

“Arts on the Common” Returns

Wrentham’s Celebration of the Arts Set for June 3

By SYDNEY KEANE

For the second spring in a row, the Wrentham Cultural Council’s annual Arts on the Common event is back in the center of town. The juried art show will run from 10 a.m. to 4 p.m. on Saturday, June 3, rain or shine.

Located on the Wrentham town common at the intersection of Routes 140 and 1A, the outdoor festival boasts hand-crafted goods from dozens of artisans. Chair of the Cultural Council, Evelyn Zepf, ensures that Arts on the Common is designed to appeal to all age groups, with demonstrations, performances, and interactive activities.

The Wrentham Cultural Council is a local branch of the Massachusetts Cultural Council, responsible for reviewing and awarding grants for cultural programs in the town. The Council is committed to enhancing the vitality of the Wrentham community through engagement in the



arts, humanities, and interpretive sciences. The Arts on the Common event is just one way the Wrentham Cultural Council achieves this.

The free, family-friendly festival will also include performances by local dance troupes, live music, and “Chalk the Walk” on the closed road through the common. Part-

time and full-time artists are encouraged to use Arts on the Common as a venue for displaying and selling their work. Some artists also take the opportunity to demonstrate their creative processes.

The Cultural Council tries

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Norfolk Residents: Keep Informed Via Town Alerts

In an effort to keep community members informed about the latest town news, Norfolk recently launched its new notification system, E-Notify. The town’s Select Board is encouraging residents to sign up to receive alerts about important town updates via the newly available alert system.

E-Notify allows residents to receive town communications from the comfort of their homes. Norfolk residents can sign up for custom text and email alerts and adjust their communication preferences as they see fit. Available alerts include Town News, Job Opportunities, updates pertaining to the Town of Norfolk Master Plan, the Fire Station Building Project, and more.

To sign up for E-Notify, residents can visit www.Norfolk.ma.us and click “Subscribe to Stay In-formed” on the website’s home page. Users will then be prompted to enter their email addresses and begin managing their subscriptions.

“Since day one, we’ve operated with the understanding that an engaged and informed community is a critical component of effective town government,” said Select Board member Kevin Kalkut. “This service, along with other new avenues to meet residents where they are, will help connect our neighbors to the amazing work being done here in Norfolk.”

In addition to using E-Notify, the town of Norfolk continues to host Select Board and Advisory Committee meetings in a hybrid format to allow for community members to participate in person or online via Zoom. These meetings are also aired by NCTV to be streamed live or available on-demand via YouTube.

The town of Norfolk’s official Facebook page and the town’s community Facebook page also serve as a communication channel for residents to receive up-

ALERTS

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ARTS

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to select a wide variety of artists to participate, with considerations like price point and originality factoring into the council's selections.

"We are looking for artisans," explained Zepf, who noted the participants come from all over New England. "Things like paintings and fine arts, of course, but any crafts have to show some artistry and be handmade."

Organizers from the Massachusetts and Wrentham Cultural Councils first introduced Arts on the Common with the intention of promoting arts within the community and highlighting relatively local artists' work from around New England.

Although art is often a solitary pursuit, the pandemic posed unique challenges to artists. Zepf and the Massachusetts Cultural Council as a whole greatly admire the resilience of artists and believe a community that supports the arts is a healthy, thriving community.

While online sales platforms like Etsy and other e-marketplaces are great for selling goods without contact, Arts on the Common is a celebration that unites buyers, admirers, and artists in a more personal manner.

In addition to the usual festivities, an exhibit entitled "A Tale of the Fiske" will be open at Wrentham's historic Fiske Museum, 55 East St., from 10 a.m. to 4 p.m. This immersive experience highlights the history of Wrentham's people, stories, architecture, and literature.

The Wrentham Cultural Council hopes to become more active as the pandemic recedes. Zepf pointed out the newly-renovated Sweatt Park as a possible location for some of the council's activities in the future.

In addition to annual events like Arts on the Common and quarterly poetry readings, the Cultural Council also awards grants addressing cultural needs specific to the community, following state guidelines. The state provides an annual appropriation to the Massachusetts Cultural Council, which then allocates funds to each community.

For more information about the Wrentham Cultural Council or to contact the board with further questions and information, email contactwcc@wrentham.ma.us.

Artists Invited to Participate in "Arts on the Common"

June 3 Event to be Held on Wrentham Common

The Wrentham Cultural Council invites local artists to participate in Arts on the Common, a celebration of the arts to be held Saturday, June 3, on the Wrentham common from 10 a.m. to 4 p.m. Artists interested in participating may submit their work through May 26 for consideration.

Arts on the Common is the premier annual cultural event in the town of Wrentham, featuring juried, handcrafted fine arts and crafts, performance art and interactive activities. The event will be held on the historic and picturesque Wrentham common located at the intersection of Routes 140 and 1A. Arts on the Common is designed to ap-

peal to all ages, featuring art in many creative forms. Music and live entertainment are scheduled throughout the day.

This is an opportunity for artists to showcase their talent among numerous Council-selected artists from the New England area. The registration fee for accepted artists is \$75 for a 10' x 10' exhibit space.

Entries may be made in the following categories: Fine Arts (painting, drawing, sculpture, printmaking, photography, mixed media, etc.); Fine Crafts (wood, metal, jewelry, glass, etc.); and Fiber Arts (weaving, quilt making, embroidery, clothing). Demonstrations of the artist's process are welcome.

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An application form and more about the event is available on Wrentham's town website: <https://www.wrentham.gov>. Scroll down to Arts on the Common, or email contactWCC@wrentham.gov.

Charles River Chorale to Perform at Medway High School

The Charles River Chorale will be presenting its Spring Concert on Sunday, May 7 at 2 p.m. at the Medway High School auditorium. Doors open at 1:30 p.m.

Tickets are \$20 for adults and \$15 for seniors and students. Children 5 and under are free. Tickets can be purchased prior to the concert by using the QR code or by visiting the group's

website at www.charlesriverchorale.com/tickets. Tickets can also be purchased at the door with payment by cash or check. No credit cards will be accepted at the door.

The theme of this concert is Jump Into Spring! The concert will feature a wide variety of songs ranging from Irving Berlin's "Blue Skies" to the lively Ecuadorian folk melody "La Lluvia" to a traditional Renaissance Thomas Morley madrigal. This musical performance will also feature professional vocalists and instrumentalists for selections of Antonio Vivaldi's famous "Gloria RV589."

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is in its 39th year as a non-profit 501(c)3 chorale. Members of the

chorale continued to rehearse throughout the pandemic, bringing joy to its membership and the greater community by meeting online and providing virtual concerts twice a year. With the 2022/2023 season, the chorale has reestablished itself extremely well and is very excited to present its joyful spring program to the greater community.

Purchase Tickets



www.charlesriverchorale.com/tickets

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Wrentham Holds Groundbreaking Ceremony for Center Lot Improvement Project

A groundbreaking ceremony for Wrentham’s Center Lot improvement project was held on Thursday, March 30. Town officials broke ground on the improvement project that began on Monday, April 3.

The Center Lot project will be paid for with American Rescue Plan Act (ARPA) funds. Improvements will include paving the lot, adding pedestrian walkways, constructing, landscaping and future EV charging stations.

The lot’s new design was created by design engineer Dan Campbell of Level Design Group, LLC. The group, based

out of Plainville, worked closely with Wrentham’s Director of Facilities and Capital Planning, Chad Lovett, and other town officials.

The lot located on the corner of Route 1A and Route 140 in downtown Wrentham has been vacant since the Wrentham Center School was demolished in the 1970s. The dirt lot was used as parking for visitors dining nearby or attending events on the common. Civic and non-profit groups have also held fundraisers to support local groups such as the Girl Scouts and the Soho-anno Garden Club.

“This project is a vital piece in keeping Wrentham’s beautiful and vibrant downtown area accessible for residents and visitors,” Town Administrator Kevin Sweet said. “This property has been underutilized for decades and this project will allow its potential to be more fully realized.”

I.W. Harding was awarded the contract for the construction work following a public bidding process earlier this year.

Visit www.wrentham.gov for more information and updates on the project.



From left: Director of Facilities and Capital Planning Chad Lovett, Assistant Town Administrator Gregory Enos, Town Administrator Kevin Sweet, Chair of the Board of Selectmen Joseph F. Botaish, II, Selectman Chris Gallo, Selectman Jim Anderson, and Selectman Bill Harrington broke ground on the Center Street Lot on Thursday, March 30. (Photo Courtesy of the Town of Wrentham)

The Garden Club of Norfolk Annual Plant & Bake Sale

The Garden Club of Norfolk will hold its annual Plant & Bake Sale on Saturday, May 20 from 9 a.m. to noon at Norfolk’s Town Hill and gazebo, 2 Liberty Lane (corner of Main Street and Route 115). Parking is available at the Norfolk Library. A rain date is scheduled for Sunday, May 21 from noon to 3 p.m.

Find the perfect perennials for sun or shade gardens, choosing from a large variety of plants, herbs, and shrubs from members’ gardens. Also check out the yard

sale for garden-related items, and the bake sale for a selection of delicious home-baked goods. Enthusiastic members will be on hand to offer advice for plant selection and care. Come early for the best selections.

Proceeds from the sale support the Garden Club’s educational programs, which are open and free to the public, and the beautification of Norfolk at numerous civic gardens, public buildings, and the roundabouts.

Zeigler’s Market Garden and the Massachusetts Cactus and Succulent Society will also be at the plant sale.

Cash, checks, and credit cards are accepted.

Visit www.gardenclubofnorfolkma.com or contact gardenclubofnorfolkma@gmail.com for more information.

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dates on upcoming events and projects. All social media posts direct residents to the town’s website, where they can find accompanying resources and staff contact information.

“The town of Norfolk has lots of great news to be shared with residents, and we hope that through these channels our residents will stay informed and up to date with the latest happenings around town,” Town Administrator Justin CasanovaDavis said.



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What is College Demonstrated Interest?

Many families often ask us what is “demonstrated interest” in the college application process. The best analogy that we have heard to explain demonstrated interest is that it is very similar to social media - colleges love getting the likes! When a student shows demonstrated interest, it enables the college admission counselors to identify students who are seriously interested in attending their school - and colleges love to admit students who are excited about their school. And, for the student it can also often result in higher merit scholarship awards. It is a key factor that looks beyond grades and test scores and it is very easy for the student to accomplish.

Here are a few ways for students to show demonstrated interest:

1. Register for an in-person college information session and college tour. It shows real commitment when you take the time to visit the campus, and it is also a helpful way to see if the college could possibly be the right fit for you.
2. If the college is too far from home, register for a virtual info session and tour. They are just as valuable in showing demonstrated interest to the college.
3. Colleges also offer various informative virtual events that focus on majors, academic programs, financial aid, and admission details to name a few. Make sure you register!
4. Sign-up to attend local college fairs at your high school or in your community. Introduce yourself and ask thoughtful questions. If you engage in a conversation with the representative, follow-up with a thank you email.
5. Contact your regional admission counselor with questions that are not easily answered on the college’s website. You want the conversation to be productive.
6. Plan ahead with questions that you want to ask on a tour, at a college fair, or before talking with a college admissions representative. FREE resource: email tracy@mycollege101.com to receive some sample questions.
7. If the college offers optional interviews - sign up! .
8. Submit an online request form for information from the colleges you are interested in. Search the college name and the phrase “request for information.”
9. Open emails - colleges will often track which emails are opened, the links that are clicked on and the number of times they have been clicked, and the amount of time spent on the college website.
10. Connect on Social Media - following a college on Facebook, Instagram, or Twitter is a form of demonstrated interest. It will also help you learn more about the college’s activities.
11. Be strategic when writing the college’s supplemental “Why Essay.” Colleges often rank this essay in importance above the personal statement. This is the ultimate love letter to the school. So do your homework and be very school specific.
12. Apply Early, if possible. It shows your top colleges that you are serious about attending.
13. Final tip - use the same email address throughout the college search process. It will be easier for the colleges to track!



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

There are several ways to determine how important demonstrated interest is in the application review process for a specific college. One way is through the college’s Common Data Set. Search the specific college name and the phrase “Common Data Set.” Locate section C7 in the Common Data Set and you will see the complete list of factors the college considers important when making admission decisions.

Remember that showing demonstrated interest in a college has a dual purpose - it not only shows your top colleges that you

are seriously interested in them, but you will also learn valuable information about the college to help you determine if it is the right fit for you!

Good luck and enjoy the journey!

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Pre-College Summer Programs at Dean College

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

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

ertoire, acting for the camera, self-taping and rehearsal techniques.

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

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

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

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

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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time



endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

Business spotlight

As for Norfolk and Wrentham in particular, Schadler says they are proud to have many repeat customers and friends in the area. Christine spent her childhood holidays in Norfolk, where her aunt and uncle live, and she learned to blow glass at Luke Adams Glass Blowing in nearby Norwood. The Schadler family also frequents Supercharged in Wrentham, one of her son's favorite spots.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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

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Norfolk Resident Honored by Congressional Medal of Honor Society

The Congressional Medal of Honor Society has awarded one of its highest citizen honors to Jennifer DeLuca, executive director of the Fisher House Boston.

A Norfolk resident, DeLuca was honored with the Society's national "Service Act Award" during the 2023 awards ceremony held in Arlington, VA. The ceremony took place on March 25, National Medal of Honor Day.

"To be receiving this award from the Medal of Honor Society is the greatest gift I have ever received," DeLuca said.

Every year since 2007, a nationwide search is conducted to select five U.S. citizens and one organization to receive the Citizen Honors Awards. The Awards are one of the numerous ways the Congressional Medal of Honor Society fulfills its mission to promote the values embodied by the Medal: courage, sacrifice, integrity, commitment, patriotism, and citizenship.

DeLuca was selected for her work as executive director of Fisher House Boston, which provides free housing for military members and their families while a loved one is receiving inpatient treatment at one of Boston's medical centers. Active, veteran, and retired military and their families can stay comfortably – at no cost – at nearby hotels or one of the Fisher House Boston's two apartments.

"The model that Jen uses is cutting edge," said Major Gen. Gary Keefe, the Adjutant General of the Massachusetts National Guard, and a board member of Fisher House Boston. He added, "She's just one of the most selfless people you'll ever meet."

Other Fisher House organizations throughout the country provide free military housing for those receiving care at VA hospitals. DeLuca's program differs, however, because it offers the free housing for those receiving care at Boston's world-renowned facilities.



Norfolk resident Jennifer DeLuca has received the Congressional Medal of Honor Society's highest citizen honor.

"Jennifer DeLuca truly has set a new standard of care for families here in Boston," added Dave Coker, president of the national Fisher House Foundation.

U.S. Sen. Elizabeth Warren applauded DeLuca as "an exemplary illustration of a life truly dedicated to public service."

"I am so happy to know that Massachusetts veterans and their families have Jennifer DeLuca as a strong advocate across every sector of our state," Warren said. "People like Jennifer are what makes Massachusetts so special."

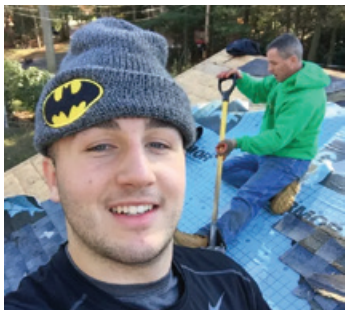
The Congressional Medal of Honor Society created its annual awards to encourage others to recognize acts of heroism and selfless service. Nominations go through two rounds of judging. A panel assembled by the Society considers all nominations and selects 20 national finalists. Then, a second panel made up exclusively of Medal of Honor Recipients—Americans whose actions have truly defined the words "courage" and "selfless service"—selects individuals and organizations from those finalists to receive the Citizen Honors Awards.

"Ordinary people do extraordinary things," said Leroy Petry, president of the Congressional Medal of Honor Society.

"There are inspiring acts of service, sacrifice, and heroism happening every day all over our country. Service and sacrifice don't require wearing a military uniform."

DeLuca's Citation reads: "Jennifer DeLuca is known as a visionary who has used her understanding of the veteran community, as well as the private, public, and political sectors, to make a positive impact on the lives of veterans and their families. She has done so through various acts of kindness and spearheading the creation of unique programs for Fisher House of Boston, where she is the Executive Director. She embodies the Fisher House of Boston mission "to ease the burden of military veterans and their families during illness or injury" and goes above and beyond for our military and their families. Jennifer's service reflects favorably on her, her family, and people across the nation."

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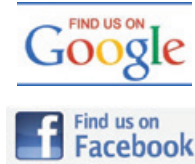
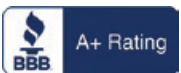
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Glenn Brown

I get it, dealing with your taxes can be emotional.

Add the IRS stating that the average tax refund paid out was 9.8% less than 2022. Ugh.

You’ve had some separation, it’s time to return for an honest conversation. Maybe even bring in some outside help.

A CFP’s goal with tax planning is to help clients take proactive steps to save money on their taxes now and help reduce liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Consider potential ways to make impact for 2023:

Exercising Restricted Stock Units (RSUs) - Sold some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of concentrated positions as well as short-term versus long-term capital gains.

Adjust your W-4 - If you got a large refund, lower your withholding and do more with your money, like ~4% money market interest. Also, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

Track Your Side Hustle - Government announced Venmo and payment apps report income for goods and services worth \$600 or more annually — a sharp drop from previous \$20,000 threshold. Panic and confusion followed, so the IRS postponed by a year.

Whether you receive a 1099-K form or not, you’ve always been obligated to report income. To help offset, get up to speed on potential deductions including expenses, amortization, and dedicated home office space.

Revisit Work Benefits - You can impact your adjusted gross income (AGI) through 401k con-

tributions as well as funding a HSA funding, FSA for dental/vision, FSA dependent care and Commuter Benefits - especially if required to go back into the office.

While some changes can’t happen until open enrollment (and impact 2024), don’t forget if you have a life event - new child, spouse loses or changes job - you have 30 days to revisit and reset your work benefits.

Minimize Taxes In Retirement

Taxes are inevitable with retirement savings, deferred compensation and/or pension income, but consider:

Before Retirement - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free. Added bonus is Required Minimum Distributions (RMDs) don’t exist for Roth accounts nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts.

During Retirement - Distribute funds in certain years that you claim large deductions, such as the breaks for medical expenses or charitable gifts that temporarily lower your tax rate.

Before or During - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits of Roth later. Consider larger

conversions in years of lower income if self-employed and/or time away from work. Also, when 20% (or more) market corrections occur consider an opportunity to convert investments over to Roth, paying less in taxes and allowing for rebound inside Roth.

Tax planning is complex, but it doesn’t need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

The opinions voiced in this material are for general informa-

tion only and are not intended to provide specific advice or recommendations for any individual.

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

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Sharon Timlin Memorial Event: A Race to Cure ALS to be held on June 17th to benefit The Angel Fund

Mike Timlin and family will be on hand for race

This year marks the 20th year for the Annual Sharon Timlin Memorial Event: A Race to Cure ALS (Lou Gehrig's Disease) which will be held on Saturday, June 17th at Hopkinton High School.

The popular road race and family fun day benefits The Angel Fund for ALS Research and its research at UMass Chan Medical School. The race has raised more than \$2 million for ALS research since its inception.

The event is held in memory of Sharon Timlin, mother of former Red Sox relief pitcher Mike Timlin who was diagnosed with ALS (Amyotrophic Lateral Sclerosis), a disease better known as Lou Gehrig's Disease, in May 2001. She died less than a year later, in March 2002. The event also recognizes and honors the Timlin family's commitment to ALS research and The Angel Fund for ALS Research. Mike and his wife Dawn will be guests of honor at the event.

"As a family, we are so thankful to have supported the Angel

Fund through the Sharon Timlin Memorial 5K run," Mike and Dawn said. "The support of the town of Hopkinton has meant the world to us and we look forward to seeing you as we continue this fight against ALS. In this time, we have seen the impact of our contributions to Dr. Brown at UMass Chan Medical School in his research. We are just so thankful for all the support we have received over a 20-year period. We hope you will join us on Saturday, June 17th."

The course is a fully supported USATF certified 5K race-course, with timed mile markers. The 5K race begins at 8:30 a.m., followed by the family fun day activities with live music, food, games, raffles, and other activities from 8:30 to 12 noon. A Kids Color Run will held as well

Participants can register at <https://sharontimlinrace.org>. Registration is limited to 1,800 registrants and online registration closes when capacity is reached, or at 11:59pm on June 16.



The 5K race fee is \$40 for runners who register on or before May 29. Registration is \$45 after May 29. Registration for the virtual option is \$25 plus shipping. The first one thousand race participants will receive a commemorative race T-shirt and can enjoy post-race food and Family Fun Day.

Awards will be presented to the top three male and female finishers. The top three finishers in the following age groups will also receive awards: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-plus; male/female 80+, and wheelchair division. There will be no duplicate awards.



Runners and non-runners are encouraged to take part in the Angel Fundraising Challenge, a fun and easy way to go the extra mile and fundraise by setting up their own personalized fundraising page.

"Proceeds from this event benefit The Angel Fund for ALS Research and the UMass Chan Medical School, where worldwide groundbreaking research is being done daily," Rich Kennedy, President of The Angel Fund added. "To date, thanks to you, we've raised over \$2 million for critical research for this devastating disease where there is no

treatment or cure."

For information about the Sharon Timlin Memorial 5K Race to Cure ALS, visit the website www.sharontimlinrace.org

In addition to the Angel Fundraising Challenge, donations in Sharon Timlin's memory are also welcome and would be greatly appreciated. Donations can be made online at <https://sharontimlinrace.org>, at The Angel Fund website at www.theangelfund.org, or by sending a check made payable to The Angel Fund and mailed to The Timlin Race, 149 Wood Street, Hopkinton, MA 01748.

Rep. Vaughn Supports Bond for Local Transportation Projects

SUBMITTED BY THE OFFICE OF REP. MARCUS VAUGHN

State Representative Marcus Vaughn (R-Wrentham) recently supported legislation authorizing \$350 million in bond appropriations to help cities and towns maintain their local transportation infrastructure.

House Bill 3547, An Act financing improvements to municipal roads and bridges, received pre-

liminary approval from the House of Representatives on March 23 when it was engrossed on a vote of 153-0. The bill includes \$200 million in Chapter 90 money to support local road and bridge projects, along with \$150 million in additional funding for six transportation-related state grant programs that are available to municipalities.

Representative Vaughn said House Bill 3547 will provide

\$2,583,151.83 in Chapter 90 funding for the towns of Medfield, Millis, Norfolk, Plainville, Walpole, and Wrentham for Fiscal Year 2024. Established in 1973, the Chapter 90 program allocates funding annually to all 351 Massachusetts cities and towns, using a formula that takes into account the weighted average of a community's local road mileage (58.33%), population (20.83%) and employment (20.83%).

Representative Vaughn noted that Chapter 90 funding is provided on a reimbursable basis, with cities and towns required to pay for the work up-front before being compensated by the state.

In addition to the \$200 million in Chapter 90 funding, House Bill 3547 also authorizes a total of \$150 million in funding increases for six state grant programs. The bill authorizes a \$25 million increase in each of the following programs:

- Funding for the construction, repair, and improvement of pavement and surface conditions on non-federally funded

roadways, which is increased from \$140 million to \$165 million.

- Funding for the Municipal Small Bridge program, which supports the design, engineering, construction, preservation, reconstruction and repair of, or improvements to, non-federally aided bridges, is increased from \$125 million to \$150 million.
- Funding for the Complete Streets program, which provides technical assistance and construction funding to eligible municipalities seeking to provide safe and accessible travel mode options for people of all ages and abilities, which is increased from \$80 million to \$105 million.
- Funding for municipal grants for bus-focused mass transit initiatives, which is increased from \$75 million to \$100 million.
- Funding for municipal grants for accessibility improvements at mass transit

and commuter rail stations, which is increased from \$75 million to \$100 million; and

- Funding for municipalities to facilitate the transition to electric and zero emission vehicles, which is increased from \$50 million to \$75 million.

Representative Vaughn noted that Chapter 90 program can be used for a variety of purposes, including road resurfacing, sidewalk repairs, traffic signalization, crosswalks, and street lighting. Other eligible construction projects include structural work on bridges, culverts, footbridges and pedestrian bridges, and retaining walls.

Communities can also use Chapter 90 funding for the purchase or long-term lease of certain road-building equipment specifically related to a Chapter 90 project, such as backhoes, catch basin cleaners, concrete mixers, excavators and pavers.

House Bill 3547 now moves to the Senate for its consideration.

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Q & A with Norfolk's New Youth Librarian

By GRACE ALLEN

Allison Riendeau became the Senior Youth Services Librarian for the Norfolk Public Library in December. She is tasked with developing and managing both children's and teen services at the library.



Allison Riendeau, pictured here with Bill E. Shakesbeare, is the Norfolk Library's new Senior Youth Services Librarian.

She has a bachelor's degree in English literature from Salve Regina University, and two master's degrees from Simmons University: one in library and information science, and one in children's literature.

Riendeau recently agreed to answer some questions for readers of Local Town Pages.

Where did you work before coming to Norfolk?

After graduating from Simmons, I worked for five years as the Youth Services Librarian at Knight Memorial Library on the west side of Providence, and then at Sharon Public Library (where I navigated the worst of the pandemic, offering virtual and kit programs!). I've also worked as a writing tutor, and I enjoyed an exciting internship at Boston's Museum of Science.

Why did you decide to become a librarian?

Both of my parents are educators, and my mother was briefly a librarian in Seekonk—actually while she was pregnant with me! So, I grew up visiting libraries and reading anything I could get my hands on. I also love working with children, so youth librarian seemed an excel-

lent career path. Plus, my 6-year-old self's goal of becoming a genie to grant wishes for a living didn't quite pan out.

What are your goals as the Senior Youth Services Librarian?

I'm hoping to increase makerspace and STEAM program offerings as well as strengthen outreach to the community.

What do you think will be your challenges here in Norfolk?

Meeting the needs of all age groups in a community is always a challenge for public libraries, and Norfolk is no different. Reaching teens is particularly difficult as their schedules are usually jam-packed, so working with our Teen Advisory Board is key.

Favorite children's books and authors and why?

The Pigeon picture books by Mo Willems! Pigeon's body language and facial expressions convey his emotions so perfectly, and he reminds me a lot of the toddlers who come to my story times. For chapter books, I love "Ella Enchanted" by Gail Carson Levine, which retells the Cin-

derella story but gives the female protagonist both a fairy curse and more agency to fight for her happy ending.

What do you read in your spare time?

I read mostly young adult fantasy and some horror. Occasionally poetry, my favorite poet being Nikita Gill.

Tell us your hobbies and interests outside of work.

Besides reading (of course!), I love painting, experimenting with new recipes while dancing around my kitchen, and traveling. I'm also addicted to the true crime podcast "My Favorite Murder," which is surprisingly hilarious. Other interests include bubble tea, photography, gaming, and pandas.

Is there anything else you'd like the community to know about you?

My last name, Riendeau, is very French, so I usually go by "Miss Allison" around the library. Come say hi!

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Dr. Johnson will continue to see patients in the Natick and Newton-Wellesley office locations on other days.

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Tips For Year-Round Tax Planning

Tax planning isn't a once-a-year-activity. In fact, thoughtful planning year-round can help you reduce your tax liabilities come April, even though tax season just ended.

Being proactive can help you maximize your benefits and minimize any surprises. Following are a few ways to plan for tax season throughout the year – so you'll be in good shape when you file.

Conduct an income tax projection to prevent surprises at tax time

One of the most important steps to take is figuring out where your taxes stand before it's too late to make changes. Having a projection of your potential income tax ahead of time gives you more breathing room. It can help you plan more effectively for the upcoming tax season and find ways to reduce your tax burden.

Find ways to reduce income tax

One of the easiest ways to reduce your income tax liability is to reduce your taxable income. You can defer your tax liability — or eliminate it entirely when you make qualifying contributions to specific financial vehicles, such as:

- You can make tax-deductible contributions to a 401(k) plan, 403(b) plan or traditional IRA.
- Health savings accounts (HSAs) give you the triple tax benefit of tax-deductible contributions, tax-free earnings and tax-free withdrawals for qualified medical expenses.
- Flexible spending accounts (FSA) and Dependent Care FSAs (DCFSA) let you bypass taxes to save for health-care costs and dependent care, respectively.

Minimize capital gains tax on investments

A capital gain refers to selling something for more than you spent on it, such as stocks. The federal government charges you for this profit with what are called "capital gain taxes." There are several techniques you can use to reduce your tax burden on your investments, including:

- Transfer appreciated assets to a child. If your child is not a dependent and is in a lower tax bracket, they might see significantly less tax for the capital gains.

- Transfer appreciated assets to a charity. You'll avoid the capital gains tax entirely and, in most cases, be able to claim a deduction for the fair market value of those assets. Read what to consider when gifting stock.
- Take advantage of tax loss harvesting. Defer taxes by using your market losses to offset some of the gains your assets see over the course of the year.

Re-examine your charitable giving

Tax deductible donations can reduce your taxable income, which is one tangible benefit of charitable giving. To claim these donations, you'll need to itemize your deductions at tax time. However, the current standard deduction may cause you to think twice about donating to your favorite causes.

To make the most of your donations and increase your tax savings, you may want to use a "bunching" strategy. With

bunching, you replace several years of smaller donations with a large donation in a single tax year. This allows you to benefit from itemizing your deductions and claiming the tax benefit of your contribution.

If you're taking required minimum distributions on retirement funds, you have an option available to you in the form of qualified charitable contributions (QCDs). Instead of taking those distributions as cash, funnel some or all of that distribution directly to a charitable organization. You'll get to enjoy both the high standard deduction and have your donated distribution taken directly off the top of your taxable income. Read more about QCDs.

Work closely with a financial professional

A financial professional can help you see how different aspects of your finances, e.g., taxes, investments, and charitable giving, can work together to help you work toward your goals. Share your vision and take full advantage of their expertise. With a little preparation, you can be more strategic about your taxes year-round.



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

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House and Senate Enact \$388.6M Supplemental Budget for Critical Funding Needs

SUBMITTED BY THE OFFICE OF REP. MARCUS VAUGHN

State Representative Marcus Vaughn (R-Wrentham) recently joined with his House colleagues to support a \$388.6 million supplemental budget that funds critical state programs and services while temporarily extending several pandemic-era policies, including authorizing municipalities to continue providing for remote participation in public meetings until 2025.

House Bill 3548 was approved unanimously on a vote of 153-0 in the House of Representatives and 39-0 in the Senate on March 23, and is now on Governor Maura Healey's desk for her review and signature. The supplemental budget incorporates aspects of two bills previously filed by Governor Healey to offset funding shortfalls in several state programs and to recapitalize other state initiatives through bond authorizations.

Representative Vaughn said House Bill 3548 will help address food insecurity issues by provid-

ing \$65 million to fund the free school meals program through the end of the current academic year. It also includes \$130 million for the Supplemental Nutrition Assistance Program (SNAP) to ensure that families in need have access to healthy food options, now that the additional federal benefits allotted during the pandemic ended on March 2. Another \$2 million is included to reimburse SNAP recipients who were the victims of benefits theft.

Housing and shelter programs are also a focus of the new supplemental budget. Representative Vaughn noted that House Bill 3548 includes \$45 million for emergency family shelter assistance, along with \$15.7 million for the Residential Assistance to Families in Transition (RAFT) program.

House Bill 3548 also takes steps to support childcare providers who have struggled during the pandemic. The bill authorizes \$68 million for the Commonwealth Cares for Children C3 Stabilization Grants

program, which helps early education and care providers cover their day-to-day operational and workforce costs.

According to Representative Vaughn, the supplemental budget offers assistance to municipalities by allowing the continued use of remote and hybrid meetings of public bodies, as well as reduced quorum requirements for town meetings, until March 31, 2025. It also authorizes a one-year extension of outdoor dining options for restaurants, and gives them the ability to continue serving cocktails, beer and wine in conjunction with food takeout orders until April 1, 2024.

The bill also permanently authorizes public corporations and non-profits to hold certain meetings remotely. In addition, it permanently allows notaries public to conduct remote online notarization using communication technology and directs the Secretary of State to implement regulations relative to remote notarizations by January 1, 2024.



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Notable Places of Wrentham

As part of Wrentham's 350th anniversary celebration, the committee planning this year's events has asked residents to submit memories of significant people and places in the town's history. The following is a submission Local Town Pages received from Jim and Sue Nelson about the Joseph Fales House, 384 East Street, one of the oldest homes in Wrentham. It has been edited and condensed for inclusion here but will be available in its entirety on wrentham350.com.

Wrentham's Joseph Fales House and its 300 Years of History

Part of our home at 384 East Street in Wrentham is the old Joseph Fales house and was once operated by us as an antique shop. Many residents of this town have already seen its interior and have heard this history. But now that the shop is closed, for those who may have missed that opportunity, or who are new to Wrentham, this story may help acquaint you with one of the old original homestead dwelling houses of Wrentham that has been a part of this town's history for the past 305 years.

We moved to Wrentham in 1973 during its 300th anniversary, which stimulated our interest in the history of our house. Our restoration efforts revealed that part of this house was much older than we had thought, and our search of town and county records allowed us to determine

who had lived in it. Our research, presented to the Wrentham Historical Commission, resulted in two plaques affixed to our home showing that this structure was originally two separate dwelling houses, built by two different people at two different times. The main house facing East Street was built by Hartford Pond, circa 1825, while the back ell, which faces south towards Thurston Street, was built by Joseph Fales, circa 1718.

In 1989 we began our antique business and decided to use the older Fales house as our antique shop. We chose the name Fales House Antiques to honor Wrentham's early Fales family, one of the original families who came from Dedham to settle the new plantation of Wollomonopoag. In our presentation to the Wrentham Historical Commission, we traced the ownership of our property from the beginning of

the town up to the point at which we acquired it in 1972. We found the land where our house sits was originally the James Fales home lot which was granted to the family by the town of Dedham when Wollomonopoag was one of its villages. The Fales lot was one of the first house lots granted in the first division of the original 600 acres that were purchased from the Indians in 1662.

It appears that James Fales never actually moved to Wrentham even though records indicate that he had permission to cut hay there, and on November 2, 1670 was chosen as a surveyor for the families in Wollomonopoag. During the 1670s, both James and his son John Fales were granted additional parcels of land which increased their family holdings to about 15 acres.

In 1684, after King Philip's War, John Fales married Abigail Hawes and returned to Wrentham to begin raising a family. Over the next 50 years, Fales' total land holdings grew to 106 acres, 57 of which formed his home lot on both sides of East Street and included our house lot.

In 1717 John Fales' second son, Joseph, born in 1691, began receiving his own land grants from the town along with land given to him by his father. In 1718 Joseph married Hannah Pond and began raising a family. These facts, plus physical evidence, suggest he built his dwelling house (the back ell of our home and our former antique shop) around 1718. While we know the Fales home remained in the family for most of the eighteenth century, things get murky due to lack of record keeping during the Revolutionary War. Later deeds recorded after the war show that most land transfers were to members of the Fales, Hawes, or Pond families which were all interrelated.

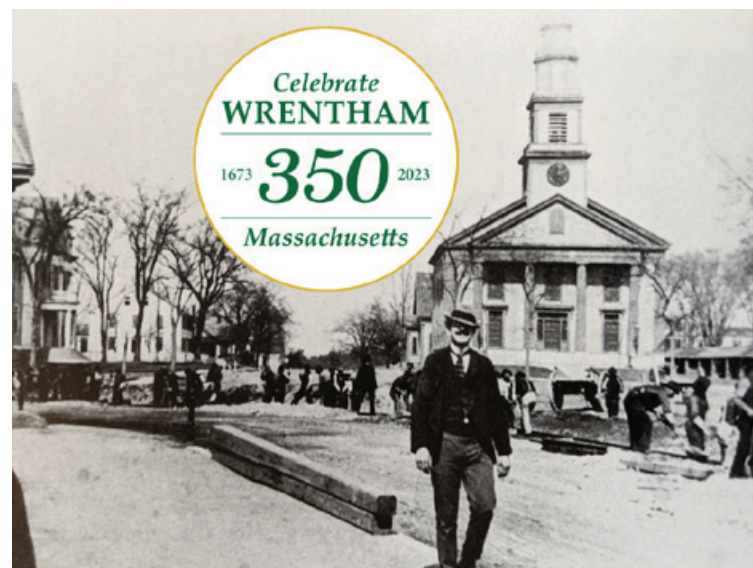
We do know that by 1784 Jonathan Head was living in Joseph Fales' house and lived there throughout most of the Revolutionary War. Jonathan was a shoemaker who had a shop across the street, and although records show that he lived in the Fales house, no record could be found of him purchasing this property. Perhaps he rented it, but later deeds confirm that he

must have had ownership, since he later sold his title to it. This property's list of deeds shows that it was transferred from Jonathan Head to Samuel Bugbee to Benjamin Shepherd to David Tyler and eventually to Hartford Pond, and then to his son Charles Pond, and then to four others until we bought it in 1972.

We often told our children that they have experienced our nation's history without ever leaving home. They lived in a home that belonged, successively, to the Indians (Wollomonopoag), England, Suffolk County, the town of Dedham, and eventually a new, independent country. During all these historical changes, their home never moved from the very spot where it still stands today.

Living in this home has been a privilege that has helped our family understand and appreciate both our town's and our country's fascinating history. The inconveniences of living in an old house, with its creak, groans, and strange bumps in the night, do not bother us. They are hopefully just the ghosts of past residents who are as happy to have us as company as we are to have them.

Our home has centuries of wear, blemishes, beauty marks, and the fine patina of the generations of interesting people who lived in it before us. It has several old fireplaces, the largest of which is in the keeping room of the original house which we still use as a convenient place to gather around for conversations and discussions about the state of our family, our town, our country, and our world. This well-used old fireplace, with its distressed hearth, reminds us that we are not the first to gather around it, nor the first to dwell on important issues. The realization that many other generations have gathered at this same place to discuss the issues of their day, such as how their King of England was treating them, whether or not they would be patriots or Tories, or whether it would be a wise decision to have a revolution for freedom or independence, makes this place within our home hallowed ground. A place that brings us so close to history that we feel a part of it. And by being a part of it, it reminds us, as all history should, that each generation has an important place in our country's cultural heritage.



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Weber Duck Inn: A Dining Destination from Wrentham's Past

BY GRACE ALLEN

Newcomers to the area might be surprised to learn that Wrentham was once a fine dining destination for the rich and famous. In the 1920s, the town landed on the culinary map when a local man decided to open a restaurant featuring duck dinners.

Now long closed, the Weber Duck Inn, established in 1923, would have celebrated its 100th anniversary on April 19. Capitalizing on the then-new trend of duck meat on menus, the restaurant boldly advertised itself as fine dining, "hotel style." And the crowds came.

In 1883, Jacob Weber (pronounced "Weeber") started a duck farm in Wrentham after immigrating to the area from Europe. The enterprise grew until it became one of the largest White Pekin duck breeding farms in the United States, second only to Long Island farms, which by the turn of the century were capitalizing on the teeming market for young duckling in New York City restaurants.

Weber, an astute businessman himself, was soon supplying dressed ducks to Boston restaurants with the help of his four sons. The family then had the idea to start serving duck dinners to people traversing the soon-to-be-completed State Road (now Route 1A) between Boston and Providence. It was the early 1920s and Wrentham had a population of about 2,500 people, but Weber, it seemed, sensed the potential in a booming American restaurant industry.

The eatery would need a chef, so the Webers tapped the esteemed Leon Pini to take the helm of the restaurant. Pini, chef at the historic Hotel Woodcock on Washington Street in Boston, moved his family to Wrentham, committing to the endeavor and in fact suggesting a more high-end restaurant than perhaps the Webers originally planned for. Alongside a well-respected architect, Pini helped plan the elegant, Tudor-style building with its modern restaurant on State Road, all while designing the

duck-focused menu he would serve its guests.

On April 19, 1923, the Weber Duck Inn ("We Raise the Ducks We Serve") held its grand opening. State Road was not fully completed, so guests had to obtain a pass from the construction company to travel on the road to the restaurant, but that did not stop them from making the 90-minute trip from Boston. The restaurant's debut was a smashing success, ushering in an era of well-heeled and famous guests traveling to Wrentham for dinner.

The Weber Duck Inn became a place to see and be seen. Among its guests were many of the silent film stars of the era such as Charlie Chaplin, Gloria Swanson, Douglas Fairbanks, Jr., Mary Pickford, and director Cecil B. DeMille. Debutante parties, society gatherings, and other privileged guests dined at the Inn. Harvard football post-game dinners were held there, with the team and its opponents traveling from Cambridge all the way to Wrentham for a meal.



By 1925, the Weber Duck Inn had grown to include more dining areas, a banquet room, and a dance floor.

While being entertained by an orchestra, guests dined on such fare as Duck Mirabelle or Duckling Supreme, with sides of Sweet Potatoes Palm Beach and Asparagus Tips Hollandaise. Meals cost \$3-5 dollars, which was expensive for the time. Although Prohibition was in effect, it was rumored that the well-connected could get a drink at the Weber Duck Inn.

By all accounts, the Weber Duck Inn was a success and remained quite popular for at least a decade. Restaurants have always had a high failure rate, so to succeed as a destination eatery in tiny Wrentham for that long can be considered quite an achievement.

But by the mid-1930s, change was afoot. Chef Leon Pini had moved on and opened his own restaurant, the Lafayette House in Foxboro. The Depression left

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continued on page 14

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EARLY / ABSENTEE OFFICIAL BALLOT
ANNUAL TOWN ELECTION
NORFOLK, MASSACHUSETTS
TUESDAY, MAY 2, 2023

INSTRUCTIONS TO VOTERS
 A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this: ●
 B. Follow directions as to the number of candidates to be marked for each office.
 C. To vote for a person whose name is not printed on the ballot, write the candidate's name and address on the line provided and completely fill in the OVAL.

SELECT BOARD	HOUSING AUTHORITY	PLANNING BOARD
Three Year Term Vote for Not More Than ONE ANITA MARIE MECKLENBURG 15 Lakeside Drive Candidate For Re-election	Five Year Term Vote for Not More Than ONE ROBERT J. SHANNON 4 Evans Lane Candidate For Re-election	Three Year Term Vote for Not More Than TWO CHAD THOMAS PECK 10 Wrights Farm Road Candidate For Re-election
PAUL BURNS 30 Union Street Candidate For Re-election	(Write-in)	MELISSA MEO 154 Edgartown Avenue Candidate For Re-election
(Write-in)	KING PHILIP SCHOOL COMMITTEE	(Write-in)
TOWN CLERK	Three Year Term Vote for Not More Than ONE CAROL GREENE 66 North Street Candidate For Re-election	RECREATION COMMISSION
(Write-in)	JAMES C. LEHAN 21 Winterberry Way Candidate For Re-election	Three Year Term Vote for Not More Than TWO KIMBERLY ANN MEEHAN 3 Kings Farm Road Candidate For Re-election
BOARD OF ASSESSORS	LIBRARY TRUSTEE	ALEXANDER STUART HOWARD PERRY 115 Boardman Street Candidate For Re-election
Three Year Term Vote for Not More Than ONE PATRICIA J. SALAMONE 11 Schoolhouse Street Candidate For Re-election	Three Year Term Vote for Not More Than ONE JENNIFER OLIVER 372 Main Street Candidate For Re-election	(Write-in)
(Write-in)	(Write-in)	(Write-in)
BOARD OF HEALTH	NORFOLK SCHOOL COMMITTEE	RECREATION COMMISSION
Three Year Term Vote for Not More Than ONE (Write-in)	Three Year Term Vote for Not More Than TWO LAUREN ELIZABETH VIVES 10 Garden Street Candidate For Re-election	One Year Unexpired Term Vote for Not More Than ONE (Write-in)
CONSTABLE	GRACE E. LOCHHEAD 168 Farrington Avenue Candidate For Re-election	
Three Year Term Vote for Not More Than ONE PAUL H. TERRIO 27 Rockwood Road Candidate For Re-election	(Write-in)	
(Write-in)	(Write-in)	

SPECIMEN

The ballot for Norfolk's annual Town Election, scheduled for Tuesday, May 2. Voting will be held from 7 a.m. to 8 p.m. at the Freeman Kennedy School, 70 Boardman St.

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Town of Norfolk Begins 2035 Master Plan to Guide Future of Town

The town of Norfolk began setting the foundation for its Master Plan, which is a roadmap for the town's future planning and development decisions, late last year. The Master Plan will provide the basis for decision-making in Norfolk for the next 10 years. The last Master Plan for Norfolk was implemented in 2007.

The planning process allows Norfolk community members to evaluate the town's strengths, identify issues and challenges, and envision the type of community they wish Norfolk to be in the future.

The final Master Plan will address areas including housing, historical and cultural resources, transportation, public health, economic development and more.

The town is working with the Metropolitan Area Planning Council (MAPC) on the project, which is guided by a Steering Committee comprised of Norfolk Planning Board members, select board member at-large and residents. The Steering Committee members are Chad Peck, Chris Montfort, Eric Diamond, John Weddleton, Gary Sullivan, Melissa Meo, Kevin Kalkut, Erin Hunt, Dan Feyock, Joe Burke, Jen Pittore, Charles Iacono and Pat Day.

The role of the Steering Committee is to offer advice and guidance, oversee the project and incorporate community input into the overall Master Plan. The process is strengthened through engagement with Norfolk residents, business owners and other stakeholders. The Steering Com-

mittee will be meeting monthly, starting in March 2023, and is now working toward establishing a community vision through gathering resident input.

The Master Plan will be completed in two phases. Phase one is projected to be completed this summer, while phase two will be completed in early 2024.

"The 2035 Master Plan is a massive undertaking, and one that hasn't happened in Norfolk for over 16 years," Town Administrator Justin Casanova-Davis said. "This is the town's chance to set a path that can lead to meaningful progress and developments."

The town will seek input from community members through a series of upcoming community workshops and surveys. The first forum was held on April 25.

"Community input is not only valued but an absolute necessity in curating a purposeful Master Plan that will serve the community and its residents," Town Planner Richard McCarthy said. "We often hear our residents talk about the change they wish to see in the town and now is the chance to come out and have their voices heard."

The town will continue to share updates on the Master Plan process and opportunities for community members to be involved. To learn more about the Norfolk 2035 Master Plan, visit the project website: <https://www.mapc.org/resource-library/norfolk2035/#phaseone>.

What's *your* vision for Norfolk?

Norfolk's Master Plan Launches Now!

The Town wants to hear from you. *Norfolk Master Plan 2035* will help shape the look and feel of Norfolk over the next 10 years. The plan's vision, values, and goals should reflect Norfolk residents, so your input is crucial!

Get Involved!

Sign up for updates:

mapc.ma/norfolkupdates

Keep up to date with the Norfolk Master Plan by joining our listserv. We'll share updates throughout the process and let you know when there are engagement opportunities to provide your input!

What is a master plan?

A master plan provides a roadmap for a Town's future planning and development decisions, as well as how Town resources should be invested into services, facilities, and infrastructure. The master plan will guide decision-making in Norfolk for the next decade.

How can I learn more?

Visit our website at [mapc.ma/norfolk2035](https://www.mapc.ma/norfolk2035) to learn more about the process and how to get involved.

Women Take Aim

event at Fin, Fur and Feather Club in Millis

June 3, 2023 from 8:30 - 4:30

(rain date June 10)

Open to women 15 and older

(under 18 must be accompanied by an adult)

Women are invited to learn more about operating firearms in a safe and welcoming environment

Learn to shoot pistols, shotguns and rifles

Receive the Massachusetts Basic Firearms Safety Certificate required to obtain your firearms license

No previous shooting experience is required

Registration is \$110

includes supplies and lunch

Register at finfurandfeather.us

INN continued from page 12

its mark on businesses both big and small, and the Weber Duck Inn fell into decline. In 1942, the Inn was foreclosed upon and an era was over.

The building was used for various purposes for a while, including as an auction house, but it never regained its former glory. In 1958 the facility burned to the ground, and all that remains is a stone column, half-hidden by trees, marking the former driveway, across the street from the

Serenity Hill Nursing & Rehabilitation Center.

For more information about the Weber Duck Inn and its history, read "Pondville: My Home and Neighborhood, My Personal Search for its History," by Elizabeth Whitney. The book is available from the Norfolk Public Library.

Another source is a Norfolk Community Television presentation on the Weber Duck Inn, hosted by A. Ross Pini, Leon Pini's grandson. The 2014 presentation is available on YouTube.

The b.LUXE *beauty beat*

Get Ready to Glow!

By GINA WOELFEL

Although June 21st is technically the first day of summer, we Bostonians know that Memorial Day Weekend is the true *summah* solstice. If it's sunny and 70°, we're heading to the beach!

Summer in New England is synonymous with fun. Whether you're swimming, biking or gardening, summer is the perfect time of year to relax and bask in the glow of the sun (safely, please).

The b.LUXE esthetics team wants you looking and feeling your best, so let's get your skin warm-weather-ready with these 3 essential tips for feeling confident no matter the temperature.

Summer Skincare Essentials

1. AM & PM skincare routine
2. Sunscreen (Well, duh)
3. Regular facials

Wait, what? No crazy, cutting-edge treatments? No miracle in a bottle? That's right! Say it with me now - Cleanse, protect, treat and repeat! That's it!

Unfortunately, there's no one treatment that can protect your skin or reverse sun damage, but keeping your skin healthy throughout the warmer months is easier than you think.

Summer's heat and humid-

ity can increase sebum production. Sebum is the sticky, oily substance produced by your sebaceous glands that helps to protect your skin. Although some sebum is essential, an overproduction of it can trap heat and moisture, which leads to congestion, blackheads, and an unhappy complexion.

You wouldn't go an entire day without washing your hands, so why are you ghosting your face? Dust, allergens, sweat and makeup, SHOULD NOT be lingering about when your head hits the pillow. These freeloading particles deserve the boot! Washing your face in the morning and night with a gentle cleanser and mid-temperature water is the foundation for all solid skin care routines. We also recommend a toner, a targeted serum and an AM & PM moisturizer. But more on that in a bit.

Recommendation #2 - Arm your skin with a great **SPF 50 - Broad Spectrum Sunscreen**. The letters SPF stands for Sun Protection Factor and an SPF 50 blocks 98% of the sun's harmful UVA and UVB rays. In general, the SPF number on your sunscreen refers to the amount of time you can stay protected in the sun without burning, compared to unprotected skin. SPF 50 allows you to stay in the sun fifty times longer than you would if you weren't wearing sunscreen.

b.LUXE
hair & makeup



Scan To Learn More

According to skincancer.org, "Unprotected exposure to UVA and UVB damages the DNA in skin cells, producing genetic defects, or mutations, that can lead to skin cancer and premature aging." Yikes! Remember, skin can burn within 15 minutes of sun exposure, with sun being strongest between 10 AM and 4 PM during the summer months. Apply sunscreen 30 minutes before sun exposure and reapply after swimming or strenuous exercise. You'll also need to reapply throughout the day to maintain UV protection. No SPF can offer 100% protection, so for maximum gorgeousness and the ultimate in sun-safety, our esthetics team also recommends wearing a hat, polarized sunglasses and covering up with UV protective clothing. And if a summer tan is



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your ultimate goal, try an organic spray tan. They're quick, easy and in as little as 3 hours, your skin will have a natural-looking, bronzy glow.

And lastly, in our opinion, nothing promotes and enhances cell turnover and skin tone quite like a monthly facial. Short of cosmetic surgery, regular, professional facials are the best way to maintain your skin's health.

As if the relaxation of a monthly facial wasn't reason enough, scheduling and prioritizing this service will deeply cleanse and exfoliate your skin. Your esthetician will perform a full-skin analysis and determine your problem areas and goals. They'll also recommend products tailored to your specific needs. Picking these with your esthetician allows for the utmost

in customization when selecting targeted, high-impact products like serums and moisturizers. The biggest benefit to having a monthly skin care routine: the deep exfoliation of a regular facial allows for those skincare products to actually do their job post-facial and penetrate your skin for maximum performance.

This month, b.LUXE is celebrating healthy skin and of course, Mother's Day with two specials that will get your skin glowing and ready for summer! (See images for details.)

Wishing you a happy Memorial Day with so much sunshine and outdoor fun – you deserve it.

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FPAC to Conclude 2022-23 Season with Violet

The Franklin Performing Arts Company (FPAC) will close out their star-studded 2022-23 season with the musical *Violet*, June 9-11 at THE BLACK BOX.

Set to Jeanine Tesori's stunning score, *Violet* tells a gripping story. As a girl, Violet was struck by a wayward axe blade when her father was chopping wood, leaving her with a visible scar across her face. With enough money finally saved, she travels across the Deep South in 1964 towards a miracle – the healing touch of a TV evangelist who will make her beautiful. Although she may not succeed in having the scar on her face healed, Violet is able to repair



those scars that are lying deeper than her skin. On the way, she meets a young soldier whose love for her reaches far past her physical "imperfections."

The Franklin Performing Arts Company at THE BLACK BOX is a professional Equity theater producing musicals, plays, and more, featuring Broadway stars, professional and regional performers, and

emerging artists. The 2022-23 season featured performances by Sara Jean Ford (*The Phantom of the Opera*, *CATS*, and more), Tyrick Wiltez Jones (*Hairspray*, *Finian's Rainbow*), Michael Barra (*A Bronx Tale*), and Christopher Rice-Thomson (*Hamilton*, *Book of Mormon*, *Pretty Woman*), new choreography by Broadway dance legend Tyler Hanes, and direction by FPAC resident artists and New York guests.

For *Violet* tickets and more information, visit THEBLACKBOXonline.com or call the box office at 508-528-3370. THE BLACK BOX is located at 15 W. Central St. in downtown Franklin, MA.

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iStent Inject and Microgoniomy for Glaucoma

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

What is glaucoma and how is it treated?

Glaucoma is a chronic disease defined by characteristic optic nerve damage. It is a multi-factorial disease with over 300 different anatomic variations and affects over 40,000,000 people worldwide. Glaucoma is a slowly progressive and irreversible disease and, in most cases, causes a painless loss of eyesight. It is, in short, “the silent sneak thief of sight”. The damage to the optic nerve is commonly caused by a fluid imbalance, or pressure, in the eye, as well as possible alterations in the blood flow to the optic nerve. It is well established that lowering the intraocular pressure can slow the process of optic nerve damage. The degree of pressure lowering necessary to prevent optic nerve damage is individualized for each person and

each optic nerve. The greater the optic nerve damage, the lower the intraocular pressure is needed to achieve stability and prevent further optic nerve damage and further visual field loss.

If glaucoma is left untreated you may experience vision loss and eventual blindness. Treatment strategies for glaucoma are individualized to achieve the greatest lowering of the intraocular pressure with the least amount of risk to the individual’s eyesight and well-being. Commonly, in the United States, topical medications are used as a first line of treatment. In many situations, multiple medications are tried to achieve the desired pressure level. Unfortunately, there can be difficulties with compliance, cost and side effects with many of these medications and laser therapy is commonly substituted as a first line of therapy.

What is the iStent® trabecular micro-bypass stent?

Minimally invasive glaucoma surgical procedures, so-called MIGS involve alterations of the drainage area that are performed inside the eye. The iStent® trabecular micro-bypass stent is a surgical therapy for patients who have mild to moderate open angle glaucoma and have been tried possibly on topical medications or laser therapy. It is designed to improve the aqueous outflow to better lower the intraocular pressure and reduce the need for medications. The iStent® is the smallest medical device approved by the FDA to date. It is placed in the eye into the drainage area, so-called Schlemm’s Canal through the trabecular meshwork. The iStent® is an elective procedure. The iStent® is potentially beneficial in helping to reduce the number of glaucoma medications and drops needed to control this condition.

What is microgoniomy surgery?

Microgoniomy surgery (using the iAccess trabecular trephine device from Glaukos) is another type of MIGS. This procedure provides control of the eye pressure at lower risk than more traditional glaucoma surgeries. It alters the eye’s drainage system to lower the eye pressure and reduce the need for medications. Microgoniomy can be done standalone or combined with iStents during cataract surgery in a tissue sparing fashion to improve resistance to outflow in glaucoma. This tissue-sparing procedure can help lower the pressure even more compared to implanting iStent alone. During this procedure and ophthalmologist (Eye MD/ surgeon) will make 3 trephination cuts in a part of the eye’s drainage system called the trabecular meshwork. This will allow fluid to leave the eye much easier.



may be loss of vision, blindness, loss of the eye, as well as bleeding, infection and injury to the eye or nearby body parts.

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens. We also offer laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. Are you still being referred to Waltham and Attleboro for your eye surgery? Call us for a second opinion! We were among the first surgeons in New England to introduce this new technology and we offer stellar outcomes closer to home. With 21 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care and now the iStent inject /microgoniomy for treatment of glaucoma closer to home than ever before.

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Benefits (how the surgery can help)

The goal of the iStent and microgoniomy surgery is to lower your eye pressure and help preserve vision. It will not bring back vision already lost from glaucoma. After implantation, many patients are able to better control their eye pressure with fewer medications.

Risks

As with any surgery, there are risks with the iStent and microgoniomy procedure. The surgery may not lower the eye pressure or control the glaucoma even when it is properly performed. In addition, sometimes there can be complications that do not appear in the early post operative period but may develop days, months or years later. Further treatment or surgery to treat those complications may be needed. As with any intraocular surgery, there



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Living Healthy

Wrentham to Award Opioid Abatement Settlement

The town of Wrentham will be awarding Massachusetts Opioid Abatement Settlement funds in support of opioid awareness initiatives.

To date, Wrentham has received \$42,528 from the Massachusetts Opioid Abatement Settlement fund. These funds have been provided to the town through settlements with opioid manufacturers.

The funds allocated to the town of Wrentham will be distributed in support of applicants' prevention, harm reduction, treatment, and recovery efforts.

Those wishing to be awarded funds from the town must fill out Wrentham's Opioid Settlement Funds request form, available on the Town Administrator's website: <https://wrenthamtownadmin.org/>.

Anyone may apply. All responses will be reviewed by the Opioid Advisory Group appointed by Town Administrator Sweet.

Wrentham's Opioid Advisory Group is made up of volunteers who work in the community and provide education, recovery,

and assistance. Members of the group include Wrentham's public health nurses, police and fire chiefs, educators and community members who have lost loved ones to opioid overdose. The group is led by Jennifer Knight-Levine, CEO and co-founder of SAFE Coalition located in Franklin, and David Gillmeister, co-founder of Gilly's House, a non-profit sober house in Wrentham.

"The opioid settlement funds we've received from the state puts our town in a unique position that will allow us to allocate funds to those in support of opioid awareness initiatives — including education and support relating to prevention, harm reduction, treatment, and recovery efforts," Town Administrator Kevin Sweet said. "We encourage those interested to apply for grant awards from this fund to help us bring additional means of support to those in our community that may be living with an opioid addiction or who have lost a loved one to an opioid addiction."

Chronic Sinusitis—A Holistic Approach

Chronic Sinusitis is long lasting sinus inflammation and often re-curing infection. It can linger over a period of time usually longer than 12 weeks. Acute Sinusitis typically lasts only a few days and can recur several times per year. Causes of Chronic Sinusitis may include blocked airways from asthma and or allergies, infections which can be bacterial, viral, or fungal, abnormal nose structures such as deviated septum, or polyps and a weak immune system. Symptoms may include tenderness or pressure in the face, post nasal drip, nasal discharge, toothache, ear pain and or headaches.

Michael R presented to our office complaining of chronic headaches and pain in his face. He had been suffering for over 5 years with no relief. Several courses of antibiotics and pain meds just wasn't relieving his symptoms. Michael had a CT scan which diagnosed him with Chronic Sinusitis. Medical options weren't working and so he sought out a holistic approach.

Upon exam it was determined that Michael had a severe fungal infection in his sinuses as well as pinched nerves (Chiropractic subluxations) in his neck which were contributing to his headaches. After undergoing Chiro-



Dr. Rochelle Bien & Dr. Michael Goldstein

practic adjustments, a change in diet to reduce inflammation in his sinuses and a course of homeopathy and supplements to remove the fungal infection and rebuild his immune system Michael significantly improved and no longer has these symptoms.

If you are suffering from similar symptoms and are looking to

get relief CALL THE HOLISTIC CENTER AT BRISTOL SQUARE (508)660-2722 and make your appointment today. We are located at 1426 Main Street Ste #6, Walpole.

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Dean College to Hold 157th Commencement Exercises on Saturday, May 6, 2023

Dean College's 157th Commencement Exercises celebrating the Class of 2023 will take place on Saturday, May 6, 2023 at Dean College, 99 Main Street, Franklin, MA.

The ceremony will begin at 11:00 a.m. on the front lawn of Dean Hall, along Awpie Way, and will take place rain or shine. Livestream options will be available for graduates, family and friends who are unable to attend in person.

In addition to celebrating the Class of 2023, members of the Class of 1973 will be inducted

into the 50th Society as part of an annual Commencement tradition. The College will also award honorary degrees to three recipients for their extraordinary accomplishments and contributions to society. Andrea Kremer, the Emmy Award-winning sports journalist, ESPN's first female correspondent, and trailblazer in the field of broadcast journalism, will receive a Doctor of Humane Letters; Marty Walsh, the former Mayor of Boston, former U.S. Secretary of Labor, and incoming Executive Director of the National Hockey League

Players Association, will receive a Doctor of Public Service; and Rutina Wesley, the award-winning actress known for her roles in "True Blood," "Queen Sugar" and "The Last of Us," will receive a Doctor of Arts.

Kremer will also present remarks at the ceremony, while student speaker Enrico Hernandez '23 will speak on behalf of the Class of 2023.

For more information about Dean College Commencement, visit www.dean.edu/commencement.

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Sports

Tri-County Welcomes 8 New Inductees to the Hall of Fame

After a 22-year hiatus, Tri-County Regional Vocational Technical High School restarted the Athletic Hall of Fame tradition this year with a strong group of eight new members. The induction ceremony was held on April 12.

Inductees were nominated by the public and over fifty nominations were received. A selection committee reviewed the nominees and selected the following eight new members:

Joseph Pedro: Joseph Pedro's commitment to the Tri-County community stretched over three decades. He was a teacher, a coach and an avid supporter of his athletes, students, and colleagues. (Science Teacher 1981–2015, Varsity Girls Volleyball Coach, Junior Varsity Softball Coach).

Howie King: Howie King's tenure at Tri-County included coaching at least one sport in every single year that he was at the school. Three decades of athletes and coaches were mentored by him. (Physical Education Teacher 1977–2013, Varsity Volleyball Coach, Freshmen and Junior Varsity Boys Basketball Coach, Junior Varsity and Varsity Girls Basketball Coach, Varsity Baseball Coach, Junior Varsity and Varsity Softball Coach).

William Blenkhorn, Class of 1990: Bill led by example in his dedication to his teams and with his humility and sportsmanship. He worked with his peers to resurrect the wrestling team and epitomized the characteristics of a captain. (Soccer 1988–1989, Wrestling 1989–1990, Baseball 1988, Outdoor Track and Field

1989–1990). Bill studied auto body repair at Tri-County.

Jennifer (Estey) Lewis, Class of 1997: In track, Jen ran circles around her competitors, won a plethora of races, set numerous course records, earned several League All-Star and MVP awards, and she also led the girls basketball team in scoring several seasons. (Cross Country 1993–1996, Basketball 1994–1997, Outdoor Track and Field 1994–1997). Jen studied nursing at Tri-County.

Matthew Udell, Class of 2002: Matthew shone brightest on the diamond, hitting one of the longest home runs in T-C history and compiling a .396 career batting average. He was a two-time Mayflower Athletic Conference MVP in baseball and was an All-Star numerous times. (Soc-

cer 1998–2001, Wrestling 1999–2002, Baseball 1999–2002). Matthew studied HVAC & R.

Michael Cavanaugh, Class of 2009: Mike tallied 245 career goals and 137 assists, which are both school records that his former coach doubts will ever be broken. On the mat, his record is equally impressive, as he finished fifth in the sectionals as a junior and second as a senior. (Football 2006, Wrestling 2006–2009, Lacrosse 2006–2009). Mike studied plumbing.

Molly Marcotte, Class of 2012: Molly was a league All-Star numerous times in both softball and volleyball. She was a leader who energized her teammates and demonstrated a dedication to honing her skills every day both at practice and in competitions and encouraged others to

do the same. She made everyone around her better, and her teams excelled because of it. (Volleyball 2008–2011, Basketball 2009–2010, Softball 2009–2012). Molly studied plumbing.

Morgan Gould, Class of 2016: Morgan's physical gifts and intellectual prowess drove her to be the best athlete possible no matter the task, and no matter the opponent. One of her coaches said, "She was the most tenacious athlete that I ever coached, male or female." (Volleyball 2012–2015, Basketball 2013–2016, Softball 2013, Boys Lacrosse 2014, Outdoor Track and Field 2015–2016). Morgan studied medical careers.

The 6th Annual New Life 5k Trail Run to be Held on May 13

New Life Furniture Bank will host its 6th annual 5k Trail Run and Kids Fun Run, on Saturday, May 13 on the Medfield State Hospital grounds, located at Hospital Rd. and Service Dr., Medfield.

The route winds through the beautiful Charles River Reservation, and the event is open to runners, walkers and everyone in

between. Bellforge Arts Center will host a live DJ, food trucks, and fitness activities.

Registration is open at newlifefb.org/5ktrailrun. The registration fee is \$30 until May 11 and \$35 on race day. On-site Kids Fun Run registration will be \$5. There is a \$5 group discount for teams of four or more when the registrations are made at the

same time.

On-site registration opens at 9 a.m. on race day. Children ages 4-10 are slated to run at 10 a.m., while the Trail Run starts at 10:30 a.m., with live music to follow. The first 250 people to register will receive a t-shirt on race day.

The Trail Run benefits New Life Furniture Bank of MA and its mission to provide gently used household furnishings to individuals and families transitioning out of homelessness.

The Medfield-based non-profit organization operates a Walpole donation center and serves the MetroWest and Greater Boston area. New Life provides a meaningful option for folks who are downsizing, renovating or disposing of a loved one's property.

"Last year, New Life served over 700 households and the demand for our services is greater than ever," noted Rich Purnell, Executive Director of New Life.



New Life 5k Trail Run

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"The Trail Run is a fun and effective way to make a difference for the individuals and families we serve as we empower them with the means to furnish their home."

Those interested in being a sponsor, volunteering, donating home furnishings, or making a financial contribution are encouraged to visit www.newlifefb.org.

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Sports

KP's Boldy Aims for Playoff Success in Lacrosse

Warriors' Goalie a Two-time All-star

BY KEN HAMWEY
STAFF SPORTS WRITER

James Boldy is a highly competitive, successful goalie for the King Philip lacrosse team and he's compiled lots of honors for his efforts.

The 6-foot, 195-pound senior is a two-time captain who was selected as a Hockomock League all-star twice. He was KP's MVP as a junior and he was voted the team's Defensive Player of the Year as a sophomore and junior. Statistics take a back seat to winning for the 18-year-old Wrentham native but his goals-against average the last two seasons were top-notch (6.00 at a sophomore and 6.75 his junior year).

KP coach Hal Bean says: "He's one of the top goalies in Massachusetts."

All the accolades and all the honors are nice but for Boldy there's something missing — a deep run in the state tournament.

The Warriors have been to the playoffs with Boldy in goal for the last two years and they've been unable to advance past the first round. KP lost to Duxbury in 2021 and last year, after compiling a 13-4 record, bowed to Mansfield.

"My team goals this season are to qualify for the tourney, then establish a lengthy run," Boldy said. "Success is what matters and although we went 13-4 last year, our season ended too quickly. I definitely was disappointed. It was difficult because I'm a competitive person."

Boldy also lists winning the Kelley-Rex Division title as another team goal. His individual objectives aren't about improving his statistics but speak to team achievements.

"As a co-captain, I want to set us up for success and be a blueprint for the younger players," he said. "I also want to be the best captain I can be by providing leadership. My goals are realistic because our players are motivated to win and although



KP's James Boldy is a two-time Hockomock League all-star and a two-time captain.

we're young, we've got talent."

Boldy, who also was a captain and a league all-star in hockey, is a no-nonsense guy when winning is the issue. "I'm all about competing hard and winning because I hate to lose," he emphasized.

Boldy is no stranger to lacrosse. He started playing at age 7 in the KP Youth League and he's competed at the club level for 7 years.

"I like playing in goal because I like pressure," he offered. "I enjoy being the guy who makes a big save in a key situation."

Bean has seen Boldy compete for the last three years and he's acutely aware of his goalie's strengths. "James has a high lacrosse IQ and his instincts and anticipation are excellent," Bean said. "He positions himself well, has great footwork and movement and he understands a shooter's mentality. He's a commander on the field and in the huddle."

Boldy plays the position with poise and he personifies leadership, especially when he's under pressure. "I enjoy clearing the ball in transition," he said. "I take pride in getting the ball out fast."

Although he downplays the statistics he's achieved, he credits his teammates for his numbers because he says "they don't give up the ball in transition and their ball control is outstanding." Boldy made 145 saves as a sophomore and 225 as a junior,



Goalie James Boldy plays the position with poise and he personifies leadership.

and his save percentage was 72.1 in 2021 and 66.6 last year.

At Local Town Pages deadline, the Warriors were 3-1 with two of those triumphs coming against Foxboro and North Attleboro. Boldy's numbers through those four matches include 86 saves, an 8.5 goals against average and a save percentage of 71.6.

Two players Boldy believes will be top-notch contributors this season are co-captain Alex Viscuci and Donovan Devellis.

"Alex is a midfielder who takes faceoffs," Boldy said. "He's physical, great in transition and technically sound. He's a laid-back captain in a good way. Donovan plays attack and he's very creative and calm. He's a smooth and accurate shooter."

Bean gets high marks, too. "Coach Bean connects with his players," Boldy said. "He's a player-oriented coach who's a terrific motivator and very good strategist."

Boldy's best games so far came against Bridgewater-Raynham and Medway last year.

"We started slow against B-R, down three early," he noted. "We tied them in the fourth

quarter and the game went to four overtimes. We won it and I had eight saves during the four overtime sessions. Beating Medway on senior night was also memorable. We won by 6 goals and I had a career-high 26 saves. We wanted to win badly, especially for our seniors."

An honor roll student, Boldy has been accepted to UMass-Boston. He considered offers from RPI and the University of Hartford. "I'll major in business and aim for a career in real estate," he said. "I chose UMass-Boston because coach (Tyler) Low kept in touch with me and believes I'll play a lot. I also liked the campus."

Boldy's family has some high-profile members. His father, Todd, was a Midland League

all-star running back at Milford High and his brother Matt is in his second season as a left wing with the Minnesota Wild of the National Hockey League.

Boldy no doubt has learned to be competitive because of his brother and father but he's learned valuable life lessons on his own from competing in hockey and lacrosse.

"Life lessons I've learned are how to overcome adversity, how to be a good teammate and a quality leader, and how to develop mental toughness," he said. "Mental toughness helps with being resilient. If I fail to stop a shot, that goal is on me and the key is to bounce back."

Calling his parents (Todd and Julie) role models for their support and encouragement, Boldy also lists his two brothers (Matt and Mike). "Matt is a humble guy and Mike has always reached out and provided good advice," Boldy said.

His brothers probably planted the seed for his approach to other sports at KP. "Students and fans come out to see me play sports, so I try to attend other athletic events and other school activities," Boldy said. "It gives me a chance to give back."

As the season winds down with the state playoffs just around the corner, Boldy fervently wants to achieve his No. 1 goal. He's eager to get a deep tourney advance in the works. He's got one more opportunity before he wraps up an admirable career at KP.

James Boldy knows what's eluded him and he's ready to pursue it.

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Real Estate Corner

March 7 Wrentham Board of Selectmen Meeting

SUBMITTED BY JOE STEWART

The March 7 meeting of the Wrentham Board of Selectmen was well attended and covered many topics of interest to residents.

Water Meter Replacement

First up was an update on the water meter replacement project. Residents and businesses should be receiving letters beginning March 1st to make installation appointments at www.wrentham-meters.com or by calling Hydro Utilities at 1-866-983-8080.

Community Preservation Committee

Scott Manchuso, chair of the Community Preservation Committee, noted that the Common-

wealth matches at a 30% rate money collected through Wrentham's Community Preservation Act property tax. Last year, the state match was about \$130,000 and Wrentham's current balance is about \$1,200,000, of which about \$960,000 is available for projects starting in 2023. Mr. Manchuso shared that the CPC will host a meeting for residents on May 15 at which project applicants seeking funding from Town Meeting will share their plans and answer questions.

Rice Complex Walking Path

Next was an update on the Rice Complex walking path, a project originally conceived following the acquisition of the

Rice Complex. Chuck Adelsberger, a member of the Recreation Commission, represented Wrentham's Recreation Department and shared that the final plans are available online at the town's website and that the town is on track to put the project out for competitive bid early this summer. Once bids have been received and evaluated, a bond proposal would be placed before the Fall Town Meeting, which would then be used to pay for the winning bid.

Municipal Aggregation

The Board then shifted to discussing municipal aggregation, which is a program that enables towns to secure lower

cost electric supply for residents by purchasing electricity in bulk from a competitive supplier. For example, Franklin and Plainville residents are currently enjoying substantially lower electricity costs than Wrentham residents because those towns provide residents with cheaper, town-vetted options. Wrentham will move ahead with preparing a warrant article for the next Town Meeting.

Alcohol Licenses

Alcohol licenses were next on the docket. Wrentham has issued all seventeen available licenses which means that no new facilities are likely to open. The discussion conclusion was that

Wrentham will petition the Legislature for ten more licenses.

Town Budget

The meeting wrapped up with an update from Town Administrator Kevin Sweet on budgeting. Mr. Sweet noted that Wrentham uses the Governor's budget numbers for estimates of state funding to Wrentham, and that budget shows a modest decline in state funding. Mr. Sweet expects budgets from the schools (Wrentham Elementary, King Philip, Tri-County, and Norfolk Agricultural) in the coming weeks and then plans to present the updated budget to the Board as soon as possible.

Guest Column

Don't Tilt the Scales

BY G. GREGORY TOOKER

The citizens of Israel have spoken. Don't tamper with our system of justice, they say. In a largely peaceful demonstration of their resolve, they clearly voiced their disagreement with the ruling party's plan to give the country's governing coalition

more influence over the selection of Supreme Court judges and allowing it to choose the next president of the top court. The move to seek quick approval of the measure by the Parliament has been delayed for the moment by the strong opposition.

Here in the US, the general

public seems far less attuned to the subtle tweaking of our judiciary. Recent revelations about gifts and favors at the highest levels are disconcerting. Appointments reeking with political strategy have undermined the objectivity, if not the integrity, of the judicial system, from the US


Supreme Court downward. The overturn of Roe vs. Wade finally served as a cold slap in the face, forcing citizens to finally focus on this issue, but the horse was long out of the barn. It was clear that the long-standing ruling on reproductive rights was doomed once the ultra conservatives tilted the court during the previous administration. Appointments at all levels of the US judicial system will affect decisions for years to come, regardless of which party is in office.

Elected leaders in fragile democracies who have autocratic ambitions will continue efforts to tilt the courts in their favor, whether it be to escape potential




prosecution for alleged misdeeds or to facilitate favorable rulings on legislation designed to increase their executive power. In Israel, where the average citizen is well educated and attuned to the machinations of the country's political drift, the electorate is quick to react to what they perceive as threats to their democracy. We in the US would be well-advised to take a lesson and be far more sensitive to the long-term damaging impact political influence is having on the effectiveness of our system of justice.

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

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Real Estate Corner

May Program Highlights at the Norfolk Senior Center

The Norfolk Senior Center building is closed until further notice, but programs are being held at alternate locations as listed below. The staff is working at Norfolk Town Hall and is available by phone Monday-Friday from 9 a.m. to 4 p.m. at 508-528-4430.

Pre-registration is required for these events. RSVP to 508-528-4430.

Tuesday, May 9 at 1 p.m. at the Norfolk Grange, 28 Rockwood Rd. Is **Downsizing Right for You?** Includes Norfolk Real Estate Update, presented by Lyssa Phillips, Seniors Real Estate Specialist & RN. Options for staying in place or downsizing. Plus **Blue Zones: 9 Lessons for Living Longer.**

Tuesday, May 16 at 6 p.m. at the Norfolk Public Library, 2 Liberty Lane **Planning for Medicare-Countdown** to 65 Presented by Blue Cross Blue Shield of MA. If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options.

Wednesday May 24 at 1 p.m. at the Norfolk Grange **A Life Story: Legacy Writing Presentation** Faith & Family Hospice offers this free book for you to use as a tool to record and preserve your special life memories for future generations as a priceless family heirloom.

Friday, May 26 at 1 p.m. at Stony Brook Wildlife Sanctuary, 108 North Street **Spring in Massachusetts** Presented by Lara Kazo, Adult Programs Teacher & Naturalist, MA Audubon, Metro South. The weather is warming, migration has started, bird songs are in the air! Discover animals that come back after the long winter months and the ones that have been here all year. This 1-hour multi-media presentation will include a live animal encounter.

Wednesday, May 31 at 1 p.m. at the Norfolk Grange **Pizza & Proxy Party** Join us for pizza and learn how to choose a Health Care Agent in a Health Care Proxy. Sponsored by Honoring Choices MA.

King Philip Regional School District Receives School Safety Grant

King Philip Regional High School has received a \$55,300 federal school safety grant through the Student, Teachers and Officers Preventing (STOP) School Violence Grant Program. The grant is managed and administered by the Massachusetts Office of Grants and Research. King Philip is one of 14 grant recipients announced by the state on March 30.

"We are very thankful to have received grant funding through the STOP program as it will allow us to take additional steps to enhance the safety of our schools for our students and staff," King Philip Superintendent Paul Zinni said. "I would like to thank Regional Director of Wellness Dot Pearl for her proactive work in securing this complex grant for our district and our elementary school districts."

Director Pearl applied for the grant on behalf of King Philip, Norfolk, Wrentham and Plainville school districts. All four districts work collaboratively on school safety alongside their local law enforcement agencies.

The grant will allow the four districts to focus on threat assessment and crisis intervention teams at all levels. Mental health and counseling teams, building administrators and school staff will be trained alongside local law enforcement in Comprehensive Threat Assessment Guidelines.

The training and development of the teams will support a problem-solving approach to violence prevention that incorporates both assessment and intervention. Part of the preventative, proactive approach will involve supporting staff to increase their skills and knowledge of risk

factors, strategies and referral processes to support a safe and supportive school environment for all while preventing school violence.

As part of this grant, students will also receive training on how to seek help for themselves and what to do when they are concerned about a peer or someone else.

"Massachusetts remains deeply committed to working with our partners across state and local agencies to ensure our schools offer a safe and healthy learning environment for our children and educators. These grants will provide the resources that school officials need to enhance safety and mitigate potential threats," said Gov. Maura Healey.

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Norfolk firefighter Michael Belmore was one of 18 local firefighters to graduate from the Massachusetts Firefighting Academy last month.

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 Massachusetts Firefighting Academy
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 Real Estate Corner

Franklin School for the Performing Arts to present Spring Concert

The Franklin School for the Performing Arts (FSPA) will present its annual Spring Concert Performances on May 20 and 21 at the Franklin High School Auditorium. The annual performances showcase the work of FSPA's dance, musical theater, voice, and instrumental music students. Featuring FSPA students of many ages and levels, Spring Concert is presented in an audience-friendly, 90-minute format.

Sunday, May 21 at 1 and 4 p.m. at the Franklin High School Auditorium, 218 Oak St., Franklin.

where students of all ages and levels of ability participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to his or her own potential.



Prospective students are invited to take advantage of an FSPA All Access Pass for a tour of the school, complimentary trial class, and free tickets to a Spring Concert performance. Spring Concert shows provide a dynamic way to experience what the school has to offer across many dance disciplines, voice, acting, instrumental music, and musical theater programming.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts (FSPA) is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place

Prospective students and families should call FSPA at 508-528-8668 or stop by 38 Main Street to reserve their complimentary tickets and schedule a trial class or tour of the facilities. Visit www.FSPAonline.com for more information.

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Real Estate Corner

March 2023 Real Estate Activity in Norfolk County

Norfolk County recordings for the month of March 2023 indicate a continued decrease in overall real estate activity, with significant drops in mortgage activity and the average property sale price as compared to March 2022.

“Spring has arrived, ushering in a new home-buying season, which is reflected in March’s rise in real estate activity over the previous month,” said Norfolk County Register of Deeds William P. O’Donnell. “As compared to last year, however, we are still seeing significant decreases in the number of documents filed.”

The Norfolk County Registry of Deeds recorded 8,541 documents in March 2023. This was

31% less than in March 2022 and 27% more than in February 2023.

“Despite easing inflation, high food and energy costs are still limiting customers’ ability to save money,” said Register O’Donnell. “The number of recorded deeds, which is one measure of document volume, shows a drop in real estate sales from the previous year.”

The number of deeds for March 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,250, a decrease of 17% from March 2022 and an increase of 29% from the previous month of February.

“Although home prices have fallen significantly, they are still higher than pre-pandemic averages, with March 2023 home prices 34% higher than March 2019.” O’Donnell said. “The lack of available real estate inventory is likely one reason why property prices are still higher than they were before the pandemic, along with the desire to live in local communities.”

Sale prices for March appear to have dropped compared to March 2022. The average sale price in March was \$886,486, a 21% decrease from March 2022 and a 6% decrease from February 2023. The total dollar volume of commercial and residential sales is down, decreasing 38% from one year ago and increasing 34% from last month.

“A continued decline in the number of deeds and mortgages recorded at the registry may in-

dicate that homeowners who took advantage of lower interest rates in 2020 are hesitant to make moves with average mortgage interest rates above 6%.” O’Donnell added, “Although average sales prices are declining, current homeowners and first-time buyers may be holding out hope for lower interest rates.”

Overall lending activity showed a continued downward trend for the month of March. A total of 1,280 mortgages were recorded this month, 47% less than a year ago at the same time and up 41% from last month.

“According to the data, we are recording significantly fewer mortgages than in the past, which can be attributed to a number of factors that the country is experiencing right now, such as the rising cost of living and a spike in mortgage interest rates,” explained O’Donnell. “These as-

pects of the economy can affect the local real estate market.”

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In March 2023, there were 4 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in March 2022, there were 5 recorded. However, in March 2023, there were 30 notices to foreclose, the first step in the foreclosure process, significantly more than the 11 recorded in March 2022.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information.

Walk for Peace on World Labyrinth Day

The First Universalist Society in Franklin welcomes everyone to participate in World Labyrinth Day on Saturday, May 6 from 12:30 to 2 p.m. at 262 Chestnut Street, Franklin.

Participants will have the opportunity to walk an outdoor labyrinth, use a finger labyrinth, and learn about labyrinths. There will be a brief introduction to World Labyrinth Day at 12:30 p.m., after which people will be invited to walk the labyrinth. If you have walked a labyrinth many times, or if you have never walked a labyrinth before, we welcome you.

Thousands of people of people will participate in the 15th annual World Labyrinth Day as a moving meditation for peace and celebration of the labyrinth experience. Many participants will “Walk as One at 1” by walking a labyrinth at 1 p.m. local time to create a rolling wave of peaceful energy passing from one time zone to the next around the globe. Whether you are familiar with labyrinths or new to the idea of non-maze labyrinth paths, all are welcome to learn more and take part.



Labyrinths are found throughout the world with the oldest dating back thousands of years. In contemporary use, labyrinths provide an opportunity for personal reflection, spiritual practice, or the reduction of stress in many different public and private settings. Over 6,000 labyrinths are listed on the World-Wide Labyrinth Locator website: <https://labyrinthlocator.com/>. The outdoor labyrinth on the grounds of the First Universalist Society in Franklin is listed on the World-Wide Labyrinth Locator.

This is a FREE community event for all ages. Be a part of this moving meditation for world peace.

Contact Bobbi Tayne Gerlits with any questions at bobbigerlits@icloud.com or call 508-446-5131.

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Town of Norfolk Repairs Vehicle Fleet with Cost-Effective Solution

Norfolk's Department of Public Works (DPW) has implemented new budget-saving actions to prolong the life of the town's current vehicle fleet.

The DPW assessed its vehicle fleet and formed a plan over the past year to save taxpayers money by using in-house repairs

to cut costs and extend the life of some of the vehicles by up to 10 years.

Several vehicles needed significant repairs for major rust issues associated with winter conditions. To date, a 2013 Ford F-250 pickup truck and a Ford F-550 dump truck have already been

refurbished, with the pickup truck having been successfully repaired and on the roads this winter.

A replacement F-250 is roughly \$55,000 and a replacement F-550 is approximately \$85,000. The repairs done to both vehicles total less than \$8,000, thus saving thousands of dollars per vehicle.

"With several vehicles needing repairs, we wanted to explore other options that would allow us to fix the vehicles at a lower cost to the department, town and taxpayers," DPW Director Blair Crane said. "After repairing the first vehicle in-house successfully last fall, it occurred to us that this was a way to significantly reduce a potentially large financial burden on our taxpayers."

The Vehicle Maintenance Division, which consists of Foreman Todd Erickson and Fleet Mechanic Wayne Walker, conducted the repairs on the DPW vehicles. These two employees are also re-



The Department of Public Works Ford F-550 dump truck before and after the in-house team made repairs to save taxpayers thousands of dollars (Photos Courtesy of the Town of Norfolk)



The Department of Public Works refurbished truck has been on the roads all winter after getting in-house repairs

sponsible for the upkeep of the town's entire fleet of vehicles, including fire trucks, ambulances, police cruisers, DPW trucks and equipment, and more.

"The work these two employees have done, particularly to extend the life of the DPW vehicles, is a testament to their drive

and dedication to the town and its residents," Town Administrator Justin Casanova-Davis said. "We are thankful for their hard work and the diligence by DPW leadership in finding solutions that will save thousands of dollars for taxpayers over the next 10 years."

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