

Boston 25 Morning News 'Zip Trip' Coming to Wrentham July 28

BY GRACE ALLEN

The Boston 25 Morning News team will broadcast live from Wrentham's town common on Friday, July 28 from 6 to 10 a.m. in the latest edition of the popular Zip Trips segment. Residents of all ages are encouraged to come out and be part of the audience and share what makes Wrentham a great place to live.

Friday morning Zip Trips are a summer tradition for the station. The live broadcasts, now in their 20th season, are a way to connect with viewers and give residents a chance to promote their community.

Anchors Gene Lavanchy and Elizabeth Hopkins, along with meteorologist Shiri Spear, are scheduled to broadcast in front of the live audience on the town common. The morning will feature several interviews with Wrentham officials, including Town Administrator Kevin Sweet, Select Board Chair Joseph F. Botaish II, and Town Moderator Edward Goddard, who also co-chairs the 350th Committee.



The Boston 25 Morning News team on a Zip Trip. From left, Shiri Spear, Gene Lavanchy, and Elizabeth Hopkins. Courtesy photo.

The Wrentham Elementary School chorus, led by music teacher Melanie Mariotti, will perform the song "Wrentham, Oh Wrentham," to acknowledge and honor the town's 350th anniversary. The song's music was written by local musician and school aide Mike McGuire, with lyrics by Grey Almeida, 350th Committee member, Julia Haney from the Music Box, and Mike McGuire.

The broadcast will showcase favorite Wrentham restaurants, locations, and more.

Zip Trips have plenty of activities for crowd participation, including a free kids' activity zone, games, and booths for attendees to browse.

And while Zip Trips are always a popular draw for

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KP softball squad loses, 2-0, to Taunton. Page 19

KP Nine Will Be Ready for Division 1 Challenge

BY KEN HAMWEY
 STAFF SPORTS WRITER

There was plenty of disappointment and even some tears were shed after King Philip's baseball team lost to Milton, 6-2, in the Division 2 state final last month at Polar Park in Worcester.

Both emotions were justified, primarily because of past history. The Warriors are now winless in two consecutive attempts to capture a state title — last year's 4-2 setback was also inflicted by Milton, a Bay State Conference team that has become KP's kryptonite.

Give coach Brendan Morrissey's Wildcats all the credit and all the kudos. And, that's just what KP coach Jeff Plympton Jr. did immediately after the final out.

"I thought we were locked in and ready to go," he said. "We were excited to be back, and to play in a venue like this was awesome. Our guys were super pumped. But Milton did all the



Coach Jeff Plympton has guided KP's baseball team to back-to-back state final appearances.

right things. Coach Morrissey said he respected our team and that we've built a good program."

Remember the last five words uttered by Morrissey — "we've (KP) built a good program." There was a time, not too long ago, when Warrior baseball was

CHALLENGE

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residents, the Boston 25 news anchors enjoy the experience, too. According to Gene Lavanchy, Zip Trips get the anchors out of the studio to meet the viewers and learn about the community, all in a positive format.

“Usually when news trucks roll into a town, it’s often to cover something bad that happened,” said Lavanchy in an email. “With Zip Trips, we’re coming in to highlight all the wonderful things about a town, its history, shops and restaurants, and local people who make a difference in the community. We love learning about the places we visit, and the pride folks have in their city or town. We shine the spotlight and let the city or town take a bow. It’s been the formula that has made Zip Trips the most popular news segment over the last two decades.”

Lavanchy, who has anchored the long-running Zip Trips since the very beginning, knows Wrentham well. He’s a life-long Walpole resident and says he’s been to Wrentham many times over the years for sporting events with



Courtesy photos

his kids, shopping at the outlets, and visiting family and friends in town. Lavanchy also shared he was married at Lake Pearl Wrentham.

“It’s a wonderful town,” he said, noting he was looking forward to broadcasting from the common. “We hope folks will stop by to take part in a kind of old-style revival. We’re like a carnival coming to town, with lots of interactive booths and things to do. Come on down and meet friends and get a behind-the-scenes look at a live television broadcast. It’s a very memorable morning.”

Town officials also encourage residents to attend the special live broadcast on July 28.

“This event perfectly coincides with our town’s 350th anniversary and is yet another opportu-

nity for our community members to come together to celebrate all the great aspects of living and working in the town of Wrentham,” said Town Administrator Sweet. “We greatly look forward to hosting the Boston 25 crew and hope to have a huge community turnout.”

The town will close David Brown Way and Common Street for the event. Spectator parking will be available at Town Hall, the Delaney School, and the Senior Center. A shuttle bus will run from the Senior Center to the town common from 8 to 10 a.m.

Residents are reminded that the town center parking lot will be under construction until August 31.



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Three Eagle Scouts Recognized in Norfolk

Three Boy Scouts from Norfolk Troop 80 were honored on May 20 for achieving the rank of Eagle Scout, the highest award in the Boy Scout program.

Jackson Henry, Thomas Laight and Ben Simmons were recognized at the Eagle Court of Honor ceremony held at the King Philip Middle School. The ceremony was attended by family, friends, and local dignitaries, including State Representative Marcus Vaughn and Norfolk Select Board member Jim Lehan. The ceremony was led by Scoutmaster Robert Mosley along with former Scoutmaster Adam Cambria and committee members Liz Gebhard and Joe Carone.

Following the ceremonial formalities, in recognition of their achievements, each of the Eagle Scouts was presented with a resolution from the Massachusetts House of Representatives by Representative Marcus Vaughn. A proclamation of a special day for each Scout from the Town of Norfolk Select Board was made by Jim Lehan. State Senator Rebecca Rausch also sent an

Official Citation from the Massachusetts State Senate.

To close the ceremony each Scout received remarks from their chosen sponsor and in turn they offered thanks to the many individuals who had supported them through their Scouting journeys. Dinner followed with the opportunity for guests to review presentation boards showing each of the boys' Scouting experiences.

To achieve the rank of Eagle, a Scout must progress through the six ranks of Scouting, complete a minimum of 21 merit badges, serve a minimum of six months in a troop leadership position, and plan, develop and give leadership to an Eagle service project that benefits his community. Historically, only 5 percent of all Boy Scouts have achieved the rank of Eagle Scout.

Following are the community service projects completed by the Eagle Scouts.

Jackson Henry

For his project, Henry installed a walking path at Gilly's House,



From left, Eagle Scouts Thomas Laight, Jackson Henry, and Ben Simmons.

a sober house for men in Wrentham. The walking path provides residents respite in nature, as they work to maintain their sobriety and long-term recovery. In addition to a wide, cleared path, there are several areas to relax, including a hammock, a bench, and a seating area. Fallen logs were repurposed to define the path and used for group seating. Bluebird houses, donated by Tom Antonellis Carpentry of

Norfolk, were installed along the path. In addition, Henry, a metal fabrication student at Tri-County Regional Vocational Technical High School, built and installed a large windchime along the path. Several residents shared that they can hear the windchimes while in their bedrooms at night.

Thomas Laight

Laight created a new walking/mountain bike trail in Norfolk's

Campbell Forest for his Eagle Scout project. A senior at King Philip Regional High School, Laight met with Norfolk's Conservation Committee in order to outline his proposal and to seek their authorisation to go ahead with the project. He marked out the trail using ribbons on trees for the Conservation Committee to walk the proposed trail. Once the walkthrough had taken place and approval was given, Laight and Troop 80 Scouts went to work on creating the new trail path, removing dead wood and fallen trees, clearing leaves and other forest debris. Some fallen trees were used as path edge markers. Laight served as project manager for the Scouts, instructing them on safe working practices and outlined what they were required to do. The team of Scouts worked effectively and efficiently until the trail was complete. Finally, Laight added the walking trail to the existing wooden trail maps which are located at the

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What do I want to major in?

“What do I want to major in?” for many college-bound students is the lingering question that follows them to college. As many as 20% of first-year students enroll as an undeclared major, which makes it the most popular major at a number of universities. And, on average, a college student will change their major 3 times over the course of their college career. Needless to say, many students do not have a major or career figured out by the time they start college. However, with thoughtful planning, a student can obtain a better idea of what to study.

1. Assess interests: Investing time to assess interests and passions is a productive use of time. Exploring areas of potential interest is a great way to identify which fields the student might like to pursue further. Taking career and personality assessments, interviewing friends and family about their jobs, scheduling shadow days with profes-

sionals to observe their work, and talking with the college’s career counselors are just a few of the ways students can learn more about identifying a potential major. There are many free career and personality assessments, such as www.yourfreecareertest.com, bigfuture.collegeboard.org/explore-careers, and www.16personalities.com/free-personality-tests).

2. Meet with your College Academic Advisor: Academic advisors are a valuable resource. Their sole responsibility is to support students and make sure they are on track to achieve their career and education goals. Advisors are often instrumental in the success of a student. Services commonly offered are major and minor exploration, identifying strengths and interests, registering for appropriate

classes, monitoring progress of the student’s degree requirements, and more. A student should schedule their first meeting with their advisor in September of their first year.

3. Choose a Major with Transferable Skills: Companies are interested in employees that have transferable skills. They seek out candidates that are curious, resilient, have emotional intelligence, and team oriented. The ability to learn fast and demonstrate strong problem solving and critical thinking skills are essential qualities that make for a successful transition in the workplace—even if a candidate’s major is in a different industry! One of my prior students graduated with an English major, but secured a position at a high-tech Artificial Intelligence company and is currently excelling as a manager because of her transferable skills.

4. Research Job Potential for Various Careers: It is important to choose a major that the student will enjoy - but ideally it is best to select a major that is in demand. For example, according to the US Bureau of Labor Statistics, a nurse practitioner is one of the fastest growing occupa-



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

tions and is expected to grow by 40% over the next 8 years versus journalism which is expected to decline by 9%. The following website shares valuable information on job trends: www.bls.gov/ooh.

5. Try different Internships: Once a student has decided on a potential major, applying for internships while in college will further support the student’s intended area of study. Internships are a professional learning experience that offer hands-on work in an industry. Many colleges are active in helping a student find relevant internships, be it throughout the school year or during the summer. The college’s Career Service Office is a valuable resource and can help organize this search. It is a great way to determine if a specific field is

something a student may want to pursue when they graduate. Internships also provide great networking opportunities!

Preparing to leave for college can be a bit overwhelming, especially if the student is uncertain about their field of study. Start with using the summertime wisely— assess interests, utilize available resources, and explore various opportunities that local workplaces may offer. They will be on their way to finding a major that is the right fit for them!

Good luck and enjoy the journey!

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in the doldrums. Two sub-.500 teams were the norm before Plympton took the reins.

“The program was not in a good place and there was no excitement about baseball,” said Plympton, who’s been head coach for three years.

The 30-year-old Plympton’s first season produced an 8-8 record and a tourney berth. Last year the Warriors were 16-9 overall and this season they had a 17-8 campaign. So, the numbers go like this — three years, a 41-25 record, three tourney berths and two state runners-up finishes. KP was a No. 2 seed in last year’s playoffs and this season it was seeded third.

Morrissey was on the mark. A good program has indeed been built and when it competes in Division 1 next year, don’t fret about competing against teams like Taunton, Franklin, Bridgewater-Raynham and Central Catholic.

“Division 1 will be challenging but we can compete with all the teams,” Plympton said. “We’re in a good spot because playing most of our games in the Hockomock League is a great way to prepare. If we were in Division 1 this year, we would have been seeded No. 9.”

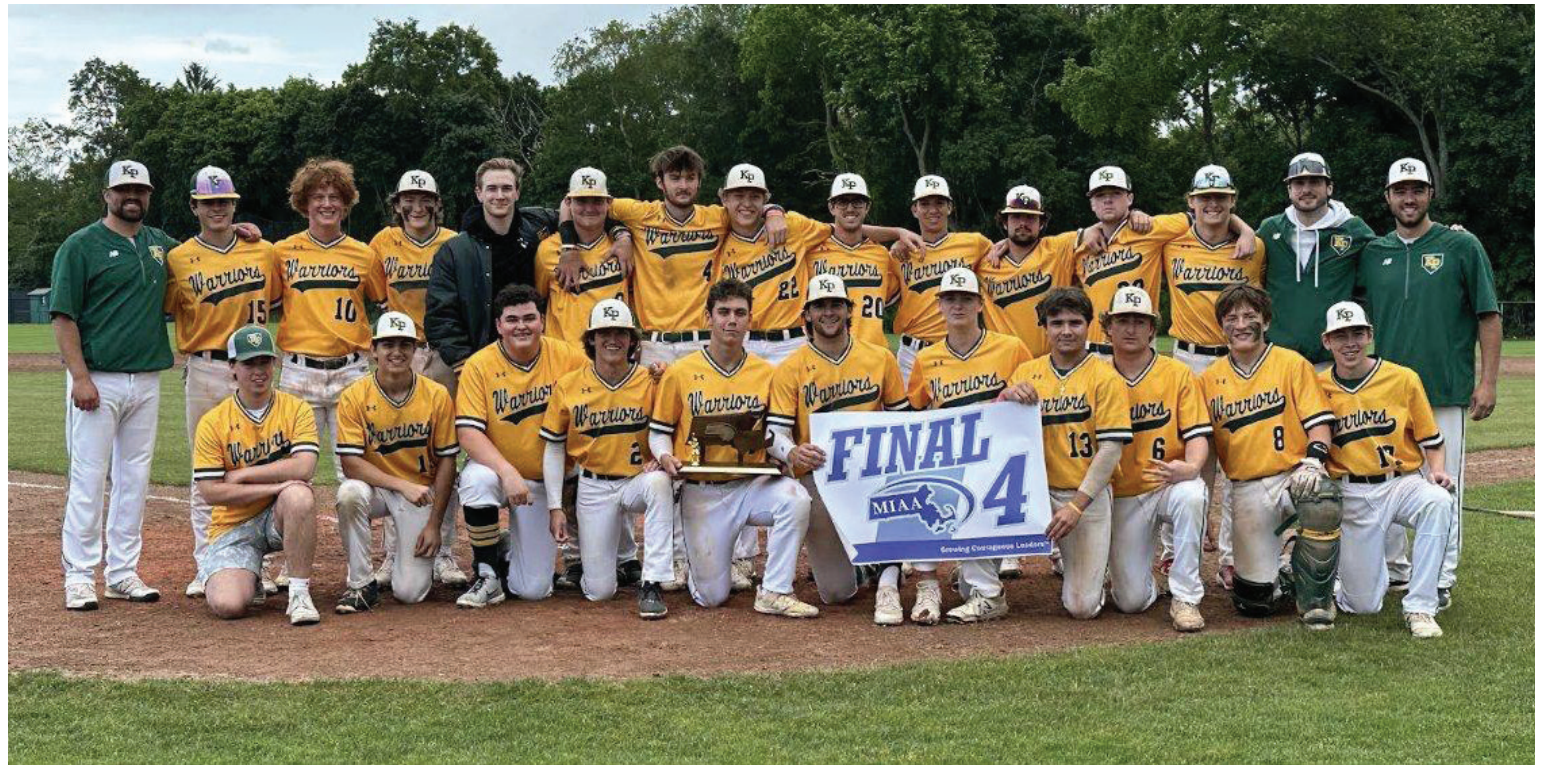
Another plus for KP is the experience gained in two state final contests. And, don’t forget the venues — Polar Park (home of the Triple-A Woo-Sox) and Holy Cross last year. Playing in stadiums will not be intimidating for KP’s returning players.

“We’ve got some players back in significant roles,” Plympton noted. “We’ll be young but we’ll have experience and some depth. We won’t be rebuilding, we’ll be reloading.”

KP’s farm teams — the freshman and jayvees — will provide some help. The frosh were 11-3 this season and the jayvees were 15-4.

The Warriors had their opportunities to score runs in the final, putting runners on base in the first five innings. They had a 1-0 lead after the first stanza but Milton scored three runs in the third and changed the momentum. A KP fielding error allowed two runs to score, giving Milton a 3-1 advantage.

“The momentum definitely was altered,” Plympton offered. “Our bats went silent and we



The 2023 King Philip baseball team, which finished with a 17-8 overall record, advanced to the state tourney final where it lost to Milton, 6-2.

didn’t get timely hits. During a game, one or two things can go in the opposite direction and change the outcome. We had eight hits and left eight runners on base.”

Plympton lauded Milton’s starter, Owen McHugh, who struck out 11, and relief hurler Tommy Mitchell who closed out the game. “We were up against two superb pitchers in McHugh and Mitchell,” said Plympton. “Both are high velocity pitchers.”

The Wildcats scored another run in the fourth and added two more in the sixth inning. KP’s Tommy Martorano delivered an RBI single in the first and Tommy McLeish knocked in the Warriors’ other run with a single in the sixth.

The Warriors advanced to the final by defeating Agawam, 12-1; North Attleboro, 4-3 in 11 innings; Westwood, 1-0; and St. Mary’s (Lynn), 6-4.

Here’s a look at KP’s nucleus that’s played a key role in resurrecting the program with this year’s class designation and Plympton’s comments:

FIRST BASE — Max Robison (junior). “Defensive Player of the Year who’s one of the best first basemen I’ve coached. Smooth swinging leadoff hitter.”

SECOND BASE/PITCHER — Cam Hasenfus (sophomore). “Good fielder and good hitter in ninth slot. Posted 3-0 record and will be a starter next year.”

SHORTSTOP/PITCHER — Tommy McLeish (junior). “Smooth infielder who covers a lot of ground. Improved hitter and our top relief pitcher.”

THIRD BASE — Brendan Sencaj (senior). “Quality fielder and very capable hitter. Our No. 2 hitter with a .329 batting average. Will play at Bentley next year.”

CATCHER — Leo Dowling (freshman). “He’s grown in a difficult position. Controls a game well and knows how to settle down a pitcher. Smothers balls in the dirt.”

LEFT FIELD/PITCHER — Tommy Martorano (senior). “Tracks ball well in the outfield and batted .324. Hurt for part of the season, he’s a lefty with a lot of velocity. Our closer, he was effective in the tourney and will play at the University of Maine.”

CENTER FIELD — Matt Kelley (senior). “Batted .345 and delivered in pressure situations. One of the best outfielders I’ve coached. He’ll leave a big void. Will play football at Amherst.”

RIGHT FIELD — Aidan Astorino (sophomore). “Tracks the ball effectively by relying on a quick read and instincts. A strong power hitter.”

SECOND BASE/PITCHER — Rudy Gately (senior). Three-year veteran whose pitching vs. Mansfield gave Plympton his first win as a coach. “Great assortment of pitches, excellent control, and an all-purpose player who’s respected by teammates. Will play at Bowdoin.”

LEFT FIELD — Johnny Prader (freshman). “Patient contact hitter with good range in the outfield. Works hard and has improved. Should have an exciting future.”

PITCHER — Nate Pennini (sophomore). Was 5-1 this season. “Relies on control and manages a game well. Throws strikes and keeps hitters off balance.”

The Warriors next playoff appearance will be in Division 1 and it won’t be a walk in the park. “We’ll be facing larger public schools and the Catholic schools,” Plympton admonished. “It won’t be easy but we’re fortunate because there were no days off in the Hockomock League and we played multiple tough games.”

And, don’t forget KP’s second-round, Division 2 opponent this season. It was North Attleboro (Hockomock League) and it took the Warriors 11 innings to eke out a 4-3 triumph. Two victories later, over Westwood (1-0 win) and St. Mary’s of Lynn, KP had punched its ticket to Polar Park for its second straight state final.

Division 1 will be a new adventure with mountains to climb.

The Warriors, however, already have performed Herculean tasks.



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two entrances for Campbell Forest, adding a layer of varnish in order to preserve the newly engraved trail plaques, and affixed new directional markers to the trees.

Ben Simmons

Simmons' Eagle Scout project was to build two compost bins for the Norfolk Community Garden.

Simmons, a senior at King Philip Regional High School, met with Frank Zolli of the Norfolk Lions as the garden is a joint project between the Lions, the town of Norfolk and the Norfolk Grange. The garden consists of 30 beds of various sizes filled with loam and compost provided by the Norfolk Public Works Dept. Residents can rent out the beds for a small fee.

The compost bins were needed as users of the beds had no place to discard decayed fruits and vegetables as well as general yard waste. The bins provide a valuable place to dispose of this material and generate new compost for the gardens.

Simmons first had to research compost bins to come up with a design that was cost effective and sturdy enough to last for many years. After determining a design, he obtained the necessary wood, screws and stain to construct them. Each board had to be cut to exact sizes and put together with wood screws in a specific order. Each bin features a sliding front that can be removed to allow easy access to the compost. Once the bins were constructed, two coats of solid stain were applied. Three Scouts helped Simmons put together the bins.

Wrentham's Crocker Pond Dam: Providing Water to Attleboro

CONTRIBUTED BY JOE STEWART

This is the second in a three-part series about Wrentham's dams.

Crocker Pond Dam forms a roughly 17-acre pond within the 122-acre park situated next to Myrtle St. and Washington St. (Route 1).

According to Greg Stahl, longtime Wrentham resident and chairman of the town's historical commission, the pond was originally the site of grist and sawmills. In the early 1900s, the Crocker family of Brookline purchased the property and restored the pond. They also built a summer camp on the property, which was used by children from Boston and Brookline. The Crocker family donated the property to the town of Wrentham in 1988. The town has since developed the property into a park, which is open to the public.

Crocker Pond is fed by several streams and brooks, and it drains into Lake Mirimichi, which is a major source of drinking water for the city of Attleboro. Crocker Pond is also the upper watershed

for Wrentham's well number 4, which is a ground water well, not a surface water well. Wrentham and Attleboro have a long-standing partnership to protect Crocker Pond. The two work together to manage the pond's watershed, to prevent pollution, and to provide public access to the pond for recreation.

Crocker Dam, which forms Crocker Pond, and the land and surface water formed by the dam, are owned by Attleboro. According to Kourtney Allen, Attleboro's Water Department Superintendent, Crocker Dam was deeded from Wrentham to Attleboro to secure backup water for the city as the water in the dam can be released to flow into Lake Mirimichi.

In 2018, the Metropolitan Area Planning Council (MAPC) released its "Community Resilience Building Summary of Findings" for Wrentham, which identified Crocker Dam, along with Eagle Dam and Red Dam, as vulnerabilities for the town because of

existing problems, ongoing maintenance requirements, and possible future climatic conditions.

Similar to Eagle Dam which forms Eagle Pond, Crocker Dam is a low hazard dam in poor condition and needs significant repairs. Attleboro has been planning to replace the dam for several years and has budgeted ~\$250K for a Phase 1 Design, Permitting, and Bidding project possibly in fiscal year 2028. Allen also noted that a very high priority project, replacement of one of their two water treatment facilities, is planned to begin in 2026 and budgeted for between \$25M and \$30M.

Next month we'll review Red Dam, the dam that forms Lake Pearl. The Massachusetts Department of Conservation and Recreation Office of Dam Safety has issued a certificate of non-compliance and dam safety order because Red Dam, a large dam, has been found to be structurally deficient and in poor condition with significant hazard potential.

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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

Business spotlight

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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On Sunday, June 11, Temple Etz Chaim of Franklin installed its incoming board with a brunch celebration of twenty-two women. At the gathering, the group voted to donate \$1,000 to two local non-profits, the Franklin Food Pantry and the SAFE Coalition. Pictured, from left, are Karen Dauer, President/Franklin), Cindy Heilweil (Director/Ashland), Miriam Goodman (Director/Franklin), Sherrie Carey (Secretary/Milford), Eileen Hagerty (Social Justice/Franklin), Lori Beth Towne (Director/Bellingham), Margot Rivelis (Publicity), Caren Pfeffer (Treasurer/Wrentham), and Melissa Folsom (Director/Wrentham).



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Artist Profile

A Journey to Simplicity

BY GRACE ALLEN

Art is a visual language, a way of communicating ideas or conveying emotions. For Ian Kabat, it's also a response to an overstimulating and complicated world.

Kabat, a Franklin-based artist, is showcasing his work this month in the newly refurbished Community Room at the Norfolk Public Library. His large, white-only oil portraits, with their photo-like quality, are impactful even before entering the room, beckoning the viewer in without the distraction of color.

"I want my work to give people a rest," Kabat explained. "I hope they experience a sense of calm and a sense of wonder."

Kabat says people are bombarded with image after image, video after video, and comment after comment, mostly because of social media. His work is an emotional response to that barrage of information everyone is exposed to on a daily basis.

A graduate of the School of the Museum of Fine Arts, Kabat was inspired by the Dutch Renaissance painters, especially Rembrandt. But he also found himself drawn to Asian art, appreciating the Zen-like simplicity.

That tension has played out throughout Kabat's art career. He's painted multiple portraits with Rembrandt-like sensibilities, but he has also created sculpture and dabbled in abstract paintings.

It was about five years ago that Kabat's work started to evolve to



what he calls a simplistic classical style. Then the pandemic happened, and he was stuck in his studio, closed off from the world like everybody else. That weird time, he says, fueled a need for calmness in the midst of chaos. It also accelerated a desire to paint without color but keep the strong contrast of light and dark Rembrandt is known for.

"Color is fantastic, don't get me wrong," Kabat said. "But it was something that I found was more complicated than it needed to be."

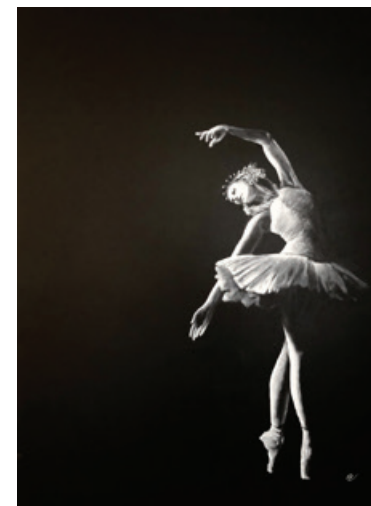
Kabat works mostly from photos, and his culturally diverse subjects represent ideas or events that strike a chord with him. His art helps him to fulfill the need to represent that person or people he's read or heard about.

His favored medium is oils, even though he currently eschews their richness of color, preferring white on black.

Asking an artist to pick a favorite piece might be compared to asking a mother to pick a favorite child, yet Kabat says "Dancer" is special to him. He painted it after going to see the Nutcracker with his wife, Linda, and it's one of the few full-body paintings he's done so far.

By day, Kabat is a creative director at Dell Technologies (he's painted a portrait of the late Dick Egan, the co-founder of EMC, which later merged with Dell). Along with his wife, Kabat ran the Franklin Art Center for several years, and in 2014 was involved in making the Franklin Sculpture Park a reality.

After the Franklin Art Center closed, Kabat and his wife, an educator, started a non-profit called Give Kids the Arts, which collects and distributes art supplies and musical instruments to organizations and community groups working with low-income children. The arts, he believes,



are a vital component of a healthy childhood.

"Kids are always on their screens," said Kabat. "The arts are leaving the schools, and art classes—if they have them—are getting shorter while the classes are getting bigger. It's becoming less and less a creative world and more of a watching world."

Most artists will say they have an innate need to create, and in doing so to connect others to their art and its message. Kabat's message shines in his display at the library.

"I want viewers to realize that less is more," he said. "I think of these works almost like a sketch in oils. You don't need too much to get a lot out of it."

For more information about Kabat's work, upcoming exhibits, or to commission a piece, visit IanKabat.com.

To learn more about Give Kids the Arts, visit www.give-kidsthearts.org or follow the organization on Facebook or Instagram.

Wrentham Cultural Council to hold Poetry Night on July 12

The Wrentham Cultural Council invites poetry fans to another gathering of local bards

and readers on July 12 at the Old Fiske Museum at Wrentham common at 6:30 p.m. You are

invited to read two of your favorite works as well as a haiku, or to just relax and enjoy the evening.

There is no charge to attend. Refreshments will be served. The Old Fiske Museum is air conditioned.

Please call Jeanie Mattila, host and event coordinator, at 508 384 8779 to register your attendance.

Visit Dean College This Summer

Summer is the perfect time to visit Dean College. Whether your high schooler is just starting the college search process or is getting their applications ready, we offer plenty of options to visit campus.

Schedule a personalized campus tour to experience Dean in person. Led by a student ambassador, you will get to explore the Dean campus and hear firsthand about the student experience. After the tour, admissions counselors will be on hand to answer any additional questions.

In July and August, join us for one of our Summer Preview Days. These morning visits include an overview of Dean, a campus tour, lunch on us and an optional learning support info session.

Campus tours are available most weekdays throughout the summer, while Summer Preview Days are held on select days in July and August. To learn more and register for a tour, visit www.dean.edu/visit.

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Your Money, Your Independence

Enjoy Every Sandwicher Moment



Glenn Brown

Once David Letterman had frequent guest and a favorite musician of his, Warren Zevon, on for an entire show. Zevon, who'd disclosed terminal cancer, performed and interviewed throughout. Dave at one point asked, "Anything you know now, that I should know?" to which Zevon wittily deadpanned, "Enjoy every sandwich."

Those raising children and helping aging parents often feel rushed and are distracted thinking about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their

young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communicating and executing for 3 generations at once.

In 2018, my parents were struggling with health to remain independent in NH after 60 years in their home. Stress rained on my mom as a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston. Here's some antidotes for Sandwichers:

Small talks instead of "The Talk": Families don't like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about a friend, asking what they would do. Gained small agreements, the changed topics as would address others another day to frame a mutual plan.

Bring in outside mediators. My aunt shared with my mom

that time is not your friend. She encouraged the positives to take action now, rather than later when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and proxies before making the move.

Define their plans for wellness. Far too often, adult children tip-toe around aging conversations with parents for fear it may come across as morbid or worse, inheritance focus. These conversations need to focus on their future ideas of wellness. What is it they foresee for a surviving spouse? When they can no longer remain independent? By having these talks when both parents are in good health, it defines their expectations and allows planning a foundation with greater flexibility.

Your spouse's support is critical. Incredibly fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday."

Through the eyes of a child. It's not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice versa, as health has improved so has activity as the girls provide motivation and energy.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions my parents would have faced on their own these past 3-plus years.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting memories.

The opinions voiced in this material are for general infor-

mation 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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FSPA Fall 2023-24 Enrollment Open

Franklin School for the Performing Arts (FSPA) is now enrolling for Fall 2023-24. The school encourages new families to explore their options for Fall. The school, now entering its 39th year, will hold Open Houses for prospective families on July 24 from 10am-7pm, August 8 from 10am-7pm, August 23 from 10am-7pm, and September 9 from 10am-4pm. Prospective families are invited to tour the facility, meet the faculty, and learn more about FSPA's programming in music, dance, and drama for serious or recreational study.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin



School for the Performing Arts (FSPA) is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with profes-

sional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime.

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


FSPA is located at 38 Main Street, Franklin MA. To register or learn more, visit www.FSPA-online.com or call 508-528-8668.

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Smart Money Management Tips for Young Adults

If you pay much attention to social media, you've probably noticed some of the trending memes about "adulting." They can be pretty funny, but they also make young adulthood look a little scary. In reality, being a young professional is an exciting time. And, adulting doesn't have to be so hard — or scary — when you have the knowledge it takes to set yourself up for success, especially when it comes to making sound financial decisions.

Start Investing Now!

One of the most common mistakes that young professionals make is the assumption that investing takes more money and experience than they have. You don't want to invest blindly, of course, but that doesn't mean you can't learn enough to start making smart investments now.

If you aren't sure where to start, contact us here at Northeast Financial Strategies for investment guidance, and check out a resource like Money Under 30 for a primer on investing basics like mutual funds, bonds, and robo-advisors.

In addition to stocks and bonds, real estate is another investment option young adults should consider. Any property you buy is technically an investment, but real estate investing as a growth strategy usually means buying a property that you either rent or fix and sell for a profit.

Like any other investment, real estate has the potential for positive outcomes along with possible drawbacks. For young people, one advantage to real estate is that it doesn't require a great amount of capital. The rental market is also a sustainable

business model with the potential for regular passive income. The possible downside is that financing your property does require a certain amount of money up front. What's more, if you aren't up for the task, handling maintenance, marketing, and everything else it takes to be successful can become a burden.

Adopt Money-Smart Habits

Saying it's important to manage money wisely may seem like a no-brainer, but actually doing this takes effort. To begin, make sure you're familiar with money management basics like setting a budget. You may even want to use a budgeting app. Once you have the basics down, focus on adopting other money-smart habits that will protect your finances now and for the future.

Spend Less

One of the best long-term habits to adopt is to live frugally. Doing this doesn't mean leading a life of denial; instead, it's all about learning to make informed decisions about purchases. Try some of our favorite money-saving tips from Young Adult Money, including shopping habits like choosing generic brands and using coupons. It may not seem like saving a dollar here and there is such a big deal, but small savings add up, especially when you start early.

Save More

The natural result of spending less is that you have more money left over to save. In addition to investing, young adults should also set savings goals. These should always include creating an emergency fund and saving for retirement, but you may also have other specific goals like saving to start a family or buy a house.

Build Credit Wisely

Another top financial goal for young adults should be to build your credit history. This is important because having a good credit score can make a difference in other financial decisions like getting a car or home loan. To make sure you do this without incurring debt, brush up on credit card best practices, which include finding a card that's low-interest and low-fee and always paying off your balance. It's also important to know what kind of things damage your credit. One key example is how your credit score takes a hit anytime you pay bills late, which is why CNBC money experts recommend setting up automatic bill pay.

"Adulting" may be a recent concept, but learning smart money management is something every generation of young adults has to do (or at least, should do). The great thing for today's generation is that technology has made this easier than



ever, with tools like automatic bill pay and budgeting apps. With a concerted effort, commitment to using these tools, and guidance from Northeast Financial Strategies, getting started on solid financial footing doesn't have to be hard or scary!

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 call Jeffrey at 800-560-4NFS or visit online - www.nfsnet.com

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The Fat City Band Returns to THE BLACK BOX



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Performing coast to coast and beyond, the high-energy band has shared the stage with such legendary greats as James Brown, B.B. King, and Ray Charles. Bringing 40+ years of showmanship and entertainment experience to every show, the band remains committed to one idea: "Music Should Be Fun." The Fat City Band invites audiences to come and join the party.

The Fat City Band will return to THE BLACK BOX on Saturday, July 8 at 8pm. Now in their 5th decade, The Fat City Band has had the good fortune to be able to write, record, and perform their

THE BLACK BOX is a suburban hub for great music located at 15 West Central Street in downtown Franklin, MA. For tickets and more information, visit THEBLACKBOXonline.com or call (508) 528-3370.

Notable People and Places 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.

Sweatt Recreational Ski Area

Sweatt Recreational Ski Area was a popular ski area that operated from the 1960's into the early 1980's in Wrentham. It was located on Knuckup Hill in downtown Wrentham. The hill has an elevation of 397 feet and a 200-foot vertical drop. Sweatt Recreational Ski Area was part of the Sweatt Memorial Recreation Area put together from several small properties purchased with town conservation funds in 1964 for recreational use. Unfortunately, the lift service and skiing ended in 1981 due to rising insurance costs and lack of natural snow.

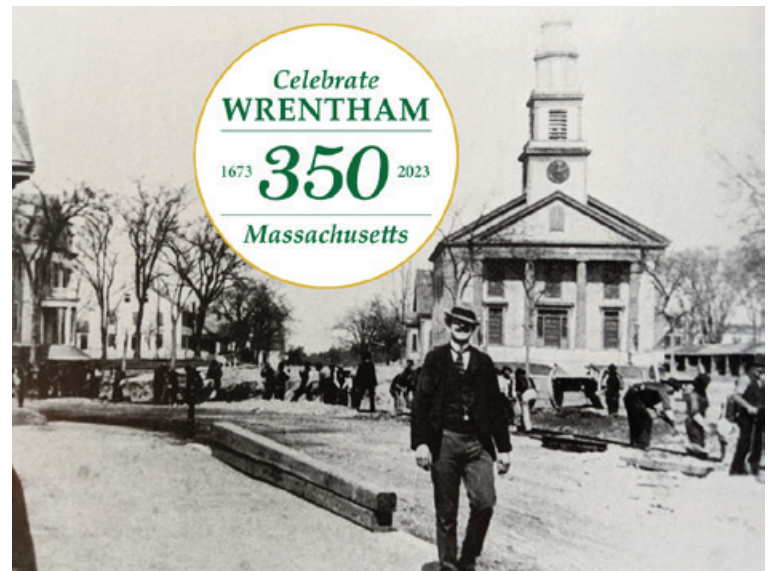


The original ski hill was serviced by a J-bar tow to the top to access a center steep wide slope, two wooded trails to the side and a cross over trail. During the season, ski trails were maintained by a snow cat trail groomer. Lift tickets cost \$1 for a weekend day and 50¢ per day for students after school. The area had lights top to bottom for night skiing. A short, steep walk down the hill to the

ballfields demonstrates the challenge this small hill offered skiers. There were warm up huts at the top and bottom of the hill where you could sit by the roaring fire and have hot chocolate. The warming hut stone chimneys also remain.

The Wampanoag Ski Patrol members were certified by the US National Ski Patrol and the Wampanoag Ski Club ran the ski hill. They were a very active

ski club holding many activities throughout the year. They had an "Easter Parade" where everyone wore a bonnet and skied. Throughout the year, they held clam bakes, bean suppers, picnics and had lots of fun. Now, many people enjoy hiking the hill year-round where remnants of the abandoned ski lift are still visible today. This area can be accessed on Randall Road from Route 1A in Wrentham. The hill has a



commanding view to the north and the town center. It is a great place to go in the fall to view the foliage change.

SUBMITTED BY KAREN TURNER.

Norfolk Summer Concert Series Continues this Month

Norfolk's summer concert series is in full swing. Concerts are held Thursday evenings on Town Hill from 6:30 to 8 p.m. unless otherwise noted. Check the Recreation Department's Facebook page for updates or changes due to weather. Rain dates are usually the following Monday.

- July 6** Kendo
- July 13** Music Matters
- July 20** Ayla Brown
- July 27** FSPA Electric Youth
- August 3** Closing Time

Tuesday Tunes for Tots – Concerts for the Littlest Residents

These take place Tuesdays on Town Hill from 5 to 6 p.m., and if it rains, will take place inside the Norfolk Public Library.

- July 11** Kendo
- July 18** Tom Sieling
- July 25** Tom Jam Puppet Band

Wrentham Concerts on the Common Series Continues this Month

The 2023 Concerts on the Common series is in full swing. Concerts are held on Sundays at 6 p.m. Bring a lawn chair and a picnic and enjoy some local music on a summer night.

- July 2** Elastic Five
- July 9** The Reminisants

- July 16** The Bare Bones Big Band
- July 23** Scott Brown and the Diplomats
- July 30** Mike & Joe's Big Band
- August 6** The Daybreakers
- August 13** Tom Abbott
- August 20** The Inflatables

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Dean College Named a 2023-2024 College of Distinction for Excellence in Hands-On Learning and Student Success

Dean College has once again been recognized for its commitment to providing a high-quality undergraduate education that focuses on hands-on learning, strong student-teacher relationships, a vibrant campus life, and successful outcomes by Colleges of Distinction, a unique guide for college-bound students. This is the eighth consecutive year that the College has earned this honor.

This year, Dean is also one of fewer than 150 institutions selected as an Affordable College of Distinction for its commitment to affordability and return on investment. Dean also received Colleges of Distinction badges for Business (seventh consecutive year) and Career Development (fifth consecutive year).

“Dean College is proud of our excellence at transforming students and providing social mobility, and we continue our path toward even greater contributions,” said Dean College

President Kenneth Elmore, J.D. “We are what it looks like when you allow multiple stories to live and thrive. Our community is full of different thinkers: artists; the neurodiverse; people from perspectives we rarely see highlighted in popular media; people with disabilities; people who are the first of their generation to experience an education beyond high school; and high achievers. Our excellence, at Dean College, is in placing graduates into the world who beat the odds that may have been set by the status quo. We believe in our students and know that they deserve the opportunity to discover and exceed their greatest aspirations – we are an organization that uses our partnerships, collaborations and resources in service to society. Our campus is the embodiment of **The Dean Difference** and a College of Distinction: great teaching for



engaged and successful students within a vibrant community.”

Colleges of Distinction’s selection process comprises a sequence of in-depth research and detailed interviews with the schools, accepting only those that adhere to the Four Distinctions: Engaged Students, Great Teaching, Vibrant Community and Successful Outcomes. As a College of Distinction, Dean has shown excellence in each of these areas, providing its students with a well-rounded, practical education that prepares them for successful careers and lives. This evaluation process differs from those of popular college rankings publications, whose formulas grade institutions based on things like faculty salaries, endowment size and peer opinion. “We don’t rank our schools,”

said Tyson Schritter, Chief Operating Officer at Colleges of Distinction. “Every student has individual needs and flourishes in a specific environment. We prefer to focus on the innovative ways that colleges all around the country are providing an enriching undergraduate experience.”

Schritter continued, “We are deeply inspired by how Dean College immerses students in their academic pursuits, fostering a welcoming community that provides unwavering support throughout their college years and beyond.”

Dean College is proud to be named a **2023-2024 College of Distinction**.

To learn more about Dean College, visit www.dean.edu. To learn more about Colleges of Distinction, visit <https://collegesofdistinction.com/>.

About Colleges of Distinction

Since 2000, Colleges of Distinction has been committed to honoring schools with a

dedicated focus on the undergraduate experience. Its website provides dynamic college profiles, customized tools, and resources for students, parents, and high school counselors. For more information, and to learn how to become a College of Distinction, visit CollegesofDistinction.com.

About Dean College

Dean College is a private, residential New England college grounded in a culture and tradition that all students deserve the opportunity for academic and personal success. A uniquely supportive community for more than 150 years, Dean has woven together extensive student support and engagement with exceptional teaching and innovative campus activities. Our graduates are lifetime learners who thrive in their careers, embrace social responsibility and demonstrate leadership. This is The Dean Difference.

KPHS Hosts First Combined Fine and Performing Arts Night

King Philip Regional High School recently hosted its first combined Fine and Performing Arts Night.

The event, presented by the King Philip Regional High School Fine and Performing Arts Department, was held on Thursday, May 18 in the high school’s main lobby and Grady Auditorium.

Students and their families were invited to view art, music, and poetry projects by students in Grades 9-12.

The event began with an art show, which featured two-dimensional work from art teacher Mackenzie McKenney’s classes, three-dimensional work from Fine Arts teacher Shannon Cress’s classes, digital photogra-

phy from Technology teacher Jodi Greenleaf’s classes, and poetry from English Language Arts teacher Keith Leidner’s classes.

“Our first ever Fine and Performing Arts Night was a great success,” said KPHS Principal Dr. Lisa Mobley. “It was a pleasure to host our King Philip families and have them witness our student’s talents first-hand.”

Performers included the King Philip Regional High School Concert Choir, the King Philip Regional High School Symphonic Winds, King Philip Regional High School Wind Ensemble, King Philip Regional High School Concert Band, and the King Philip Regional High School Chorus, under the direction of Fine and Performing Arts Department head Joshua Wolloff and High School Band Director Michael Keough.

A reception in the lobby followed for students and families to celebrate. Light refreshments and photo opportunities also were provided.



Students and their families were invited to view art, music, and poetry projects by students in Grades 9-12. (Photo Courtesy King Philip Regional High School.)

“It was a night full of beautiful performances and the showcasing of great talent,” said Wolloff. “Our students have

been working diligently to perfect their skills all season and it was amazing to see their hard work pay off.”

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Town of Norfolk Breaks Ground at New Fire Station Facility

A groundbreaking ceremony for Norfolk's new fire station facility was held on Saturday, May 6 at the new fire station site at 117 Main St.

Several speakers, including Sen. Becca Rausch, Rep. Marcus Vaughn, Select Board Chair Anita Mecklenburg, Fire Station Building Committee Chair Kevin Champagne and Fire Chief Erron Kinney gave remarks about the new fire facility. Rev. Derek White of the Federated Church blessed the new site and the ceremony.

The ceremony was attended by former fire chiefs, members of the Select Board and the Norfolk



Fire Department, other department heads, Town Administrator Justin Casanova-Davis, former



Norfolk town officials break ground at the new fire station facility site on May 6. (Photos courtesy Owner's Project Manager Steve Kirby.)

Town Administrator Blythe Robinson, Project Manager Steven Kirby, the general contractor, and the architectural team.

The groundbreaking marks the fire department's transition into a modern, 21st-century facility as the current station is outdated and undersized for the community's overall needs. In addition to the building concerns, it would not have been cost-effective to update the existing building.

The new fire station facility will accommodate Norfolk's growing community and allow emergency personnel to have the updated resources needed to serve the town.

"Our existing station and trailer are unsafe, too small and cannot be upgraded to meet current building codes. Having a new fire station will better support our firefighters as it will equip them with the facility and resources needed to allow them

to quickly and efficiently respond to emergencies," said Chief Kinney. "I'm so grateful to the town and all who helped make this groundbreaking possible."

Contractors will soon begin excavating the site, installing the concrete foundation and new underground site utilities, and demolishing the detached two-vehicle garage.

Norfolk's new fire station facility is expected to be completed in Fall 2024.

"I'm very excited about this project as we want our fire department to be able to continue to provide the quality services that our town has come to expect and receives from our fire department every day," said Town Administrator Casanova-Davis. "I'm pleased to see this capital project move forward and I would like to thank the fire station building committee members, who are largely made of Norfolk residents, our fire department and community members for their continued support of the project and our firefighters."

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Special Guest Appearance by Pat the Patriot!

Norfolk Lions Announce 2023 Scholarship Recipients

The Norfolk Lions Club is pleased to announce the recipients of its 2023 scholarship awards. Four \$2,000 scholarships were awarded to high school seniors. To be eligible, the student must reside in Norfolk but can attend any public or private high school or be home schooled.

The scholarships are awarded to candidates who demonstrate a commitment to active involve-

ment in community service, as well as academic performance and participation in other extra-curricular activities. This year's recipients are:

Samantha Sweetman, King Philip High School, attending Stonehill College.

Matthew Kelley, King Philip High School, attending Amherst College.

Kayla Simas, King Philip High School, attending University of Massachusetts Amherst - Isenberg School of Management.

Madigan Wirkus, Mount Saint Charles Academy, attending University of Virginia.

The scholarships were presented to the three King Philip

The b.LUXE *beauty beat*

Say Bye Bye to Summer Frizz with a Cezanne Smoothing Treatment

By GINA WOELFEL

As the weather heats up, so do our agendas. Backyard parties, weddings, get-togethers and warm, sun-filled days at the beach leave us ready to don our summer outfits, let down our beach waves and enjoy being out and about in the year's most enjoyable months.

Oh, summer...the season we all love the most, except when it comes to our hair.

It's the season of sun, fun and, unfortunately, frizz. With the rise in temperature, smoothing and straightening your hair can be difficult and even with an arsenal of styling products, summer's heat and humidity often wins the battle against smooth, tame tresses. For those of you who spend hours styling your hair, only for it to blow up as big as the heat index, we hear you! But, fret no more, we have the solution to your summer hair woes! It's time to step up your beauty game for the fun months ahead with a Cezanne Smoothing Treatment.

What is a Cezanne Smoothing Treatment

A Cezanne Treatment is a fully customizable, **smoothing** service that utilizes three specific ingredients - Keratin protein, sericin (silk protein) and glycolic acid to fully penetrate the hair shaft to reduce frizz, improve manageability and prevent breakage. These three powerhouse ingredients also enhance softness, add shine, improve texture, and de-bulk unwanted volume. It's important to note that the Cezanne Treatment is not a **straightening** service. Hair will not stay pin-straight, but one treatment will leave frizzy hair smooth, shiny, and manageable. And for those

who want to keep their waves and curls but cut the frizz, yep, Cezanne does that, too. Think of it as more of a styling tool that reduces your drying time by up to 30% and maintains your blow-dry, despite humidity. And unlike other keratin treatments, there's no downtime. As soon as your appointment is over, you can shampoo, restyle, work out, even get your hair colored.

What's involved?

We start with a double scrub of detoxifying shampoo to prep and clean your hair. Once it's completely dried, the Cezanne solution is applied and combed through to let process for 30 minutes. Your stylist will then rinse and blow dry your hair straight before flat ironing it, section by section, to lock and bond Cezanne's nutrient-rich formula into your hair. The process is approximately two hours, but time does vary based on hair length, density, texture and desired smoothness.

Is there a lot of maintenance with a Cezanne Treatment?

No! In fact, there's very little upkeep with this service. The Cezanne will dissipate at a faster rate, though, if you're a frequent shampooer or swimmer, so, choose a quality, sulfate-free shampoo and conditioner and keep that in-mind with your washing schedule.

How is this different from other relaxers or straighteners?

The Cezanne Keratin Smoothing Treatment does not work like traditional formaldehyde-based straighteners or relaxers. While the flat ironing at the end of the process temporarily straightens your hair,

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Cezanne won't break the bonds of your hair the way some relaxers or straighteners do. Instead, Cezanne uses natural, non-toxic ingredients to smooth and tame unruly hair. This gives you the option to enjoy your natural curls one day and easily blow dry them straight the next.

Is it safe?

The Cezanne Smoothing Treatment is 100% safe, non-toxic and formaldehyde-free.

Who is it best for?

The Cezanne Smoothing Treatment can benefit all hair types. The more you struggle with frizz, the better your results will be! A Cezanne can also help

repair damaged hair by bonding dry, broken flyaways and adding a layer of strength and protection from heat tools.

How long does it last?

You can expect up to 5 months of smooth frizz-free hair, depending on how often you shampoo.

Not ready for that level of commitment? There's also the **Cezanne Express** that's a lower priced option, works on all hair types and lasts up to 10 weeks.

Will it affect my hair color or other chemical services?

Hair color and chemical services should be performed after a Cezanne Treatment, and can be performed on the same day as your appointment.

SUMMER SPECIAL: b.LUXE Hair and Makeup Studio is now offering a **Cezanne Summer Smoothing Special** through July! See image for details or scan the QR code for full details of our monthly specials at bLUXE.com

So, what are you waiting for? Take back those summer styling hours and book a Cezanne Classic or Express today! You'll be glad you did.

Happy frizz-free summer!

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SCHOLARSHIP

continued from page 14

students at the Senior Award Night held on June 1 at the high school. Representing the Norfolk Lions Club at the awards ceremony were Brian Hamlin, President, and Anne Marie

Smith, Chair of the Scholarship Committee. Madigan received her scholarship separately.

The Norfolk Lions Club congratulates these recipients on their success and is proud to support the achievements of these deserving students.

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Living Healthy

Summer Eye Safety

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

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

Independence Day is just around the corner. Your 4th of July holiday usually ends with enjoying professional fireworks and maybe even lighting a few of your own in the backyard. Before you light your first bottle rocket or sparkler, let's talk about the dangers of fireworks and how

to keep you and your loved ones safe.

Most firework injuries happen in a one-month span from late June to late July. Each year approximately 16000 people visit an emergency room because of a fireworks-related injury, and there are 18 deaths. The number of people sustaining minor injuries not requiring an ER visit is thought to be much higher. The most common injuries are to the hands and fingers, legs, head, face, ears and arms. Sometimes people pick up packs of fireworks at the grocery store thinking they're safe because they're small and don't produce large displays. Often, these are the fireworks we give or use close to children. Consider the number of ER trips these common, "safer" fireworks cause each year. Many of us think the people most at risk of getting injured are those lighting the fuse, but bystanders are the most at risk. Those on the side-

lines account for 65% of all ER visits for firework-related injuries.

Eye injuries caused by fireworks are very common and can have devastating effects. Your eyes are delicate, and any fireworks injury could potentially cause permanent damage. Sparks, flames, smoke, and flying pieces of debris are all hazards inherent in any display. The four most common eye injuries are: detached retina, scratches on the cornea, ruptured eyeball and burns. Any eye injury can lead to long-term vision problems or even blindness. If your eye has been hurt, seek medical attention right away. Please leave fireworks to the professionals and let's all enjoy a safe 4th.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By



wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

Cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Extensive exposure to the sun is one of the major reasons why we develop cataracts. Cataract surgery is by far the most common surgery performed in the United States.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

Wear sunglasses labeled "100% UV protection": Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.

Choose wraparound styles so that the sun's rays can't enter from the side.

If you wear UV-blocking contact lenses, you'll still need sunglasses.

Wear a hat along with your sunglasses; broad-brimmed hats are best.

Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.

Know that clouds don't block UV light: The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

Be extra careful in UV-intense conditions: Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ... And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

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Dr. Rochelle Bien & Dr. Michael Goldstein

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Inaugural Todd Lindmark Scholarship Winners Announced

On June 1, the Norfolk Youth Soccer Club awarded two \$1,000 scholarships to the first recipients of the Todd Lindmark Scholarship. The inaugural awards went to KP High School seniors Sydney Cloutier of Norfolk and Aedan Derfler-Murphy of Plainville. The awards were presented at King Philip High School's Senior Award Night.

The award is named after Norfolk resident Todd Lindmark. For over 20 years, Lindmark has volunteered in numerous local organizations, including the Norfolk Lions Club, King Philip Youth Soccer Association, and the Patriot Field Hockey Club. Lindmark, who's also served as secretary of Norfolk Youth Soccer Club, is a board member for Boston Area Youth Sports Program.

Lindmark's contributions to youth sports have impacted numerous young athletes in the tri-town area. Many sports and sporting organizations would not be able to run without volunteers like Lindmark, who fill critical roles and foster positive experiences for youth so they can acquire the inherent values taught by sports.

The Todd Lindmark Scholarship applicants were required to have played youth soccer in Norfolk, Plainville, or Wrentham, actively volunteer in the community, and write an essay about how soccer has played a positive role in their life.

Recipient Sydney Cloutier is headed to Providence College. At KP High School, she carried a 3.96 GPA and was a member of the National Honor Society, History Honor Society, and Student Council. She served as a peer mentor, participated in Girl Scouts, and volunteered with KP Cares and other service organizations. Sydney also played varsity ice hockey and JV field hockey.

Fellow winner Aedan Derfler-Murphy, who uses the pronouns they/them, is headed to Smith Col-



From left, scholarship recipient Sydney Cloutier, Ali Close (President NYSC), Gwen Prater (President NYSC), Todd Lindmark, and scholarship recipient Aedan Derfler-Murphy.

lege. Aedan had an impressive 4.6 GPA while at KP High School. They were a member of the marching band, drama club, National Honor Society (as well as English, Spanish, History and Math Honor Societies). Aedan also volunteered at the Norfolk Redemption Center and served in various other volunteer positions.

EYES

continued from page 16

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KP High School Outstanding Seniors Honored During Senior Award Night

On June 1, King Philip Regional High School hosted its annual Senior Award Night in honor of the Class of 2023 at the high school.

During the ceremony, 143 seniors received one or more awards and/or scholarships for outstanding performance in academics, athletics, and involvement in school organizations. Eighty-two students received departmental recognition for their academic performance.

Awards and scholarships were presented by donors, faculty, and military guests.

Seniors Emily Sawyer and Rudy Gately were recognized as Athletes of the Year. Sawyer played volleyball and basketball at KP and plans to attend Sa-

cred Heart University to play Division 1 volleyball. Gately played both football and baseball at KP and plans to attend Bowdoin College, where he'll play baseball.

The following Military Scholars were recognized as well:

- William Astorino: Four-year Army ROTC Scholarship to attend Tufts University
- Michael Murphy: Three-year Army ROTC Scholarship to attend James Madison University
- Richard Jeanetti: Appointment to the U.S. Merchant Marine Academy

AWARD

continued on page 18

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Fiske Library has a New Director

Kim Shipala has been hired as the new director of the Fiske Public Library and began her new role on May 30.

She is responsible for overseeing and managing a wide spectrum of programs, services and resources at the library. She will also oversee the day-to-day operation of the facility and staff.

Shipala, a long-time resident of Wrentham, grew up attending story times at the Fiske Public Library and continued to patronize the library throughout her teen years. Shipala's love for libraries shifted into a profession when she began her career in library services as a work-study student in the Library Director's Office at Emerson College in 1992.

She then went on to obtain her bachelor's degree in mass communications from Emerson College before receiving a master's degree in library and information science from Simmons College.

Over the span of her 30-year career, Shipala has held several positions within libraries. Most recently, she served as the deputy library director at the Franklin Public Library since 2015. In this role, she was responsible for adult programming and started the English as a Second Language and Adult Literacy Program.



Kim Shipala has been hired as the new director of the Fiske Public Library. (Photo courtesy Town of Wrentham.)

Prior to serving as the deputy library director, she also worked as an assistant library director, young adolescent services librarian, assistant librarian and assistant reference librarian.

"We would like to welcome Kim to Wrentham and the Fiske Public Library," Town Administrator Kevin Sweet said in a statement. "Her extensive years of dedicated library service brings an abundance of knowledge and a fresh perspective to our library services. We look forward to seeing the work she'll accomplish."

Outside of work, Shipala has

been an active member of the Wrentham community, serving on both the Historical Commission and Community Preservation Committee for many years.

The search committee, led by Assistant Town Administrator/Director of Human Resources Greg Enos, included Interim Library Director Steve Butzel, Library Trustees Chair Suzanne Bove and Library Trustee Judy Brown. The Committee conducted several interviews and unanimously recommended Shipala as the candidate to lead the Fiske Library into the future.

AWARD

continued from page 17

- Maxwell Miller: Appointment to the U.S. Coast Guard Academy

The top 10 students in the Class of 2023 were also recognized: Valedictorian Aedan Derfler-Murphy, Salutatorian Melissa Caning, Gavin Croke, Ella McDonnell, Maxwell Miller, Raadhay Patel, Charlotte Griffin, Kari Calderone, Alea Shammass, and Kevin Smith.

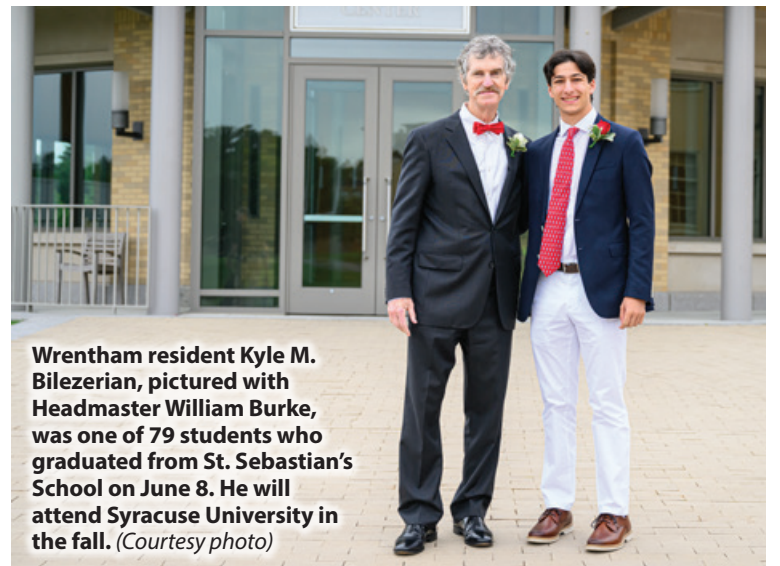
Principal Dr. Lisa Mobley presented three special scholarships during the ceremony. The King Philip Leadership Award was presented to senior Azayla Mack for mentoring students in

the People of Prosperity Club, and to seniors Philip Harmon and Kayla Simas for mentoring young entrepreneurs in KP DECA.

Principal Dr. Mobley then presented the Principal's Grit Award to Lauren Brady, which recognized Brady as a student that never gave up and persevered through challenges.

The King Philip Heart of a Warrior Award, which recognizes a student that consistently shows warrior pride and embodies KP's core values, was awarded to Gregory Walker.

In addition to the four ROTC scholarships, scholarships totaling over \$120,000 were awarded to students.



Wrentham resident Kyle M. Bilezerian, pictured with Headmaster William Burke, was one of 79 students who graduated from St. Sebastian's School on June 8. He will attend Syracuse University in the fall. (Courtesy photo)

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Sports

Tourney Loss Doesn't Erase KP's Success in Softball

Warriors Bow to Taunton, 2-0, in Semifinals

By KEN HAMWEY
STAFF SPORTS WRITER

King Philip's softball team set its sights on winning the Division 1 state championship after finishing the regular season with a 20-2 record and co-champs of the Hockomock League's Kelley-Rex Division.

The Warriors' prime objective was a state title but that effort fell short when the Warriors lost to two-time defending champ Taunton, 2-0, in the state semifinals at UMass-Dartmouth.

KP softball fans have become accustomed to gazing at state championship hardware in the school's trophy cases (three state crowns in the last 13 years). But, the 2023 squad was unable to get to the tourney final, bowing out in spite of a plethora of strengths.

As the regular season was heading for the finish line, coach Kate Fallon-Comeau had her forces peaking at the right time, momentum was building and they were focused on the task at hand.

"We had experience, depth and a high softball IQ," said Fallon-Comeau, who's been the Warriors coach for three years. "Our kids were also athletic and coachable, and our pitching, hitting and defense were solid."

The second-seeded Tigers got all their runs in the fourth inning.

A walk to Ava Venturelli and a sacrifice bunt put Venturelli at second base before Hayley Krockta's base hit into leftfield allowed Venturelli to score. Brooke Aldrich followed with a base hit to center to score Krockta, giving the Tigers some breathing room (up by 2-0) and enough of a cushion for pitcher Sam Lincoln, a Texas Tech University commit who struck out 10 and allowed only three hits.

Taunton did not hit KP pitcher McCoy Walsh hard. The only hard drive was a double off the wall by Aldrich late in the game. Walsh went the distance, walking three, allowing six hits and striking out nine.

Fallon-Comeau lauded the freshman, saying that McCoy was exceptional. There was one hard-hit ball off McCoy and it didn't result in a run. "Sometimes



The coaching staff for the King Philip softball team included, from left, Clara Decarvalho, Kate Fallon-Comeau, Brianna Sebio, and Bill Kelley.

that's the way it goes in softball," Fallon-Comeau told *The Sun Chronicle*. "McCoy threw a great game. She just threw outstanding. A freshman coming into this, she had a great game. We just couldn't get those runs across that she needed."

The Warriors tourney run began with a 3-1 win over Needham and a 3-0 triumph over Chelmsford. Bishop Feehan was the next squad to succumb, losing to KP, 4-0, before the Warriors faced Taunton.

"It's tough," Fallon-Comeau told *The Sun Chronicle*. "It was a good game and we fought right up until the end. We had a great season and they've got nothing to hang their heads about. It's just a tough one."

A tourney run that ends without a state title so often is wrapped with disappointment. Failure is a harsh word but it sometimes works its way into the conversation, even for a team like KP that won 23 games.

Failure doesn't apply to this KP squad.

The second-seeded Warriors approached the playoffs hopeful of producing quality at-bats, getting outs, winning the inning and eventually the game. It didn't happen but don't discount the amazing success the Warriors amassed from March till June.

Here's a look at KP's captains and its position players with Fallon-Comeau commenting on her troops. The individual statistics



The 2023 KP softball team finished the regular season at 20-2 before bowing to Taunton in the state tourney.

are through the regular season (22 games).

CAPTAINS -- Seniors Sarah Cullen (centerfield/catcher), Charlotte Raymond (leftfield), and Ava Lanza (infield/designated player).

Cullen hit .387, scored 32 runs, knocked in 18 runs and stole 21 bases. "An excellent leader, her softball IQ was high and she had speed. A strong arm, she excelled in centerfield and knew what to do with the ball. A two-time Hockomock League all-star, she led by example and by being vocal."

Raymond hit .444, had an on-base percentage of .581, knocked in 20 runs and scored 25. "Battling cleanup, she not only protected the No. 3 hitter, but she also hit for power. A three-time Hockomock League all-star, she relied on a high softball IQ, she was fast, her arm was strong and she squared up well in the box. A quality captain who was vocal."

Lanza hit .273 and drove in 10 runs. "Ava batted ninth in the order and was a calming presence as a captain. A left-handed hitter, she made contact, could bunt and was smart at the plate. A multi-talented fielder, she was smooth at second and third base and charged the ball quickly."

FIRST BASE -- A junior, Taylor Regan hit .298, scored 14 runs and drove in 16. "Taylor was great on defense, able to throw well and make the catch in the dirt. She goes the extra mile to make a play happen. Utilizing a great swing, she hit for power (home run against North Attleboro)."

SECOND BASE -- A sophomore, Liv Petrillo hit .323, had 6 home runs, drove in 25 runs and scored 31. Her on-base percentage was .514. "A third baseman last year, Liv batted sixth in the order and she displayed a powerful swing and terrific bat control. A good bunter, she was smooth and fluid in the field. Her timing on force-outs and double plays was solid."

SHORTSTOP -- A senior, Libby Walsh compiled impressive stats. She hit .533 and clouted 13 home runs, knocked in 34 runs and scored 34. Her on-base per-

centage was .615. "A two-time Hockomock League all-star, she's an elite player who's passionate about the game. A powerful swing, she has a high softball IQ, is disciplined and makes playing shortstop look easy. After tearing her ACL as a sophomore, she underwent rehab for a year and still earned a scholarship to play at Arizona State."

THIRD BASE -- Junior Ava Kelley, who alternated with Lanza, hit .377, had 20 RBIs,

TOURNEY

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Sports

Hamwey to be Inducted into Bellingham's Hall of Fame

Bellingham Bulletin sports writer Ken Hamwey will be inducted into the Bellingham Athletics Hall of Fame on Friday, Nov. 17 at the Coachmen's Lodge.

The 80-year-old Hamwey, a Bellingham resident who's worked for the Bulletin for 16 years, was a unanimous choice of the selection committee. In addition to the Bulletin, the veteran sports journalist continues to write feature stories in semi-retirement for Local Town Pages, focusing on seven communities — Medway, Millis, Norfolk, Wrentham, Holliston, Natick and Franklin.

Hamwey, who's been a Bellingham resident for 51 years, graduated from Natick High before earning a bachelor's degree from Babson College. He started his newspaper career in 1967 with the Framingham News, now the Metrowest Daily News. During his first year as a sports reporter, his stories focused on Bellingham's new football program that achieved varsity

status in 1967 and was coached by George Anderson. Early on, his reporting ranged from high school and college sports to the professional beat where he covered the Boston Celtics and the New England Patriots.

"I'm honored and humbled to be selected for induction into Bellingham's Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Bellingham recognize me for my reporting. Some of my fondest memories during a 56-year career involve Bellingham's athletes and teams."

Hamwey covered the Blackhawks's baseball and softball teams in 2014 that won state championships on Flag Day, June 14. "It turned out to be a banner day for the town," he said. "The baseball team defeated Monument Mountain Regional and the softball team upset two-time champion Grafton. Both triumphs were in Worcester. The boys competed at Holy Cross and the girls captured their crown at Worcester State."



Hamwey also covered many of the high school's elite players and coaches. He broke the story on Rick Santos when he was chosen to compete in the Hula Bowl after a dynamic career at the University of New Hampshire. He was on the scene when the Blackhawks won two state titles in field hockey during the coaching reign of Ron Bonollo. He also covered the BHS boys basketball team that defeated Bromfield for a state championship in 2003.

Others to be inducted include Carrie Wernig (field hockey), Mike Trudeau (baseball), Justin Bernard (football), Bob McManus (hockey), Justin Park (hockey), Beth Thornton (field Hockey), Joanne Paquette (field hockey coach), Dave Gibbs (basketball coach), Rick Smith (contributor) and the 1996 field hockey team.

Hamwey, who'll be inducted as a contributor, left the Metrowest Daily News in 1973 and was hired at the Providence Journal where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper. He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last day in Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to R.I. athletics. Two years later, in 2010, he was honored by the Mass. Interscholastic Athletic Association (MIAA), which presented him with its Distinguished Friend Award.

At the Metrowest News, which included editions of the

Milford News and Country Gazette, Hamwey wrote a popular weekly column — "Yesterday's Heroes" — that focused on athletes' and coaches' past achievements. Many of Bellingham's top-notch coaches and athletes were featured in that column.

In 2007, Hamwey began covering sports for the Bellingham Bulletin. As Sports Editor at the Bulletin, he launched a column similar to Yesterday's Heroes called "Where Are They Now," reporting on former Bellingham athletes. For the next 16 years, he extensively covered Bellingham sports while also filing stories for Local Town Pages.

Hamwey's upcoming induction will be his second Hall of Fame honor. He was inducted into the Millis Athletics Hall of Fame last year.

Hamwey and his wife Pauline, who taught at Macy School for 35 years, have been married for 34 years. His son, Travis, is a 1989 graduate of Bellingham High and a 1993 graduate of UMass-Dartmouth.

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Agents of the Month in our Medfield office!



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Real Estate Corner

TOURNEY

continued from page 19

hit one home run and scored 25 runs. “A smart, patient hitter, Ava batted fifth. She played third base effectively because of her quick hands and powerful arm.”

CATCHER -- A junior, Maddie Paschke hit .407, drove in 23 runs, and hit 2 homers. “Maddie’s arm is strong, not many runners try to steal on her. A high IQ player, she calls all the pitches. A Hockomock League all-star, she had a fine year at the plate and behind it. She worked hard on her hitting in the off-season, became a great leader and a calming influence.”

PITCHING -- Freshman McCoy Walsh compiled a 13-2 record, had an earned-run average of 1.39 and struck out 168. “A Hockomock League all-star, McCoy located her pitches well and relied on lots of spin. Her assortment included a curve ball, screwball and a fastball. A hard thrower, she mixed her speeds nicely and had great command of her pitches.”

Junior Jordan Bennett posted a 7-0 record, had an E.R.A. of 2.24 and struck out 41. At the plate, she hit .333, had 6 RBIs and scored 12 runs. “Relying on a fastball, curve and change-up, Jordan varied her speeds and her control was good. At the start of the season, she struggled with walks but settled in and was effective.”

OUTFIELD -- Cullen handled centerfield and Raymond patrolled leftfield while freshman Ali Gill took care of the chores in right field. She batted No. 2 in the lineup and hit .373, clouted 7 home runs, drove in 24 and scored 26 runs. “An honorable mention all-star, Ali had the most speed on our team, was fast on the bases and always got a good jump on the ball. Her arm strength was an asset and at the plate she made contact and relied on a quick, powerful swing.”

RESERVES -- Three players contributed effectively when called on. They included outfielder/pinch runner Liv Ali, junior outfielder Sydney Burch, and senior Charlotte Griffin. Ali hit .333, scored 12 runs and

stole 7 bases. Burch hit .286 and knocked in 5 runs while Griffin hit .476, had 7 RBIs and scored 10 runs.

Fallon-Comeau knew she had a mix of players who had all the necessary attributes to advance deep into the playoffs and possibly come away with a state crown.

“We were capable of winning it all,” she said. “I never worried about their motivation. A state championship was their goal as little kids.”

KP did all the right things. They competed hard, got positive results and were in position to earn a championship banner. They were ranked No. 2 in the state, both in the Boston Globe and in the MIAA (Mass. Interscholastic Athletic Association) power rankings.

If there’s a lesson to be learned, it simply boils down to this — winning a state title involves plenty of precision and some luck, as Fallon-Comeau suggested.

Capturing a state championship is a Herculean task and the KP softball team can take solace knowing it gave 100 percent trying to achieve that goal.

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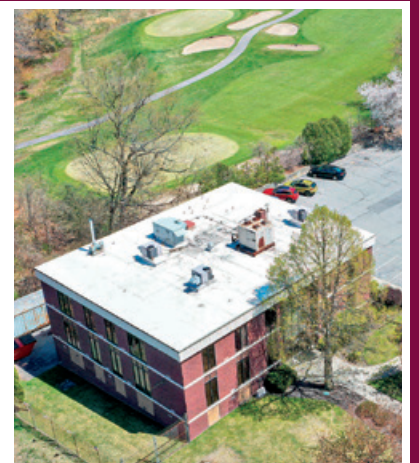
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Foster Care Essentials Celebrates Selection as Community Bag Program Beneficiary

Foster Care Essentials has been selected as a beneficiary of the Stop & Shop Bag Program for the month of July.

The Stop & Shop Community Bag Program, launched in May 2019, is a reusable bag program that facilitates community support to make a difference in the communities where shoppers live and work.

Foster Care Essentials was selected as the July beneficiary of the program by store leadership at the Stop & Shop located at 40 Franklin Village Drive, Franklin. Foster Care Essentials will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased at this location during the month of July unless otherwise directed by the customer through the Giving Tag attached to the bag.

“We are so grateful that Stop & Shop has chosen us for this

program,” said Sharon Bryant, Co-Founder/CEO of Foster Care Essentials. “The donations will help us purchase essentials for families that care for foster/kinship children.”

Foster Care Essentials is a nonprofit based in Franklin.

Founded in 2022, Foster Care Essentials has helped many foster families by providing essentials such as clothing, diapers, and personal hygiene products for foster children. Learn more about Foster Care Essentials by visiting the organization’s Face-

book page: www.facebook.com/fostercareessentials.

For more information on the Stop & Shop Community Bag Program, visit stopandshop.2givelocal.com.

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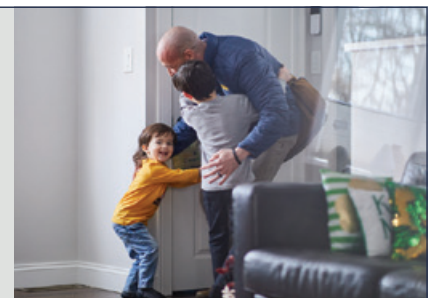


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KPHS Grads Earn Graduation Distinction in Liberal Arts



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Six King Philip Regional High School students graduated with Distinction in Liberal Arts as members of the Class of 2023.

In order to achieve distinction status, students must propose a project and work with an advisor to complete action steps approved by a KPRHS faculty panel.

"Every year we have a select group of students who want to further their education in a topic that is of interest or meaningful to them, and the results of these projects truly show how they have become experts in their chosen subject area through their research," Superintendent Paul Zinni said. "I'm extremely pleased to announce this year's Distinction in Liberal Arts recipients, and I would like to commend them for their hard work on the following projects."

Students graduating with Distinction in Liberal Arts include the following:

Hailey Beane - Media Consumption: How it Impacts Children

Beane collaborated with the Norfolk Public Library to educate parents of young children about how media consumption affects children and how media can be curated to foster educational and emotional growth. As part of her project, Beane created a detailed poster to present her research and conclusions to the public. The poster was displayed at the library in the children's section to inform parents as they selected books with and for their children.

Helena Bekele - Rags But No Riches: Working Class Fashion in the Gilded Age, Great Depression,

and 1970s Punk Scene

Bekele researched trends in working-class fashion over the course of three different time periods and drew conclusions about how and why fashion changes over time. She sewed and created three outfits, one from each time period, and displayed them with written explanations in the lobby of the King Philip Regional High School to educate the school community.

Troy Breen - It Starts with You: The Effect Pollution Has on Climate Change

Through the One Earth Film Festival, Breen discovered a need for educating teenagers about pollution and its impact. He researched the connection between pollution and climate change, as well as the ways teenagers can help mitigate these processes. He crafted this research into an eight-minute creative film that he wrote and directed. The film was then shared with students at King Philip Regional High School and entered into the film festival competition.

Matthew Kelley - Suicide Prevention Efforts for Adolescents and Young Adults

Kelley worked with Superintendent Zinni, Director of Wellness Dot Pearl and Principal Dr. Lisa Mobley to create and implement an effective way of promoting mental health awareness in the school community. After conducting background research on suicide prevention efforts and national support resources, Kelley had suicide prevention hotline numbers and a supportive phrase printed on student ID cards for all KP middle and high school students.

Elizabeth Lewis - The Wampanoag Tribe: Their History and Perspectives

Lewis created a school-wide campaign at King Philip Regional High School to teach students, faculty and staff about Native American history, with a focus on the Wampanoag Tribe and Metacom. After researching Wampanoag history and ways to respectfully educate others through a campaign, Lewis crafted multiple outreach initiatives including a bulletin board, newsletter and morning announcements.

Bridgett Nally - The Art of Signage: An Investigation into the Creation and Use of Effective Signage

Nally partnered with the Wrentham Conservation Committee to create signs for three nature trails in Wrentham. She researched the components of effective signage and used this information to design signs that will help visitors understand more about their responsibilities for trash removal, as well as educate them about parts of the natural world. The signs she designed were printed and posted on the trails in the spring of 2023.

The students' diplomas indicated their graduation with distinction status, and the students were recognized during the senior awards ceremony and graduation ceremony, both held last month.

King Philip Regional High School offers two graduation distinctions -- one in liberal arts and another in STEM.

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Guest Column

Addressing Access to Justice in Housing Court: A Call for Urgent Action

By MARCUS VAUGHN

As residents of our affluent community, it is essential that we recognize the challenges faced by our fellow citizens in less privileged areas. Recently, I received information from a concerned constituent highlighting a growing issue that demands immediate attention: the detrimental impact of changes in the Housing Court system on low-income individuals and families.

Across the state, both in public and private housing disputes, individuals are required to navigate the Housing Court, which serves as a separate part of the judiciary. In response to the COVID-19 pandemic, virtual proceedings through platforms like Zoom were successfully implemented, offering convenience and efficiency for landlords, tenants, and

all parties involved. However, the introduction of a new head of the system has abruptly terminated these virtual practices, causing significant disruption and hardship.

Under the new system, administrative matters that previously took a mere 30 minutes via Zoom now require a time commitment of half a day or more, in addition to incurring travel expenses. This unexpected shift has put an undue burden on our housing authorities, including Norfolk Housing, which is responsible for managing these disputes. Moreover, low-income individuals are disproportionately affected, as they risk losing their jobs due to the necessity of spending an entire day in Housing Court.

This issue extends beyond our community. If such challenges are occurring in more affluent areas like ours, it is imperative to acknowledge that the impact is likely even more severe in urban regions of our state. The barriers faced by individuals seeking justice in housing disputes should not be dismissed or ignored. We must recognize the urgency of the situation and advocate for change.

Governor Maura Healey has demonstrated a commitment to addressing issues of social justice and ensuring equal access to legal processes. I urge Governor Healey to take a closer look at this growing problem within the Housing Court system. By doing so, she can initiate the necessary steps to rectify the situation

and ensure that all individuals, regardless of their income or background, have equitable access to justice.

It is incumbent upon us, as concerned citizens, to shed light on this scandalous issue and push for its resolution. I encourage Governor Healey, as well as other relevant stakeholders, to explore solutions that reintroduce virtual proceedings or alternative measures to alleviate the burdens faced by those involved in housing disputes. By addressing this issue promptly and comprehensively, we can demonstrate our commitment to fairness, efficiency, and equal opportunity within our justice system.

I also urge community members, who may have firsthand experience with the challenges in the Housing Court system, to share their stories and concerns. Together, we can amplify our voices and bring attention to this critical matter, urging our elected officials and policymakers to take swift action.

In conclusion, it is our duty to stand up for those facing obstacles in accessing justice. By addressing this issue, we not only ensure fairness and efficiency within the Housing Court system but also uphold the fundamental principles of equality and social justice that our great state cherishes.

Marcus Vaughn is the state representative for the 9th Norfolk District.

Sweet Reappointed to Sixth Term on Governor's Local Government Advisory Commission

Wrentham Town Administrator Kevin Sweet has been reappointed to a sixth term on the Governor's Local Government Advisory Commission.

Sweet was sworn in Tuesday, June 13, by Lt. Gov. Kim Driscoll.

The Massachusetts Local Government Advisory Commission (LGAC) analyzes proposed legislation affecting cities and towns, acts as an advocate for the interests of local governments and advises state officials on their needs.

The commission meets regularly with the lieutenant governor, secretariats and state legislative leaders.

The LGAC is a model that the rest of the nation has looked to as a major success in facilitating strong local-state relations.

In addition, Town Administrator Sweet serves as an Elected Director on the Massachusetts



Town Administrator Kevin Sweet has been reappointed to a sixth term on the Governor's Local Government Advisory Commission.

(Photo Courtesy Town of Wrentham.)

Municipal Association (MMA) Board of Directors and is the District 5 Representative on the Massachusetts Municipal Management Association Executive Committee.

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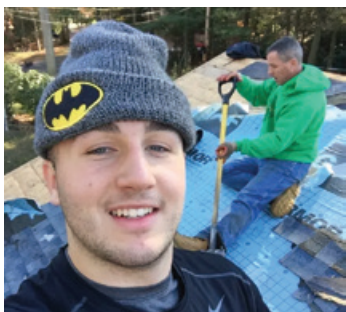
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