

Tech Head of Norfolk Library to Retire

"All-Around Guy" Has Kept Library Systems Humming

By GRACE ALLEN

If you've spent any time in the Norfolk Public Library in the last 28+ years, you've probably seen John Spinney around. But you might not be aware that he's a vital reason the library remains on the forefront of technological advances in library science.

Spinney, the library's Information Systems Administrator, is set to retire on September 1. While his behind-the-scenes role has evolved over the years, it's accurate to say his efforts have always reflected the growing needs of library users and staff, even if they didn't know it at the time.

"He's always kept us ahead of the curve in terms of new technology," said Sarah Ward, the library's director. "We're usually the first to be trying things, which is really nice."



John Spinney has worked at the Norfolk Public Library since 1995.

Spinney, a Norfolk resident, started out as a volunteer in the library's homework center, which at the time was located in the reference area. A stay-

at-home dad with a degree in mathematics, his skills quickly

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On June 28, Bob Perry's donation was acknowledged at a check presentation ceremony at the Hebron Food Pantry. On hand to present the check to Heather Porreca were Perry's friends, all retired KPHS colleagues. From left, Richard Ahern, KP English teacher, Dave Webb, KP math teacher, Bill Lepere, KP math teacher, and Robert Houde, KP English teacher.

Former King Philip Teacher Bequeaths Large Gift to Food Pantry

By GRACE ALLEN

In late June, the Hebron Food Pantry in Attleboro received a gift totaling almost \$70,000, thanks to the generosity of a former King Philip High School teacher. Robert "Bob" Perry passed away on November 13, 2021, at the age of 84, but he will always be remembered for the impact his gift will have on area residents struggling with food insecurity.

According to Heather Porreca, president of the food pantry's board of directors, Hebron buys most of the food it distributes from the Greater Boston Food Bank. Every dollar translates into \$20 of buying power.

That means Perry's gift will equal about \$1.3 million dollars' worth of food.

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SPINNEY

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became obvious to the library staff.

“We soon realized we needed him on our team as more than a volunteer,” said Sarina Bluhm, the former children’s librarian and director. “Not only could he fix our computers, he could fix just about anything else in the library.”

The self-effacing Spinney says that’s par for the course in the field.

“Like all library jobs, when you’re hired you pretty much do everything there is to do,” he said.

While he does not have an MLS degree, Spinney has had extensive on-the-job training in the technology necessary to run a library—and keep it running. He also took classes whenever possible, to learn the latest ad-

vances in information and communication technologies.

But he credits Robin Glasser, who was the library’s director from 1992 to 2015, for being instrumental in moving the library into the technology age.

“Some people don’t like change, but Robin was not like that,” said Spinney. “She was always open to new ideas. If I wanted to try something, she’d say, ‘let’s do it.’ We’ve always been on the cutting edge. We were always one of the first libraries in the SAILS consortium to adapt the newest emerging technology, and I was always proud of that.”

The SAILS consortium, at the time, was one of the biggest library consortiums in the country.

Spinney has had other roles, too, in the library. He has helped patrons with their own technology challenges, showing them how to use their kindles or even

their newest iPhone. He’s also the library’s lead certified passport agent.

Spinney will assemble and put-up shelves when needed, or just fix anything that needs to be fixed. One of his hobbies is carpentry—at one time, he worked with his brother-in-law, putting up dormers on homes.

“I’m not sure people know how much extra stuff he does around here,” said Ward. “He’s really an all-around guy.”

Bluhm, the former director, pointed out that Spinney’s tech skills weren’t the only thing he brought to the library.

“On top of all that, he’s just a nice guy,” she said. “He would do almost anything for staff and patrons alike. He even donned a Clifford the Big Red Dog costume for a children’s program one summer.”

In any career, there are challenges, however. The 2005 library expansion and renovation

brought some of those challenges to both staff and patrons alike. While construction was going on, the library moved into three temporary locations: Town Hall, trailers at the Department of Public Works, and the former Pickwick building near the corner of Route 1A and Pond Street.

Getting internet up and running in the Pickwick location was difficult, said Spinney, as was contending with all the squirrels that kept getting into the building.

“I can’t recall how I did it, but somehow I did. A lot of that I’ve blacked out,” he laughed. “But finally moving into the new library was great. Everything was wired and I just had to plug things in.”

Spinney, 65, says he is looking forward to spending more time with his wife and family when he retires, noting he has three daughters and four grandchildren. He’s also a cyclist, and now

he’ll have more time for that, too.

“I’m not leaving because I don’t like this job,” he reflected. “I love this job, and I love helping people. It’s rewarding when somebody has a problem and you’re able to fix it. But there are other things I want to do, while I still can.”

Director Ward, who has known Spinney since she was a young library patron herself, has started the search for his replacement. The new hire will have to have many of the same qualities, she emphasized.

“It definitely has to be someone who is able to keep up with the tech trends,” said Ward. “But I also want someone who is able to connect with patrons the way John does. He’s so patient. It’s a really special thing he does, helping people and talking to them in a way that makes them feel comfortable and welcome here at the library.”



Charles River Chorale to Hold Open Rehearsals in September

New Members Welcome

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

The non-audition chorale group will begin open rehearsals on Tuesday, September 19 from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis. Two additional open rehearsals will take place on September 26 and October 3 to allow interested new members an opportunity to explore the chorale opportunity.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a non-

profit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 8th year with the Charles River Chorale, is also the choral director for Medway High School. Her goal for the chorale is “focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this.”

Charles River Chorale members hail from many area communities, and they range in age from teenagers to octogenarians. The group typically holds winter and spring concerts, with the Winter 2023 concert planned for Sunday, December 10 at 2 p.m. at Medway High School. The theme of the Winter 2023 concert is

“Joy to the World, Celebrations from around the Globe.” This program will feature music celebrating cultures and seasonal events across the globe, including Chinese New Year, Kwanzaa, Christmas, Hanukkah, Diwali and more!

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis. Membership dues for the non-profit organization support operating costs. There are no dues for high school students, and scholarships based on need are available. There is also a separate children’s choir for children in Grades 2 through 6.



Scan this code with your smartphone to sign up for open rehearsals.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charlesriverchorale.com>. Those who are interested in joining the chorale for the start of the season on September 17 are asked to complete a short sign-up document via the attached QR code. Sponsorships and advertising opportunities are also available.

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PANTRY

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Porreca says she was in shock when she found out.

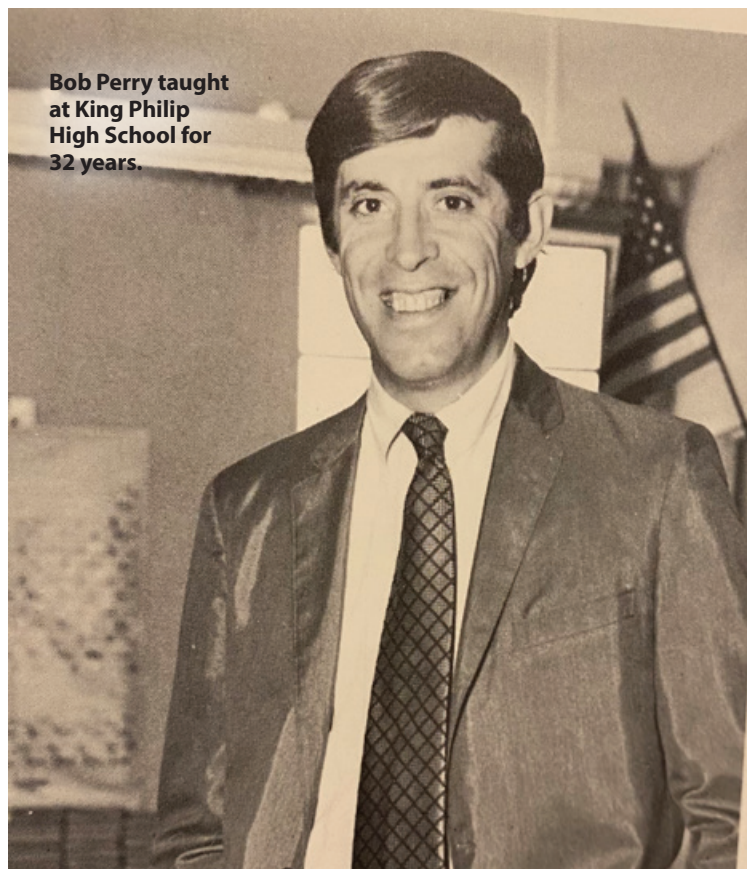
“The executor of his estate called me out of the blue, and asked if I was sitting down,” Porreca related. “I’m thinking the donation would be \$1,000 or maybe \$2,500. But instead, she told me the total amount was \$69,852.53. It’s literally unreal.”

As a donation and grant-based organization, the food pantry has always scrambled for funding, said Porreca.

“Now we will be able to buy more diverse food for our client base, at an enormous discount through the Greater Boston Food Bank,” she said. “We will be able to use this money for years to come.”

Nancy Sherren, the executor of Perry’s will and a long-time friend, said Bob was an Attleboro resident who wanted a percentage of his estate to go to an Attleboro charity.

“He was a good, decent person,” said Sherren. “He didn’t have an expensive lifestyle but was always very generous with what he did have. He contributed



Bob Perry taught at King Philip High School for 32 years.

to many charities throughout his life, which I discovered after he passed and I had to go through his mail. Bob never wanted a lot of attention, but people should know how generous he was.”

Sherren said Bob was also a good friend to many people, and

a good son to his mother, often taking her on trips to Vermont. Perry enjoyed golf and played in several leagues. He was a 1955 graduate of North Attleboro High School and liked going to all of the King Philip and North Attleboro football games.

He also excelled at cards, participating in several poker tournaments.

“Bob was very good at Texas Hold ‘Em because he was very mathematical and good with numbers,” said Sherren.

Perry taught math at King Philip High School for 32 years and stayed connected to the school even after he left. He was part of a group of retired KP teachers who kept in touch with each other socially and to support the next crop of teachers at the school. His generosity did not surprise Scott Kramer, a current mathematics teacher at the high school who was hired after Perry retired.

“He would always come to events like Christmas parties or retirement parties,” said Kramer. “He was the nicest man, always super professional and polite. He made everyone feel welcome when they joined the staff, or any time we had a social event. I bet he did give to many charities, probably with no one knowing about it.”

Neva Lazzara teaches AP Calculus at KP High School. Bob Perry, she said, was her instructor when she attended KPHS and

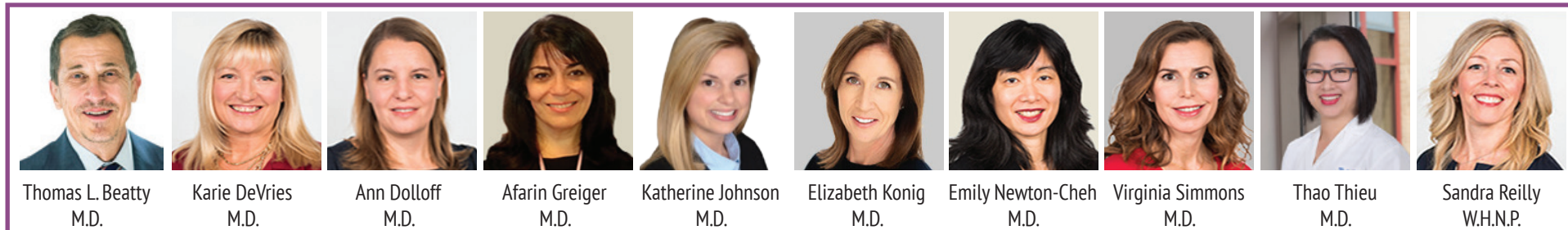
the reason she went into teaching herself.

“He had such a clear, detailed, organized approach to teaching, and a positive, fun love of the subject that led to the success of his students,” said Lazzara. “Calculus became my favorite subject, and if it wasn’t for him, I would never been a mathematics major in college nor a teacher. And now, full circle, I am teaching calculus at King Philip.”

As executor, Sherren was tasked with going through Perry’s possessions after he passed away. Among the items, she found Bob’s high school letterman’s sweater. She plans to donate it to North Attleboro High School, in the hope of inspiring and reminding students that their actions, no matter how big or small, can make an impact on the world.

“He made a difference,” she reflected.

The Hebron Food Pantry is located at 11 Sanford St., Attleboro, in the lower level of the Centenary United Methodist Church. It serves about 1,300 people each week, from the towns of Attleboro, N. Attleboro, Mansfield, Norton, Plainville, Rehoboth, and Seekonk.



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Wrentham's 350 birthday party was a huge success. Hundreds of people came out on Saturday, July 15 to celebrate and enjoy activities, games, music, and food on the town common.

Happy Birthday Wrentham!



Norfolk Community Federal Credit Union celebrates 70 years

Since Aug. 13, 1953, Norfolk Community Federal Credit Union has been putting people before profit.

Credit unions are cooperative, not-for-profit financial institutions organized to promote thrift and provide credit to its members. They provide some of the same services as other financial institutions but with an added personal touch.

“We believe in the credit union philosophy of ‘people helping people,’” says NCFCU CEO Susan Kenney, who joined the organization in 1994. “We want our members to live life on their own terms with our help if they feel it necessary. We are prepared to guide our members through every stage of life.”

“We pool our money for the benefit of all,” says Kenney. “All profits made by the credit union are returned to the members in some way; this could be offering lower loan rates, fee reductions, or better rates on savings. What this means to the member is they are the investor in the credit union and they, as members, reap the rewards.”

Some of NCFCU’s most popular services include 0% Mass

In 1909, Massachusetts Bank Commissioner Pierre Jay and wealthy Boston merchant Edward A. Filene, son of William Filene, founder of Filene’s department store, joined forces to enact the Massachusetts Credit Union Act, the first general statute for establishing credit unions in the United States. For his efforts, Filene earned the moniker “Father of U.S. Credit Unions,” according to <https://ncua.gov/about/historical-timeline>

Save loans, mortgages, low rate new and used auto loans, savings products, insurance and more. For members ages 14 to 24, they offer free checking accounts with a debit card that grants access free of charge to more than 30,000 ATMs all over the country.

The credit union was chartered in 1953 and has remained in town for 70 years. Today, our field of membership includes Norfolk, Franklin, Wrentham, Bellingham, Millis, Medway, Foxborough, Medfield, Plainville, and Walpole.



Business spotlight

Kenney says that all members, regardless of their financial or social position, have an equal voice in matters that affect the credit union.

Credit unions like NCFCU are member-owned and controlled through the election of a Board of Directors drawn from their membership. Each year, a credit union will hold an Annual Meeting to elect a Board of Directors and to report to the membership the status of the credit union. The Board of Directors are volunteers whose responsibility is to guide the credit union, to ensure the credit union is operated on a sound financial basis, and to chart a course for implementing new services that are requested and needed by the membership.

“Democratic control makes the credit union a part of the communities it serves rather than an engine of profit seeking markets where it can reap maximum revenue,” says Kenney. “Individual credit union members who determine the future of the credit union have no better use of the capital that the institution controls than to continue their credit union’s mission of service to the community.”



“The stockholders who own the bank are always on the lookout for a way to make the bank more profitable, including merging or selling out of a market. Credit unions are the most successful and widespread of cooperative businesses in the United States.”

For more information about Norfolk County Federal Credit Union, visit www.norfolkcommunityfcu.org.

SUSAN KENNEY, NCFCU /CEO

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NCFCU is active in the community

Norfolk County Federal Credit Union has participated in Norfolk Community Day for over 18 years. They sponsor Little League baseball teams, softball teams, and various school teams in their field of membership. They sponsor the Norfolk Public Library, Norfolk Police and Fire, Norfolk Field of Flags, Federated Church of Norfolk, Norfolk Community League, Norfolk Lions Club, Mass Coalition for the Homeless, Mass Miss Amazing, as well as a giving tree for the Santa Foundation in Franklin.

“Through the years our credit union has grown and continues to grow. We work to strengthen and support our communities and the credit union philosophy.”



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Gilly's House Plans 2nd Annual Summerfest

BY GRACE ALLEN

On Sunday, August 27, Gilly's House will host the second annual Summerfest, a family-friendly, alcohol-free fundraiser from noon to 6 p.m. at the Wrentham Developmental Center complex, 131 Emerald Street in Wrentham. All are welcome.

The event will feature live music, food, restaurant tastings, soft drinks, kids' activities, special guest appearances, and more. Everything is included in the \$50 ticket price, and children accompanied by an adult are free.

Gilly's House, a non-profit facility located in Wrentham, offers a comprehensive life-skills transitional program for young men who have successfully completed a residential treatment program. The sober home was founded by David and Barbara Gillmeister in memory of their son Steven.

Massachusetts is suffering from an exponential increase in opioid-related overdoses, overdose deaths, and people seeking substance-use treatment. In 2022, there were 2,357 overdose deaths in the state, a new record high and surpassing 2021's tally by 57.

"Now more than ever, addiction is affecting so many people and so many families," said Barbara Gillmeister. "It's just so difficult to recover and stay in recovery, and there's so little long-term help available. There's no financial support from the government for the residents, nor for the house. It's all community



support for Gilly's House, and we are so grateful for the tsunami of support we have from the community."

Gillmeister noted that last year's Summerfest was a success with hundreds of people attending. Like last year, proceeds from the event will go towards Gilly's House upgrades as well as its scholarship fund.

One of the highlights of Summerfest will be a restaurant cook-off with many local restaurants participating. People can sample the food and then vote on their favorites. James Arsenaunt, owner of James' Breakfast and More, is organizing the cook-off.

Comedian Michael Petit will serve as Summerfest emcee.

Students from King Philip High School's community service group, KP Cares, will organize and run children's activities throughout the day.

The Norfolk Lions will serve hamburgers, hotdogs, chips, and beverages.



Scan this code with your smartphone to purchase Summerfest tickets.

Entertainment scheduled throughout the day includes a petting zoo, magic shows, a drumming circle, and caricature drawings. There will be a bouncy house, blow-up obstacle course, dunk tank, and an ice cream truck.

The Wrentham Fire Department will provide a "Touch-a-Truck" experience for kids.

Pat the Patriot and the New England Patriots cheerleaders will be on site. Keith Birchall, aka the Silver Bullet, will be available for photos with the Superbowl rings.

Attendees can peruse various healthy living resource tables. Contact Maureen Cappuccino at maureen@gillyshouse.com if your organization would like a free resource table at the event.

Summerfest will be held rain or shine. Organizers suggest attendees bring chairs and blankets to sit on while enjoying the music and food. Bathroom facilities will be available.

Tickets for Summerfest can be purchased at any time at <https://gillyshouse.com>, or by scanning the QR code at the end of this article or on posted flyers. Tickets are tax deductible.

Sponsorships ranging from \$250 to \$5,000 are available. Visit the Gilly's House website

for more information or contact Barbara Gillmeister at barbara@gillyshouse.com with any questions.

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Norfolk Community Day Youth Art Show Winners on Exhibit at Norfolk Public Library

Congratulations to all those who entered the 12th annual Youth Art Show! This show was open to all Norfolk residents in Grades 1 through 6. All submitted artwork was displayed at Norfolk Community Day on Saturday, June 10. In addition, the winning entries are being recognized in an exhibit of their own at the Norfolk Public Library from June 26 through the end of August.

The theme for this year's show was "My Community." This art show is unique in that it showcases all levels of interest in art and all manner of creativity. The collection of work was created by young artists and enthusiasts, as well as one-time drawers. It is an exceptional show and we encourage you to stop by the library to view this wonderful exhibit.

All submitted artwork received an Honorable Mention Award, with place awards given in each school and in a Dimensional Artwork (3D) category. There was



Madeline Svalbe

also an overall Grand Prize winner. Winners were selected based on artistic creativity, originality and attention to the stated theme. The Grand Prize winner and the 1st place winner of each group received a Barnes and Noble gift card.

Once again, congratulations to all of our young artists!



Helena Vives

Grand Prize

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- 3rd Hope Koch

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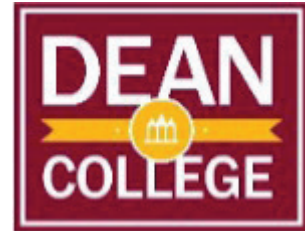
- 1st Michael Kozikowski
- 2nd Madeline Svalbe
- 3rd Maddie McDermott

Dimensional Artwork

- 1st Lilia Dimova
- 2nd Joseph Marcin
- 3rd Kylie O'Brien

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The SAT is Going Digital!

Big changes are happening with the College Board's SAT & PSAT tests- they are going digital!

Why digital testing? There are many advantages to implementing a digital test format, such as, it eliminates the need for human proctors, reduces the chance for students to help one another with answers, improves the availability of learning differences accommodations, eliminates bubbling- the time wasted when a student needs to transfer their answer to the bubble sheet, and shortens the time it takes to receive test results.

Who is affected? In most cases, but there are exceptions, the fall 2023 PSAT will be digital, and the SAT exams will be the current paper-version through December 2023. In the spring of 2024, all students will take the digital version of the SAT. The College Board, however, will continue to offer the paper version of the SAT test for those students who have specific accommodations. Also, the class of 2024 will not have the opportunity

to take the new digital SAT exam since it will not be available until March of their senior year.

What are the major changes?

- The most exciting change is the SAT digital test is now just over 2 hours, which is significantly shorter than the current SAT and ACT exam of 3 plus hours.
- Students are allowed more time to answer the math and verbal questions. Compared to the ACT, the digital SAT allots, on average, 59% more time per question.
- The reading passages are much shorter and only have one question per passage.
- Students can bring their own calculator and use it for the entire math section. Students will also have access to the online Desmos graphing calculator.

- Test scores will be returned within days - and not weeks.
- A student will no longer be able to find out what questions they got correct or incorrect.

What is staying the same?

- In general, the test content is staying the same.
- The Math SAT section is testing the same concepts, but the number of problems has decreased and will be more direct and concise.
- The College Board has stated the scoring results will be the same, and students should score similarly as they did in the paper version of the SAT.

How will the digital test be scored? The test will still be based on the same 1600-point scale. Although the scoring will be section adaptive- meaning the exam's difficulty is modified in real time. Every student will receive the same set of questions in the first section of the test, and depending on how the student performs will determine the type of questions they receive in the second set of the test. A student



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

who advances to the more "difficult" section has the opportunity to attain a score of up to 800 on each section, and a student who stays on the less difficult path has the opportunity to earn up to a 650 score on each section.

Is this a better test? Time will tell. The goal of the new digital test, that now includes the adaptive method, is to better measure a student's knowledge and abilities in a shorter, more efficient style- which is an exciting concept. It focuses less on speed and more on college readiness skills. However, one potential disadvantage is that students who realize their answers are not getting more difficult may become stressed that they are not doing as well and focus on performance versus just giving the test their overall best effort.

If you have any questions, please reach out to me at tracy@mycollege101.com, or go to the frequently asked questions on the College Board website: collegeboard.org/digital/faq.

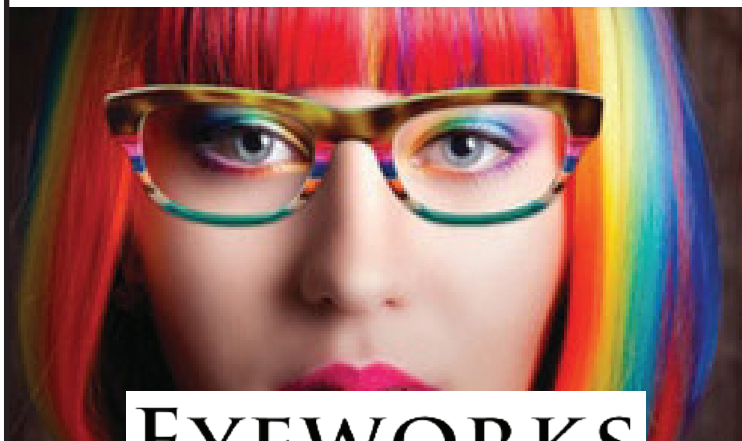
Good luck and enjoy the journey!

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Upcoming Events for 22Mohawks

The non-profit organization known as 22Mohawks has several events coming up. 22Mohawks supports area veterans and their families while raising awareness around veteran suicide and prevention.

Contact Stacey Ann, CEO, with any questions at Stacey@22mohawks.com or 774-273-3296. Visit 22mohawks.com or the group's Facebook page for more information on these events or to purchase tickets.

Second Annual Golf Tournament

Join the 22Mohawks family for a day of golfing and raising funds to support veteran suicide prevention. The tournament will be held on Monday, August 14 at Brookmeadow Country

Club, 100 Everendon Rd., Canton.

Tickets for teams of 4 are \$600 per team. Don't want to golf? Come for lunch and raffles for a \$20 donation. Purchase tickets at <https://donorbox.org/events/437636>. Sponsorships are listed on the website.

"Race to Nowhere" Zero K

This 0-K road race on August 19 from 1 to 5 p.m. is designed for everyone, regardless of physical fitness or disability. The "race" kick off will take place at the Norwood town common and end 50 yards down at Lewis' Bar and Grill on Central Street. Registration runs from noon to 1 p.m.

Entrance fee is \$50, and includes activities for the day, t-shirt, medal, burger and a bev-

erage. Visit the group's Facebook page for more details and tickets.

"Storm the Beach"

Join 22Mohawks for the 1st annual Norwood Rotary Club & 22Mohawks Motorcycle & Classic Car Ride on September 16. "Storm the Beach" is an 88-mile ride in support of veteran suicide prevention.

The day will start with a ceremonial breakfast at the Castle Island Brewery in Norwood. Participants will stop at Bourne High School for lunch. The ride will end at the Chatham VFW, where participants will enjoy dinner, fireworks and live bands.

Cost is \$20 per car or \$10 per passenger. Purchase tickets at <https://donorbox.org/events/466358>.

Your Money, Your Independence

Yes, even the Nasdaq-100 Index rebalances. What about you?



Glenn Brown

On July 24th a special rebalance was held to reduce the Nasdaq 100 Index's concentration in its largest holdings.

This is the third such special rebalancing (1998, 2011) as part of the methodology that states:

"A special rebalance may be conducted at any time based on the weighting restrictions described in the index rebalance procedure if it is determined to be necessary to maintain the integrity of the Index".

Some questions to consider:

- What is the potential impact to you as an index investor?
- Do you practice a similar rebalance process for individual holdings and asset classes?

How did we get here?

The performance of a small group of mega-cap stocks drove returns for the index and the broader market. These stocks include:

- Microsoft (Year-to-date return as of 7/17/23 is 38.9%)
- Apple (45.5%)
- NVIDIA (188.7%)
- Amazon (51.4%)
- Tesla (118.9%)
- Meta Platforms (144.4%)
- Alphabet Class A (32.0%) and Class C (31.7%).

These seven companies (combining Alphabet's share classes) represented over 55% weighting of the index and will reduce to 38% with smaller companies within the index being purchased.

Potential impact to index investors.

Selling high-performing stocks comes with the potential for a tax bill for funds.

Per Morningstar, "Mutual funds may be especially susceptible to capital gains distributions. An ETF like QQQ is among the most heavily traded securities in the United States, which results in plenty of opportunities for it to utilize in-kind creations and redemptions to purge low tax-basis securities, making capital gains distributions unlikely."

The importance of rebalancing.

A challenge investors have with rebalancing is selling or trimming winners and reallocating proceeds to other areas of a portfolio, including underperformers.

Some envision these 7 companies to continue their dominance, but consider Top 5 Nasdaq-100 holdings in 1998: Microsoft, Cisco Systems, Intel, Dell and Worldcom, yes that Worldcom. By 2008, only Microsoft was still in Top 5 and it had a total 10-year return of -33%. Again, negative 33%.

In ten years the leadership will look different, so will returns.

Rebalancing asset classes within diversified portfolios.

Given S&P 500 Index 15 year outperformance over other asset classes and recency bias toward 4% money markets, many avoid rebalancing or other asset classes entirely like bonds, small company stocks, international stocks, REITs, commodities, gold, etc.

Again, the next 10 years will not look like the past 10 years.

For example, on January 1, 2000 a diversified portfolio of index funds may have included S&P 500 Index, US Bonds (Barclays US Aggregate Bond Index), International Stocks (MSCI EAFE Index) and Gold.

By start of 2010, total returns were Gold 274%, US Bonds 84%, International Stocks 12%

and S&P 500 Index -9%, aka "The Lost Decade".

Go out to January 1, 2017, US Bonds 137% are still outperforming S&P 500 Index 112%.

Some would argue it made sense not to rebalance, until see a rebalance to "out of favor" S&P 500 Index to start 2010 would lead 7 years later US Bonds 30% and S&P 500 133%. As for top performer during 2000's Gold, it was the worst at 5%.

There's more to consider than allowed in this space, consider reaching out to your Certified Financial Planner to discuss further.

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

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

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FAFC Backpack Drive

The Wrentham-based Friends of Adoption and Foster Care (FAFC) are collecting school supplies to fill backpacks for foster children.

Glue sticks, highlighters, dry erase markers, markers (thick/thin), spiral notebooks, composition notebooks, binders, scissors, and index cards are needed.

The items can be dropped off in the bins inside of St. Martha's Church in Plainville or in the bin in the parking lot of St. Mary's Church in Wrentham.

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Paying Off Debt the Smart Way

Being in debt isn't necessarily a terrible thing. Between mortgages, car loans, credit cards, and student loans - most people are in debt. Being debt-free is a great goal, but you should focus on the management of debt, not just getting rid of it. It's likely to be there for most of your life - and, handled wisely, it won't be an albatross around your neck.

You don't need to shell out your hard-earned money for exorbitant interest rates, or always feel like you're on the verge of bankruptcy. You can pay off debt the smart way, while at the same time saving money to pay it off faster.

Know Where You Are

First, assess the depth of your debt. Write it down, using pencil and paper, a spreadsheet like Microsoft Excel, or a bookkeeping program like Quicken. Include

every financial situation where a company has given you something in advance of payment, including your mortgage, car payment(s), credit cards, tax liens, student loans, and payments on electronics or other household items through a store.

Record the day the debt began and when it will end (if possible), the interest rate you're paying, and what your payments typically are. Add it all up, painful as that might be. Try not to be discouraged! Remember, you're going to break this down into manageable chunks while finding extra money to help pay it down.

Identify High-Cost Debt

Yes, some debts are more expensive than others. Unless you're getting payday loans (which you shouldn't be), the worst offenders are probably your credit cards. Here's how to

deal with them.

- Don't use them. Don't cut them up, but put them in a drawer and only access them in an emergency.
- Identify the card with the highest interest and pay off as much as you can every month. Pay minimums on the others. When that one's paid off, work on the card with the next highest rate.
- Don't close existing cards or open any new ones. It won't help your credit rating.
- Pay on time, absolutely every time. One late payment these days can lower your FICO score.
- Go over your credit-card statements with a fine-tooth comb. Are you still being charged for that travel club you've never used? Look for line items you don't need.
- Call your credit card companies and ask them nicely if they would lower your interest rates. It does work sometimes!

Save, Save, Save

Do whatever you can to retire debt. Consider taking a second job and using that income only for higher payments on your financial obligations. Substitute free family activities for high-cost ones. Sell high-value items that you can live without.

Do Away with Unnecessary Items to Reduce Debt Load

Do you really need the 800-channel cable option or that dish on your roof? You'll be surprised at what you don't miss. How about magazine subscriptions? They're not terribly expensive, but every penny counts. It's nice to have a library of books, but consider visiting the public library or half-price bookstores until your debt is under control.

Never, Ever Miss a Payment

Not only are you retiring debt, but you're also building a stellar credit rating. If you ever move or buy another car, you'll want to get the lowest rate possible. A blemish-free payment record will help with that. Besides, credit card companies can be quick to raise interest rates because of one late payment. A completely missed one is even more serious.

Do Not Increase Debt Load

If you don't have the cash for it, you probably don't need it. You'll feel better about what you do have if you know it's owned free and clear.

Shop Wisely, and Use the Savings to Pay Down Your Debt

If your family is large enough to warrant it, invest \$50 or \$60 and join a store like BJ's or Costco. And use it. Shop there first, then at the grocery store. Change brands if you have to and swallow your pride. Use coupons religiously. Calculate the



money you're saving and slap it on your debt.

Each of these steps, taken alone, probably doesn't seem like much. But if you adopt as many as you can, you'll watch your debt decrease every month. If you need help starting to set up your budget, reach out to me at the office for your free Budget Organizer.

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

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Upcoming Virtual Programs at the Fiske Library

Q & A with Gail Sahar

Professor Gail Sahar, the author of "Blame and Political Attitudes: The Psychology of America's Culture War," will host this virtual conversation on Wednesday, August 9 at 7 p.m.

Have you been asking yourself, "What does culture war even mean," or "What does it mean to be 'woke,'" and how do these questions contribute to the current divide in America? Sahar proposes that focusing on perceived causes of social problems is a much more promising avenue for dialog than trying to reconcile fundamental belief systems. Informed by the latest psychological science, this new take on how to change attitudes has implications for anyone seek-

ing to influence the viewpoints of others, from politicians and activists to ordinary people talking about current events at a dinner party.

Please register for this event at www.ashlandmass.com/184/Ashland-Public-Library (look in the Calendar section) and you'll receive a link in the confirmation and reminder emails, which will come from ashlandprograms@minlib.net.

This program is sponsored by the Friends of the Ashland Public Library and in partnership with a multitude of MA Libraries.

An Evening with Author Nan Fischer

On Monday, August 21 at 7 p.m., author Nan Fisher will dis-

cuss her new book, "The Book of Silver Linings," which comes out on August 15.

"The Book of Silver Linings" is a must read for anyone who loves uplifting books with a touch of magic. It's a timeless love story - our favorite kind! We hope you can join us for this very special Q & A.

Please register for this event at www.ashlandmass.com/184/Ashland-Public-Library (look in the Calendar section) and you'll receive a link in the confirmation and reminder emails, which will come from ashlandprograms@minlib.net.

This program is sponsored by the Friends of the Ashland Public Library and in partnership with a multitude of MA Libraries.

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.



William Sweatt

Wrentham residents have skied down Sweatt Hill, played ball at Sweatt Field, swam at Sweatt Beach and enjoyed afternoons in Sweatt Park. All of these special places are named after William H. Sweatt, Wrentham's greatest benefactor.

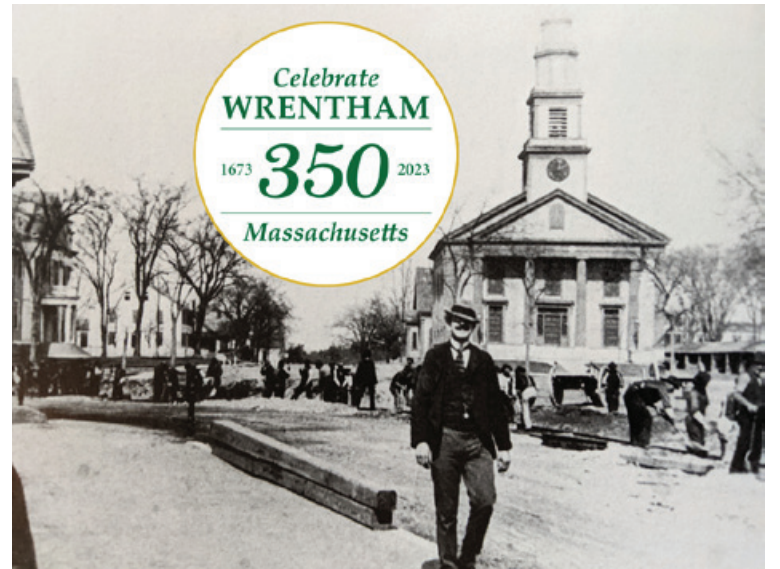
Wrentham's William H. Sweatt was born in Woonsocket, RI, on October 31, 1856, son of Enoch G. and Lucy Farnum Capron. He married Lizzie Thompson on May 17, 1882. The Sweatts had one child, a daughter. Mr. Sweatt learned the fabric business in Woonsocket. In 1900, Mr. Sweatt bought the recently rebuilt City Mills Co. in Norfolk under his business name of American Felt. Ironically, his new mill was the one that was destroyed by the massive dam failure at Wrentham's Whittings Pond in 1875. This was the site of today's Eagle Dam by Franklin Street. Whiting's Pond is now known as Lake Pearl.

He enlarged the old Eli Richardson house next to the mill, demolished an old stone store building in front of the old house, and filled the barn with his car collection, including a 1903 White steam car. He also had a huge new barn for horses, only recently demolished. His mansion house and yard was a show piece where he allowed the town of Norfolk to hold its annual Norfolk Day in the 1920s. He loved his beautifully landscaped property, where he could see the quaint Main St. stone bridge and pond behind it whose water used to power the older mill system.

Mr. Sweatt's excellent relationship with Norfolk came quickly to an end with a needed road construction project. The narrow stone bridge over Norfolk's Mill Brook in front of the house and American Felt mill complex was built 100 years ago for horse and buggy traffic when it was part of the town of Franklin. Norfolk had not yet been es-

tablished. The 1920s auto and truck traffic made this road infrastructure entirely obsolete. Some serious road and bridge construction was required.

We have no idea what conversations were held between Mr. Sweatt and the town of Norfolk, but Norfolk must have taken his front yard for a wider and safer bridge and highway. When Norfolk began taking down trees, Mr. Sweatt was so incensed that he bought the old Hawes house and farm at (now) 289 East St., Wrentham. He then ordered his Norfolk house be demolished and sold his Norfolk business. He and his assets were welcomed so much that he immediately wrote his new will including Wrentham as a beneficiary. It was dated April 7, 1926. Sadly, Mr. Sweatt soon thereafter suffered an accident while on vacation in Italy. He passed away in 1929 and was buried in Mt. Auburn Cemetery. His wife, Lizzie Bond Sweatt died several years later.



On March 7, 1932, at Wrentham's Annual Town Meeting, the voters unanimously accepted the provisions of William H. Sweatt's will as pertaining to Wrentham. The Sweatts left the town of Wrentham \$200,000 (equivalent in purchasing power to over \$3 million today), the interest of which was and still is earmarked for expenditures not covered by the regular town budget. The Sweatt Fund was initially intended primarily for the

care of the town common and its trees, but over time other local projects and programs have been approved for funding.

Today, we honor the ongoing generosity of the Sweatt Fund and celebrate William Sweatt's legacy. Thank you to all of the Wrentham residents who have volunteered on the Sweatt Fund Committee over the last nine decades.

SUBMITTED BY GREG STAHL

Summer Services at First Universalist Society in Franklin

The First Universalist Society in Franklin (FUSF) is holding summer worship services exploring the theme of individual spiritual practices. The series runs through August 27.

Services begin at 10 a.m. and all are welcome to attend.

During the last service of the summer, Reverend Beverly Waring, Interim Minister, will explore a multitude of ways to enhance your daily life through engaging your mind, body, heart, and soul with themes such as contemplation, activity, relationships, action and creativity.

Schedule of Spiritual Practices this Month at FUSF:

- August 6: Mindfulness
- August 13: Veganism
- August 20: Trees: Bridges to Spirit
- August 27: Everyday Spiritual Practices

FUSF is located at 262 Chestnut Street, Franklin and is a Unitarian Universalist LGBTQIA+ Welcoming Congregation. For more information about the First Universalist Society in Franklin, please visit our website: www.FUSE.org or call the office at 508-528-5348.



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Dean College Announces New Academic Partnership with Providence Hockey Club

Dean College is pleased to announce a new exclusive academic partnership with Providence Hockey Club for students in the Sports Broadcasting program. Through this partnership, Dean students will broadcast all 17 of Providence's home games in 2023-24 live on HockeyTV.com.

"We're excited to partner with the Providence Hockey Club and create another opportunity for our sports broadcasting students at Dean," said John Rooke, professor of communications and Director of the Center for Business, Entertainment and Sport Management at Dean College. "What sets our program apart from others is the ability to put students right to work, rolling up their sleeves and gaining experience doing what they dream about – doing what they love.

"Our partnerships with teams and businesses allow our students the chance to gain valuable experience as they prepare to jump into the marketplace," Rooke added. "We're all excited to learn through this fantastic opportunity presented by the Providence Hockey Club. Our

team will put on an entertaining and informative broadcast for fans, family, and friends."

Providence Hockey Club is the newest addition to the 23-team Eastern Hockey League, which is "Junior A" level competition for hockey players hoping to move onto play collegiately and professionally.

Located in the Northeast and Mid-Atlantic regions of the United States, the EHL will celebrate its 11th season in 2023-24. For the past seven years, the EHL has finished as the leader in the Direct-To-College Advancement at all NCAA levels. This new academic partnership will give current and future Dean students the unique opportunity to grow their broadcasting skills and resumes with valuable professional experience for a prominent amateur hockey league.

Dean student broadcasters are well-versed in the game, having broadcast previously for the Northeast Generals of the NAHL, and select students have also earned the opportunity to join the American Hockey League Providence Bruins' broadcasts on AHL-TV. Dean's

learning laboratory includes more than 80 campus sporting events in 12 different sports each school year, with numerous outside opportunities for members of the sports broadcast team to call games through internships and part-time positions with other schools and professional organizations.

Dean students will call the action on home ice at the Rhode Island Sports Center, located at 1186 Eddie Dowling Highway in North Smithfield, RI. Their first broadcast of the season will take place on Friday, September 15, 2023 at 2:30 p.m. against the Vermont Lumberjacks on HockeyTV.com. Providence's general manager and head coach, Jeff Perreault, graduated from Dean in 1994 with a degree in communications.

To learn more about Providence Hockey Club and the Eastern Hockey League, visit www.easternhockeyleague.org. To learn more about sports broadcasting at Dean College, visit www.dean.edu/careersinsports.

Guest Column

The Outsourcing of Intellect

By G. GREGORY TOOKER

Teachers throughout the country are expressing their frustration. Ironically, the presence of smart phones in the classroom is interfering with academic accomplishment. Efforts to remove phones so they are not a distraction, however, are not meeting with a lot of success. Restraint of personal liberty is cited. And what about the inability of students to communicate with parents and the authorities in an emergency?

The Federal National Assessment of Educational Programs just released their report in which they outline very disturbing findings. Math and reading scores for middle school students are at their lowest levels in 30 years. Undoubtedly, the pandemic was a primary contributor to this decline. It remains to be seen if this trend has become entrenched or the country can pull itself out of the ditch before an entire generation ends up plagued with an education deficit that will limit their potential in an increasingly competitive world.

Some argue that artificial intelligence will make up the difference, given a student's ability to access solutions to problems they cannot solve on their own. Interestingly, college applications are decreasing in some areas, high school students concluding the high cost of tuition is not worth taking on extraordinary long-term debt. But promising career opportunities that challenge the mind generally require the ability to think analytically and your smart phone will not do that yet.

Perhaps the most easily available method of developing the ability to think and write productively is to read on a regular basis. Reading a broad array of literary works nourishes the integrative thinking that generates creative ideas. But how many of the younger generation do you see these days with a book or Kindle in their hands? Most are focused on their smart phone screens, often zeroed in on their favorite social media site, which may not present the most objective version of newsworthy material.

We adult Americans need to put on our thinking caps and develop some attractive incentives that will persuade our youth to screen-off. But first, we will have to do that ourselves.

Opinions expressed in the Guest Column do not necessarily reflect those of the publisher.

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Locals to Participate in the 2023 Pan-Mass Challenge

On Aug. 5 and 6, more than 6,000 riders from around the globe, including 20 residents from Norfolk and 9 from Wrentham, will pedal in the 44th Pan-Mass Challenge (PMC). These cyclists will come together with the common goal of raising a record-breaking \$70 million for cancer research and patient care at Dana-Farber Cancer Institute (Dana-Farber). If achieved, this would be the single-largest gift Dana-Farber has ever received, bringing the PMC's total contribution in the fight against cancer to \$970 million since 1980.

As the nation's single most successful athletic fundraiser, the fully supported bike-a-thon includes one and two-day routes, from 25 to 211 miles, designed to cater to all levels of cycling and fundraising ability. For the 17th consecutive year, 100 percent of every rider-raised dollar will be donated directly to Dana-Farber to support lifesaving cancer research and treatment. The PMC accounts for more than 60 percent of the Jimmy Fund's an-

nual revenue as Dana-Farber's largest single contributor.

"The steadfast commitment of the PMC community year after year continues to inspire me," said Billy Starr, founder and executive director of the PMC. "With our sights set on a record-breaking fundraising goal for PMC 2023, I'm grateful for the continued support from all PMC riders, volunteers, donors, and sponsors and I can't wait to see everyone out on the road together this August."

Riders and volunteers will travel from 43 states and 8 countries to participate in PMC Ride Weekend festivities in Massachusetts. Most participate in honor of a family member or friend fighting cancer, and 950 riders and volunteers are cancer survivors or current patients, considered Living Proof® of the PMC mission. There are also 150 Dana-Farber employees committed to the cause as riders and volunteers, in some cases to fund their own cancer research.

The PMC is co-presented by the Red Sox Foundation® and M&T Bank. To make a financial contribution to a rider visit www.pmc.org, or call (800) WE-CYCLE. Connect with #PMC2023 on Facebook, Twitter, Instagram and LinkedIn.

Thank you to the following participants:

Norfolk: John Bailer, Susan Bloom Brooks, Jessica Boulter, John Cali, Andrew Cleverdon, Brian Donegan, Rob Duffy, David Dwyer, Wayne Johnson, David Lawson, Paul Lugten, Paul Macrina, John Maheu, Vincent Manning, John McCarroll, Michael Quinn, Ed Rapa, Nancy Rose, Andy Weitzman, and Andrew Wolff.

Wrentham: John Anderson, Joseph Collins, Michael Earls, Brian Harvey, David Hennessey, Christopher Pacella, Danielle Page, Josh Person, and Jeremiah Sullivan.



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Lake Pearl's Red Dam in Need of Repair

CONTRIBUTED BY JOE STEWART

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

Many Wrentham residents are familiar with Lake Pearl as it's a great spot for swimming, boating, kayaking, and fishing. And some may have noticed the earthen mound at the north end of Lake Pearl; that 320-foot-long, 10-foot-high earthen mound is Red Dam and it holds back Lake Pearl.

This past March, the state's Department of Conservation and Recreation issued a Certificate of Non-Compliance and Dam Safety Order to Wrentham because Red Dam, which is categorized as a Large Size, Significant Hazard Potential Dam, has been found to be "structurally deficient and in poor condition." Significant Hazard Potential Dams are dams that may cause the loss of life and property damage in the event of dam failure.

According to the lakeside venue Lake Pearl Wrentham, Lake Pearl was originally known as Whiting's Pond, named after

the Whiting family, who operated a mill there. In 1885 the lake was purchased by William Enegren, who renamed the lake in honor of his young daughter, Pearl, who died shortly after the family moved to Wrentham.

Red Dam was reconstructed in 2002, according to ESS Group, a water resource management consultancy now owned by TRC Companies. However, since that reconstruction work took place, Pare Corporation, an engineering and planning services firm, has found dense brush, saplings, and trees growing on the downstream slope as well as undermining of the granite steps and thinning riprap along the waterline on the upstream slope.

The Dam Safety Order directs Wrentham to hire a registered professional engineer to conduct every six months a "Poor Condition Dam Follow-up Inspection" and report results, perform a "Phase II Inspection and Investigation" with the final report due October 1, and bring the dam into compliance by October 1, 2024.



A view of Red Dam, which creates Lake Pearl.

Brian Anatoli, Wrentham's director of public works, shared that Wrentham has hired Pare to perform the Follow-up Inspection and report the results. Mr. Anatoli was unsure of the status of the Phase II Inspection and Investigation at press time but indicated that the town will collaborate with the Office of Dam Safety. He noted that ODS is familiar with municipal budgeting, particularly for significant unplanned expenses such as dam repair where grant funding plays an important role.

Mr. Anatoli also noted that the Phase II report will give Wrentham a sense of the work required to return the dam to compliance. As a point of reference, from its October 2022 Red Dam Phase I Inspection / Evaluation Report, Pare estimated that costs to repair Red Dam would range from \$347,500 to \$543,000.

In collaboration with the Dam Safety Office, Wrentham has begun work to address the Dam Safety Order. Town Administrator Kevin Sweet said that it is

reviewing Pare's proposal to perform the Phase II Inspection and expects Pare to deliver its report in early October to comply with the state's order.

Further, Mr. Sweet plans to submit for grant funding, most likely through the state's Dam and Seawall Repair or Removal Program. He noted the program routinely provides 100% reimbursement for large size / significant hazard dams so Red Dam would be a good candidate. He noted other sources of funding, such as the Massachusetts Emergency Management Agency Hazard Mitigation Grant Program, can be investigated as well. Sweet shared that the town would likely apply for the grant this winter and then post a Request For Proposal for work to commence summer 2024 or summer 2025.

Additionally, Mr. Sweet noted that this Dam Safety Order illustrates the value of ongoing operations and maintenance. As fiscally responsible stewards of the town's infrastructure, the administration is looking to invest in preventative maintenance.

Standard and Poor's Reaffirms Town of Norfolk's AA+ Bond Rating

Town Administrator Justin Casanova-Davis and Finance Director Todd Lindmark recently announced that the town of Norfolk has retained its AA+ bond rating.

The AA+ rating is the second highest bond rating available and reflects the high-quality financial condition/low credit risk of the Town of Norfolk. Since 2014, the town has received an AA+ rating.

The S&P Global Ratings report is available on the Finance page of the town's website:

norfolk.ma.us/departments/finance/index.php.

The rating highlighted many aspects of the town's financial outlook, including its very strong economy, strong budgetary performance and flexibility, very strong liquidity, and adequate debt and long-term liabilities.

The AA+ bond rating is considered "investment grade" and differs from the top AAA rating only slightly.

"The town of Norfolk has a history of well-embedded fi-

nancial practices as we regularly monitor our budgets and make fiscal plans based on the trends we identify in data we gather throughout the years," Lindmark

said. "Coupled with the limited capital needs outlined in our five-year capital improvement plan, we consistently have predictable year-end financial results. I would

like to thank all those who commit much of their time and effort to supporting our financial stability as this rating can be attributed directly to their work."

Tri-County Names New Principal

Tri-County Regional Vocational Technical High School has announced the appointment of Dana Walsh as the incoming principal. Walsh steps into the role held by Michael Procaccini, who has retired.

Walsh has been a valued member of the Tri-County family for over twelve years, having served as its Director of Student Support Services. When she was first hired, she brought 20 years of professional experience as a social worker and college professor to the Tri-County community.

Walsh has a proven track record in leadership and management, adolescent development, family and community engagement, and honing a positive learning environment. Through her previous position at Tri-



County, Walsh collaborated with the leadership team in an effort to develop a school improvement plan that incorporated school policies encompassing the holistic well-being of students.

From building partnerships with community-based agencies to expanding services available to the students to developing

and providing professional development on a variety of topics to support rigor and student achievement, Walsh has a well-rounded approach that will help shape the future of Tri-County. Walsh enters the principal position during an exciting time, when the potential that vocational schools offer is especially evident.

"We are excited for Mrs. Walsh to step into the principal role. Her demonstrated commitment to vocational education and specifically Tri-County, will benefit her in connecting with teachers, parents, and students. We know she will continue to create a positive environment for our community, and we look forward to her leadership," said Dr. Karen M. Maguire, Director/Superintendent.

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The b.LUXE *beauty beat*

End of Summer Facial - Why you need it!

By GINA WOELFEL

Did you know that your skin cells regenerate every month? Cell turnover is the continuous process of shedding dead skin cells and subsequently replacing them with younger ones.

On average, we naturally shed our older skin cells every 28-40 days. New cells are “born” in the deepest layer of the epidermis and gradually make their way to the surface of the skin. By the time these new cells emerge, the outermost layer of cells have turned rough, dry, and flaky. These are what we often refer to as “dead” skin cells.

An uninterrupted assembly line of ascending skin cells is key for achieving a healthy complexion. Cell renewal firms skin and rids the face of fine lines and wrinkles. When this regenerative process is hindered in any way, you get buildup, and just like a traffic jam, clogging and congestion set in. This type of stagnation can't simply be washed away and oftentimes leads to issues like acne, hyperpigmentation, milia, and dry, uneven texture (aka - wrinkles.)

Now, if you're wondering how your favorite sunny season plays a part in premature aging, here's the skinny; harmful UV rays, heat and humidity create the perfect condition for bacteria to take up residence in your pores and when bacteria's trapped under a tough layer of dry, damaged skin cells, irritation and breakouts develop.

An end-of-summer facial jump starts the cell-renewal process by removing spent skin cells, decongesting pores, brightening tone and eliminating stubborn buildup on the surface of the skin, clearing the way for your targeted skin care products to do what they do best!

WHY AN END-OF-SUMMER-FACIAL IS JUST WHAT YOU NEED

DEEP CLEANS

Although we like to think our daily cleansers reach the depths of our pores, the truth is, they can only go so deep. A targeted, clarifying facial deeply exfoliates and helps eliminate the stubborn buildup that an everyday cleanser can miss. To elevate your facial experience, try adding a dermaplaning treatment for the deepest level of exfoliation. Using a specialized, surgical blade, dermaplaning carefully scrapes away the top layer of dry, dead skin cells, freeing the face of debris and (BONUS) fine vellus hair (aka peach fuzz.) Skin is left remarkably smooth without harsh chemicals, excessive downtime, or pain. Paired with a customized peel, these services pack the one-two punch to revitalize fatigued, summer skin.

CIRCULATION BOOST

Facials help to circulate blood flow under the skin's surface, stimulating our lymphatic drainage system to decrease puffiness and fluid buildup in the face. Good circulation brings oxygen, proteins and nutrition to the skin, while ridding it of harmful toxins.

b.LUXE
hair • makeup • skincare • tanning



ANTI-AGING

As we mentioned before, facials aid in cell turnover and cell turnover stimulates collagen production. Collagen, the primary building block of your body's skin, muscles, bones, and connective tissue, is naturally produced, but unfortunately starts to decline at about age 25. It plays a key role in strengthening skin, as well as preserving its elasticity and hydration. Facials and clarifying treatments like dermaplaning and chemical peels boost cell turnover and step-up your body's collagen production. The result is smoother, softer skin with fewer fine lines and wrinkles. For an even bigger beauty boost, incorporate foods that contain vitamin C and antioxidants in your diet, avoid smoking, limit caffeine, and protect your skin from the harmful rays of the sun with a high-quality, non-comedogenic SPF.



End of Summer Special

POWER OF 3 FACIAL SPECIAL

Reg. \$165
NOW ONLY \$150

RELAXATION

Getting a facial is not only relaxing to the face, but also the mind. Facials allow you to focus on your breathing and regain your confidence with a healthy, glowing complexion. We all know that taking care of your skin is important, but taking a little downtime for yourself is just as important and an essential part of finding your balance.

As we transition from summer to fall, remember, your skincare routine should adapt, as well.

b.LUXE Hair and Makeup Studio is now offering a specially priced, end-of-summer facial for the months of August and September.

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This facial is an anti-aging powerhouse!

Includes dermaplaning, light steam, T-Zone extractions, brightening peel, hand, arm and neck massage and a soothing mask.

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Norfolk Student Graduates from TEC Connections Academy

Commonwealth's Largest Virtual School

Nicholas Buchanan of Norfolk was among more than 300 seniors graduating in June from TEC Connections Academy (TECCA), the Commonwealth's largest, public K-12 virtual school.

TEC Connections Academy is a tuition-free, online public school for K-12 students that offers a safe and social learning

environment where empowered students direct their own educational journey. Teachers focus on emotional well-being and social development in addition to academics. They work closely with families to tailor curriculum to explore specific student interests and address particular needs. Students who enroll in the school join a collaborative community

of their fellow students and educators that provides a welcoming, distraction-free learning environment.

TEC Connections Academy enrollment has grown steadily from about 240 students nine years ago to nearly 3,000 today with students representing every county in Massachusetts.

For more information on TEC Connections Academy, visit www.TECConnectionsAcademy.com or call 800-382-6010.

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Living Healthy

Milford -Franklin Eye Center

Decades of Service to the Community And a New Provider

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that Dr. Jorge Arroyo will join our team as our practicing vitreoretinal specialist and Chief of our Retina Service. Dr. Arroyo will see patients every Monday in our Franklin office.

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

ford. No longer do you need to travel miles and hours to have cataract surgery! Experienced eye physicians/ surgeons and 5 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel for eyecare to far away practices and surgery centers, we are here to help.

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

Disease program and trained fellows and residents in Ophthalmology. Some of the physicians he trained are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy was the first surgeon in the area to offer bladeless laser



assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford. Dr. Kaldawy also serves as the Medical Director of the Cataract Surgery Center of Milford.

Dr. Jorge Arroyo is our practicing vitreoretinal specialist and Chief of Retina Service. He received his undergraduate degree at Amherst College, medical degree at Yale University School of Medicine, and completed his ophthalmology residency at the University of California, San Francisco, and vitreoretinal surgery fellowship at Duke University Eye Center. Dr. Arroyo has over 20 years of experience training doctors and fellows at Beth Israel Deaconess Medical School/Harvard Medical School. Dr. Arroyo is a member of the Retina Society, Macula Society, American Society of Retina Specialists, the international Club Jules Gonin, and the American Academy of Ophthalmology. Dr. Arroyo is the immediate past president of the New England Ophthalmological Society and continues to serve as a board member. Dr. Arroyo has published over 60 publications in peer-reviewed journals on macular degeneration, diabetic retinopathy, retinal vein occlusion, vitreomacular traction syndrome, and retinal detachment.

Dr. Shalin Zia, O.D. received her Bachelor of Science degree from Purdue University in 2014 and her Doctor of Optometry from Indiana University in 2018. She moved to Massachusetts from the Midwest after getting married. Dr. Zia has many years of experience, spending several years in private practice. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye diseases. In her free time, she enjoys working out, listening to podcasts, and spending time with family.

Dr. Adams, graduated from John Carroll University, Bachelor of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from Ohio State University in 1997. In 2003 he received his Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease, and laser refractive surgery.

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

Dr. Donald L. Conn, OD joined our team in our state-of-the-art medical offices in Franklin, Milford and Millis in August 2022. Dr. Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr. Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He completed a residency in ocular Disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center, and South Boston Community Health Center. He is experienced in providing care to patients of all ages including adults, geriatrics, and pediatric.



MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.



Jorge G. Arroyo, M.D.



Dr. Mai-Khuyen Nguyen, O.D.



Michael R. Adams, O.D.



Shalin Zia, O.D.



Donald L. Conn, O.D.



Dr. Purvi Patel, O.D.

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Living Healthy

STOP THE BLEED Pilot Program in 9th Norfolk District

SUBMITTED BY THE OFFICE OF
REP. MARCUS VAUGHN

Representative Marcus Vaughn is praising the launching of a STOP THE BLEED pilot program that will provide life-saving trauma kits and bleeding control training for school faculty and staff in 11 Massachusetts communities, including five of the towns he represents in the 9th Norfolk District.

Wrentham, Medfield, Millis, Norfolk and Plainville will each receive \$5,000 to participate in the pilot program, which will allow each school district to purchase 100 trauma kits. Each kit contains easy-to-use tools such as a tourniquet, gauze, wound pack-

ing and gloves, which can help stem serious bleeding wounds before first responders arrive.

Funding for the pilot program was secured last year in the Fiscal Year 2023 state budget by former Representative Shawn Dooley, a long-time advocate for the state's adoption of the national STOP THE BLEED program. The six other communities participating in the pilot program include Bellingham, Dover, Milford, Needham, Sherborn and Franklin.

Since his election in 2022, Representative Vaughn has been working to carry on his predecessor's efforts by re-filing legislation that would require all public buildings and any building re-

quired to have an Automated External Defibrillator (AED) to have at least a trauma kit on hand and a staff member trained to use it at all times. House Bill 2282 has been referred to the Joint Committee on Public Health but has not yet been scheduled for a public hearing.

Research shows that 35% of all pre-hospital trauma deaths are due to uncontrollable hemorrhaging from an extremity. However, when a tourniquet is applied there is a six-fold increase in the chances of survival. Representative Vaughn noted that the passage of this bill would help to save many lives across the Commonwealth.

EYES

continued from page 16

ric populations. Outside of work Dr Conn enjoys long distance running and spending time with friends and family.

Dr. Purvi Patel, OD originally from the tri-state area, received her bachelor's degree from The College of New Jersey in 1996 and her Doctor of Optometry from the State University of NY College of Optometry in 2000 through a joint accelerated B.S.-O.D. program. She then completed a residency in Ocular Disease and Special Testing. In 2003, Dr. Patel joined the New England College of Optometry as Clinical Assistant Professor. Through her role as Director of Eye Care Services at Whittier Street Health Center and then The Dimock Center, one of the largest community health centers in Boston, Dr. Patel brings with her teaching and leadership experience. She is a Fellow of the American Academy of Optometry, with a history of publishing, presenting, and lecturing. During the last 10 years, Dr. Patel has transitioned to direct care and worked in collaboration with ophthalmology. Most recently, Dr. Patel completed a postdoctoral certificate for the treatment & management of glaucoma.

Dr. Patel has clinical interests in diabetes, glaucoma, community-based eye and vision care, public health & epidemiology. Dr. Patel currently lives in Dover, MA with her husband and 3 daughters. She enjoys traveling abroad, reading and tennis.

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each one is family. We have surgical results that rival those of major centers in Boston- we can prove it. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is on you, your vision, and excellent results. We are available in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. All new patients receive a free pair of select glasses. We offer after-hours, same day emergency appointments and Saturday appointments. We have great management focused on quality customer care. Four decades serving our communities and

going strong. We remain dedicated to the best in eye medicine and surgery closer to home.

For more details, see our ad on page 16.

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Oh My Aching Back!!!

Eighty percent of the population will experience low back pain in their lifetime. Back pain can range from a muscle ache to a shooting, burning or stabbing pain usually aggravated by bending, twisting, lifting, standing or walking. Back pain may come on insidiously over time from overuse or repeated heavy lifting or from a sudden awkward movement.

Chiropractic is very effective for treating the symptoms of low back pain. Since motion is life in the spine when the spinal bones become misaligned and "stuck" out of place the muscles will spasm to guard the area. As proper motion is restored through chiropractic adjustments the spasm will decrease and the symptoms will resolve.

Rob L presented to our office complaining of pain across his low back and radiating into his buttocks. He had been planting flowers and moving heavy stones to define his garden. After taking a history, performing an exam and taking X-Rays it was clear that Rob had changes in his spine that predisposed him to this injury. After a course of chi-



Dr. Rochelle Bien & Dr. Michael Goldstein

ropractic care not only did Rob's pain resolve but the underlying cause was corrected as well. Rob was put on a program of care to maintain his correction and continues to be well today.

If you are experiencing back pain and it is not resolving on it's own call The Holistic Center at Bristol Square at (508) 660-2722 to schedule an appointment with Dr Michael Goldstein or Dr Rochelle Bien today. We are located at 1426 Main Street, Walpole.

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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 professional 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.FSPAonline.com or call (508) 528-8668.

Norfolk Resident Barry Zimmerman Recognized as Leaders Club Qualifier

The Bulfinch Group has announced that Barry Zimmerman has been named a Leaders Club qualifier by The Guardian Life Insurance Company of America® (Guardian). Leaders Club is one of the highest honors annually awarded by Guardian to financial professionals who demonstrate outstanding service and dedication to their clients.

"We congratulate Barry on being recognized as a Leaders Club qualifier, which is a true testament in regard to his exceptional focus on client service and exemplary financial servicing," said Seth Medalie, CLU®,



ChFC®, President and Founder of The Bulfinch Group. "Being named to the Guardian Leaders Club further proves what a remarkable asset Barry is to both our firm and to his clients."

Barry resides in Norfolk with his wife Kathy and three adult sons. He works with clients on a wide range of issues including financial protection and wealth accumulation strategies, using a comprehensive planning method which coordinates all aspects of their personal economies. Barry attended the University of New Hampshire.

Local Executive Accepts Award in International Design Competition



MPIF President Rodney Brennen, left, presents award to Chris Doughty.

Chris Doughty, President, Capstan Atlantic, an operating subsidiary of Capstan Inc., located in Wrentham, accepted an Award of Distinction in the Automotive Electric Vehicle Category of the 2023 Powder Metallurgy Design Excellence Awards Competition. The award was given for a driven pulley made from copper steel and used in the power steering of an electric autonomous vehicle for Nexteer Automotive.

He accepted the award for his company at PowderMet2023: International Conference on Powder Metallurgy & Particulate Materials in Las Vegas, Nevada.

Powder metallurgy (PM) is an automated metalworking process that forms metal powders into precision components used in applications such as auto engines and transmissions, hardware, outdoor power, industrial machinery, sporting goods, defense, and firearms. More than 800 million pounds of PM parts are made annually in North America.

The competition is sponsored annually by the Metal Powder Industries Federation, an international trade association for the metal powder producing and consuming industries.

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FUNDrive for First Universalist Society

The First Universalist Society in Franklin is holding a Savers FUNDrive from August 9 through August 11.

Drop off your gently used, clean clothing, accessories, shoes, books, and small household items to the First Universalist Society in Franklin, 262 Chestnut Street, on Wed., August 9, Thurs., August 10, or Fri., August 11 between 9 a.m. and noon.

Please bag clothing and other soft goods but box books, small household items, and media.

We cannot accept encyclopedias, electronics, flammable products, furniture, makeup, or toiletries. Questions? Contact klhulin@gmail.com.

Sports

Pichel Knows the Importance of Pre-Season Practice

KP's Girls Soccer Coach for 12 Years

BY KEN HAMWEY
STAFF SPORTS WRITER

High school athletes will be reporting for pre-season practice later this month eager to prove they're in tip-top physical shape, they've sharpened their skills and are fully prepared to study playbooks. Their goals — to earn a spot on a varsity team's roster or to earn a meaningful role.

Coaches, however, are the ones who really must be prepared. Pre-season practice is a time for them to emphasize their team goals, to assess if prospective players are leaders, have passion for their sport, and are willing to sacrifice individual statistics for team success. Pre-season practice also enables coaches to detect early on if team chemistry can be built quickly and be maintained throughout a full season.

One coach, for example, who's intensely tuned in to the importance of pre-season preparedness is Gary Pichel, who'll be entering his 12th year as King Philip's girls soccer coach. His Warrior teams have qualified for the playoffs 10 times in 11 seasons and when he coached at Nipmuc Regional, he guided the girls squads to back-to-back state championships in 2005 and 2006.

"We'll field an experienced team this season," said Pichel. "We've got eight returning starters and the three senior starters we lost were last year's captains. Overall, when the pre-season gets under way, we should have about 17 returning players."

The 65-year-old Pichel believes the keys to having a successful pre-season are linked to leadership, team chemistry, physical conditioning and passion for soccer.

Here's the areas Pichel will focus on when pre-season practice gets underway.

• GOALS — "We'll discuss our team goals at the end of pre-season practice," Pichel said. "Our goals will be based on the talent we have and the number of veteran players on hand. The keys to setting objectives are learning about your talent, seeing how prospective players adapt to stra-

tegic situations and assessing the development of team chemistry."

• LEADERSHIP — Pichel looks for leadership from his captains but he also looks for it from other players. "Leadership is a very important attribute," he said, "but when I see a player with leadership ability who also has talent and desire, then I know I have a diamond in the rough."

• TEAM CHEMISTRY — Many of Pichel's players attend a week-long camp and play summer-league soccer in Norton. That preparation helps him to gauge how much time it'll take to develop effective team chemistry. "The camp and summer league help me get a sense of how cohesive our team chemistry will be," he emphasized. "But, the toughest thing is putting the right players in the right positions where they are best suited. That enhances team chemistry."

• STYLE CHANGES — If Pichel decides to implement changes in KP's offensive or defensive attacks, he says his players will work intensely on new approaches in the pre-season. "We'll deal with any changes in a walk-through," he noted. "Then the changes will be tested in scrimmages. After the scrimmages, we'll analyze what worked and what didn't."

• SKILL DEVELOPMENT — A well-skilled team usually wins matches and that's an area that consumes much of Pichel's time in the pre-season. Once KP's overall skill level reaches a high point, then that's when the Warriors will shine on offense and defense. "Evaluating skills is one-third of what goes into determining who will be our 11 starters," he said.

• PHYSICAL CONDITIONING — Red Auerbach, the legendary coach of the Boston Celtics, placed a high priority on conditioning. He often said that "a team in great physical condition will get off to a good start." Pichel wholeheartedly agrees.

"In May, we have a meeting and I offer my thoughts on conditioning," he said. "The players know that day one of pre-season practice is an evaluation of their



KP coach Gary Pichel says that evaluating skills in pre-season practice is a major factor in determining his final roster.

physical condition and how serious they are about soccer. The players' conditioning is a gauge of how much time I'll have to commit to endurance during the regular season."

• JAYVEE/VARSITY — Tryouts precede pre-season practice but it's the latter that decides what Pichel's final roster will be. Pre-season scrimmages go a long way in determining who'll be on the varsity and who'll be on the jayvees. "The decision-making process is usually over after our second or third scrimmage," he said.

Besides experience, Pichel says the other strengths of this season's team are top-notch technique, a high soccer IQ, athleticism and mental toughness.

Displaying those attributes are his four captains — Heidi Lawrence (senior striker); Addisyn Lamothe-Vaughn (senior defender); Rylie Wesley (senior defender); and Rihanna Mason (junior defender).

"Heidi is a two-time captain who was our leading scorer last year," Pichel said. "She's a major

part of our offense. The other three girls are the heart and soul of our defense. They displayed leadership qualities last year but weren't captains. They play with tenacity and are highly skilled."

Two other key contributors this season will be Dani Lomuscio (junior center-midfielder) and Mikayla Thompson (junior forward/striker).

"They both have tremendous strength, skills, and play-making ability," Pichel offered. "Dani could play an entire game and not break a sweat. Mikayla has the ability to frame the net and finish."

The girls soccer teams at KP are always a contender to either win the Kelley-Rex Division title or to battle deep into the state tournament. The last time a KP girls soccer team won a state championship was in 2001.

Gary Pichel obviously would be delighted to see his 2023 squad end the state title drought. The journey begins soon — in pre-season practice where skills are sharpened and team chemistry is developed.



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Marquis Cooper Elected to Massachusetts Society of CPAs Board of Directors

The Massachusetts Society of Certified Public Accountants (MassCPAs) announced that Marquis Cooper was elected to serve a second year on its Board of Directors for its 2023-2024 fiscal year, which began May 1.

Cooper, a Wrentham resident, is a principal at Boston Scientific, where he oversees a team of analysts and completes planning and execution of various audit and advisory projects for the company's divisions, sales offices and finance organization. MassCPAs Board of Directors is a group of 19 elected members that sets policies, manages programs and oversees activities that benefit the 11,500-member organization and accounting profession in Massachusetts.

A rising professional with significant experience in audit and accounting, professional development, leadership training and public speaking in various capacities, Cooper serves as the lead for BRIDGE at Boston Scientific, an employee resource



group dedicated to enhancing the experience for black employees and employees of color. In addition, he is involved with the MassCPAs Educational Foun-

ation, Academic and Career Development Committee and Young Professionals Committee.

UFOs in New England

The Travel Channel's Ronny LeBlanc of the hit reality Warner Bros Discovery Television series "Expedition Bigfoot" and "Paranormal Caught on Camera" will be at the Norfolk Public Library on Thursday, August 17 for a presentation on the history of New England UFOs. The program will run from 7 to 8 p.m.

Registration is required: <https://norfolkpl.assabetintnteractive.com/calendar/new-england-ufos-with-ronny-leblanc/>.



Real Estate Corner

Agents of the Month in our Medfield office!



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Realtor®

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**Top Sales Agent
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Kimberly Pagliuca

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Real Estate Corner

Norfolk County's Most Expensive Real Estate Sales in First Six Months of 2023

Between January 1 and June 29 in 2023, ten properties, a mix of commercial and residential, sold for more than \$9,600,000, with a median price of \$12,310,000.

The ten properties were:

1. 40 Allied Drive, Dedham/ Westwood, the Hilton hotel on the Dedham Westwood border sold in June for \$41,900,000.
2. 102-104 Revere Street, Canton, a 3-story apartment building known as "Millside at Heritage Park," housing 60 units built on 2.24 acres, sold in February for \$26,625,000.
3. 2121 Central Street & Henry Street, Stoughton, a 91-unit, 277-room assisted living facility, sold in April for \$18,713,000.
4. 16-20 Bailey Court & 32 Neponset Street, Canton, the "Canton Estates Apartment Homes," a 64-unit apartment complex, sold in February for \$15,300,000.
5. 55 Summer Street, Walpole, "Cedar Crossing Apartments and Cedar Edge Condominiums," sold in March to Omni Development LLC for \$13,600,000. The 29.2-acre lot is part of a proposed development for 240 rental units and 60 condominiums.
6. 30 Old Page Street, Stoughton, a 7,420-square-foot warehouse and tree removal facility, was sold in May for \$11,020,000 to Stoughton Logistics LLC, a transportation, logistics, supply chain, and storage company.
7. 15 Valley Road, Wellesley, a 13,501-square-foot, 6-bed, 10-bath home on 1.08 acres, sold in May for \$10,500,000.
8. 106 Washington Street, Foxborough, a 53,880-square-foot, 448-unit self-storage facility, sold in April for \$10,250,000.
9. 20 Scanlon Drive, Randolph, a 7,292-square-foot, 5-unit office building on 3.4 acres, sold in June for \$9,925,000.
10. 136 Woodland Road, Brookline, a 7,100-square-foot home with 5 beds and 5.5 baths built on .97 acres of land, sold in January for \$9,688,000.

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August Highlights at the Wrentham Senior Center

For a complete list of programs, visit www.wrentham.ma.us or call 508-384-5425. The Wrentham Senior Center is located at 400 Taunton Street and is open Monday through Thursday, 8:30 a.m. to 3:30 p.m., and Friday from 8:30 a.m. to 2 p.m. Call the Senior Center to register for any of these programs.

Ask the Nurse August 8 at 10 a.m. Public Health Nurse will be available to answer any medical question you have, as well as check blood pressure, blood sugar, oxygen saturation level, and medication instruction.

Memory Café The Wrentham Senior Center, in collaboration with the Public Health Nurses, will now offer a monthly Mem-

ory Café. The first Memory Café will take place on Tuesday, August 29 at 2 p.m.

A memory café is a welcoming gathering place for people with forgetfulness or other changes in their thinking, and for their family, friends, and caretakers.

Memory cafés are happening all over Massachusetts. Each memory café is unique; for example some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. The goal of the Memory Café is to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are

going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. The Memory Café will be held on the 4th Tuesday of each month from 2 to 3 p.m. Meetings are monthly for about 1 hour and there is no cost to attend.

Lobster Roll Lunch August 31 at noon. The lunch includes a stuffed lobster roll, chips, pickles, drink and dessert. There will be entertainment and raffles. The cost is \$12, payable at sign-up. There is a limit of 50 reservations, first come, first served. All reservations must be in by Friday, August 25 so the correct amount of lobster can be ordered.

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Local Resident Named to University of Maine Spring 2023 Dean's List

Aaron Wilkinson of Norfolk has been named to the University of Maine's spring 2023 Dean's List.

The University of Maine recognized 3,016 students for achieving Dean's List honors in the spring 2023 semester. Of the students who made the Dean's List, 2,002 are from Maine, 932

are from 44 other states and 82 are from 33 countries other than the U.S.

To be eligible for the Full-time Dean's List, a student must have completed 12 or more calculable credits in the semester and have earned a 3.50 or higher semester GPA. Students who have part-time status dur-

ing both the fall and spring semesters of a given academic year are eligible for Part-time Dean's List. They must have completed 12 or more calculable credits over both terms and have earned a combined GPA in those terms of 3.50 or higher.

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Real Estate Corner

June 2023 Real Estate Activity in Norfolk County

Norfolk County recordings for the month of June 2023 indicate a continued decrease in overall real estate activity, with significant drops in average property sale prices and the total dollar volume of commercial and residential sales as compared to June 2022.

“As compared to last year, we are still seeing a decrease in overall real estate activity, however, this month the decrease in document volume was less pronounced than in previous months,” noted Norfolk County Register of Deeds William P. O’Donnell. “Despite the overall decline in activity throughout the county, there are still pockets of the market here in Norfolk County that are seeing growth and stability, particularly in certain neighborhoods and

property types. Additionally, while overall real estate activity is down compared to 2022, the market continues to show steady seasonal fluctuations month over month.”

The Norfolk County Registry of Deeds recorded 10,552 documents in June 2023, the highest one-month total of the year so far. This was 19% less than in June 2022 but 15% more than in May 2023.

According to Register O’Donnell, the decline in overall real estate activity can be attributed to a number of likely factors, including rising interest rates, a slowdown in new construction projects, and a lack of existing inventory. The housing market has become increasingly competitive and difficult for consumers, especially first-time

homebuyers, who may struggle to find affordable options in desirable areas.

Overall lending activity showed a continued downward trend for the month of June. A total of 1,543 mortgages were recorded this month, 33% less than a year ago at the same time, but up 8% from last month.

“So far this year, June has seen the largest monthly volume of deeds and mortgages. This month also saw some of the smallest decreases from the previous year in terms of the number of deeds, mortgages, and average sale price,” noted Register O’Donnell. “This may suggest that while some homeowners are hesitant to make moves with average mortgage interest rates above 6%, others are not dissuaded by current interest rates,

but time will tell if this trend continues.”

The number of deeds for June 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,721, a decrease of 12% from June 2022 but an increase of 27% from the previous month of May.

The decrease in the number of deeds is likely due to a lack of inventory of new and existing homes, which means fewer homes are listed, keeping costs above pre-pandemic prices, explained Register O’Donnell. Higher prices also mean that some buyers may be struggling to find affordable homes within their budget, leading to a decrease in the number of potential buyers and further decreasing the number of home sales.

Sale prices for June appear to have dropped compared to June 2022. The average sale price in June was \$1,039,792, a 12% decrease from June 2022, but a 5% increase from May 2023. The total dollar volume of commercial and residential sales is down, decreasing 29% from one year ago but increasing 48% from last month.

“While prices have come down from a year ago, the demand to live and own a home in the communities that make up Norfolk County remains high,” said O’Donnell. “This may suggest that the decrease in dollar volume may be due to a shortage of available properties and a decline in the number of individuals with the ability to buy.”

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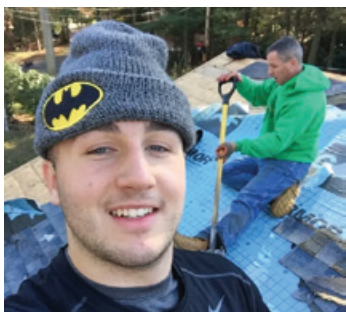
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