

Norfolk & Wrentham

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Free to Every Home and Business Every Month

October 2020

The Voice of Your Community

Norfolk Firefighter Returns to Pro Soccer

BY GRACE ALLEN

Norfolk firefighter Kate Howarth can add a new line to her re-

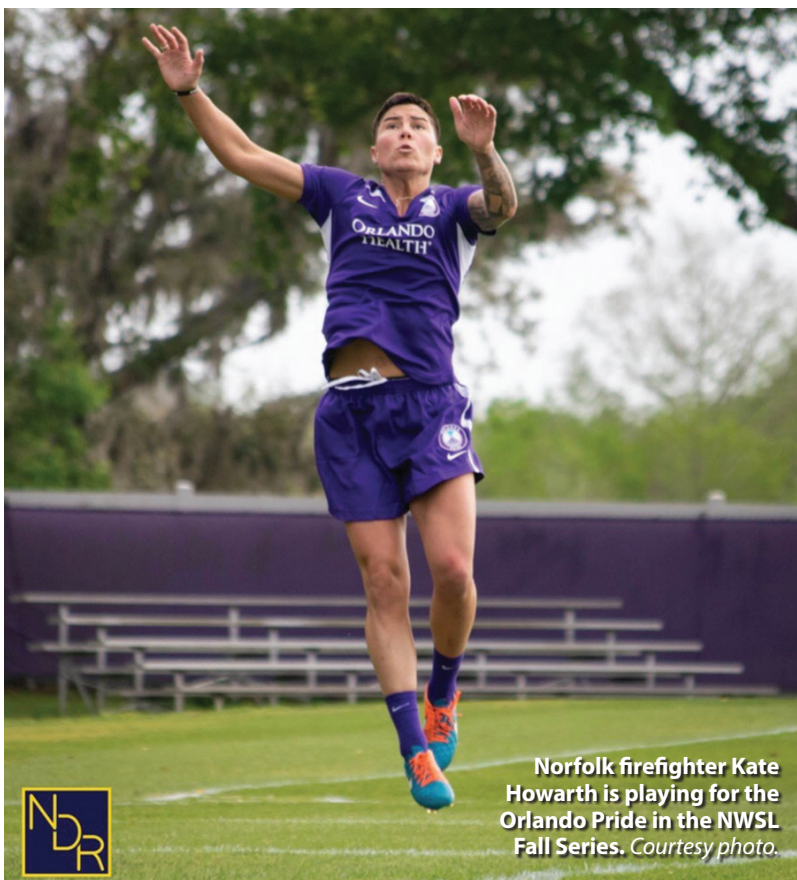
sume: Professional Soccer Player, Part II.

The 29-year-old Howarth is currently in Florida playing for the Or-

lando Pride, a professional women's soccer team. She'll be there at least through October as a short-term contract player while the Pride participates in the National Women's Soccer League (NWSL) Fall Series. Due to the pandemic, professional soccer, like other pro sports, has had to shorten its season, which normally runs from spring through the fall.

Howarth is adept at juggling soccer with firefighting. For the last eight years, she's played on the New England Mutiny, a semi-pro soccer club. Playing for the Pride, however, is a whole new ballgame. Howarth should know. This is her second go-round with pro soccer.

After an illustrious soccer career at the University of Miami, Howarth had a stint with the Boston Breakers in 2013. When she was let go, she rejoined the Mutiny (she had played with them during the summer before her senior year of college). The Mutiny now plays in the United Women's



Norfolk firefighter Kate Howarth is playing for the Orlando Pride in the NWSL Fall Series. Courtesy photo.

FIREFIGHTER
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Shawn Dooley



Brian Hamlin

Meet the Candidates

BY GRACE ALLEN

State Representative Shawn Dooley, R-Norfolk, will face Democratic challenger Brian Hamlin in next month's election. Dooley has served the 9th Norfolk District since 2014. Both candidates agreed to answer some questions for our readers.

Shawn Dooley

Background Information: I am a Norfolk resident, married to CiCi, and we have four children: Caroline (23) who is a 2nd Lieutenant in the United States Marine Corps, Emma (15), Jack (14), and William (10).

My father was a career Naval Officer and he and my mom live outside of D.C. but spend a lot of time

CANDIDATES
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Norfolk Recreation Commission Completes Major Investment in Fields

The Norfolk Recreation Commission is pleased to announce that they have completed an investment of over \$100,000 aimed to improve and upgrade the conditions of the town's fields. The funding was made possible in large part thanks to the Community Preservation Committee (CPC) as well as Norfolk residents, who ultimately authorized the funds at Town Meeting.

The improvements included remaking the entire infield of the Cal Ripken (youth) Field 8 at the Freeman-Kennedy School (including new sod and new mound); releveling and grading the Babe Ruth field at the Pond Street Recreation Complex; expanding and regrading one of the softball infields at the Freeman-Kennedy School to reduce maintenance and expand its longevity; purchasing new bases and home plates for the most heavily used fields; and a new paint job for the dugouts and snack shack on Field 8 provided by The Norfolk Baseball Association, which also spearheaded the construction of new dugouts at

the Pond Street Cal Ripken field last season. The field work was performed by Sports Turf Specialties (STS) out of Wrentham. Additionally, while field usage was absent this spring because of the COVID-19 pandemic, Norfolk Recreation took advantage of the quiet times and amended the soil and reseeded the soccer fields.

"This project was the definition of a team effort," said Norfolk Recreation Commission Chairman William Rigdon. "From the members of the CPC and Recreation Commission to Norfolk Baseball and Norfolk Softball to our Recreation Director, Ann Proto, to our generous taxpayers at Town Meeting, every citizen played a role in seeing this through; and we cannot thank each and every one of them enough. When I first got on the Recreation Commission two years ago, the one thing that everyone kept bringing up was the need to improve our fields and better collaborate with an overburdened DPW. Fields and open space are a huge benefit that all



Newly Renovated Field 8.

residents in our small community can enjoy, and we could not be happier or prouder that everyone was able to come together to invest in our shared goal to provide the best possible facilities for our town. We look forward to continuing to work together to create a new culture that focuses on maintaining this investment for years to come."

Under the State's Phase III Re-Opening Plan both Norfolk Baseball and Norfolk Girls Softball were able to play this summer. Some soccer will also return

this fall. Norfolk Recreation looks forward to when they can once again welcome the close to 2,000 weekly visitors typically seen in a normal season.

Ann Proto, Norfolk's Recreation Director, commented, "When it comes to athletic fields, our first focus is safety and renovated fields assure us that the grading is correct, the holes are gone, and the fields drain properly, so we know the players are safe. An added plus is that renovated fields don't just look great, they play great. I hope everyone takes pride in the condition of our fields along with the appearance of our facilities. We look forward to welcoming the return of all players and their families."

Norfolk Community Preservation Committee (CPC) chair, Cyndi Andrade, added, "I think Committee members understood how important it is to have safe, renovated, and maintainable fields that welcome not only Norfolk residents, but also those from other communities. Community Preservation Act (CPA) funds can be used for open space and

recreation, affordable housing, and historic preservation. This project was a perfect example of the application of CPA for a recreation project that otherwise might have had to be funded through the Norfolk town budget. CPC is very appreciative for the support of the Norfolk community in approving this project at Town Meeting."

"Norfolk Girls Softball very much appreciates the support Norfolk Recreation and Norfolk DPW provide to our players" said Norfolk Girls Softball President Tim Weineck of the changes. "The recent improvements, supported by the residents of Norfolk, are contributing to our player safety and helping us to keep our program strong."

On the baseball side of things, Norfolk Baseball Association's Commissioner Barry Zimmerman offered, "We are grateful for the support of the Recreation Department, CPC, and the Town of Norfolk for helping

FIELDS

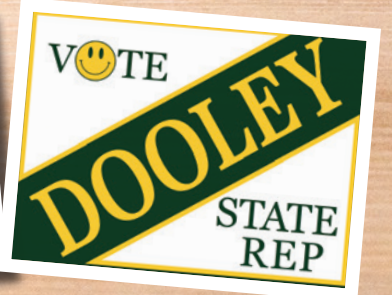
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SHAWN DOOLEY COMMITTED TO OUR COMMUNITY

Day in and day out, Shawn has been there for our community - both on and off Beacon Hill. Whether it is coaching our kids, serving as an EMT/ firefighter, or working tirelessly to help our entire community throughout this pandemic - Shawn always goes above and beyond. This election let's show him how much we appreciate him and vote to keep him as our representative.

"I have never seen a more engaged public servant than Shawn. When I'm working with state and local officials across the country on emergency management issues, I often use Shawn as a national model on how an elected official should respond during a crisis. While we may not always agree on every issue, we can all agree that his commitment, compassion, empathy, and energy is what we need in all of our elected officials."

-Cristine McCombs, Wrentham resident and former Director of the Massachusetts Emergency Management Agency (MEMA)



MAIL-IN VOTING BEGINS NOW

EARLY IN-PERSON VOTING 10/17-10/30

ELECTION DAY: NOVEMBER 3RD

FIREFIGHTER

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Soccer League (UWS), which was formed in 2016. Prior to the UWS, the club belonged to the Women's Premiere Soccer League Elite.

A forward, Howarth was named the UWS Offensive Player of the Year in 2019 and has been a first-team all-star three times. She is the all-time leading scorer for both the UWS and the Mutiny. She knew she had a shot at returning to pro soccer despite a seven-year absence, and earlier this year was invited to preseason camp with the Pride.

It's a good thing Howarth, Norfolk Fire Department's EMS Director, has an understanding boss. Erron Kinney, the town's fire chief, played in the NFL for the Tennessee Titans prior to becoming a firefighter. Time away from work to pursue a professional sports opportunity was not a problem, and she says the department has been supportive.

Howarth says firefighting and team sports are similar, and training on the soccer field translates to what she has chosen for a ca-

reer. Both depend on leadership and teamwork, and preparation is key.

"With soccer, you always have to be ready because you never know what you're going to get in a game," she said. "And with firefighting on any given day you can be put in tough situations and you have to be ready for them. It's important with both to make sure you're the best you can be."

In addition to firefighting and semi-pro soccer, Howarth has found time to coach. She's been the head coach of the Canton High School girls soccer program for the last seven years, but resigned from that role when the opportunity came up to play with the Pride.

At 29, Howarth is likely at the peak of her athleticism, but playing pro soccer at any age puts her in lofty company. Consider that only 2.4% of girls playing high school soccer go on to play Division 1 soccer. The odds of making a pro team as a woman are even lower.

Although the sport has taken a toll on her body, Howarth acknowledges her age has worked to her advantage.

"I think I'm a much different player now as a 29-year-old than I was at 22, because I have been playing all along and coaching, and I think that makes a big difference," she said.

At the time of this writing, the Orlando Pride had yet to play its first game but was scheduled to face the North Carolina Courage and the Houston Dash in the NWSL Fall Series. Howarth expects to come off the bench in her return to pro soccer.

As for the future, Howarth won't commit. The pandemic has thrown plans into disarray, making coaching decisions and roster spots anyone's guess. Women's soccer, however, is likely to survive just fine, believes Howarth, despite the setbacks this year.

"Women's soccer in the U.S. has come a long way since I was in college," she said. "Getting back into the league now after seven years and seeing how much it has changed, it's definitely very impressive. There are really good, smart people in place. I do think that things are just going to continue to go up for the sport."



Kate Howarth and Deputy Fire Chief Peter Petruchik. Courtesy photo.

FIELDS

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NBA with the renovations of the fields and our dugout project at Pond Street. It has been great to see the players enjoying the fields this summer, and it just reminds us all how important it is to bring

the Norfolk community together through sports, especially at this point in time."

The Norfolk Recreation Commission reminds all residents to abide by physical distancing and mask requirements of the Commonwealth when enjoying our new fields.

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CANDIDATES

continued from page 1

here helping with the grandkids. My in-laws live on a 300-year old farm in Millis and are a huge help to our busy lives as well.

I have been active in public service since the 1980s, working for President Bush, Senator Denton, and many others. I have been focused on the local community as I feel it is important to give back. I served 4 years as Chair of the Norfolk School Committee, 4 years on the Zoning Board of Appeals, as well as the Norfolk School Building Committee and the Plainville Municipal/Public Safety Building Committee. I also had the pleasure of serving as Norfolk Town Clerk for 3 years and this spring stepped in as the Medfield Town Clerk as a volunteer to help run the Presidential Primary and aid in transitioning to a new clerk after the previous one retired.

My volunteer work includes the Norfolk Lions, coaching KP Youth Football, KP/Walpole Youth Hockey, Norfolk Lions Youth Soccer, Wrentham

Recreation Flag Football, and Wrentham Youth Soccer. I have served on the Board of Advisors of the SAFE Coalition (fighting the opiate epidemic), and Chief Justice Appointee of the child support task force (both in 2018 and 2020).

Professionally, I was in finance for 16 years and then owned a small construction/home remodeling company. Presently, I work full-time as a State Representative and serve as an on-call Firefighter/EMT on the Plainville Fire Department.

I have a B.A. in Political Science and Communications from Auburn University; MPA (Masters of Public Administration) from Anna Maria College; CFP (Certified Financial Planner) from American College; CMC (Certified Municipal Clerk), and numerous other certifications and degrees mostly based in the world of finance.

Why are you running for re-election and what makes you uniquely qualified? It has been my honor to serve the people of the 9th Norfolk District. I have built many close relationships with members of our community as well as with officials throughout the state.

I have been engaged politically on a state and national level (in one form or another) my entire life, mostly in a volunteer capacity. Through this involvement, I have gotten to know a lot of people whose sphere of influence cuts a broad swath throughout both the corporate and government worlds.

Relationships matter: whether it is helping someone get their unemployment straightened out, getting power restored after a storm, or even securing masks for folks during a pandemic; the key is knowing the right people to call and (more importantly) having them take your call. The fact that I have developed these friendships over my lifetime is an intangible that allows me to do much more for our towns than I could otherwise.

As corny as it sounds, I am running for re-election because I really love helping people and I can't express how truly rewarding that is. When I was first elected I was excited to go onto the House floor and debate some exciting piece of legislation like something out of a movie. But I have learned that making a difference in people's daily lives, being there for them at an incredibly difficult time, or simply going to bat for them to get past all of the government bureaucracy, has a much greater impact and is what really drives me.

What differentiates you from your opponent? I believe that one of my greatest strengths is that I am a full time legislator and dedicate all of my energy to serving the community. Being a State Rep is never the same from one day to the next. There is no set schedule to build around because emergencies rarely happen when it is convenient.

In contrast, my opponent owns and operates a small business and he has stated that if he wins he would split time between

running his company and serving as a representative. I admire anyone that runs a small business--they are the lifeblood of our economy--but as a former small business owner myself, I know how all encompassing it can be. While I commend him for stepping forward and planning to do both, I honestly cannot fathom how either of these jobs could be done on a part-time basis without both of them suffering for it.

What do you think are the biggest issues facing the district, both short and long-term, and how will you work to resolve them? If I was asked this question 6 months ago I might have had a very different answer, but our entire world view is now colored by COVID-19 and unfortunately the fallout from this crisis will affect our district both in the short- and long-term. Small businesses are suffering and if relief isn't forthcoming, there will be a ripple effect that will leave few unscathed. We need to get creative and work with our state and federal partners to make sure that they have the resources and the flexibility to come out of this without crippling debt. None of this will be easy and, as much as I hate to say it, not every business will survive. Therefore we need to plan for this reality and have programs in place for these people as well.

Another very real concern is that all of this will have a dramatic effect on our local budgets and ability to provide necessary services. If our local receipts are down and the state has to cut expenses to stay solvent, this will have a devastating impact on our operational resources, including our schools, public safety, and critical infrastructure projects.

We need to be proactive and apply for federal and state grants, work with business owners to create tax incentive programs to keep them afloat, and fine-tune every department to see what can be cut and where we can stretch our dollars a little further. People pay a ton in taxes and fixing these shortfalls with an override will not work, so we need to be creative, by looking at shared services with other towns, combining resources for better bargaining power in our purchasing, and working with the community to maximize our volunteerism. This all needs to be supported at the state level and I am working with the administration to make

sure our "rainy day" funds are focused on keeping our towns whole. While there is no magic pill that can cure it all, if we work collaboratively and think creatively we will come out of this crisis better and stronger than ever.

The pandemic has posed unprecedented challenges for everyone. What do you think the state has done well in response to those challenges, and what do you think it could improve upon?

I feel that the state has done an excellent job in taking this crisis seriously since the beginning. Massachusetts was one of the first states to see rapid spread so we had to mobilize quickly and come up with plans without having the luxury of seeing what had and hadn't worked in other states. I believe the people of Massachusetts embraced the spirit of working together to "flatten the curve," took that challenge to heart, and have since been one of the most successful states at controlling this epidemic.

But as this crisis continues to evolve, I would like to see a plan with better benchmarks and goal-based reporting. We are very smart and resilient people so if the government gave us more concrete steps to work toward with very deliberate outcomes, more people would rise to the challenge and we would be better off. I think the vagueness of many of the orders and moving the "goalposts" has added to the frustration and in the end will cause people to not trust that our government has their best interest at heart. Simply having certainty as to when each new phase will open up would do a great deal to help with our collective psyche, not to mention alleviate a bunch of stress for employers and employees alike.

I also believe that the state picked winners and losers early on by allowing mega-stores like Target and Walmart to remain open, whereas small town Main Street shops were forced to close without the ability to compete--even though many could provide better safety standards than the national chains. This was maddening and I can't tell you how many business owners I spoke with who were on the verge of tears at the thought of losing their life's work, not to mention their savings, their home, their

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

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

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

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

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

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an



entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

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

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.



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

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

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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in

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

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

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Monthly Pains Relieved Without Medications

Menstrual irregularity or cramping plagues many women on a regular basis often interfering with their daily activities and can be debilitating for days on end. Many sufferers turn to over-the-counter medications (which are insufficient in most cases) or prescription medications, such as birth control pills, and both resources, often unsuccessful, can bring other negative ramifications.

For many years, Debbie B. suffered with painful periods, accompanied by severe headaches, and used drugstore medications to respond to her distress. She thought after having children these issues would subside, but to no avail. She visited her primary care doctor who suggested she

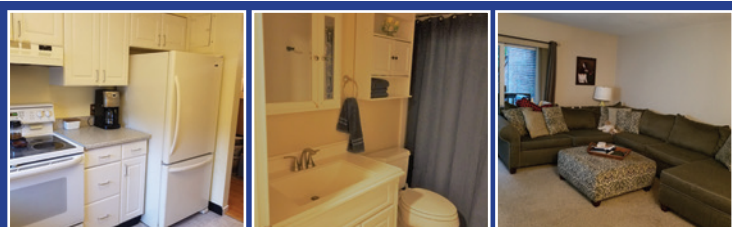


Dr. Rochelle Bien & Dr. Michael Goldstein

see her gynecologist to rule out pathological issues, but no physical abnormalities were detected. She was advised to go on the birth control pill, but had tried that route in the past with no success. She hit another dead end.

A colleague suggested she make an appointment with Dr. Bien at The Holistic Center at Bristol Square. Upon an exam, Dr. Bien determined that Debbie had a severe Candida issue that had gone undiagnosed for years which was contributing to her symptoms. After following a suggested change in diet, a supplement regiment and weekly visits to Dr. Bien, her menstrual issues disappeared.

Debbie is beyond happy that she no longer has to live with the monthly pain and discomfort. To ensure her discomfort does not return she visits The Holistic Center at Bristol Square for maintenance appointments. If you are suffering from menstrual issues, do not hesitate to schedule an appointment with Dr. Bien at The Holistic Center at Bristol Square, 1426 Main Street, Walpole, (508) 660-2722.



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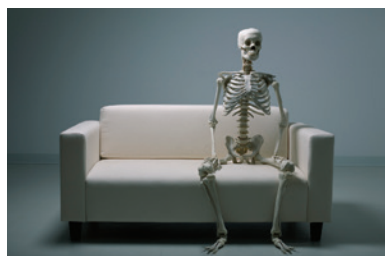
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RESOLUTION

The 7th Annual Duck Derby will make a Virtual Splash into 2020

Mass Audubon's Stony Brook Wildlife Sanctuary and the Norfolk Community League (NCL) are gearing up for the 7th annual Duck Derby, to take place virtually on October 3 at approximately 2 p.m.

During this fall tradition, thousands of rubber ducks sponsored by individuals are released into the Stony Brook Wildlife Sanctuary waters for an epic race to the finish. The event will be virtual this year due to COVID-19 precautions.

The annual fundraiser benefits Stony Brook Wildlife Sanctuary programs and the Norfolk community. In past years, the money raised has supported Stony Brook's youth and adult programs to help continue its educational mission, as well as organizations like the Norfolk Police and Fire Departments, Norfolk schools and the Recreation Department.

Visit NCL's website (www.norfolkcl.org) for details on this virtual event and find out how you can purchase your very own ducks to be part of the race! The ducks will float their way to the virtual finish line where the first one to cross wins the Grand Prize! New this year, the last duck to finish the race will receive the honor of the "Slacker Quacker." Other lucky ducks will claim fantastic runner-up prizes. The winners will be chosen through a random number generator.

This event would not be possible without the support of generous community partners including: Dental Associates of Walpole, Prime Acura of Westwood, Coldwell Banker (Kim Williams Team), Carpentry by Tom Antonellis, ReMax (Kelly Panepinto) and Foxboro Federal of Norfolk.

Pumpkin Patch October at St. John's Church

Pick your perfect pumpkin all month long during October at St. John's Episcopal Church Pumpkin Patch.

The church will have a large assortment of pumpkins from October 2 through 31 on the front lawn at 237 Pleasant Street, Franklin. Visitors can shop Monday through Friday from 5 p.m. to 8 p.m., and on Saturdays and Sundays from 12 p.m. to 8 p.m.

Adding to the fun, children can enjoy activities and games on the front lawn and have their photo taken, too. The month will wrap up on Saturday, October 31 with a Halloween costume contest at 3 p.m., open to everyone.

The pumpkins are grown on a Navajo reservation in New Mexico and provide jobs for its people. The growers use sustainable farming practices, so they're gentle on the earth.

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CANDIDATES

continued from page 4

car, etc. It was a very scary time and we have to remember that this is still a reality for many folks. Fortunately we have gotten back on track, but we need to remain vigilant to ensure their continued success while planning for the "new normal" - whatever that may be.

Brian Hamlin

Background Information: I graduated from KP High School in 1980, and since then have been working at Hamlin Cabinet Corporation in Norfolk. I became its President in 1999. I live in Plainville.

I met my wife Robin at KP High School, and we were married in 1981. Our oldest son Brian Jr. passed away at age 32 on June 11, 2014. He was a KPHS and Curry College graduate. Our daughter Brandi is 35 and engaged to Darin. She attended KPHS, St. Joseph's College in Maine, and Columbia University. Our son Timothy is

32 and married to Katie and we now have our first granddaughter, Harper Brinn, age 3. Tim went to KPHS, Oakton Community College, and Lamar University. I also have a pet dog named Gracie, a 5-year-old Shitzu.

I serve as Vice-President of the Brian Hamlin Jr. Memorial Fund. I am on the Board of Directors of the SAFE Coalition, and the Board of Governors of Charles River Bank. I have coached baseball in Norfolk and Plainville, and worked with my daughter Brandi for ice skating.

Why are you running for office and what makes you uniquely qualified? I am running for State Representative because I believe that we need to restore transparency, accountability and communication back to our district. For too long we have had representation that is more interested in grandstanding and putting politics before people. I got in this race because I know I can provide that. COVID-19 has shown us how close many of our local businesses, working families, and residents are to financial ruin. As a small business owner myself, I

know that in addition to the federal programs, we can be doing more for our small businesses, and I plan to do that through increased direct relief and working with the other representatives on Beacon Hill, as opposed to working against them. I also know that as a representative, I need to be available and accountable to my constituents. That is why I would immediately implement office hours both in person and via video conference, at times and in places that work for working families. Perhaps most importantly, I want to be transparent. Every vote I take, either on the floor or in committee, I will post on my website. I want to hear every voice as your next state representative, and I am fully dedicated to representing the people of the 9th Norfolk District.

What differentiates you from your opponent? I think that the biggest difference is in style. Our current representative spends lots of his time on Beacon Hill frivolously suing the governor, taking protest votes against bills his own party supports, and grandstanding about issues like the Janus bill, that only serve to strengthen

workers and working people. I would go to work every day looking for solutions that work for our small businesses. I will work in the budget process to secure money for our towns. If I am elected, I almost certainly won't get the media hits my opponent does, but what I will get is sensible solutions that work for working families, and that is what my campaign is about.

What do you think are the biggest issues facing the district, both short and long-term, and how will you work to resolve them? It has to be dealing with the short- and long-term effects of COVID-19 on our businesses, working families, and residents. We could be looking at the greatest state and local budget shortfall in the history of our towns and state. This will require hands-on collaboration and hard work with both the state executive offices and the legislature. As a 20+ year business owner, I know that it takes collaboration, a strong work ethic, and dedication to the people you serve to get any project done. The COVID-19 response will be the biggest "project" that I will face in my

first term, and I know that I will need to work with everyone in the legislature--Democrat, Republican or otherwise--to make sure we have a strong, sensible, and thorough response to this pandemic.

The pandemic has posed unprecedented challenges for everyone. What do you think the state has done well in response to those challenges, and what do you think it could improve upon? The state has had a strong response to COVID-19 thus far. I believe our governor has provided us with a very well thought out and measured plan. I have not agreed with everything he has done, but I think holistically speaking, he has done a good job. The legislature has also taken strong action to make sure our elections are safe and can be conducted in the safest way possible. I support these measures wholeheartedly and know that we need to take whatever steps needed to make sure voting is safe and accessible. Also, as a state, I believe that we could have, and should be doing more to defray the economic impact on working families.

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Iconic Norfolk Scenes Focus of 2021 Calendar

Sales Start this Month for NCL Fundraiser

BY GRACE ALLEN

Most of us can't wait to put 2020 behind us. But some positive things have come out of the pandemic. One of those things is a renewed appreciation for the locations in town that make Norfolk a great place to live. The Norfolk Community League (NCL) will celebrate those spots with a 2021 calendar featuring paintings by Norfolk artist Kim Morin Weineck.

The calendar will go on sale this month. The cost is \$25, which includes shipping and handling. Proceeds from the calendar sales will be dispersed through NCL's grant program to various non-profit Norfolk organizations.

This is the second year for the calendar fundraiser. Last year also featured Weineck's paintings of iconic local buildings and places. The artist had been sketching during her daughters' softball games, and for fun posted some of her drawings of Norfolk on the town's Facebook page.

"The reaction was very positive because we live in this pretty town and my work was showcasing that," said Weineck.

NCL's fundraising chair at the time, Kendra Bixby, saw the posts and contacted Weineck about collaborating on a calendar. Weineck was sold on the idea and the



Back of 2020 calendar.

project moved forward.

"We had an awesome response last year," said Bixby, who is now the organization's co-chair. "Within the first week or two—because we had a pre-sale—we sold out completely and had to place another order for more."

This year, Weineck solicited ideas of what to paint through the town's Facebook page. Norfolk landscapes figured heavily in the suggestions.

"I think there's more awareness about Norfolk's outdoor spaces because of the lockdown," explained Weineck, whose formal training is in landscape painting.

Bixby agreed.

"People are noticing that there are so many beautiful areas around town that maybe we took for granted," said the NCL co-chair. "We were so busy. But now family time has increased and we have all been outdoors more and noticing the places and things that maybe we didn't appreciate as much before."



A preview of 2021.

Weineck relied on her years of experience as a painter to choose among the many ideas she received of what to paint for the 2021 calendar.

"I like pieces that have a little bit of complexity, and light and shadow are some of the hardest things to capture," she said, noting that she also considered what the community might respond to. "I'd be remiss not to include some places."

Weineck considers herself a modern colorist and her works have been labeled contemporary realism. A graduate of the Massachusetts College of Art and design, she prefers working in oils and pastels but is proficient in any medium.

The calendar will be printed on heavy cardstock and is designed so Weineck's paintings



Cover of the 2020 calendar.

can be removed for framing later. After the pandemic is over, the artwork will serve as a reminder of a time when, despite the difficulties, people found solace in and new-found appreciation of the place they call home.

"Art can make people feel comfortable," reflected Weineck. "I think we all need that right now."

Visit www.norfolkcl.org for information on the 2021 calendar fundraiser and to place an order when sales go live.

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FSPA Meets the Challenges of Fall 2020

The Franklin School for the Performing Arts (FSPA) is open for the 2020-2021 season and continues to welcome new students in the school's departments of Music, Dance, and Drama. Founder and Director Raye Lynn Mercer comments on the school's 36th season, "This is certainly a most unusual fall opening, but we are successfully underway! It's great to have activity, music, and happy students back in the building." The school is following the Mass.gov/Reopening Massachusetts guidelines and continues to update procedures and practices as updates become available.

Prospective students are invited to come in person for a tour and to discuss program options. All FSPA programs are being taught in person or in a hybrid format, while some students may elect to take all classes virtually. Mercer remarks, "Understanding that many families are grappling with the difficulties of settling into school this fall, we are 'ready when you are' with enrollment at FSPA ongoing throughout the year."

Masks are required at all times at FSPA. Faculty and students have become accustomed to dancing, acting, and singing while socially distanced and in masks. "Safety is our top priority," notes Mercer. "We are infusing fun and the joy of the arts into our disciplined environment. Our students are enjoying their classes and have accepted the challenges of the times with respect and a wonderfully positive collective attitude."

FSPA sophomore Audrey Miningham of Mendon ex-



Business spotlight

claims, "Despite everything that's going on, FSPA has done an incredible job making sure that all of us are having fun while still being cautious and safe. I think it's pretty amazing that they found a way to bring the arts back and for us to be together again doing what we love."

Classes, all with limited enrollment, are being conducted creatively in order to keep students distanced. The school has installed air filters and purifiers and is operating classrooms with windows and doors open as weather allows. Enhanced cleaning practices include daily cleaning and repeated sanitizing of frequently touched surfaces throughout the day. Private lessons have been moved to larger studios, THE BLACK BOX is being used for some group classes, and studios are equipped with tablets and tripods for livestreaming classes home to students working virtually. Dressing rooms are currently closed, and parents and siblings are asked not to wait in the building, keeping numbers of people in the building at a minimum.

According to FSPA Voice Instructor Heidi Iuliano, "The joy the students express to be able to make music in person is so wonderful to see. We're thrilled to



"... FSPA has done an incredible job making sure that all of us are having fun while still being cautious and safe," says FSPA student Audrey Miningham, of Mendon.

be teaching safely at FSPA. The staff and students need this consistently positive outlet!"

FSPA parent John Verre of Quincy shares, "As former public school professionals ourselves, expanding our son's involvement in voice, acting, and dance at FSPA and enrolling him in FSPA Academy represented a radical change for my wife and me. With the school's careful re-opening planning and implementation, we are pleased that he is so happy to be there, guided in his academic and theater-related learning by such capable and committed staff, and engaged with classmates and upper-class students who share his passion for musical theater."

Performance opportunities are a hallmark of the FSPA ex-

perience. THE BLACK BOX, home of the Franklin Performing Arts Company (FPAC) and located behind FSPA, is operating an outdoor stage into the fall and under current guidelines for indoor venues, virtual performances and livestream formats are being contemplated. Mercer stresses that students can look forward to performing during the school year.

The FSPA office is open Monday - Saturday. Drop in visits can be accommodated or an appointment can be made for a tour and a discussion of program options for new students. For more information about FSPA and its programs, visit www.FSPAonline.com, call (508) 528-8668, or stop by 38 Main St. in Franklin. Follow FSPA on Facebook, Instagram, Twitter, and YouTube.

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Top 10 Health Concerns of Baby Boomers, Part 1

By DENNIS SULLIVAN & ASSOCIATES

Baby boomers are now in their 50s, 60s, and 70s, and as they age they are dealing with the challenges of staying healthy. Of their top ten concerns, here are 6 through 10. We'll discuss the next five in November's issue.

10. Living Longer

People are living longer than in prior generations. With longevity comes increased risk of illness and the need for long-term care, and the question of whether savings will last a lifetime. At Dennis Sullivan & Associates, we hear these concerns every day. Our goal is to help families protect their assets for their later years.

9. Bones, Joints, and Mobility

Over 25% of boomer women have osteoporosis, and many more have bone and joint issues. As we age, the cartilage that cushions bones and joints break down, resulting in the pain, swelling and stiffness of osteoarthritis. This is a top cause of disability. Prevention is key for osteoporosis, and daily exercise is crucial to maintaining joint flexibility.

8. Caregiver Strain

Baby boomers are in a unique position. Many are caring not only for their own families but also for aging relatives. This puts considerable stress on caregivers

and can affect their mental and physical health and that of those they care for. It is paramount that caregivers take time to see to their physical and emotional well-being. If you would like to receive our caregiver strain index, call our office. It can help you and your family develop a plan to provide care and preserve resources in advance of a crisis.

7. Navigating Insurance

Medicare plans offer many options. It's currently open enrollment season and baby boomers are overwhelmed by the choices available to them. Many people do not realize that long-term care is not covered by Medicare. Planning ahead is essential for navi-

gating the complex insurance system and making sure you've got the coverage and protection you need.

6. Dementia and Alzheimer's Disease

Age is the best-known risk factor for dementia. A 2011 study by the World Alzheimer's Organization found that over 50% of those age 80 and over worldwide have some form of dementia. Over 5 million Americans were living with Alzheimer's disease in 2013, and by 2050 the CDC projects the number will be 14 million. When there is a dementia diagnosis, there is an increased

need for long-term care. Dementia robs a person of the ability to make their own decisions, so it is crucial that boomers appoint health care decision makers via a Health Care Proxy/Living Will, authorize the release of information via HIPPA release, and discuss the MOLST with their doctor. These documents are essential for everyone over the age of 18.

Dennis Sullivan & Associates has been assisting families in Massachusetts for over 26 years, protecting their homes, health, legacy and life savings. To learn more and to attend a free online discovery seminar, visit DSullivan.com. This is a paid advertisement.

Town of Wrentham Shares Tips for Residents' Emergency Preparedness Stockpile

Last month, Town Administrator and Emergency Management Director Kevin Sweet recently offered Wrentham residents tips for responsibly stocking their emergency preparedness stockpile. September was Emergency Preparedness Month.

"We urge all residents to be smart and sensible about their emergency preparedness stockpile," Town Administrator Sweet said. "This includes making sure you have adequate food, water and medical supplies, but not buying so much that you prevent your friends and neighbors from being able to prepare as well."

When creating a stockpile, residents are urged to buy items over a course of time, not in bulk ahead of an emergency. Abruptly stockpiling will limit the availability of necessary items in stores for others who may be in need.

The American Public Health Association (APHA) recommends the following for emer-

gency preparedness stockpiles:

- A three-day supply of food and water stored in your home. Residents are encouraged to stock a week's supply of food and water if there is enough space in the household. Residents should also choose food that doesn't require refrigeration.
- One gallon of water per person/per day for at least three days.
- Residents should refrain from buying in bulk and opt to pick up one or two items for their stockpile every time they go to the store.
- Consider purchasing items from bulk "club" stores to help save money on supplies, or purchase items such as canned vegetables and batteries when they are on sale.

Stockpiles should be stored in a cool, dark place that is easily accessible during an emergency.

- Supplies in your stockpile should be contained in a box or plastic bin that is tightly closed to protect its contents from humidity or pests.
- Residents should also include a first aid and emergency medical kit, personal items and important documents in their stockpile.

Residents should be mindful of not "borrowing" from their stockpile as it is for emergency use.

Additionally, the APHA recommends that residents check their emergency preparedness stockpile twice a year when residents change their clocks for daylight saving time. Residents should replace anything that is missing or expired at this time.



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A Night of Poetry at the Old Fiske Museum

BY BRENDAN ZIMMERMAN

On the cusp of fall, with the temperature dropping and the leaves beginning to turn, the sounds of poetry could be heard reverberating from the lawn of the Old Fiske Museum in Wrentham.

I was attending a live poetry reading, which was hosted by the Wrentham Cultural Council. The event was held on Friday, September 11, and marked the first community poetry night since the pandemic began.

Sitting in my lawn chair, I felt at home with my fellow poetry lovers, all local residents with stories to tell through the rhythmic words they love. With LED lights strewn across a fence nearby, the atmosphere felt warm – the perfect setting for a poetry reading.

We were all gathered in a semicircle, socially distanced, with a podium and microphone placed at the front. Between each reading, the microphone was cleaned to ensure proper sanitation for each speaker.



As the night went on, several of the attendees participated in the readings. Each speaker brought something different to be read, whether it was an original self-written poem, or a few of their favorite published works by notable poets. Most brought a mix of both.

Evelyn Zepf, the chair of the Wrentham Cultural Council, explained the event series' popularity with the community.

"There aren't a lot of places for unpublished poets to read their work, and there aren't a lot of social gatherings focused on

poetry. It's local, free, and very enjoyable."

She also spoke of the importance such readings can have for these attendees.

"For writers, it's gratifying to have an audience for the poetry you've labored over. Poetry is meant to be shared and read aloud."

There were some themes that emerged in several of the readings that ranged from topical to eternal, including love, loss, the burden of the coronavirus pandemic, climate change, and memories.



With every poem, there was passion on the face of each reader, as their chosen works reflected feelings they had been wrestling with, or fond tributes to loved ones (including beloved pets).

The works of famous poets were read, including Maya Angelou, Sylvia Plath, and Mary Oliver, but it was especially exciting to hear the original works of each speaker in various forms like haikus, sonnets, and free verse. These were the works of lifelong lovers of poetry, or those that started writing recently; the

entirety of the event was filled with such heartfelt contributions.

As of now, there is no definite date for another poetry night. Though the event used to occur quarterly during pre-pandemic times, the Wrentham Cultural Council is hoping to bring it back again soon, along with more events that are usually planned for the fall and winter. It all depends on the pandemic and what is possible moving forward.

Hopefully, there will be another chance soon for residents to get together and share their love of poetry.

Zepf spoke about the importance of poetry in our difficult times.

"Right now, with all of our societal problems, divisions, and disease, it's easy to lose sight of joy, personal pleasures, relationships, and the beauty of the natural world—all of the things that still exist and are important to us as human beings. Poetry can bring the important things back to light in really satisfying ways."

Joe Shea is OUR Norfolk County Commissioner



JOE SHEA
COMMISSIONER

The last few months have been challenging to say the least, but as we have in the past **we come together** now to support one another and our communities. This spirit, the backbone of our region, makes me proud to continue my efforts as one of your Norfolk County Commissioners.

I have dedicated my life to public service and providing **trusted leadership** at every step of the way as an elected official. Together, we have put practices in place to ensure that Norfolk County continues as a **cost-effective, inclusive and transparent** regional entity, including efforts to:

- Initiate a plan to **modernize the County's financial and capital planning practices.**
- Make significant **investments at the Norfolk County Agricultural High School.**
- **Prioritize capital improvement** and preservation efforts in our county courthouses.
- Lead a grant initiative to create more regional, public health, nursing services between the towns of Avon, Holbrook and Randolph; **a model for future regional efforts.**

Helping people, promoting good government and serving the County for the last five years has been my passion. **It's clear that we must continue to respond, adapt, and ensure that the County is governed with modern-day practices.** I am running for re-election, and I'm honored to ask for your support to continue this work.



Please Vote to Re-Elect Joe Shea on or before November 3rd.

Fall Financial Tidbits

Summer has come to an end. Now that the hottest days, family vacations and back-to-school rush are behind us, it's a great time to give some attention to your personal finances. Prepare for the coming months – and the holidays on the horizon – with these fall tips:

Pay quarterly estimated taxes. If you're self-employed or you have extra income you haven't reported on your W-2, now's the time to make sure you're paying both state and federal quarterly estimated income taxes so you don't get stuck with a big bill from Uncle Sam in April. September 15th was the deadline to pay your third quarter estimates, but don't let that stop you from sending something in anyway.

Prepare for the cooler months. Although you may still have summer on your mind, staying warm gets expensive when winter hits. Many utility companies offer "budget billing" plans that allow you to spread your heating costs over the year while avoiding a surprisingly large bill for a particularly cold month. Also, winterizing your home this fall conserves

energy and saves money.

Start saving for the holidays. It may sound excessive to start thinking about the holidays in October, but Christmas is less than 90 days away. Now is a great time to create a holiday spending plan. For instance, if you plan to spend \$300 on gifts, you should start saving \$3-4 per day to get there. Stashing away cash in advance allows you to buy gifts for everyone on your list without taking on debt. Resolve to start a "Christmas Club" savings account in the New Year to jump-start your savings habit.

Teach children to save. When kids return to school, they often have a renewed sense of focus and determination. Schools across the country are incorporating financial literacy into the classroom. Take this opportunity to talk to your children about money and the importance of saving. Your efforts will be rewarded as your child develops an understanding of financial principles and positive financial habits. We have a great FREE guide entitled "Money Doesn't Grow on Trees...Teaching Kids



About Money". Please feel free to call me and I will send you a copy right away. My number is below.

De-clutter and donate. As summer winds down and you start spending more time inside, take a hard look at all the stuff you've been stockpiling. Sorting through clothes you no longer wear along with electronics and unused household items can free-up space and even make you a little cash. Sell items at a local consignment shop or donate them (by making a tax-deductible contribution).

Conquering the Clutter in your Financial Closet. You need only to keep credit card receipts, ATM transactions, and deposit

and debit card receipts until you verify the transaction on your monthly statements and then you can shred them. In the event that you have a small business, some of these records should be kept longer. Feel free to reach out to me and I can provide you with some details on how long to keep specific items. Always remember that any financial transaction, receipt or account statement should be shredded. NEVER throw them in the trash.

PERMANENT items you may want to keep:

- Educational records
- Employment records
- Health records
- Retirement and Pension Plan information
- Contents of your safe deposit box

CURRENT items, which need to be reviewed every 3-6 years, before deciding whether to continue keeping or shredding them include:

- Cancelled checks
- Bank statements
- Insurance policies
- Home purchase, repair and improvement records
- Warranties
- Income tax records

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.

"Easy Walks" Author Releases New Book during Pandemic

As the COVID-19 pandemic was unfolding, Marjorie Turner Hollman was working hard to finish her newest book, "Finding Easy Walks Wherever You Are." Many people not familiar with their local trails flocked



to the most visible trails, which resulted in unsafe overcrowding. A vicious cycle began of overcrowding, and shutting down of these popular trails because the overcrowding exacerbated the problem. People felt forced towards those few outdoor spaces still open, making them even more unsafe. The need for this book took on a feeling of urgency.

ture centers, properties overseen by local land trusts and other conservation organizations, town conservation properties, local, state and national parks, arboretums, local cemeteries, and more.

Want to avoid crowds? Head out on overcast days, early morning or near sundown, or even when it's raining! Those with mobility issues are Hollman's primary audience, but included within that audience are older folks, younger parents with small children, and those recovering from recent injury.

Along with where to find safe outdoor spaces, Hollman also offers chapters to guide you in clothing choices, hiking poles, back packs, and what you most need to familiarize yourself with (poison ivy and ticks, among other things) before spending time on your local trails.

EASY WALKS
continued on page 23







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Living Healthy

World-Class Cataract Surgery Closer to Home

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

Cataract surgery is by far the most common surgery performed in the United States. With advanced technology, and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportunity to reduce your dependence on glasses or contacts and, in many cases, eliminate this need. Your expectations should also be to have your surgery by a world-class surgeon close to where you

live and not be told to travel hours for testing and surgery. Many choices exist on where to have the surgery and by whom. Here are the specific questions to ask when it's time to have the surgery:

1- Why are you referring me to this surgeon? Your eye care providers may ask you to travel miles and hours away from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home, ask your



provider why they want you to travel hours and miles away. Beware referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home.

2- What type of anesthesia am I going to get? With modern cataract surgery, most surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injec-

tions or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being ask to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

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

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

5- Where will the surgery be performed? Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance cost may be higher at a hospital? If this is happening to you, we are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford- not a hospital with potential cost savings to you.

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

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

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



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Living Healthy

EYES

continued from page 14

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

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

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

less laser cataract surgery. We implant high quality premium lenses only, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford, offering bladeless laser cataract surgery. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and a second location in Milford. Seven providers with your interest in mind first, offering the best, cost-efficient surgical care in an ambulatory surgery center closer to home.

The Milford Franklin Eye Center- Cataract Surgery Center of Milford is proud to announce that we have secured recertification by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF) which sets the Gold Standard in Accreditation and certifies thousands of facilities world-wide. An accreditation certification by AAAASF provides you with peace of mind, because it means that our surgery center has no deficiencies and maintains the highest standards in patient safety, surgical results, infectious disease control and health care quality. We are proud to provide the best of the best in outpatient surgical care closer to home.

For more details, see our ad on the previous page.

Flu Clinic for Norfolk Residents on Oct. 7

The Norfolk Board of Health and Natick Walpole Visiting Nurse Association, in partnership with Walgreens Pharmacy, will be offering a flu clinic for Norfolk residents on Wednesday, October 7 from 9 a.m. to noon at the Norfolk Senior Center, located at 28 Medway Branch Road.

The clinic is open to all Norfolk residents ages 9 and older.

You must pre-register for the flu clinic through the town's website (norfolk.ma.us), and print out and bring the completed Vaccine Administration Record (VAR) form with you to the clinic. In addition, bring a photocopy of the front and back of your medical insurance card, pharmacy insurance card or Medicare card to the clinic.

COVID-19 Protocols:

- Please wear a mask and social distance.
- Please do not attend the clinic if you are not feeling well, have symptoms such as fever, body aches, shortness of breath, chronic cough, sore throat, loss of taste or smell.
- Please do not attend the clinic if you have tested positive for COVID-19 within the past 10 days of your scheduled appointment.
- Please do not attend the clinic if you have been instructed to quarantine by your health care provider or Public Health Nurse.

The best way to prevent the flu is by getting vaccinated each year.

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THE BLACK BOX Continues Fall Outdoor Concert Series

THE BLACK BOX, the region's premiere concert, theater, and event venue, will continue their outdoor weekend concerts throughout the fall season in the theater's parking lot. The shows are presented in a 60-70 minute format. Tables are socially distanced and masks are required when patrons enter THE BLACK BOX building to access the box office, restrooms, and bar. Table groupings are limited to six.

The Fall Concert Series will feature an eclectic lineup of performers including the viral a capella sensation T.3, local favorite

The Franklin Underground, and more. The public is encouraged to follow THE BLACK BOX on Facebook (THE BLACK BOX Online), Instagram (@the_black_box_online), and Twitter (@BLACK_BOXonline) for performer announcements.

T.3 is a New York based vocal group composed of Liam Fennecken (School of Rock), Jim Hogan (Waitress) and Brendan Jacob Smith (The Simon & Garfunkel Story). They gained popularity on social media platforms with covers of Disney, Broadway and Pop hits. Jim Hogan is a New York City based actor,



A Capella favorite T.3 will be one of the featured acts in THE BLACK BOX's fall outdoor concert series.

singer, musician and member of viral-sensation vocal group, T.3. His Broadway National Touring credits include Waitress, The Phantom of the Opera and Spring Awakening. Jim has performed as a soloist with Symphony Orchestras across the US and Canada. Liam Fennecken is an actor, musician, and songwriter living in NYC. He recently toured the US and South Korea in School of Rock, and has toured North America with

Once, American Idiot, and Peter Pan 360. Brendan Jacob Smith is an Actor, Singer and Songwriter based in Brooklyn, NY. A recent graduate of Ithaca College, Brendan will be playing Art Garfunkel in the US/ Canada Company of The Simon and Garfunkel starting this spring. He recently finished up his time as a member of Hyannis Sound, Cape Cod's professional A capella group, and was seen as Frankie Epps in Parade at The

Rev Theatre Company.

Patrons are asked to purchase tickets for their table group in one transaction. Audience members are only seated with family or those with whom they are comfortable socializing. Tables of up to six are set with the correct number of chairs and will be reserved according to the number of people to be seated. Ushers assist the seating process. There is bar service to the tables; the lobby bar is closed for walk-up service. Masks and social distancing are required in the lobby; typical gathering in the lobby is currently not allowed. Bar tabs will be closed out before the end of each show

Tickets will be available at www.THEBLACKBOXonline.com or by calling (508) 528-3370. THE BLACK BOX is located at 15 W. Central St. in downtown Franklin.

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NW

Op-Ed: Senator Becca Rausch Explains Voting by Mail

Free, fair, open, and safely accessible elections are a central pillar of our democracy. In the midst of a global pandemic of epic proportions that renders traditional in-person voting a public safety concern, it is critically important that we protect both our communities' health and our constitutional right to vote. That's why I spent months on Beacon Hill advocating for robust mail-in voting this year. I'm glad we passed a law allowing every registered Massachusetts voter to cast their ballot by mail or safely vote in person, whether during early voting or on Election Day. Voting by mail was extremely

popular for this year's primary election, resulting in our highest turnout ever in a Massachusetts primary. As one of the foremost champions of election access in the Legislature, I hope this information will help empower every voter to cast their ballot in the November 3rd general election, whether by mail or in person. Comprehensive resources and links for online tools are available on my website: www.beccaraus-chma.com/2020-elections.

Register to vote: You must be registered to vote in order to request a mail-in-ballot. You have until Saturday, October 24 to register in time for the November

general election, but I urge you to register as soon as possible. Registering to vote and checking your registration status can be done online (at sec.state.ma.us/ovr).

Eligibility to vote by mail: If you're a registered voter, you can vote by mail in 2020! That's it. No additional qualifications required.

Get a vote by mail ballot application: Every registered voter should have received a vote-by-mail application before the primary. If you successfully applied to vote by mail for both the primary and the general, you do not need to reapply. (Skip to

"Track your application" to confirm whether you applied for the general election too.) If you did not apply over the summer, or applied only for the primary, another mail-in ballot application for the general election should have been mailed to you. If you do not receive an application and wish to vote by mail, download the application (available at sec.state.ma.us) or call 1-800-462-VOTE to request one be sent to your home. You can also write to your local election official requesting a mail-in-ballot if you include your full name, address, and signature.

Submit your application: Applications for mail-in voting are due back to your local clerk by 5 p.m. on Wednesday, October 28, but I recommend sending in your application as soon as possible. Submit your application by mail, email, or drop-off. If you mail it, do it now in order to leave plenty of time for the application to arrive by the deadline. No need to worry about postage; it's prepaid on the application sent to you. If you submit the application ballot via email, make sure the application still has your signature on it.

VOTING
continued on page 21

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Sports

KP Soccer, Volleyball Scheduled for Different Fall Seasons

BY KEN HAMWEY
STAFF SPORTS WRITER

The COVID-19 pandemic forced state agencies to develop guidelines for high school sports to proceed this fall but at King Philip Regional soccer and volleyball are on two different tracks.

Soccer will be getting underway this month with a plethora of modifications in place while the volleyball team will have to wait until February for its season to begin. Instead of competing this fall with restrictions on contact and distancing, athletic directors in the Hockomock League voted to move volleyball to a fall 2 season that will run for nine weeks starting on Feb. 22.

Two of KP's coaches--Gary Pichel (girls soccer) and Kristen Geuss (volleyball)--offered their opinions.

Geuss is delighted volleyball will be on the sports menu for the fall 2 season.

"I'm glad volleyball was spared," she said. "It's great news. Playing in February will give the players time to adjust to a new normal at school and it also gives them time to prepare mentally for volleyball. We want to compete, so we'll look to February because we want to play whenever we can."



KP girls soccer coach Gary Pichel.

With league scheduling and a format to determine how champions will be crowned in place for soccer, nothing, however, is definite for volleyball.

"We know post-season tournaments or playoffs have yet to be determined, but that doesn't change our goals, which include competing for the Hockomock League championship and developing players to be good people on and off the court," Geuss emphasized. "We want our girls to have good volleyball skills and to possess good life skills."

Pichel, who has coached for eight seasons at KP and previously guided Nipmuc Regional (Mendon-Upton) to State championships in 2005 and 2006, is

glad soccer will be played this fall but he's not pleased with the restrictions that will handcuff defenses.

"For me, last year was a high-pressure season because we had high expectations," Pichel said. "We went 18-0, then lost in the Sectional final. Soccer in 2020 doesn't have the same feel because of defensive restrictions. There's no State or Sectional tournaments and wins and losses will be determined by chance (deflections, fouls inside the box and no walls)."

Pichel's nucleus of returning players, however, is talented and likely will adjust quickly. Four seniors will be captains--center back Paige Varvarigos and midfielders Kiera Lindmark, Maeve Lawlor and Jenny Montville.

"Paige will be the field general for the back line," Pichel said. "A three-year veteran, she's one of the better defenders in the league. Kiera is a natural lefty who's got a very accurate outside shot. She, too, is a three-year veteran. Maeve is an excellent passer who's quick to the ball. A two-year veteran, she's strong in transition. Jenny is versatile, able to play in the midfield or at striker. She's our quickest player and she's working to improve her scoring."

A pair of sophomores--midfielder Ella Pisani and defensive back Grace Lawler--are up-and-coming stars.

"Ella had a fantastic freshman year," Pichel said. "She played like a veteran. She's talented and instinctive and her footwork is solid. A good passer, she can shoot accurately with either foot. Grace started as a freshman. Our second fastest player, she's our marking back. By the time she's a senior, she could be the best back I've ever coached."

KP will play a 10-game schedule that will include two games against each of its Kelly-Rex Division opponents (Franklin, Mansfield, Attleboro, Taunton and Milford). An 11th game could be added if the league's ADs vote in favor of a playoff matchup of Kelly-Rex Division teams versus Davenport Division squads. A post-season format, however, is still to be determined.

"The format is the best under the circumstances," Pichel noted. "Regardless of all the changes, we're looking forward to playing all the talented teams in the Kelly-Rex Division."

Pichel, who has amassed 212 career victories in his three stops at the high-school level (19 years), has experienced only one losing season. That down year occurred

in 2015 at KP when nine of his 11 starters were injured and unable to return. His KP squads have qualified for tourney play seven times in his eight seasons.

With that kind of experience and success, Pichel should be viewed as an authority on how players, coaches and referees will have to adjust to the new-normal soccer style of 2020.

"Players will be distracted by dealing with hands-off defensive play and social distancing during warm-ups and huddles," he offered. "They'll have to be more focused on what they can't do instead of what they can do."

Pichel says coaches and refs will have to adjust, too. "For me, it'll be to find a defensive strategy to keep scores low," he said. "At the same time, I'll have to develop a strong offensive approach. For refs, their job was always difficult. Now it'll be three times as tough. Because of the changes, they've got so much to control."

As the fall season begins, soccer and volleyball are heading in different directions. Soccer will be played, although it'll be very different, and volleyball is bidding its time, waiting for February when the virus could be under control or possibly on its way to eradication via a vaccine.

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Sports

Area ADs Favor Modifications to Allow Sports to Continue

By KEN HAMWEY
Staff Sports Writer

The area's high school athletic directors were busy lining up their sports menus after the Mass. Interscholastic Athletic Association (MIAA), the Department of Elementary and Secondary Education, and the Mass. Executive Office of Energy and Environmental Affairs (EEA) issued their fall guidelines, risk categories and levels of play.

The coronavirus pandemic forced the cancellation of all interscholastic sports last spring but approval to move forward with athletics for the fall came on Aug. 18, enabling ADs, superintendents and their school committees to proceed with caution. Sports for the fall that are in a lower and moderate risk category can compete with modifications, but football, competitive cheerleading and unified basketball are classified as high risk. Those teams can play in a "fall 2 season" that would run from Feb. 22 to April 25.

Several area ADs revealed their plans to proceed for a fall season that will feature plenty of changes and modifications.

At Millis, there'll be boys and girls varsity and jayvee soccer, boys/girls varsity cross-country and varsity and jayvee golf.

"We're elated to be taking the next step towards normalcy," said Chuck Grant, the Mohawks AD. "Everyone needs sports back into their routine. The kids are ready to compete within the guidelines. Many things had to come together for these opportunities to become reality and we appreciate all the effort that went into gaining their approval."

For Millis, the fall 2 season will include football and volleyball. "Things will need to continue to improve for both to become reality," Grant said. "If we have a basketball season, that will be a good omen for volleyball. It just made sense to buy more time for an inside event to be given a chance for circumstances to improve before bringing other 'cohorts' into each others' buildings at a time when we're trying to bring our own students back into the building."

Grant said that "since football

is being played in other states, that will provide us with much needed guidance and evidence of the likelihood that football will be approved for competition in Massachusetts. The numbers are improving every day so the continuation of that trend in concert with encouraging national news would bode well for football's chances."

At Franklin High, the athletic offerings for each of the four seasons include: fall — boys and girls soccer, boys and girls cross-country, field hockey and golf; winter — boys and girls basketball, boys and girls hockey, wrestling, gymnastics, boys and girls indoor track, cheerleading and boys and girls swimming; fall 2 — football, cheerleading, unified basketball and volleyball; spring — baseball, softball, boys and girls lacrosse, boys and girls tennis, and boys and girls unified track.

Here's how the Panthers' AD, Tom Angelo, viewed the modifications:

"Clearly, the rules of the game will be very different from what we're used to. Although these new rules are not very popular, they are in place so our student-athletes can again participate in interscholastic athletics. That said, everything is now different due to the pandemic. Why would athletics be excluded? Our teams will simply have to learn the new rules, make the necessary adjustments, play to the best of their ability, and represent our community with the same Franklin pride as they have done in the past."

Matt Baker, Holliston High's AD, listed all the sports that are slated for all four seasons. Fall 1 will include cross-country (boys and girls), field hockey, golf, and soccer (boys and girls). Winter's offerings are basketball (boys and girls), cheer, gymnastics, ice hockey (boys and girls), indoor track, swimming and diving, and wrestling. The fall 2 lineup features cheer, football, unified basketball and volleyball. The spring menu includes baseball, lacrosse (boys and girls), softball, tennis (boys and girls), track and ultimate frisbee.

Baker said that he supports the decision by the MIAA to



Chuck Grant, Millis Athletic Director.

move higher risk sports to fall 2. "We feel this will create a safer environment for these sports (cheer, football, unified basketball and volleyball)," he noted. "We'll revisit what's happening with COVID-19 throughout the school year. The Tri Valley League has taken the additional step of moving volleyball to fall 2. This was done in an effort to maintain safety for our students. Also, many schools do not have use of their gyms for athletics due to COVID-19 protocols using the gym for other purposes."

Baker endorses the alterations that will allow athletics to continue.

"We know these modifications are changing sports dramatically but at least this is creating a situation where we can offer student-athletes the opportunity to play sports during the pandemic," he emphasized. "This is better than not having fall sports at all. Our coaching staff is looking forward to being with their teams and to compete. These types of activities are so important for the social/emotional well-being of our student-athletes and everyone is trying to be creative in the solutions to make this happen."

King Philip Regional will have soccer, field hockey, cross-country and golf on the athletic menu this fall but volleyball, football, cheerleading and unified basketball will be played in the fall 2 season.

"We've focused on the fall season and worked to get that squared away," said KP AD Gary Brown. "As for moving some of the higher risk sports



Matt Baker, Holliston Athletic Director.

to fall 2, it'll give kids the best opportunity for the best experience. As we get closer to the fall 2 season (starts Feb. 22), we'll be awaiting the decisions on those sports."

Brown is acutely aware that sports will not look like they did in the past with all the modifications the MIAA and the Department of Education have mandated but he's glad there'll be an opportunity for student-athletes to compete.

"The changes will allow students to compete safely and that's the goal," he said. "It's a different approach. It's all about providing opportunity. It'll be great to get moving again. Great to see all students getting involved with whatever their extra-curricular activity is. For me, it'll be reward-

ing to see kids actively competing and representing KP or whatever school they play for."

Brown stressed that "the bottom line is the health and safety of everyone."

At Natick High, the fall season will feature boys and girls cross-country, field hockey, boys and girls soccer, golf and girls swimming and diving. The fall 2 season will include girls volleyball, football, cheerleading and unified basketball.

Natick's Athletic Director, Tim Collins, is pleased sports are returning after a dormant spring.

"I'm thrilled athletics will be played this fall," he said. "All of us at Natick High want the chance to compete, hopefully be healthy and face competitive challenges with teammates and coaches. Any opportunity to play in spite of whatever modifications are imposed is a blessing."

Collins said that "the players are ready, the coaches are ready, and the community needs it."

Because Framingham High will not be playing any sports this fall, the Redhawks fall teams will be in a Carey Division that includes Wellesley, Needham, Newton-North and Brookline.

State Guidelines

The EEA and DESE guid-

ADS
continued on page 20

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Top 10 Most Popular E-Books at the Fiske Public Library

Ever wonder which books your fellow library patrons are reading? The following is a list of the most popular e-books checked out of the Fiske Public Library in the last four months.

- The Vanishing Half (Brit Bennett)
- Where the Crawdads Sing (Delia Owens)
- The Alice Network (Kate Quinn)
- American Dirt (Jeanine Cummins)

- Live Free or Die (Sean Hannity)
- 1st Case (James Patterson)
- The Answer Is...(Alex Trebek)
- Too Much and Never Enough (Mary Trump)
- 28 Summers (Elin Hilderbrand)
- The Splendid and the Vile (Erik Larson)

Top 10 Most Popular E-Books at the Norfolk Public Library

The following is a list of the most popular e-books checked out of the Norfolk Public Library since January.

- Where the Crawdads Sing (Delia Owens)
- Before We Were Yours (Lisa Wingate)
- Nine Perfect Strangers (Liane Moriarty)
- Little Fires Everywhere (Celeste Ng)
- Educated: A Memoir (Tara Westover)

- Becoming (Michelle Obama)
- The Silent Patient (Alex Michaelides)
- The Reckoning (John Grisham)
- Eleanor Oliphant Is Completely Fine (Gail Honeyman)
- The Giver of Stars (Jojo Moyes)

Sports

ADS

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ance classified sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey, and soccer. Higher Risk fall sports are football, competitive cheerleading and unified basketball.

Moderate Risk sports are listed as: “sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants.” Higher Risk sports are listed as: “sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants.”

The guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That enables golf and cross country to compete. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments.

For soccer, field hockey, and volleyball to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so that those groups remain at least 14 feet apart. No more than 25 people can be on a playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, and volleyball to compete in games, two criteria must be followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in intermittent, close physical or face-to-face contact must be modified or eliminated, including restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Facts & Figures

Here are some facts and dates that shed some light on how interscholastic sports will look going forward:

- The floating season (fall 2) will run from Feb. 22 to April 25 and will include football, competitive cheerleading, unified basketball and any other sports that don't take place in an earlier season, for whatever reason.
- The fall season, which got underway with practices on Sept. 18, will end on Nov. 20. Winter sports get underway on Nov. 30 and conclude on Feb. 21, while spring sports will start on April 26 and continue until July 3.
- MIAA post-season tournaments have been canceled for the fall. Various leagues, however, can conduct their own playoffs but must abide by DESE/EEA guidelines.
- Student-athletes can compete in all four seasons.
- Massachusetts is the 15th state, along with the District of Columbia, to push high school football off the fall sports menu.

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Wrentham Seeks Service Members' Names for New Persian Gulf Memorial

Town Administrator Kevin Sweet and Veteran's Agent Rebecca Jennings are asking the public for assistance in creating a list of Wrentham service members to include on a new veterans' memorial in town.

The town of Wrentham is moving into the final phase of preparation for installing a new Persian Gulf Veteran's Memorial on the town common, now that full funding has been secured.

The memorial will be emplaced on the same line that currently holds the World War II, Korean War and Vietnam War memorials.

The final preparation for the memorial is focused on fully identifying veterans' names to be engraved on the monument.

The town is using multiple government databases to acquire names, but is also seeking the public's help in order to create as complete a list as possible.

Anyone who meets the following criteria is asked to submit their information as soon as possible:

- Any active duty, reservist or guardsman who served during the period of Aug. 2, 1990 to present, and listed Wrentham as their Home of Record (HOR) upon entering the service.
- Anyone who served during the period, is a current resident and has not had their name emplaced on a similar monument in the HOR.

In order to ensure information is complete and not duplicative, service members are encouraged to log onto the town's website and complete and return a short questionnaire. This is especially important for anyone who entered service from a town other than Wrentham. (NOTE: Please use Google Chrome or Microsoft Edge/Internet Explorer to view the questionnaire on a PC, or use Safari on a Mac).

The questionnaire will ask for the following information: service member's name, branch of service, rank, dates of service, Home of Record at initial service entry, awards or ribbons received resulting from service in theater (Southwest Asia Service Member, Operation Enduring

Freedom Ribbon), basic contact information, and any other pertinent information the service member wishes to share.

Completion of the questionnaire will require a copy of the service member's DD-214, Certificate of Release or Discharge From Active Duty, or another appropriate document of service.

Anyone who is not able to complete the questionnaire online may contact Veteran's Agent Jennings at 508-699-0120 or Wrentham Selectman Jerry McGovern at 774-571-0811.

"We look forward to honoring as many Wrentham residents as we can as part of this new memorial," Town Administrator Sweet said. "A lot of very hard work has gone into the planning of this monument, which was complicated by the ongoing pandemic, and it means a great deal that we will soon be able to have the names of those who served in the Persian Gulf listed alongside other Wrentham service members."

VOTING

continued from page 17

Track your application: You can track the status of your mail-in voting application online (at sec.state.ma.us). If your status is listed as "pending" then your application was received and your ballot should be on its way. Call your local clerk with any concerns.

Get your mail-in ballot: If you successfully applied to vote by mail, your ballot will be mailed to you. Ballots should start to arrive to voters in early to mid-October.

Complete and submit your ballot: First things first: read the instructions! If you're voting by mail but receive an instruction sheet for absentee voting, ignore the part that says you should check to be sure you're eligible; the eligibility requirements for voting absentee do not apply to voting by mail in 2020. Fill in the ovals on your ballot with a **black pen or pencil**. Remember to check the back side of your ballot and vote there too. Put your completed ballot inside the yellow ballot envelope. Seal the ballot envelope and complete the top portion of the exterior. **Do not forget to sign the yellow envelope.** If you do not receive a yellow envelope with your ballot, contact your local clerk. Put the

signed and sealed ballot envelope inside the white mailing envelope and seal that one. Like the application, the ballot mailing envelope will be pre-addressed and postage prepaid. **Your ballot must be mailed by Election Day (Tuesday, November 3) or you must place your ballot in the ballot drop box by 8 p.m. on Election Day.** If you're mailing it, do so as soon as you can to ensure your ballot arrives on time and will be counted. Your mailed ballot must be received by your local clerk by Friday, November 6 in order to be counted. The U.S. Postal Service has experienced delays, **so please return your mail-in ballot early or use a dropbox.** Again, you can track your ballot (at sec.state.ma.us).

What about my "I voted" sticker?! Unfortunately, if you vote by mail, you're probably not getting an "I voted" sticker this year. It's disappointing, I know. It's definitely one of my (and my four-year-old's) favorite parts.

I want to change my mind: If you requested and received a mail-in ballot but decide not to use it, you can still vote in person. However, if your ballot has been received and processed by the clerk, you cannot vote in person. You can track the status of your mail in ballot online (at sec.state.ma.us).

In-person early voting: Along with voting by mail, voters may also vote early in person, starting on Saturday, October 17 and running until Friday, October 30. Specific early voting schedules and locations will be posted online (at sec.state.ma.us) by Friday, October 9. You can also check with your local clerk for in-person early voting information. Wear a mask when you go to cast your vote.

In-person voting on Election Day: Polls will be open from 7 a.m. to 8 p.m. on Election Day, Tuesday, November 3. Make sure you know your polling place location (available at sec.state.ma.us). Wear a mask when you go to cast your vote.

I am so proud that Massachusetts voters have broader voting options and increased safety precautions for the upcoming election on November 3, 2020. I encourage everyone to vote by mail, whether you mail back your ballot or drop it off; if you choose to vote in person, please be diligent with your COVID-19 precautions -- wear a mask, keep your distance, and use hand sanitizer. Please visit www.beccarauschma.com/2020-elections for a detailed FAQ and email me directly at becca.rausch@masenate.gov with any specific questions or concerns. Happy voting, everyone!

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The Stony Brook Camera Club Has Gone Virtual!

The Stony Brook Camera Club in Franklin is proudly celebrating its 51st year. It all began in 1969 with a slide show and photo competition at Stony Brook Nature Center in Norfolk as a way to increase public awareness of the sanctuary. By January of 1970 an active club was born. It grew rapidly and gained a reputation throughout New England as the friendliest, most open club. Fast forward 50 years and that reputation remains with a membership of over 160.



Cynthia Vogan Photography, Wrentham

with others what we are seeing through our lens. Some of us seek to contrive our compositions, such as with still life or portraiture. Others of us share what we come upon as we go along, just because, perhaps, the light is right.”

The club’s mission statement is “To promote enjoyment and proficiency in all aspects of photography through education, fellowship, exchange of knowledge and experience; and a broad appreciation of nature and environment.” SBCC gives back



Pamela Ruby Russell, Norfolk

with members and learning new things, especially out in natural settings.”

Ellen Berenson, the club’s newsletter editor, offers, “Regardless of our reasons for taking the photos we do, photography is our way of expressing our inspirations. We choose to share



Pamela Ruby Russell, Norfolk

to the community as well by offering scholarships to deserving high school seniors from the area who intend to study photography in college. The recipients are invited to the year-end banquet to meet the membership, share their work, and receive their awards.

The Program Committee has been hard at work planning a full year of quality programs. Fifteen area, national and international speakers will present programs covering topics such as nature, landscape, astrolandscape, black and white, timelapse and storytelling photography. There will be at least 5 Saturday workshops offered by the speakers throughout the year. SBCC also offers image studies as well as club and intra-club competitions to help members hone their skills. Field trips have been offered to members traveling as close as Cape

Cod for night photography or as far as Charleston, SC for varied photo ops. Camping trips are scheduled at least once a year with well-planned opportunities for shooting.

The SBCC website (Stony-BrookCC.com) offers a wealth of information. Be sure to check out the calendar of events. Virtual meetings are held each Thursday evening at 6:30 p.m. for a social hour and 7:30 p.m. for the program. See their home page for how to log into Zoom and receive a free 30-day membership with access to the virtual meetings.



Silvana DellaCamera, Norfolk

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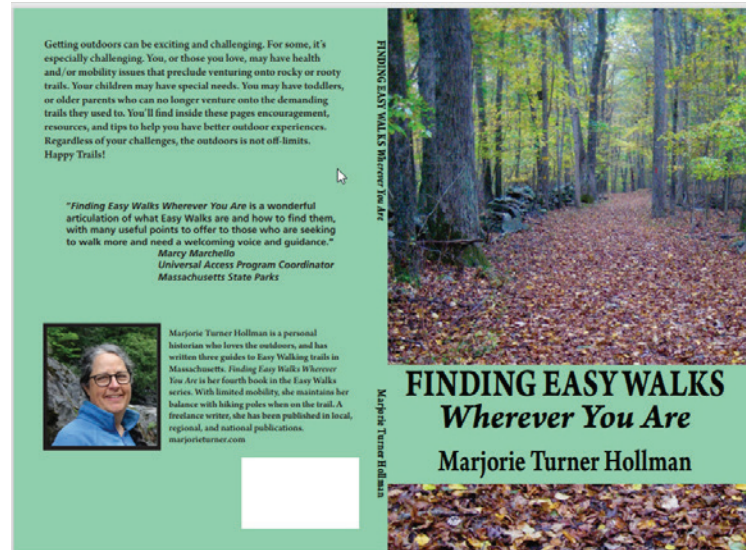
EASY WALKS

continued from page 13

There's a lot packed into this 124-page book, available on Amazon. As Hollman affirms on the back cover of the book, "Regardless of your challenges, the outdoors is not off limits."

Marjorie Turner Hollman is a personal historian who loves the outdoors, and is the author of "Easy Walks in Massachusetts, 2nd edition," "More

Easy Walks in Massachusetts, 2nd edition," and editor of "Easy Walks and Paddles in the Ten Mile River Watershed." Just out is her latest book, "Finding Easy Walks Wherever You Are." She has been a freelance writer for numerous local, regional, and national publications for the past 20+ years, has helped numerous families save their stories, and has recorded multiple veterans oral histories, now housed at the Library of Congress. She is a co-author of the recent community history, "Bellingham Now and Then."



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The Kim Williams Team

Here's a glimpse of my recent Listing Sales in the past 6 Months in Norfolk, Wrentham & surrounding towns. 50% of homes listed Sold for over asking! Most Homes SOLD at the First Open House. The remainder Sold for Full Asking Price or on average 99% of Asking Price.

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