curb the insanity remains strong among those who advocate for unrestrained gun rights. Despite reports that the NRA has abused even its membership, with revelations of financial mismanagement, the organization remains strong and continues as a source of campaign contributions to supporters of insane weapons protection policy.

Politicians who staunchly resist any form of firearms policy legislation are complicit in the execution of thousands of Americans each year. We as a nation stand out as the black sheep of the planet when it comes to protecting our citizens from deadly assault. Rational solutions which do NOT take reasonable firearms out of the hands of responsible citizens deserve fair and careful consideration. Large capacity magazines and conversion kits that transform conventional pistols into killing machines need to be removed from the marketplace. There is no logical argument supporting the availability of these modifying components to the general public.

Manufacturers of high kill capacity weapons sold in the general marketplace should be routinely joined as defendants in civil liability litigation stemming from mass shooting incidents. In addition, gun, ammunition manufacturers and owners should be required to carry liability insurance coverage which will cover incidents resulting in unintentional death and injury involving their products. Insurance companies are not inclined to cover intentional acts of perpetrators but there are many situations where these products fall into the hands of children due to the fact they are not properly secured and monitored by their owners.

Here in the Commonwealth of Massachusetts, we are better protected from the likelihood of these tragic incidents by the existence of state-mandated gun laws. But these measures need to be enacted on a national scale and not left to the wisdom of individual states, some of which permit average citizens to openly carry deadly weapons when circulating in the general public.

Local Attorney Jason M. Carrozza Selected to 2022 Massachusetts Super Lawyers List

Attorney Jason M. Carrozza has been selected to the 2022 Massachusetts Super Lawyers list. Jason is a co-founder, along with Attorney Amy M. Antonellis, of Family Legal Partners, P.C. Family Legal Partners is a Franklin based law firm with a practice focus in estate planning, business formation, probate, trusts and estate administration. Each year, no more than five percent of the lawyers in the Commonwealth

of Massachusetts are selected by the research team at Super Lawyers to receive this honor. Super Lawyers, part of Thomson Reuters, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The annual selections are made using a patented multiphase process that includes a statewide survey of lawyers, an

independent research evaluation of candidates and peer reviews by practice area. The result is a credible, comprehensive and diverse listing of exceptional attorneys. The Super Lawyers lists are published nationwide in Super Lawyers Magazines and Boston Magazine. For more information about Family Legal Partners, estate planning, and probate administration please visit www.familylegalpartners.com

Pre-College Summer Programs at Dean College

Is your high schooler interested in learning more about the performing arts, careers in sports or forensics while getting a taste of college life? This summer, Dean College will offer the Dean Summer Arts Institute and two pre-college programs in Sports Broadcasting and Forensics.

For students interested in dance or musical theatre, the Dean Summer Arts Institute is a week-long intensive in the performing arts. Students in the dance intensive will receive conservatory training in ballet, modern, jazz, tap and related dance techniques taught by world-class faculty. In the musical theatre intensive, students will study acting, singing and dancing with renowned faculty and guest artists while learning about auditioning, picking repertoire, acting for the

camera, self-taping and rehearsal techniques.

The Dean Summer Arts Institute will run from July 30 to August 6, 2023. For more information, visit www.dean.edu/summerarts.

The Sports Broadcasting and Forensics Pre-College Summer Programs offer a great introduction to college life. Students will earn college credit for completing the program while they learn from experts in the field and get advice on the college admissions process from a Dean College admissions counselor during a free one-on-one consultation. Students will also participate in unique real-world experiences and field trips embedded into each program, with behind-the-scenes access to program-specific venues such as Gillette Stadium

and the New England Patriots training camp. Additional experiences may include trips to a science lab and police station for the Forensics program and a baseball stadium for the Sports Broadcasting program, as well as the opportunity to call live play-by-play and host talk show programs.

Two one-week sessions of each pre-college summer program will be offered. The first session will run from July 23-28, 2023, and the second session will run from July 30-August 4, 2023. Free virtual information sessions will be held on Tuesday, April 11, 2023 from 5:30 to 6:30 p.m. and Wednesday, May 3, 2023, from 6:00 to 7:00 p.m.

For more information, visit www.dean.edu/summer.

Preschool Screening Offered to Norfolk Residents

MARCH 10, 2023 - 12:30-2:30pm

Every year the Norfolk Public Schools offers a preschool developmental screening for Norfolk residents ages three and four years old. This screening is part of the Child Find Mandate affiliated with The Individuals with Disabilities Education Act 2004 (IDEA). This screening is used as a first step in identifying children that may meet the eligibility criteria for special education services before kindergarten.

Screening takes place at the H. Olive Day School, 232 Main Street, by appointment only.

The screening tool used targets the following developmental domains: speech/language, fine/gross motor and cognition. This is not a readiness screening and is not used to determine if a

child is "ready for preschool/kindergarten." All children entering kindergarten in September are screened in the spring prior to school entrance.

Please call 508-541-5478, ext. 2248 beginning February 27, 2023 to schedule a screening appointment. The screening will be held on Friday, March 10, 2023 from 12:30-2:30 p.m.

**Are you looking for a job with school hours and the school schedule?
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The Medfield Foodservice Department is now hiring! Substitute worker positions available with flexible hours, as well as full time, benefited positions.

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Caitlin Fahy at cfahy@email.medfield.net
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Entrust Your Home to the Hands of a Mom

The Moms Painting Company brightens up your walls and cabinets

By JANE LEBAK

In the era of work-from-home and online meetings, homeowners want to make their homes brighter, more beautiful, and more comfortable. An often overlooked aspect of a home's beauty is interior paint.

Says Melinda Currul, "That's when you need to call The Moms Painting Company."

The Moms Painting Company combines attention to detail with an appreciation for interior design. Their team consists of four moms and two dads, and they give their customers the care that the "mom" title implies.

"Whether we're painting a room or repainting the cabinets, we strive to put the client at peace in their own home," says Currul, who founded The Moms three years ago. "We make our clients comfortable having us work in the house. We've even had clients leave their children with us!"

One of the Moms, painter Courtney DeLuca, emphasizes the personal touch. "I really enjoy making someone's home what they want it to be. Seeing the final creation brings me joy."

While most homeowners think of "painting" in respect to the walls, the Moms have found a better way to spruce up a home: painting the cabinets and woodwork.

"A lot of older homes have wooden cabinets, but that look is really out," says Currul. New cabinets cost tens of thousands of dollars, though, so homeowners resign themselves to oak or maple. Currul adds, "They don't realize, our painters can make those cabinets look brand new for a quarter the price."

Cabinet work freshens up the look of an entire kitchen. Currul explains, "The cabinets come down, and we remove all the hardware, labeling everything precisely." This is where attention to detail is very important. "We'll sand, degrease, and apply two coats of a special bonding primer. We then apply a self-leveling paint that works to acquire a superb evenly coated cabinet."

Currul experimented with several bonding primers before identifying the best. Additionally while some painters spray the cabinets for efficiency, Currul

achieves unique results using a special roller. "Our rollers work to attain a solid finish with absolutely no brush marks. All of these aspects together, along with our talented painters provide the homeowner with a beautiful, like new set of cabinets without the high cost of installing them brand new."

Currul's team also updates wooden trim.

"These same homes often have brown trim at a time when everyone wants to go to white. To get it done right, we use all the same steps as with cabinets. We need to use the right primer, and then we caulk and fill all the holes in the woodwork."

Updating a home's appearance is an investment in the home's value. Currul says, "Where times are tight, people still want to feel happy in their homes, but without having to do a complete renovation. Painting their cabinets or their brown trim white will immediately increase the value of the home."

Of course, homes are not just investments. They're the stage for our lives. Moms painter

Irena Cascella says, "I've had a long relationship with a paintbrush. It's an honor for me to make your walls a beautiful backdrop for your memories."

Melinda Currul started Moms Painting after years of community involvement in Medway and the surrounding towns. When her children were smaller, she volunteered on community boards, coached cheerleading, and organized the MEPTO road races.

Business spotlight



Before photo (above), After photo (below).



no one—gets a job done like a mom."

Ready to learn more about The Moms Painting Company? You can find The Moms at <https://www.momspaintingcompany.com> and on Facebook at <https://www.facebook.com/momspaintingcompany>. Or you can call 617-304-6654 to jumpstart your home's brand-new look.

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Stock Market Uncertainty? A Fixed Indexed Annuity Can Help Put You At Ease



Market Uncertainty Heightens

With the stock market currently in a bear market and down substantially from its highs, it's reasonable to ask whether we're seeing another market crash. While the market has declined, it hasn't been the type of sharp and sudden selling that typically accompanies market crashes. The declines have come as investors try to sort out the impact of high inflation, rising interest rates and a potential recession.

We Must Diversify!

When markets decline, financial portfolios ultimately go down in value. Get ahead of the curve by checking in on the risk tolerance of your financial portfolio and making sure to diversify accordingly.

Diversifying may be the most important part of retirement planning. While there is no one right answer – or guaranteed sure thing – having a balanced financial plan is a proven strategy for income growth and wealth protection. Diversifying can mean a mix of 401(k) funds, IRAs and Roth IRAs, fixed indexed annuities (FIAs), mutual funds, stock investments, and more.

Protect Your Principal

With the stock market, there is no guarantee of upcoming returns. This is a continuous reminder to think about how we can continue to build our retirement income strategy. A smart first step is to evaluate savings vehicles that protect against market volatility. Enter a fixed indexed annuity (FIA).

An FIA helps protect your

principal even in a negative market return. At the same time, it offers the opportunity to earn interest that is tied to the performance of a well-known index, such as the S&P 500, Dow Jones, NASDAQ, etc. The index is used as an external benchmark – you do not actually invest your funds in it. In all, FIAs are contracts with insurance companies, where potential interest earned is linked to an external index. Expect a guaranteed minimum rate of return and tax-deferred growth as well.

What's Next?

What will happen in the stock market? Anything is possible. Until a crystal ball can accurately tell us what we can expect, it is up to retirement savers to make decisions that will protect them from what lies ahead.

Adding an FIA to your retirement portfolio could be part of the answer. Talk with a financial professional at Northeast Financial Strategies to understand the specific product features and if the benefits ladder up to your goals.

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 to set up an appointment - www.nfsnet.com

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Dean College Presents March Theatre and Dance Performances

The School of the Arts and the Joan Phelps Palladino School of Dance at Dean College will

perform a number of productions in March, including "Pippin" and the "Choreographers' Concert."

Concert."

The Dean College production of "Pippin" will take place from March 22-26, 2023. Performances will be held at 7:30 p.m. Wednesday through Saturday, with 2:00 p.m. matinees on Saturday and Sunday.

Studded with pop-style musical gems, "Pippin" is an allegory of a young prince in search of himself. Longing to find passion, adventure, or anything else that will make him feel extraordinary, Prince Pippin goes to war to prove his loyalty to his distracted father, King Charles. The prince falls in love with Catherine, a widow with a young son, and struggles to decide whether he should settle down and pursue a peaceful life or continue to make magic with a dazzling troupe of performers. "Pippin"

is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.

The Dean College production of "Choreographers' Concert" will take place at 7:30 p.m. on Friday, March 31 and Saturday, April 1, 2023. Student choreographers will have selected works showcased and adjudicated by renowned industry professionals in this two-night opportunity. You will have the chance to see the creative talents of emerging student choreographers in a full production setting. Friday evening's presentation will feature live commentary from the guest artists following each work, while the program will be reprised as a regular concert on Saturday evening.

Both productions will take place in the Main Stage in the Dr. Paula M. Rooney Student Center at Dean College, 109 West Central Street, Franklin.

Dean College welcomes children and families to all of our performances, provided patrons have complied with all safety guidelines. However, infants and children under 2 years of age are not allowed in the theatre, and children under the age of 16 must be accompanied by an adult. All patrons must have their own ticketed seats; lap sitting is not permitted.

To learn more about the show and to purchase tickets, visit www.dean.edu/boxoffice.



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Notable People of Wrentham

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

Daniel Brown's Clock – Fiske Public Library

Questions have been asked as to the history of the beautiful grandfather clock located in Wrentham's Fiske Public Library on Randall Road. The clock has the manufacturer's name on the bottom of the face of the clock, which is BIGELOW KENNARD & CO., BOSTON, who built and sold majestic grandfather clocks from 1863 until 1972.

Clocks of this kind were quite expensive and the craftsmanship in their creation was incredible. The mechanics of the clock, the mahogany wood and the fine finish on it, as well as the charming ring of the chimes, makes it a showpiece every home would love to have. The grandfather clock in the Fiske Library has a plaque on it stating that it was a "gift of Daniel Brown."

In my quest to identify Daniel Brown and why he may have gifted said clock has produced the following results that reasonably identify the Daniel Brown, whom I believe was the giver of such a wonderful clock.

Daniel Brown was born in Ireland in 1841, immigrated to America in about the 1860s with his parents, Alexander (1812-1889) and Margaret (Lawson) Brown (1813-1896) and began his career in the straw business. Daniel married Hester A. Getchell, from Topsfield, Maine on July 22, 1868 and they had two chil-

dren, Charles E. Brown, born on March 18, 1871 and a daughter, Grace Getchell Brown, born on January 15, 1884. Daniel died in Wrentham on August 16, 1904 and Hester died, also in Wrentham on April 21, 1933.

In the early 1850s, two George brothers, William and Lyman, began a straw business in the Town of Wrentham. The business failed in the panic of 1857, but William reestablished it and was successful for a number of years, when it was finally taken over by Daniel Brown and Hiram Cowell, who was William George's nephew. Both Brown and Cowell were very successful, with a huge shop and a large boarding house for the workers.

Mr. Brown had a sumptuous home on Common Street (the Hope Hall House) which he bought from the family of A. H. Brahman, whose death was in 1886. Daniel resided there, and his descendants until 1991. The home later became known as the Proctor Mansion.

Mr. Brown bought the home, which included property running clear through to Taunton Street. Behind his home, Mr. Brown had, as a hobby, several greenhouses where he grew huge Concord grapes. Mr. Brown also had a close relationship to Patrick Winter of Mansfield, also a grape hobbyist and a supplier of produce to Boston hotels, which included table grapes as their specialty. Mr. Brown hired Patrick to prune his grapes.

Mr. Brown also owned rental property on Taunton Street and for a small rental fee, he made it possible for the whole Winter family to move to Wrentham in 1901.

Besides the straw business, Mr. Brown also had an interest in a

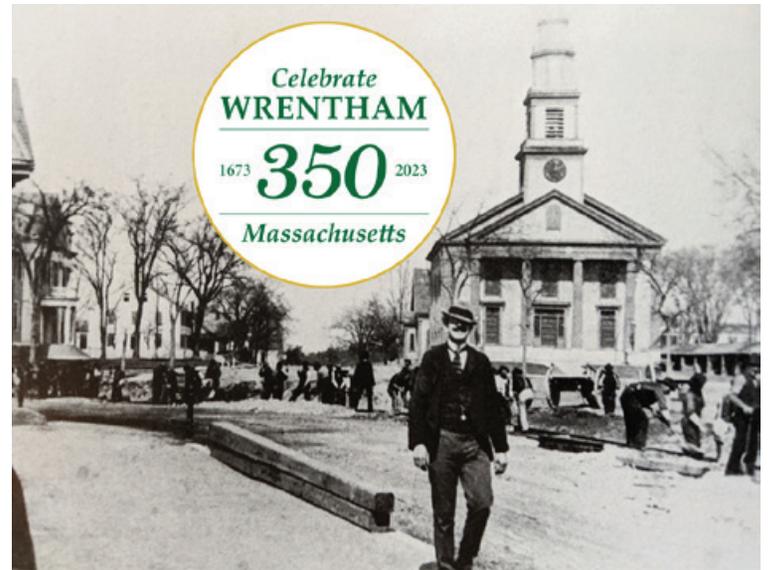


The clock as it stands today in the Fiske Library.

jewelry shop in town. Making jewelry was a thriving business in the Plainville/Wrentham area, but the shop in Wrentham center was not doing well and closed. Mr. Brown took over the building as part of his shares and he was trying to find something to bring business back into town.

Murray and his brother Allen Winter, who lived in Mr. Brown's rental home on Taunton Street, met Mr. Brown and Mr. Brown asked them why didn't they start a business in Wrentham and offered them free rent for a year to get started. They were, at that time, making taps and dies at Brown and Sharp in Rhode Island. Soon thereafter, they took on Mr. Brown's offer and started the very successful Winter Brothers Tap and Die shop on Kendrick Street.

Mr. Daniel Brown lived on Common Street until his death on November 13, 1904 at the age of 63. There is no record that I could find as to when the grandfather clock was gifted to



the Fiske Library, or even a note as to whether it was given by Mr. Brown before his death or by his widow, Hester A. (Getchell) Brown. It is from the above history of the man, Mr. Brown and his benevolent personality, that I believe that he or his widow to be the person who gave the clock to the library.

During his life in Wrentham, town records show Daniel as having served in the juror's box in the Probate Court in 1888 and 1889, but no record has been found that he was elected to any town office.

Charles Edwin Brown (1871-1910), Daniel's son, married Grace E. Armsby of Wrentham on June 15, 1893 and built a home on the lot next to the straw factory on Common Street, which was destroyed in a fire in later years. Charles and Grace had three children; Anna (1896-?), Daniel (1899-?) and Charles Jr. (1906-1936). Charles E. died on August 16, 1910 from appendicitis.

Grace Getchell Brown, (1884-1943) Daniel's daughter married Ernest Hall (1881-1938) on June 18, 1913 and they had two daughters, Hope Hester (1917-1991) and Marion Janet (1924-1974).

In Daniel's will, he left his estate to his wife, Hester and all of his business interests to his son Charles. It states in his will that "having made suitable provisions in my life for my daughter Grace E. Brown, I purposely give her nothing in this will."

Ernest Hall, Daniel's son-in-law, was the first librarian for the newly established Fiske Library located on East Street, across from the common. It is believed that the provisions mentioned in Daniel's will included giving the clock to the Fiske Library and that upon his wife Hester's death, the home on Common Street would be left to Grace and Ernest as they lived there after Hester's death. The Hall family lived there until both their daughters, both spinsters, died. In 1991, the last of the Hall family, Hope, died and the home was sold. Upon her death, the home was named Hope Hall Mansion. The family who purchased the home after Hope, named it the Proctor Mansion after its original builder/owner.

SUBMITTED BY WILLIAM H. JONES

Norfolk Lions College Scholarships Announced

The Norfolk Lions Club will be awarding four \$2,000 college scholarships to high school seniors who are residents of Norfolk. The students may attend public or private schools or be home schooled.

The scholarships will be awarded to candidates who have been actively involved in community service activities. Academic performance and other extracurricular activities will also be factors in selection.

The scholarship application will be available on the Norfolk Lions website at www.norfolkmalions.org on March 1. Applications must be completed by April 2.

Any questions can be emailed to the scholarship committee at norfolklionscc@gmail.com.

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Wrentham Student Inducted into National Honor Society at BC High

Jack Dooley (Class of 2024) has been inducted into the Robert J. Fulton, SJ Chapter of the National Honor Society at Boston College High School.

The National Honor Society (NHS) was created by the National Association of Secondary School Principals to recognize high school students who have distinguished themselves in their school and community.

Each year eligible juniors and seniors are invited to apply for membership in NHS. Applications are reviewed by a committee of BC High teachers to confirm that each student has attained a high standard of each of these characteristics: scholarship, character, leadership, and service.

At BC High, NHS members are committed to service in the school and in the broader community. All students applying for membership must be current with the completion of required community services hours for their grade level at BC High. After induction into NHS, all members are expected to offer significant service to the school community as tutors in the Aca-



ademic Resource Center, as ambassadors at Open House and Admissions events, and in other capacities.

A minimum cumulative grade point average of 3.5 is required of all applicants. Beyond the grade point average, applicants must be a positive presence in their academic classes. They must show initiative and dependability, work well with other students, exhibit a strong work ethic, and demonstrate openness to growth.

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.

Save the Date for Norfolk's Annual Town Election

Nomination Papers Available

Norfolk's annual Town Election will be held on Tuesday, May 2. Nomination papers are available in the Town Clerk's Office through Monday, March 13. All papers must be returned to the Town Clerk's office by Tuesday, March 14 for certification.

The following elected offices are open:

- One Select Board member for a three (3) year term.
- One Town Clerk for a three (3) year term.
- One Assessor for a three (3) year term.
- One Board of Health member for a three (3) year term.
- One Constable for a three (3) year term.
- One Housing Authority member for a five (5) year term.
- One King Philip School Committee member for a three (3) year term.
- One Library Trustee for a three (3) year term.
- Two Norfolk School Committee members each for three (3) year term.
- Two Planning Board members each for three (3) year terms.
- Two Recreation Commission members each for three (3) year terms.
- One Recreation Commission member for one, one (1) year un-expired term.

For more information, call 508-528-1400 or email Town Clerk Carol Greene (cgreene@norfolk.ma.us) or Assistant Town Clerk Rebecca Tefft (rtefft@norfolk.ma.us).

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

School Resource Officer Katie Appel Recognized

On Wednesday, Feb. 15, schools and police departments took the time to reflect on the critical role school resource officers play in supporting students and staff while fostering a safe learning environment during National School Resource Officer (SRO) Appreciation Day.

In observation of National SRO Appreciation Day, the Norfolk Police Department recognized and thanked Norfolk School Resource Officer Katie

Appel for her dedication to the role of SRO and to the students of the Norfolk Public Schools.

Officer Appel has been working in law enforcement for 12 years. She has been with the Norfolk Police Department since 2020 and has served as the department's SRO since 2022. In this role, she's been dedicated to bridging the gap between the police department and the education system as SROs can collaboratively enhance school



Officer Mitchell the Comfort Dog and Norfolk School Resource Officer Katie Appel celebrate National SRO Appreciation Day on Feb. 15. (Photos courtesy of Norfolk Police Department.)



SRO Officer Katie Appel discusses the book "Fish in a Tree" by Lynda Mullaly with students at the Freeman-Kennedy School.)

safety while providing a multi-faceted social-emotional support system for students of all ages.

"Officer Appel has been a wonderful addition to not only our department but to our schools as well," Chief Timothy Heinz said. "The students look forward to seeing her as she not only champions students, but she creates a safe space for those who may be struggling. We are so

thankful for her and her service."

During her time in Norfolk, SRO Appel has worked as a liaison for the jail diversion program, where she assisted the social work clinician in supporting residents of Norfolk and the surrounding communities. Appel is also a D.A.R.E. Officer, the advisor of the Genders and Sexualities Alliance (GSA) club and a child safety car seat technician. One

of her favorite parts of her job is bringing Mitch, the community resource dog, into classrooms.

On Friday, Feb. 10, Officer Appel and Mitch visited fifth and sixth-grade classrooms at Freeman-Kennedy School to discuss "Fish in a Tree" by Lynda Mullaly. The book speaks to anyone who's ever thought there was something wrong with them because they didn't fit in and struggled with literacy. The book embodies a cause close to Appel's heart as she has dyslexia and wants students to see they can overcome any challenges they may face.

"Helping students navigate through life's adversities and challenges at all levels as well as cheering them on through their biggest accomplishments is one of the best parts of my job," Appel said. "I'm able to see their compassion and it is truly one of the best feelings to watch them light up when Mitch walks through the door."

Officer Appel also works in-depth with the students at King-Phillip Middle School in Norfolk.

Broadway Stars take the FPAC Stage in *Something Rotten!*

The Franklin Performing Arts Company (FPAC) will present the hilarious musical comedy *Something Rotten!* running March 10-19 at THE BLACK BOX. Set in the 1590s, brothers Nick and Nigel Bottom are desperate to write a hit play, but are stuck in the shadow of that Renaissance rock star known as "The Bard." When a local soothsayer foretells that the future of theatre involves singing, dancing, and acting at the same time, Nick and Nigel set out to write the world's very first musical. But amidst the scandalous excitement of opening night, the Bottom Brothers realize that reaching the top means being true to thine own self, and all that jazz.

FPAC's production stars NYC/LA's Robbie Rescigno and Paul Rescigno as the Bottom Brothers, Christopher Rice-Thomson (*Hamilton*, *Book of Mormon*, *Pretty Woman*) as Shakespeare, Katie Gray as Bea, Ali Funkhouser as Portia, and Mi-



chael Barra (*The Greatest Showman*, *A Bronx Tale*) as Nostradamus.

The production directed by FPAC Artistic/Executive Director Raye Lynn Mercer will feature choreography by Broadway legend Tyler Hanes. Hanes was only 17 when he was discovered by Ann Reinking while attending Broadway Theater Project in Tampa, Florida. She cast him in the first national tour of the Tony Award winning musical, *Fosse*. Following the tour, he attended Carnegie Mellon University, leaving after a year to make

his Broadway debut in the 2002 Broadway revival of *Oklahoma!* Soon after, he appeared in the original Broadway companies of *Urban Cowboy*, *The Boy From Oz*, *The Frogs*, the 2005 revival of *Sweet Charity*, and as Larry in the original revival company of *A Chorus Line*. Hanes also appeared in the Broadway companies of *Hairspray* and the 2014 revival of *On The Town*. He starred as Rum Tum Tugger in the highly anticipated Broadway revival of *CATS*, which he was nominated for a Chita Rivera Award for Outstanding Male Dancer in a Broadway show.

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



Federated Church of Norfolk



2023 Holy Week Schedule



Palm Sunday, April 2nd 10am Service

9:40 processional and 11am Easter Celebration after the service!



Thursday, April 6th Maundy Thursday Service—7pm

You are invited to a spiritual, musical, and meditative service.



Friday, April 7th Good Friday – 12 – 3pm

You are invited into our quiet and peaceful Sanctuary for prayer and reflection.



Saturday, April 8th – Decorate the Blooming Cross

Come decorate the cross on the front lawn anytime on Saturday. We will have some flowers available, or you can bring your own favorites!



Sunday, April 9th – EASTER SUNDAY! He is Risen!

8am Community Service on Town Hill

Easter Breakfast in the Vestry at 9am

10am Traditional Service in the Sanctuary with our Choir



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Plainville Pipeline to KP Music Program is Back

BY GRACE ALLEN

Thanks to restored funding, Plainville’s Beatrice H. Wood School Band has returned this year. Budget cuts in 2020 silenced the music but the program is back with a newly-hired band director.

“The Town of Plainville, the Plainville School Committee and our district staff have worked diligently to relaunch this band program for our students,” said Plainville Public Schools Superintendent Jennifer Parson in a statement. “Music education is just as vital to our students’

school experience as any other program we offer.”

The new band director, Gregory Mayer, started with the district on November 1. He has over 30 years of music education and will oversee band rehearsals and performances. He will also recruit new band members. Mayer most recently worked for Walpole Public Schools as a music teacher. He holds a master’s degree in music from the University of Massachusetts Amherst and a bachelor’s degree in music from the University of Massachusetts Lowell.

“It is a privilege to be able to help bring music education back to the Wood School,” Mayer said. “I look forward to working with each student to help develop their skills and passion for music this year.”

The award-winning King Philip music program is comprised of music students from the towns of Norfolk, Plainville, and Wrentham. The loss of the Plainville music program was impactful but short-lived for the district’s



bands, which consistently garner accolades.

“We are thrilled that the students in Plainville have the opportunity to study instrumental music in school once again,” said Joshua Wolloff, Band Director for King Philip Middle School. “The

King Philip music program is very fortunate to receive students that have been given exceptional instruction from the instrumental teachers in Wrentham, Plainville, and Norfolk.”

(Photos courtesy Plainville Public Schools.)



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For more information, or to add to our list of volunteer groups, please contact Ilene Segal at ihsdvm6@gmail.com or Al Bozza at abozza@aol.com

Senior Center Programming Continues During Temporary Closure

Between the hours of 11:30 p.m. on Saturday, Feb. 4, and 2 p.m. on Sunday, Feb. 5, a pipe burst at the Norfolk Senior Center on Medway Branch Road. The pipe burst was discovered by a Council on Aging employee on Sunday who reported the damage to the Facilities and Fire Departments.

Members of the Facilities and Fire Departments immediately began to remove as much standing water as possible and move furniture away from the affected area, however, there was extensive damage to the building.

To ensure continuity of services and programming in the wake of the damage, the Council on Aging has identified numerous spaces throughout the town to conduct business and programming.

Until further notice, the Council on Aging will operate out of a temporary office/conference room in the Norfolk Town Hall, 1 Liberty Lane. The office/conference room is located close to the back entrance off of the parking lot. It's the second door on the left that is painted light green.

Senior residents needing assistance can visit the Council on Aging between the hours of 9 a.m. and 4 p.m. Monday through Thursday in person at the Town Hall, or can conduct business via phone at 508-528-4430. The physical office is closed on Fridays, however, business can be conducted via telephone.

Larger programs, such as Bingo and some fitness classes, will be held at the Norfolk Grange while smaller programs,

including arts and table games, will be held at the Norfolk Town Hall. The following weekly programming will be offered in these temporary locations effective immediately:

Monday

- Strength Training from 9-10 a.m. (Norfolk Grange)
- Yoga with Ginny from 10-11 a.m. (Zoom only)
- Diamond Art from 10:15-11:45 a.m. (first floor of the Town Hall)
- Tai Chi from 11:30 a.m.-12:30 p.m. (Norfolk Grange)
- Bingo 1-2:30 p.m. (Norfolk Grange)

Tuesday

- Strength Training from 9-10 a.m. (Norfolk Grange)
- Bridge from 10 a.m. to noon (first floor of the Town Hall)
- Yoga with Geri from 10:30-11:30 a.m. (Norfolk Grange)
- Mahjong from 12:30-3 p.m. (first floor of the Town Hall)

Wednesday

- Strength Training from 9-10 a.m. (Norfolk Grange)
- Cribbage from 10:15-11:30 a.m. (first floor of the Town Hall)
- Zumba from 10:30-11:30 a.m. (Norfolk Grange)
- Yoga with Holly from 1-2 p.m. (Multi-Purpose Room at Town Hall)

Thursday

- Strength Training from 9-10 a.m. (Norfolk Grange)

- Yoga with Ginny from 10-11 a.m. (Zoom only)
- Bridge from 1-3 p.m. (first floor of the Town Hall)

Friday

- Strength Training from 9-10 a.m. (Norfolk Grange)
- Knit Whits from 10:15 a.m. to noon (first floor of the Town Hall)
- Whist every other Friday from 12:30-2:30 p.m. (Norfolk Grange)
- Yoga with Holly from 1-2 p.m. (Multi-Purpose Room at Town Hall)

Metacomet Public Health Alliance Public Health Nurse Jeanine Murphy is also still available to senior residents by appointment between 9 a.m. and 4 p.m. every Wednesday at the Town Hall.

“On behalf of the Council on Aging, we would like to thank all town departments that have worked diligently to clean and fix the pipes at the Senior Center on Medway Branch Road and all other town departments that have offered up their spaces for us to use,” Senior Center Director Karen Edwards said. “Without everyone’s support, we couldn’t have had such a quick turnaround for finding new locations to conduct business, while continuing to offer the same level of programming we had offered before the pipes burst. We look forward to continuing to work together to fix the damage at the Senior Center while still offering engaging opportunities for our senior residents.”

Help Earthquake Victims in Turkey and Syria with a Tux Rental

Through March 20, Delux Tux in Franklin and Walpole will donate 100% of its tuxedo and suit rental revenue to earthquake relief efforts in Turkey and Syria.

Anyone renting a suit or tuxedo through either store will be asked to write a check for the rental, made out to the Center for Disaster Philanthropy. The

non-profit organization, founded after the 2004 Indian Ocean tsunami and the 2005 Hurricane Katrina, has a 100% rating on CharityNavigator.org.

The promotion does not apply to purchases.

For more information, contact Delux Tux owner John Ricci at jricci7367@gmail.com.

Traveling Folk Duo Andy & Judy to Perform at the Fiske

New England natives Andy and Judy Daigle will perform at the Fiske Library on Thursday, March 2 at 6:30 p.m.

The couple have been singing together since 2009 and wrote their first songs as a duo in 2011. Since then, they have recorded over 80 original songs and produced 7 albums. They continue to compose and produce new

music as they find inspiration from the sometimes chaotic, sometimes breathtaking, but always interesting world around us. Andy & Judy do a masterful job of involving the audience in their performances.

Call the library at 508-384-5440 or stop by the front desk to register for this program.

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Ballet Franklin at FSPA to present "Spectrum"

Ballet Franklin, the ballet conservatory at the Franklin School for the Performing Arts, under the direction of Cheryl Madeux, will present "Spectrum" a diverse program of ballet repertoire at THE BLACK BOX on April 1 and 2.

The Ballet Franklin students will present Gerald Arpino's Viva Vivaldi, Western Revelries, Class Concert, and Contemporary works. In addition to choreography by Cheryl Madeux, a former dancer with American Ballet Theatre, Joffrey Ballet, and Hartford Ballet, the concert features Donna Bonasera's fun and energetic ballet "Western Revelries." Ms. Bonasera is best known in the dance world for training dancers of the highest level technique, including Ms. Madeux, and her memorial choreography for both the ballet and musical theatre stage. She received her diploma from the Russian Choreographic Schools in Russia and is constant evolving and developing proper dance training programs based on the Vagnova Method of Classical Dance and

Music Theatre.

Ballet Franklin offers the highest quality of classical ballet education and training in the area. They also provide their dancers with a wide variety of performance opportunities for all ages and levels interested in the study of classical ballet. Ballet Franklin graduates and students have been accepted to some of the most prestigious trainee, college, and summer ballet programs available.

The scope of the curriculum provides unparalleled opportunities for dancers to pursue programs tailored to their interests, abilities, and needs. From beginner students seeking to establish a solid foundation in classical ballet technique, to advanced dancers focused on refining artistry, musicality, and performance qualities, all will find a home to train, grow, and develop at Ballet Franklin.

Every student is encouraged to audition for FPAC Holiday Productions' *The Nutcracker*, which is performed with a professional orchestra and special guest artists, such as Boston Ballet Principals

Erica Cornejo and Paulo Arrais and Soloists Dalay Parrondo and Bradley Schlagheck. Conservatory dancers have the extra opportunity to participate in Ballet Franklin's Spring Ballet Production as well as audition for FSPA ensembles and dance company opportunities offered throughout the year. The programs are designed to expand knowledge of the classics and explore contemporary ballet and original works by faculty or guest artists. Past Spring Ballet productions have included *Alice in Wonderland*, Prokofiev's *Cinderella Suite*, *Coppelia*, *Graduation Ball*, Tchaikovsky's *Swan Lake*, Prokofiev's *Peter and the Wolf*, *Les Patineurs*, and Britten's *Young Person's Guide to the Orchestra*. Repertory Concerts include classical and contemporary original works.

For "Spectrum" tickets and more information on Ballet Franklin, the ballet conservatory at the Franklin School for the Performing Arts, visit balletfranklin.com or call (508) 528-8668.



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The b.LUXE *beauty beat*

PAWSitively Amazing!

By GINA WOELFEL

Everyone knows that our beloved four-legged friends bring us so much joy and love, but did you ever stop to think about how they make us look and feel? Our canine companions are always loyal, warm, and wildly goofy – all qualities that help them shine as the incredible furry friends we know and love. But it’s more than just their lovable personalities that keep drawing us back in; there is a real science behind why man’s best friend can quickly become our favorite confidant. Let’s take a closer look at why exactly our dogs make us look good, feel great, and smile even wider!



always said, “Dogs are my favorite people” and judging from her house full of them, we believe her!

Heather first started her rescue journey with Joanne Hutchinson, one of the three original founders of PAWS New England. I recently interviewed Joanne and she shared with me how PAWS began and where they are today.

“Paws New England started with a small group of women who saw the need for adoptable dogs in the New England area and an abundance of dogs in our southern shelters who were being euthanized for space only, a practice that’s, surprisingly, still in use today. Rescue was in its infancy 20 years ago, so we followed the lead of some of our predecessors and began rescuing dogs from the Memphis, TN area. We rescue abandoned, neglected, and abused dogs from high-kill shelters and desperate situations and provide them with vet care, behavioral training, boarding, food, medications, and anything our dogs and foster families need to succeed! We then bring them to New England where we place them in safe, loving homes.

Joanne shared with me a picture of “Jackson” (featured above), a Golden Retriever mix who came to PAWS with a severely injured leg in need of amputation. Through PAWS, Jackson received the care he needed and was placed in his forever home this past year. These are the kinds of stories that melt our hearts. Nothing compares to the feeling of coming home

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to our loyal, tail-wagging friends and their unconditional love. Heather Cohen and I have both adopted our pups from PAWS and there’s no denying how much joy they bring to our lives.

Joanne further explained just how far PAWS has come: “Fast forward to 2023 and we’re now sending approximately 10-15 dogs per week to adopters or foster homes, which are a critical part of our organization. We’re a volunteer operation and well known for accepting dogs who’ve been injured and abused into our program and, as such, donations are the only way we can continue to assist those dogs who need us the most. 98% of every dollar donated goes directly to our dogs. We even share our tax documents right on our website.”

b.LUXE wants every dog to have an amazing home where they feel safe, loved and adored.

We know you feel the same way about your beloved pooches and hope you’ll stop in this month and grab a few beauty products to help support PAWS New England!



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Leading the way in all this pooch affection is b.LUXE owner, Heather Cohen, who’s been a canine advocate and dog fosterer with Paws New England for the past 20 years. She’s

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Living Healthy

Cataract Surgery in 2023: Questions and Options

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

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

1. Why are you referring me to this surgeon? Your optometrist may ask you to travel miles and hours away from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home. Ask your provider why they want you to travel hours and miles away. Unfortunately, if you dig enough, you will find the only reason for this remote referral is financial and business-related interest your provider has with the far-away surgeon. In many of these referrals the referring optometrist and surgeons may also be in violation of the STARK



law and anti-kickback statutes. Beware referral bias. In our center, we eliminated the middleman. 100%

of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

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

6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!

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

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

7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like



MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.



John F. Hatch, M.D.



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Living Healthy

EYES

continued from page 20

your phone and computer screen with little or no dependence on glasses.

8. Will my need to wear glasses be reduced?

Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.

9. Will I have stitches?

It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.

10. What will be my vision on day 1 after the surgery?

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

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first

surgeon in the greater Boston area to implant the PanOptix and Vivivity lens implants. We have trained local and out-of-state surgeons on how to perform cataract surgery. We offer bladeless laser cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No longer need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford offering bladeless laser cataract surgery. Our surgery center passed certification and accreditation by the most rigorous State and National accreditation agencies. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and 2 other locations in Milford and Millis. Over 30 thousand procedures performed and 7 providers with your interest in mind offering the best cost-efficient surgical care in an ambulatory surgery center closer to home.

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“But I don’t have a yeast infection”

Candida overgrowth is a common health issue among men and women. If left untreated it can lead to chronic disorders and complications. Candida Albicans is a type of Yeast that lives naturally in your GI tract and other parts of your body and is usually kept in check by ‘friendly’ bacteria in your gut. If the balance between the good and bad bacteria is disrupted Candida can grow out of control. This can lead to many health issues. This can affect your energy levels, cognition, skin, digestion, focus and even your mood. Other symptoms include joint pain, muscle aches, bloating after meals and brain fog.

Joyce P entered our office complaining of years of joint pain, muscle aches, brain fog, depression and digestive issues. She had seen many Dr’s who finally decided it was Chronic Fatigue and Fibromyalgia. She was put on antidepressants to relieve the pain and depression but she never got relief of her symptoms. She was finally referred into our office by a friend and decided it was time to try something new. Once examined it was determined that Joyce had Candida Overgrowth which led to a Leaky Gut and contributed to her symptoms. She was put on a specific diet and a regimen of supplements and was seen



Dr. Rochelle Bien & Dr. Michael Goldstein

weekly in our office during treatment. After starting care she began to feel different in the first few weeks. After several months her pain was resolved, her mood elevated and brain fog lifted.

If you are experiencing similar symptoms, call The Holistic

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What's Wrong with My Houseplant?

By ANGIE FITTON

On February 8, the Garden Club of Norfolk and the Norfolk Public Library hosted a virtual presentation about houseplants with Bonnie Power, a certified Master Gardner.

With both a bachelor's and master's degree in zoology, which informs her perspective on the management of garden insects, Bonnie Power has much to say about caring for houseplants. She has also been the admin of the Facebook group "What's wrong with my plant?" for six years.

According to Power, the most overlooked reason houseplants get sick is lack of proper light. Most people don't realize that plants starve to death if they can't photosynthesize.

"Houseplants should not be more than three feet from a light source," Power said. And they need to be directly in the light, not beside or below it.

"The plant should be able to see out the window," she emphasizes. If the plant cannot be placed in direct sunlight, stores sell clip-on shop lights with LED daylight spectrum bulbs.

People are often afraid to give plants too much water. "The water should flow through the pot and come through the bottom," Power stated, noting the best way to test if a houseplant has enough water is to put a finger in the soil up to the first knuckle. If the soil is dry, the plant needs more water. If it's damp, no watering is necessary. If you're worried about using tap water, you can use a "reverse osmosis" water filter. Boiling water actually concentrates chemicals and minerals, and "soft" water has too much salt. Carnivorous plants like distilled water. Another bit of advice from Power is to have a humidifier in your plant area, as the air needs to be humid, and misting does not work as

it doesn't last more than a few minutes.

"Pebble trays are pretty, but moisture doesn't reach the plants," explained Power. Rocks in the bottom of the plant pot can also cause root rot from lack of oxygen. Instead of rocks at the bottom of pots, Power suggested using white coffee filters, dryer sheets, plastic or screen mesh, or drywall tape. All houseplants need to be in pots with holes in the bottom, but if you want something pretty, simply put the pot with holes inside a decorative pot.

Sometimes plants get pests. Spider mites are arachnids, not insects, so insecticides will not work on them. You can easily get rid of them by rinsing the plant in the sink and drenching it with the sink sprayer. Thrips are the hardest pest to get rid of. Using Captain Jacks Bug Spray on every leaf and stem, top to bottom, will get rid of thrips. Scale bugs are sucking insects that are

all female and generate impenetrable shells around their bodies. These pests can be picked off by hand. For white flies, you want to use horticultural oil and for Aphids, again, take the plant to the kitchen sink, use the hose and then slide them off the plant with your fingers. Mealybugs create fuzzy nests and can easily be treated with a mixture of one-half water, one-half rubbing alcohol on a cotton swab. Fungus gnats look like mosquitos, and you can save your plants from them with yellow sticky cards.

To try and prevent pests, Power suggests neem oil. This coats the leaves and makes it impossible for bugs to feed. It is also a fungicide. Be sure to read the label in case it can't be used on your particular plants.

When it comes to fungal or bacterial infections, the average houseplant owner cannot fix them, so it's often best to throw the plant away, says Power. Also, never fertilize a stressed plant, as this will stress the plant more and cause it to die.

Repotting a plant should take place 10-14 days after you bring it home. Do not repot before this, as the plant will most likely not recover. Use one third potting mix, one third draining material like perlite, pumice or lava rock, and one third chopped bark. Only repot if the plant is drying out and be sure to put it into the largest pot you'll eventually want, to avoid repotting too many times. "Plants are happier with a lot of room for their roots," notes Power.

Power also has a list of "do nots" for houseplants. Do not pull a plant up through the soil, as it damages root hairs. Do not cut off green leaves to "save energy." Don't use homemade leaf shine like mayonnaise or milk. Never use dish detergent to clean a plant. Don't use water bulbs to water the plant; they are pretty decorations but insufficient for watering. Don't fall for fads, like banana water, and if you ever have any questions about care, do not use .com sources, always use .edu sites.

Wrentham to Implement Town Wide Upgrade to Water Metering System

The town of Wrentham will be implementing a town-wide upgrade to the town's water metering system.

Starting in March, all water users should receive a letter in the mail outlining the program and directions for scheduling water meter replacement. This upgrade includes the installation of a new water meter and reading device at every home or business

by the installation contractor, Hydro Utilities.

The mandatory upgrade comes at no additional cost for a standard installation.

Upon receiving the letter in March, residents are asked to schedule their meter replacement within two weeks. All tenants or renters are asked to pass the letter on to the building owner for scheduling purposes.

For Appointments:

- Go online to www.wrenthammeters.com and enter the work order number and service number supplied in the letter to log in and schedule an appointment.
- Call Hydro Utilities toll-free at 1-866-983-8080 Monday through Friday between the hours of 8 a.m. and 4 p.m. Provide the work order number and service number supplied in the letter to schedule an appointment.
- Please do not contact the Wrentham Public Works Department directly to schedule an appointment.
- Appointments are available at set times Monday through Saturday 8 a.m. to 4 p.m.

- Installation time is approximately 30 minutes.

- The installer must enter the home or business to complete the installation. An adult (18 years old minimum) must be present for the entire time of installation and be able to sign a form to verify the water meter change out.

The area around the water meter (minimum 5-foot radius) must be accessible to the installer prior to the appointment.

For health and safety reasons, whenever possible, installers will access the water meter without passing through living spaces, i.e. by utilizing bulkheads and exterior cellar doors.

All Hydro Utilities employees will have a photo ID badge and drive clearly marked vehicles. Do

not allow any stranger into your home without a photo ID badge and clearly marked vehicle. Call Hydro Utilities to verify your appointment if you have any doubts.

"This upgrade is part of our continuing effort to improve our water service to residents," Town Administrator Kevin Sweet said. "Upgrades like this allow us to properly see the town's water usage and give us more transparency when it comes to the town's water needs."

The water metering system upgrade project went out to bid in August 2022. The bid was awarded to Ti-Sales of Sudbury, which has contracted Hydro Utilities to do the scheduling and replacement of the water meters.



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Sports

KP Girls Six Aiming for Better Tourney Results

By KEN HAMWEY
STAFF SPORTS WRITER

The King Philip girls ice hockey team is preparing for the state tournament, hoping there's no repeat of last year's result when it faced Norwell in the first round.

The 2021-22 Warriors were third-seeded but that high ranking didn't mean much when they were upset, 3-1, by Norwell. "That loss was devastating for all of us," said coach Ken Assad who's in his fourth year as KP's coach. "We had finished the regular season with an 18-4 record and had the talent to go deep into the playoffs."

The current edition of the Warriors, which had a 9-9 record at Local Town Pages deadline, is a formidable contingent that Assad rates as "a team that's improving daily." He believes a very strong non-league schedule will be a plus in the playoffs.

"We have eight returning players with varying degrees of experience," he said. "And, we have seven eighth graders who'll provide a bright future for the program. Our hockey IQs are improving, we've got mental and physical toughness, and we've got good skating ability. The girls are coachable and we're improving our depth."

Assad's goals at the start of the season were what he termed "realistic and in the realm of possibility." They included winning the Hockomock League crown, qualifying for the state tourney, going deep in the playoffs and improving every day. Daily im-

provement and a tourney berth are definite but the league title went to Canton with KP the runners-up with a 4-2 conference record.

The 57-year-old Assad and his 21 players, however, will be striving in the days ahead to make the squad's tourney goals a reality.

Three keys to KP's success are senior captains — center Kat Precobb, defenseman Brielle Hearon, and goalie Mallory Johnston. The trio leads on and off the ice, and they lead by example, by being communicative and supportive.

"Kat is a four-year starter who gives 100 percent all the time," said Assad. "A good teammate, she's got a high hockey IQ, grinds it out in the corners and is an effective play-making center. Brielle is another four-year starter who's fast, forces opponents into mistakes, skates well and makes good decisions. Mallory has a goals-against average of 2.35 and is finishing up her career with more than 1,000 saves in three seasons. She's instinctive, works hard, directs her saves to teammates in the corners, and she's adept at cutting the angles."

Junior center Kelly Holmes, who was a league all-star last year, is a dynamic center who last year led the league in scoring with 23 goals and 25 assists for 48 points. At Local Town Pages deadline, she had 28 goals and 15 assists for 43 points with four regular-season games left.

"Kelly has 108 career points with four games left this year and another season to go next year," Assad said. "She's smart, crafty, has strong hands and has play-making ability. Her speed enables her to change the course of a game with her scoring ability."

Two other juniors — defenseman Mara Boldy and left wing Nikki McDonald — are top-notch competitors.

"Mara is a smart player whose speed makes her excellent in transition," Assad said. "She's strong on defense and also provides a spark on offense. She's a four-year starter. Nikki has speed, too, and also has a high hockey IQ and is strong on the penalty-kill. She's physical on penalty-kills and her offense has improved. She's been a three-year starter."



Team photo of the King Philip girls ice hockey team that's aiming for a deep tourney run.



KP hockey coach Coach Ken Assad stresses defense, goal-tending and forechecking.

Lydia Maxwell and Grace Lehan-Allen are freshmen defensemen who've been starting for two years. "They've got speed, a high hockey IQ and solid skating ability," said Assad, who played three varsity seasons of hockey at Franklin High. "They create offense and they're physical in front of the net."

KP has three seniors and three freshmen who can step in and contribute effectively. They include seniors Emma Sullivan (defense), Hailey Bright (goalie) and Sydney Cloutier (right wing), and freshmen forwards Camryn O'Shea, Katie McGann, and Ryley Ryan.

"They contribute to the success of the program daily," Assad said. "They're fundamentally sound and always prepared."

Eighth graders on the roster who've impressed Assad are forwards Ella Morgan, Erin Steck,

Molly Murphy, Tayla McDuff, and Ryland McKillop, defenseman Calleigh Grady, and goalie Olivia Klein. "They listen well and they know how to adjust," Assad said. "They're fast, have high hockey IQs and their passionate about their futures."

Assad's coaching background is not only lengthy, but also impressive. He first coached in Franklin's youth league and later

served for 12 years as a junior-varsity assistant and a varsity assistant at Franklin High. Assad has also coached club hockey and helped with Franklin's summer league teams. In 1983, it was Assad's overtime goal that broke a 4-4 tie against Falmouth and gave Franklin High its first state championship.

Assad relies on a coaching philosophy that emphasizes winning, reaching one's potential and having fun. "If our players are reaching their potential and enjoying their athletic endeavor, then winning will follow," he said. "And, the life lessons I hope they learn from sports are becoming quality teammates and leaders, overcoming adversity, and developing relationships."

KP's on-ice style is all about defense, goal-tending and forechecking. As Assad says: "We work for every goal."

The KP girls ice hockey squad knows that March Madness has arrived — it's tournament time. And, the players who skated on the varsity last year are acutely aware that keeping their guard up is extremely important no matter who the opponent is.

Ken Assad no doubt will be reminding his forces that seeding and rank are only numbers.



KP's hockey captains are, from left, Kat Precobb, Mallory Johnston and Brielle Hearon.

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Real Estate Corner

KPHS's DECA Members Qualify for Upcoming State Career Development Conference

King Philip DECA members have qualified for the upcoming State Career Development Conference (SCDC). The organization's members performed exceptionally well at the Massachusetts DECA District Two Conference held on Jan. 4-5 at the Mansfield Holiday Inn, and are now moving onto SCDC in March.

Students competing at the district conference had to place in the top four of their respective categories in order to qualify for the state conference. Students were recognized for their hard work and efforts in the areas of marketing, community service, finance, hospitality, and tourism.

KP DECA students who were recognized at the district conference include:

First Place Winners: Madison Asprelli, Lindsey Field, Marisa Hughes, Kate O'Neil, Caitlin Thompson, Ava Lanza, Julia Lanza, Kayla Simas, Tessa Sarkar, Emily Zappala, Phil Harmon, Liam Hickey, Bridget Swezey, Hallie Miller, Sydney Paquette, Sophia Collins, Trevor Clyde, Caden Heslin, Ben Sim-

mons, Zunairah Syeda, Ananya Boominathan, Luke Reagan, Jake Van Hoesen, Brady Ricci, Alden Hardy, Lainey Grant, Emerson Baker, and Trinjan Kaur.

Second Place Winners: Abigail Thoren, Caitlin O'Brien, Aarshe Murli, Ryan Brown, Chris Delvecchio, Louise Bourque, Jordan Host, Emily Heslin, Jett Tucker, Abby Hoyt, Grace McGourty, Morgan Leblanc, Kiera Evans, Lucy Weineck, Ashleigh Guenette, Ava Reitz, Maggy Crisafi, Julia Devasto, Meagan Sullivan, Gavin Hickey, Owen Troutman, Braedon Reilly, Charlie Morris, Henry Leclair, Addison Lewis, and Eliot Davis.

Third Place Winners: Tia Persky, Luca Giardini, Logan Noiseux, Sarah Glaser, Allyson Pochay, Alex D'Amadio, Kendall Noonan, Jack Curran, Will Bowen, Jacob D'Avignon, Isabelle Taylor, Greg Manley, Keith Joseph, and Brooke Noonan.

Fourth Place Winners: Olivia Florindi, Lian Nolan, Neel McGrath, Nora Tobichuk, Reilly O'Brien, Kaitlyn Ceurvals, Neva Keighley, Ella Sheehan, Jason Lussier, Beckett James, Colin

Brady, Ryan Love, Ryan Simas, Brycen Cloutier, Eve Rose, and Nora Garland.

"We are all so proud of our chapter's efforts and achievements so far," DECA Vice President of Marketing Brooke Noonan said. "80% of our members will be attending the highly competitive state competition with DECA members from across Massachusetts."



KP DECA freshmen at the MASS-DECA D2 conference.
(Photos courtesy King Philip Regional School District.)

Along with achieving success through members' projects, the King Philip DECA Chapter has also participated in chapter campaigns recently as well. The KP DECA program earned Thrive Level in the membership cam-



Many alumni returned to King Philip High School to work with DECA current members at the chapter's roundtable prior to the district competition.

campaign and chapter campaign. As a result of this recognition, King Philip will be sending six



King Philip DECA's senior members acted as leaders to motivate younger members through the competition.

DECA members to the International Competition in Orlando, Florida, this April to participate in the Thrive Academy.

About DECA Inc.

DECA is a career and technical student organization that

prepares emerging leaders and entrepreneurs who are interested in careers in marketing, finance, hospitality, and management. DECA enhances the preparation for college and careers by providing co-curricular programs that integrate into classroom instruction, apply learning, connect to business and promote competition. DECA student members leverage their DECA experience to become academically prepared, community-oriented, professionally responsible, experienced leaders. DECA is a 501(c)(3) non-profit with more than 225,000 members in 4,000 high school and college chapters in all 50 United States, Canada, Guam, Puerto Rico and Germany.

For more information about DECA, visit <http://www.deca.org>.

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Real Estate Corner

Norfolk and Wrentham Students Make Trimester 1 Honor Roll at Tri-County Voke

Norfolk

Grade 9 High Honors: Rhys Beck, Michael Love, Dominic Mastroianni

Grade 9 Honors: Jackson Mangion, Matthew McNeil, Madelyn Palson, Miley Richardson

Grade 10 Honors: Thomas Cambria, Jacqueline Mullen, Amiyah Sullivan

Grade 11 High Honors: Andrew Nelson

Grade 11 Honors: Noah Renner

Grade 12 High Honors: Joseph Bobulis

Grade 12 Honors: Jacob Sullivan, Trevor Vinson

Wrentham

Grade 9 High Honors: Ava Gill

Grade 9 Honors: Pedro Andrade, Ashley Megna, Alexander Pollard, Joseph Zahner

Grade 10 High Honors: Thomas Genereux,

Grade 10 Honors: Noah Fitzgerald, Noah Gable, Ashlynn Groom, Martin McCrave, Sawyer Thurston

Grade 11 Honors: Molly McDermott, Vincent Palmieri, Amelia Rietz, Callie Schweitzer, Nova Sheerin, Abigail Tranquillino, Ryan Zagrodny

Grade 12 High Honors: Teddy Connors

Grade 12 Honors: Aidan Fitzpatrick, Savannah Keating, Nicholas Matyi, Derek McLeod, William Redfean, Albert Tranquillino



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Recent Home Sales in Norfolk

Date	Address	Amount
Oct. 24	3 Medway Branch	\$570,000
Oct. 25	12 Winterberry Way	\$687,000
Oct. 28	15 Cresson Avenue	\$525,000
Oct. 28	6 Norway Farms Drive	\$1.25M
Oct. 31	45 Lawrence Street	\$388,000
Nov. 3	17 Avery Way	\$750,580
Nov. 4	11 Medway Street	\$575,000
Nov. 10	75 North Street	\$555,500
Nov. 17	11 Wrights Farm Road	\$1.57M
Nov. 18	7 Fleetwood Drive	\$570,000
Nov. 22	2 Hill Street	\$500,000
Nov. 29	40 Maple Street	\$575,000
Nov. 30	128 Winterberry Way	\$651,500
Nov. 30	6 Avery Way	\$719,900
Nov. 30	7 Avery Way	\$705,549
Dec. 2	13 Cleary Circle	\$715,000
Dec. 7	2 Dupee Street, #27	\$803,628
Dec. 7	11 Old Cart Path	\$1.03M
Dec. 9	9 Avery Way	\$741,567
Dec. 14	10 Bristol Pond Drive	\$1.17M
Dec. 20	120 Warren Drive	\$1M
Dec. 22	23 Avery Way	\$715,695
Jan. 5	2 Ash Road	\$629,000
Jan. 5	11 Mill River Road	\$845,000
Jan. 11	45 Berkshire Street	\$1.04M
Jan. 17	19 Mohegan Street	\$739,900
Jan. 20	15 Avery Way	\$803,014
Jan. 23	49 Noon Hill Avenue	\$730,000
Feb. 1	8 Winterberry Way	\$610,000

Source: www.zillow.com
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Real Estate Corner

Rep. Vaughn Files Legislation in First Term

SUBMITTED BY THE OFFICE OF REP. MARCUS VAUGHN

Representative Marcus Vaughn (R-Wrentham) has filed over 30 pieces of legislation in his first term, building upon some of the work done by Representative Dooley and spearheading some initiatives of his own.

Representative Vaughn has a number of priorities this legislative session, all of which are ideas to help make the Commonwealth a better place to live. These are the top 5 bills the representative is hoping to push hard for:

HD1079 – An act relative to electronic security for the Commonwealth

This bill seeks to protect the Commonwealth and its citizens from cyber security threats from the Chinese government (CCP) as well as other malicious actors and foreign adversaries. This bill would ensure that any entity that receives state funding--municipalities, agencies, contractors, grant recipients, etc.--be barred from using products made by the CCP or other foreign adversaries. This bill will also require that an entity that receives state funding or currently has CCP made products or devices have a plan in place within 90 days of this legislation going into effect to remove/replace said devices and products, and then enact said plan within 6 months of the plan being presented. The goal of this bill is to ensure that the Commonwealth is not leaving any aspect of its infrastructure at the whims of a hostile foreign power.

HD1077 – An act relative to MSBA school funding

This bill is a study that will look at the current funding structure that the Massachusetts School Building Authority uses and propose recommendations for how this funding structure can be updated to ensure that the money spent on education is best allocated. The needs of primary, secondary, and technical education are different. Technical schools often require more expensive and specialized equipment than secondary schools and the mechanism by which they are funded should reflect those needs.

HD1489 – An act relative to establishing a grant program to increase the presence of mental health counselors in schools

This bill seeks to provide a grant program for schools/school districts to increase the number of credentialed service providers, such as mental health counselors and other professionals, brought into the schools with the goal of improving student mental health. This bill seeks to build on the mental health bill that was passed last session.

HD2049 – An act relative to pill press machines

This bill imposes a \$25,000 fine or 1 to 5 years in prison for possession, purchase, transportation, etc. of a pill press machine. These machines can be purchased online for a few hundred dollars and allow the people who have them to make pills/tablets/capsules that are virtually indistinguishable from the name brand and generic drugs/medi-

cations from pharmacies. Pills/tablets/capsules could be laced with fentanyl or other opioids but look identical to the original prescription. This legislation is just one piece of the puzzle in the complex fight against the opioid crisis and the sad and tragic overdoses that occur all too frequently.

HD3124 – An act relative to billboard advertisements for cannabis

This bill gives the Cannabis Control Commission (CCC) the final stamp of approval over cannabis dispensary billboard advertisements. Many of the state's routes and highways are now plastered with cannabis advertisements, especially Rt. 1. And many of these advertisements do not have the proper warning language on them that is required by law, or if they do, the print is so fine it is impossible to read from the road while driving by. Giving the CCC final approval over these billboards can ensure that the proper warnings are placed on the billboards and that the warnings are visible and legible to drivers.

"I am proud to have filed each of these pieces of legislation. Each of these bills takes a step in the right direction to make our Commonwealth more secure, equitable, and safe," Representative Vaughn said. "I am looking forward to working with my colleagues on Beacon Hill to push forward solutions to the many issues that lay before us. These are just a few of the many bills that we will deal with this year and my hope is to be a voice of common sense and reason for the people of the 9th Norfolk District."

Contact the office of Representative Vaughn with any questions or concerns at (617) 722-2263 or by email at Marcus.Vaughn@mahouse.gov.

Recent Home Sales in Wrentham

Date	Address	Amount
Oct. 26	130 Cowell Road	\$199,500
Oct. 27	29 Dunn Avenue	\$410,000
Nov. 14	55 Elysium Street	\$235,000
Nov. 15	30 Kevin Joes Way	\$618,000
Nov. 15	60 Carriage House Lane	\$900,000
Nov. 15	31 Farrington Avenue	\$850,000
Nov. 16	106 Park Street	\$560,000
Nov. 17	120 Riverside Drive	\$760,000
Nov. 29	110 Creek Street	\$450,000
Nov. 30	155 Winter Street	\$525,000
Nov. 30	10 Rebecca Road	\$615,000
Dec. 2	10 Autumn Road	\$1.2M
Dec. 2	20 Rochambeau Avenue	\$1M
Dec. 8	37 Ray Road	\$800,000
Dec. 8	47 Weber Farm Road	\$748,271
Dec. 8	10 Weber Farm Road	\$734,279
Dec. 9	15 Caesar Chelor Drive	\$730,000
Dec. 15	105 Annawon Avenue	\$884,500
Dec. 16	500 Chestnut Street	\$675,000
Dec. 20	290 Cowell Road	\$360,000
Dec. 23	622 West Street	\$475,000
Dec. 23	7 Farrington Avenue	\$880,000
Dec. 28	574 Dedham Street	\$297,000
Jan. 3	40 Oxbow Drive	\$560,000
Jan. 19	31 Walnut Road	\$444,000
Jan. 19	304 Creek Street	\$340,000
Jan. 24	1275 West Street	\$185,000
Jan. 27	704 East Street	\$389,900
Jan. 27	115 Lorraine Metcalf Drive	\$741,500
Feb. 2	130 Cowell Road	\$395,000

Source: www.zillow.com

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