

A New Trail at Stony Brook

By MARJORIE TURNER HOLLMAN

Visitors to Mass Audubon's Stony Brook Wildlife Sanctuary in Norfolk know they can count on amazing views. Venturing out onto the boardwalk quite near the visitor's center, visitors can count on seeing turtles, herons, ducks, and other wildlife. Fewer people realize that just across the street from the parking area, additional paths, also part of Stony Brook, are open to the public for exploration. While the paths on this less traveled section of the Audubon property are less crowded, they have their own beauty.



A pond view from Stony Brook's new trail, Salamander Way.

Trail work in the area across North Street from the main entrance has created an additional footpath. The newest addition to Stony Brook's trail network, Salamander Way, was constructed by Mass Audubon's Metro South property staff, with the assistance of AmeriCorps National Civilian Community Corps groups.

For walkers who want to visit this new trail, they will encounter two short loop trails as they head into the area off

North Street. Visitors have options for turning their time outdoors into a short or longer walk. The original path circles the pond, offering views from the highest elevation of the sanctuary looking down to water level. A new footbridge allows visitors to easily cross over the outlet to the pond and circle the entire body of water.

The newest path, Salamander Way, has increased access to the area's vernal pools. These pools, unique to wetlands,

provide essential habitat for various amphibians including salamanders (thus the name of the newly blazed trail), wood frogs, and spring peepers. The afternoon of our visit we heard peepers, their distinctive calls echoing off the still bare trees. Despite the lack of green, it was a reminder as we approached the woodland pools of water that spring is here (well, it's coming!).

TRAIL

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Wrentham Investigating How to Lower Electricity Costs

By JOE STEWART

During the March 5 Wrentham Select Board meeting, Town Administrator Kevin Sweet provided an update on efforts to reduce electricity costs for the town and for residents. Wrentham is contracting with Good Energy (<https://goodenergy.com/massachusetts/>), a leading energy consultant specializing in community aggregation, to develop a community aggregation plan, much like Franklin and Plainville has done and Norfolk is doing.

Community aggregation is a method by which a town contracts for electricity supply on behalf of its residents and businesses, typically at lower rates than those offered by our service provider, National Grid.

Good Energy currently has 68 Massachusetts clients representing about 650,000 households including Attleboro, Norton, and Plainville. Sweet explained that Wrentham expects to sign a contract with Good Energy shortly and that the regulatory approval process is expected to take about 12 months, depending upon state agency approval timing.

Once Wrentham assembles its community aggregation plan, it will be presented to the Department of Energy Resources for review and then presented to the Department of Public Utilities for approval. Once approved, Wrentham would publish a Request for Proposal seeking electricity suppliers.

Sweet went on to explain that community aggregation contracts are typically structured as automatic opt-in, meaning that every National Grid customer in Wrentham would be in the community aggregation plan automatically. Opt-in is automatic, much like reverse-911 (telecommunication customers have to opt-out of reverse-911). Sweet highlighted that a specific effort will be made to inform customers of their right to opt out, including a mailing from the town itself.

There will be no change to the relationship with National Grid, which will remain responsible for maintaining service and the related infrastructure as well as performing billing - custom-

ELECTRICITY

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TRAIL

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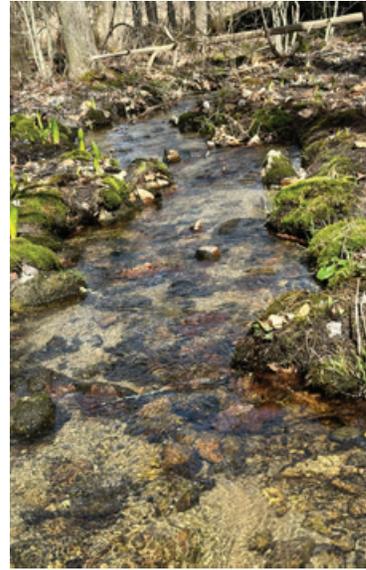
A slightly altered trail winds its way to the top of the esker, making the climb up the hill less prone to erosion and easier to maintain in the future. Upon climbing to the top of the esker, visitors can head back down the far side of it as they follow Salamander Way, an out and back trail that ends at Marshall Street.

The nature of eskers, besides their geological significance, is that they offer a vantage point from above the surrounding area. In fact, the views in this area are impressive. Eskers are long, winding ridges, created as retreating glaciers dumped a mix of sand and gravel. Glaciers once covered and later scoured the ground we walk on.

This local wildlife sanctuary has nurtured the love of nature for generations of young people in this area. What has been a jewel for many of us has just gotten better. Choose the lower elevations and the boardwalk for a view of the wildlife that is drawn to Stony Brook. Cross



the street for another, different view of the wildlife sanctuary. If it's too hard to decide, make the time to explore both!



ELECTRICITY

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ers will continue to receive their bills from National Grid. The key change is to electricity supply and the cost of that supply.

Select Board Member Chris Gallo asked what will happen with residents who are currently contracted with another electricity supplier such as Constellation Energy. Sweet responded that for those customers not contracted with National Grid for electricity supply, they will be able to join Wrentham's plan but they will need to do so manually. In contrast, customers contracted with National Grid for electricity supply will be enrolled automatically.

Select Board Member Jim Anderson asked how residents can drop out of Wrentham's plan in the future, citing the hypothetical that six months after the Wrentham plan goes into effect, Constellation Energy offers a lower price for electricity. Greg Enos, Assistant Town Manager, explained that residents can leave Wrentham's plan at any time. However, once you leave the plan, you have to wait until the next enrollment period to rejoin the plan, typically at the next contract renewal.

Select Board Member Michelle Rouse noted that customers who have contracted with another supplier will need to be educated on the implications of breaking their existing contract to join Wrentham's plan. Rouse also highlighted that recent rates offered through community aggregation have been consistently competitive with market rates. Sweet responded with the caveat that there's no guarantee that community aggregation rates will be lower than rates offered by competitors in the future.

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April 1 Wrentham Municipal Election Results

By JOE STEWART

According to Cindy Thompson, Wrentham Town Clerk, of Wrentham's 9,821 registered voters, 1,273 turned out on a chilly April 1 to vote, almost 13%.

Jerry McGovern, former Select Board member and chairman of the Charter Review Committee who presented voter participation findings to the 2023 Fall Town Meeting, said that "Over the past ten years, the average percentage of registered voters casting ballots at the [Spring] town election was 8.8%. This year the percentage of voters was 12.9%, a pretty significant increase from the average. ... There was an important debt exclusion question on the ballot that could have been a big driver to turnout."

Debt Exclusion

Voters were asked to decide how to pay for the Tri-County Regional Vocational Technical High School project, estimated to cost \$285 million according to Tri-County (<https://www.tri-countybuilding.com/faq>).

Wrentham voters were asked to approve an override of the Proposition 2 1/2 restriction on property tax increases to pay for Wrentham's share of the project's debt. Wrentham estimates that the project will increase property tax bills by an average

of \$155.65 for residential properties. The only other debt exclusion is the \$63.50 average for residential properties relating to the King Philip Regional School project, which will be paid off in Fiscal Year 2026.

Wrentham voters approved the override, choosing to pay for the project through debt rather than cutting current town services.

Election Results

- Thomas DiPlacido was re-elected to serve a 3-year term on the Board of Assessors.
- Jim Anderson and Chris Gallo were re-elected to serve 3-year terms on the Select Board.
- Judy Brown and Mary Beth Bernard were re-elected for 3-year terms as Fiske Library Trustees; Kristen Smith was elected to serve a 1-year term.
- Cait Lanza was elected to serve a 3-year term on the King Philip Regional School Committee.
- Ed Goddard was re-elected to serve a 1-year term as Moderator.
- Alfred Bou-Assi, Tom Maloney, Norm Orban won 3-year terms on the Planning Board.

- Erin Greaney and Phil Jordan were re-elected to serve 3-year terms on the Wrentham School Committee.

- Andrea Murphy was elected to serve a 3-year term on the Wrentham Housing Authority.

Several write-in candidates were elected as well.

- George Smith, with 90 votes, was elected to serve a 3-year term on the Board of Health.
- Eliot Jamgochian, with 53 votes, was elected to serve a 5-year term on the Wrentham Housing Authority.

Alfred Bou-Assi, elected to serve on the Planning Board, shared that he is excited to begin work with the other members of the Planning Board. He noted that it's a "trial by fire" but that he's quickly coming up to speed on the major developments under consideration, including the Crosby Valve project and

the MBTA Communities zoning effort.

Likewise, Andrea Murphy, elected to the Housing Authority, observed that even though it takes a while to come up to

speed, one has to jump in. At their next meeting, they will be reviewing resumes and interviewing candidates to fill the soon-to-be-vacant Executive Director position.

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Spring Cleaning is Greener with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

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

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

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but

his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

Business spotlight

up at the transfer station.

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

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

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



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

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

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

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

tial emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at www.affordablejunkremoval.com.

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May Program Highlights at the Fiske Library

Silk Painting Workshop, Saturday, May 10, 11 a.m. to 1:30 p.m.

Do you want to explore your creative side? Do you want to experiment with colors without fear of making a mistake? Join in this easy, magical, and relaxing adventure into the world of freedom and creativity, after which you will get a masterpiece created by your own hands. We aren't going to learn how to paint or try complex techniques but observe how the paint lives and reacts on the fabric, directing it wherever our imagination wants the paint to go. During this master class, you will tap into your creativity and grow your unique Flower, a symbol of feminine beauty and divine blessing. We will be working for 2.5 hours in a small group. The maximum number of participants is 10 people. All necessary materials will be provided. Registration is required for this program. Registration for this event opens Monday, April 29 at

9 a.m. To register, visit <https://fiskelib.assabetinteractive.com/calendar/silk-painting-workshop/>.

Raised Bed Gardening with Blackstone Valley Veggie Gardens, Thursday, May 16, 6:30 p.m.

Everything you ever wanted to know about raised beds, including how to build, fill, site, and plant them. No registration is required. This program is free and open to the public.

Fiske Public Library Book Club, Tuesday, May 28, 7 p.m.

Book Club will discuss "Yellowface," by R.F. Kuang. After the death of her literary rival in a freak accident, author June Hayward steals her just-finished masterpiece, sending it to her agent as her own work, but as emerging evidence threatens her suc-

cess, she discovers how far she'll go to keep what she thinks she deserves. For more information, contact Library Director Kim Shipala at kshipala@sailsinc.org or 508-384-5440.

Free Drop-in IT Help Office Hours, Tuesdays, 5 to 7:45 p.m.

The Fiske Public Library is hosting free IT help with IT expert Ben Elliot who will be available to assist with personal technology-related issues in an informal setting. Ben is available at the Fiske Public Library on a first come, first served basis.

Reading Challenge 2024

Fiske Library is partnering in the Massachusetts Center for the Book 2024 Reading Challenge for kids, teens and adults! Visit <https://www.massbook.org/readingchallenge> to see how to participate. The challenge for May is a graphic novel.

KP High School Receives Grant to Install Flashing School Zone Signs

The King Philip Regional School District will install three flashing school zone signs at the high school after receiving grant funding, announced Superintendent Rich Drolet in a recent press release.

The grant was awarded by the Massachusetts Department of Transportation (MassDOT) and provides KPRHS with two flashing signs valued at \$20,000. A third sign will be purchased by the King Philip Regional School District.

Three signs are necessary to notify commuters from all three directions of entry to the high school that commuters are entering a school zone. The signs have been ordered and are planned to be installed before the end of the school year. Two of the signs will be installed at the end of the King Philip Regional High School property on Franklin Street, Route 140. The third sign will be placed on Shears Street, which is adjacent to the roadway across the street from the school's main entrance.

MassDOT will provide funding for two of the signs on Franklin Street, which are on state-governed roadways. The third sign, which will be on Shears Street, is on a town-governed roadway and therefore could not receive funding.

The signs will flash during arrival and dismissal hours of the high school; from 7 to 8 a.m. and from 2 to 3 p.m. The speed limit within the school zone will be 20 mph.

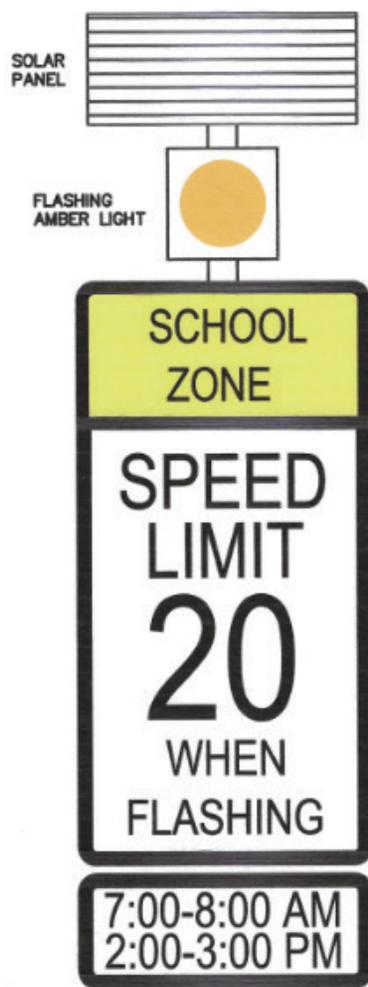
District officials have been working closely with local law enforcement and the Wrentham Department of Public Works to be able to add the signs since 2017.

Facilities Manager Zahner was instrumental in the process of obtaining the grant funding by designing and engineering the proposed school zones, speaking at Wrentham Select Board meetings, attaining the necessary MassDOT permits and submitting grant applications.

Legislative changes in zoning also helped to further the project. Prior to an amendment to the Massachusetts Uniform Traffic Control Device and Standard Municipal Traffic Code, such signs were only necessary in school zones with students in eighth grade or lower. Grant funding was also only available to pay for the signs in school zones with students in eighth grade or lower. The legislative changes expanded the eligibility to now include grades 9-12.

"We would like to thank the Wrentham Select Board, Town Administrator Kevin Sweet, Chief Bill McGrath, Deputy Chief George Labonte, Environmental Partners and our engineers at United Consultants who have all been supportive of this work," Facilities Manager Zahner said. "Their help has been invaluable throughout this process and we greatly appreciate all they've done to make our students safer."

Superintendent Drolet said, "I would like to thank and acknowledge Mr. Joe Zahner, King Philip Regional High School's beloved Facilities Manager, who has been so devoted to getting this project done. His work will enhance and improve the safety of our high school students, staff and nearby residents."



A diagram of the new School Zone signs that will be installed on the roads surrounding King Philip High School. Photo courtesy United Consultants Inc.

Charles River Chorale to Perform at Medway High School

The Charles River Chorale and the Charles River Children's Choir are excited to present their Spring Concert on Saturday, May 11 at 7 p.m. at the Medway High School Auditorium. Doors open at 6:30 p.m. Please visit our website at www.charlesriverchorale.com for details or use the attached QR code.

The theme of this season's concert is Road Trip Across America. The concert will feature music that spans time, place and genre as we embark on a cross-country road trip that takes the audience into the Appalachians, down into the Mississippi Delta, out to the plains and back up to NYC.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is in its 40th year as a non-profit 501(c)3 chorale. Membership has sprung back from an all-time pandemic-related low in the 2020-2021 season and the chorale now

finds itself at an all-time high membership level. Along with the younger children's choir, the chorale is excited and grateful to be back on stage stronger than ever to present their music to the greater community. We hope you can join us, fasten your seatbelts, roll down the windows and enjoy an incredible variety of pieces representing US history from the 1700s through the 20th century!



www.charlesriverchorale.com/tickets

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Wrentham Firefighter Among 21 Local Firefighters to Graduate from Firefighting Academy

Graduates of Class #BW29 Represent 16 Massachusetts Fire Departments

On April 12, twenty-one local firefighters graduated from the 50-day Career Recruit Firefighting Training Program.

Wrentham firefighter Lindsey Dugas was among the graduates.

“Massachusetts firefighters are on the frontlines protecting their communities every day, and today’s graduates are needed now more than ever,” said State Fire Marshal Jon M. Davine. “The hundreds of hours of foundational training they’ve received will provide them with the physical, mental, and technical skills to perform their jobs effectively and safely.”

“Massachusetts Firefighting Academy instructors draw on decades of experience in the fire service to train new recruits,” said Massachusetts Firefighting Academy Director Eric Litmann. “Through consistent classroom instruction and practical exercises, today’s graduates

have developed the tools they’ll need to work seamlessly with veteran firefighters in their home departments and in neighboring communities as mutual aid.”

The graduating firefighters of Class #BW29 represent the fire departments of Bellingham, Brewster, Bridgewater, Canton, Fairhaven, Lakeville, Norwell, Norwood, Provincetown, Rockland, Sandwich, Scituate, Wellfleet, Westport, Wrentham, and Yarmouth.

The Richard N. Bangs Outstanding Student Award, which is presented to one recruit in each graduating class, was presented to Kyle Hein from the Sandwich Fire Department. The award is named for the longtime chair of the Massachusetts Fire Training Council and reflects the recruit’s academic and practical skills, testing, and evaluations over the course of the 10-week program.

Basic Firefighter Skills

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple-room structural fires. Upon successful completion of the Career Recruit Program, all students have met the national standards of NFPA 1001, *Standard for Fire Fighter Professional Qualifications*, and are certified to the levels of Firefighter I/II and Hazardous Materials First Responder Operations by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.



Massachusetts Firefighting Academy
Career Recruit Class #BW29 Graduation - April 12, 2024

Today’s Firefighters Do Much More than Fight Fires

Modern firefighters train for and respond to all types of hazards and emergencies. They are the first ones called to respond to chemical and environmental emergencies, ranging from the

suspected presence of carbon monoxide to gas leaks to industrial chemical spills. They may be called to rescue a child who has fallen through the ice, an office worker stuck in an elevator, or a motorist trapped in a crashed vehicle. They test and maintain their equipment, including self-contained breathing apparatus (SCBA), hydrants, hoses, power tools, and apparatus.

At the Massachusetts Firefighting Academy, recruits learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive, 10-week program involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

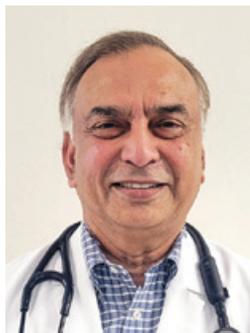
The MFA provides recruit and in-service training for career, call, and volunteer firefighters at every level of experience, from recruit to chief officer, at campuses in Stow, Springfield, and Bridgewater.

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Futzy Farm Bird & Barn, where you can find food, products, and advice related to backyard animals

Futzy Farm Bird & Barn in Plainville is more than just a retail store, it is a place to get just about anything related to caring for barnyard animals, including advice.

The store, located at 416 South Street, opened on March 2 and is in the plaza with South Street Pizza.

Owner Gretchen Munafo - affectionately known by many as "The Crazy Chicken Lady" - opened the multifaceted store in just 47 days with the help of family and friends. "Everybody pitched in; this place is a labor of love," she said.

Jennifer Scanlon is one of those helpful friends. "You started out as my chicken lady, and now you're my friend," Scanlon said to Munafo on a Saturday morning in April.

Customer Caitlin Bankowski has also been going to Munafo for advice for many years. On that same Saturday, she was sharing concerns about her pig, Piper.

"Every single time I've had a question or was worried or didn't know what to do, I could call Gretchen, and she's always there to help. She's super super caring, she's great," said Bankowski. "She has pretty much anything you need all the time, and she's like a 'chicken encyclopedia.'"

Munafo says the store 'is like if Etsy met Tractor Supply.'

"My store is an experience. I have a high energy upbeat personality and love to share my knowledge on wild birds, nature and chickens," noting that some people, many people in fact, affectionately call her 'The Crazy Chicken Lady.'

"Futzy" is a nickname given to Gretchen by her mother Kathryn Bowers, an avid bird lover who passed away in 2020 and whose photo hangs in the store. She used to say Gretchen was always 'futzing around' and the nickname stuck.

She said she was working in the industry for more than 14 years and was laid off just a few days before Christmas 2023. In December, she thought she would retire and spend more time on her personal farm in Cumberland, but she soon learned she missed the customer interaction.

"I'm a people-person and I missed my customers," she said. "I have been wanting to open my own store, it's been my dream and my dream came true."

Her husband, master carpenter Steve Munafo, made all of the display cases (and several pieces of furniture for sale in the store), and her sister, Melissa Bowers, helps with technology.

In addition to the merchandise and advice Munafo offers her customers, she also offers poultry workshops, and often serves as an expert on chickens for the media.

For more information about this fun and informative shop, visit Futzy Farm Bird & Barn at 416 South Street, Suite 2, in Plainville, or www.futzyfarm.com/.

Store hours are Tuesday-Thursday 9 a.m. to 6 p.m., Friday 9 a.m. to 5 p.m., Saturday 9 a.m. to 4 p.m. Closed Sunday and Monday.



Business
spotlight



Futzy Farm Bird & Barn owner Gretchen Munafo (right) and her sister Melissa Bowers stand behind the wooden counter constructed by Gretchen's master carpenter husband Steve Munafo. The new store at 416 South Street in Plainville opened in March.



Some of the many items you'll find at Futzy Farm Bird & Barn are:

- Bird houses and bird baths
- Candles, American-made
- Goat milk soaps and lotions
- Handbags and satchels crafted from recycled military tents
- Home decor
- Honey, local
- Humorous signs and apparel
- Jewelry, nature-themed (florals, animals, etc.)
- Pet supplies, food, treats
- Stationery, greeting cards, etc.
- Windchimes
- Wooden furniture, wishing wells, chicken coops
- Bird seed, high-quality, reasonably priced
- Grains for chickens, goats, sheep, pigs, turkeys, etc.
- Live chicks (minimum of 6 birds if starting out, 3 if you have an existing flock)
- And much, much more...

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The Value of Teen Volunteering

Giving back to the community is a great way for teenagers to develop career and life skills, in addition to experiencing a mental health boost. Teenagers face academic and social pressures, and research indicates that focusing on others can enhance happiness and emotional well-being; while fostering qualities that will serve them well in their education and professional pursuits.

Good things happen to those who volunteer!

1. Build confidence & self-esteem: Doing good things for others can help create a feeling of greater

self-worth because it can provide a sense of pride in one's accomplishments. Students can see first-hand how their actions have an impact.

2. Increase empathy: When teens volunteer, they learn that other people's lives can be very different from their own. By helping others with different life experiences, teens not only gain a deeper understanding of others but also learn to respect them, fostering a heightened sense of social awareness.

3. Identify your sense of purpose: Volunteering can help teens develop a sense of purpose. As an example, a teen volunteers to help a local official run for election, they learn first-hand how a team effort can create positive change, which then fuels their motivation to major in a similar area of study.

4. Earn stronger grades: Volunteering can help a teenager achieve stronger grades. According to the United Way, "There is a positive correlation between students who earn good grades and those who participate in community service. Volunteering also helps teens gain new skills necessary for the job market such as leadership, communication skills, dependability, time management, and decision making."

5. Strengthen your college application: Volunteer experience promotes collaboration, resourcefulness, and initiative. Studies show that teen volunteers have a higher level of maturity and compassion than their peers who do not volunteer. Colleges love to see a student engage in their community and show impact. So, whatever you do, do it consistently and do something you are enthusiastic about - it shows.



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

act of volunteering becomes significantly more fulfilling when driven by a genuine passion for a cause - which can often extend its influence into other aspects of life.

2. Volunteer Resources:

a. Teenlife.com: a great website to find a broad range of volunteer opportunities.

b. Dosomething.org: created in 1993 with the vision that volunteerism can be as cool as sports.

c. People making a difference: Their vision is for everyone to be able to volunteer productively a few times a year so that together people can make a real difference.

d. VolunteerMatch.org: matches inspired people with inspiring causes.

e. Volunteer Match Quiz:

<https://www.yourfreecareertest.com/career-tests/volunteer-match-test>. It will analyze the student's answers and identify potential volunteer opportunities that match their interests.

3. Do-it-yourself activities:

Create a list of local volunteer activities that could be done with a friend. Suggestions include caring for

a neighbor's pet, grocery shopping for an elderly neighbor or sick friend, tutoring classmates or young children, running a mini summer camp offering an activity you love to do, volunteering for a cause that's dear to your heart, collecting items for the local food pantry, or visiting with a family member that lives alone. Email tracy@mycollege101.com for a FREE resource.

4. Get approval: It is important to always ask permission from a parent or guardian before you start any volunteer activity.

One of my favorite quotes is from Margeret Mead, Anthropologist, who was truly ahead of her time: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Good luck and enjoy the journey!

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Ways to get involved!

1. Ask yourself one question:

If you could help solve one problem, what would you choose, and how could you help? The problem could pertain to global issues, high school concerns, or local community matters. This simple question has prompted such insightful and mature answers among my students. The

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Your Money, Your Independence

Empower New Graduates with Gifts of Independence



Glenn Brown, CFP

With graduation season approaching, many friends and family members seek meaningful ways to celebrate the achievement.

While traditional gifts are always appreciated, consider something with lasting value that can help launch graduates towards financial independence.

Aside from cash or gift cards, here are some thoughtful financial gift ideas and tips to empower high school and college graduates as they embark on their next chapter.

Investment Account. Open a brokerage account in their name and purchase one or two foundational low-cost index exchange-

traded funds (ETFs). Even better, establish small automatic monthly contributions from their and your checking accounts. Even at \$25-\$50 a month, it's a consistent reminder that demonstrates the value of saving, compounding, and choosing to invest over time.

Furthermore, encourage graduates to explore different investment options and asset classes in these taxable investment accounts. And if they make investment mistakes, good. It is better to do it at a young age with less money and responsibilities than in their mid-40's, with a family and inside their retirement accounts.

Parental IRA Contributions. Parents can contribute to their child's Individual Retirement Account (IRA) up to the child's earned income. Consider Roth IRA and its unique advantages including being funded with after-tax dollars, meaning withdrawals in retirement are tax-free. This can be incredibly beneficial for young graduates, as their income and tax rates are likely lower now than they will be in the future. By starting a Roth IRA early, graduates can maximize their tax-free growth potential over the long term.

Financial Literacy Books.

Equip graduates with essential financial knowledge by gifting them books on personal finance and investing. Consider "The Total Money Makeover" by Dave Ramsey, "Poor Charlie's Almanack" by Charles Munger and Peter Kaufman or "The Millionaire Next Door" by Thomas Stanley and William Danko.

I wish I'd read 'Millionaire' in my 20's, instead of early 30's, as it provides insights into the habits and behaviors of wealthy individuals, offering valuable lessons on living below one's means, budgeting, and accumulating wealth.

Financial Planning and Investing Tools. Don't let Tik Tok or free "you-are-the-product" apps be their source of financial knowledge. Consider gifting a subscription to a financial planning app that can help track spending, set savings goals, and create budgets. These tools provide valuable insights into their financial habits and empower them to make informed decisions about their money and avoid unnecessary debt.

And for those who want to invest beyond their low-cost index ETFs, consider Investor's Business Daily or gift a year access to Seeking Alpha Premium.

Financial Advisory Services.

Last year a client set up two Zoom meetings for their son, a college graduate moving to North Carolina. For the first meeting, the four of us met on an agenda mom and dad wanted covered. For the next meeting, the parents bowed out, leaving the agenda and conversation up to their son. This worked well, as he was much more engaged and has stayed connected by sending questions as they arise and sharing updates.

Entrepreneurial Resources.

If the graduate has ambitions of starting their own business, even a side hustle, consider gifting business books, online courses, or membership to entrepreneurial communities. As a parent, consider the legal benefits ensuring a Limited Liability Corporation (LLC) is established by paying for the initial state registration.

Building an Emergency Fund.

Encourage graduates to establish an emergency fund by contributing to it yourself. Life is unpre-

dictable, and having savings set aside for unexpected expenses can provide peace of mind and prevent them from going into debt during emergencies.

Graduates who receive these gifts will not only appreciate the gesture but also benefit from the financial stability they provide as they navigate the challenges and opportunities that lie ahead.

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

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

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Norfolk Lions to Pay Tribute to Veterans with "Field of Flags" on Town Hill

The Norfolk Lions Club is raising money in memory of veterans by selling 12" x 18" American flags. The flags will be placed in a grid on Town Hill for viewing from May 18 through June 1. A formal ceremony will be held on Saturday, May 25 at 10 a.m. to dedicate the field in memory of the men and women who served in the armed forces and made the ultimate sacrifice in service to our country.

Flags are \$10 each and can be purchased on the Lions website: www.norfolkmalions.org. Donor names and dedications will be on the website.

The net proceeds from the "Field of Flags" will be donated



to the Fisher House Boston, a non-profit charity that provides a home away from home for military families (active duty and veterans) who are receiving treatment either at the VA Boston

Healthcare System in West Roxbury, or at one of the world-renowned Boston hospitals. There is no charge for any family to stay at the Fisher House or at a hotel provided by Fisher House.



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The b.LUXE *beauty beat*

We're Celebrating This May! Awards, Moms & You!

By GINA WOELFEL

We're proud to announce that b.LUXE has received its second honor from Salon Today Official and named a top honoree in this year's prestigious SALON TODAY 200 Awards. This industry recognition is a testament to our team's collective efforts, dedication and customer loyalty.

Now in its 27th year, Salon Today is a national publication that gathers data to establish vital salon business benchmarks. It recognizes owners and their teams for their business acumen and creates a forum for sharing proven business strategies.

This is our second win with Salon Today. In 2021, we were recognized as one of the top 20 salons in the US in their "SALONS OF THE YEAR" competition, held post-pandemic as a check-in to measure the beauty industry's response and recovery from COVID-19.

To be recognized in this year's competition, a salon or spa must demonstrate several best practices that propelled the business's overall trajectory. As winners in the 2024 SALON TODAY 200 "GROWTH" category, we grew our company remarkably between 2022 and 2023. This success is a testament to our unwavering commitment to excellence and continuous improvements, ensuring that we always deliver the best to our clients, whose trust and support have been the cornerstone of our success.

This accomplishment would not have been possible without our community, our team, and the support of our fabulous clients. Your unwavering loyalty has made us the most lucky, appreciative, badass group of women in the beauty business!

But what does this recognition mean for you, and why is this your sign to make us your new salon?

b.LUXE offers a luxurious experience that sets us apart from other salons. We provide a wide range of beauty services, including hair cutting, coloring, smoothing, extensions, styling, skincare, spa treatments, spray tanning, waxing, and lash extensions.

To ensure that your visit is nothing short of amazing, our team follows a comprehensive set of standards called the "b.LUXE Service Cycle." This guideline provides a detailed itinerary for each guest and guarantees consistent, exceptional care from check-in to checkout. We always anticipate your needs so you can relax and enjoy your visit. We offer five separate seating areas where you can enjoy refreshments from our custom coffee bar. We also provide complimentary "Luxury for Everyone" services, such as moisturizing glove treatments, BEFORE OIL scalp services, and hot stone foot treatments for our facial guests. Our extra amenities promise to make your appointment unforgettable.

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This upcoming Mother's Day is the perfect opportunity to give Mom (or yourself!) a gift of self care and pampering!

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appointment, refer our services to friends, or leave us a Google review, your support uplifts us and shares the joy we have here with others. Every stylist, esthetician, and team member at b.LUXE values you and looks forward to your next visit.

Thank you for being a part of our wonderful, crazy, amazing journey.

The b.LUXE Beauty Team

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The Garden Club of Norfolk Annual Plant & Bake Sale



The Garden Club of Norfolk will hold its annual Plant & Bake Sale on Saturday, May 18 from 9 a.m. to noon (Rain Date is Sunday, May 19 from noon to 3 p.m.) at the Town Hill and gazebo in Norfolk. The Town Hill is located at 2 Liberty Lane at the corner of Main Street and Route 115. There is parking available at the Norfolk Public Library.

Find the perfect perennials for your sun or shade gardens. In addition to a large variety of perennial plants, herbs, and shrubs

from our members' gardens, check out our Garden Treasures and the Bake Sale with its selection of delicious home-baked goods, including dog treats. Enthusiastic garden club 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 roundabouts.

Zeigler's Market Garden, Birdhouses by May Hosta, and Norfolk Sharpening will be joining us on the Town Hill. Do not miss this opportunity to plan your garden at this great garden day on Town Hill in Norfolk!

Cash, checks, and credit cards are accepted.

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

Guest Column

Vote to Save Democracy

By G. GREGORY TOOKER

This year's national election will not be so much about choosing the right candidate as it will be a referendum on the concept of democratic government. The electorate must honestly answer the question, are we willing to abandon democracy for a more autocratic form of leadership?

As revered poet Robert Frost wrote, "Two roads diverged in a yellow wood, and sorry I could not travel both...." Your writer had the unforgettable experience of meeting Mr. Frost after a reading at Wellesley College in 1955 and spending nearly an hour with a half dozen classmates, chatting with the beloved gentleman. His words were wise and well chosen.

If America chooses "the road not taken" (at least so far in American history), there may be no option to retrace our steps, to reset if we don't like the look of

where we're heading. The quicksand of autocracy could swallow what is left of a free society should the elected leaders choose to sink the empty promises floated during election campaigns.

It remains the obligation of each and every registered voter to listen carefully to each candidate for elected office and select those whom they genuinely feel will commit to the preservation of American democracy and the personal freedoms it seeks to guarantee. Some, and perhaps justifiably so, are dissatisfied with the slate of candidates from which to choose. But choose we must, because opting not to do so could easily spell the difference and result in an outcome from which there may be no recovery.

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

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Franklin PMC Kids Ride Fights Cancer with Local Fundraiser on June 9

By JUDY O'GARA

This June, the Franklin PMC Kids Ride will be one of more than 20 PMC Kids Rides hosted throughout New England in 2024.

PMC Kids Rides engage local youth in philanthropy in a safe and athletic way, giving them the opportunity to join over 6,500 adult Pan-Mass Challenge (PMC) cyclists in their mission to fund lifesaving cancer research and treatment at Dana-Farber Cancer Institute. Since the program's inception, PMC Kids Rides have raised more than \$11 million towards the fight against cancer.

In 2023, 19 PMC Kids Rides attracted 1,400 young cyclists and 563 volunteers to raise more than \$400,000 as part of the PMC's record-breaking \$72 million gift to Dana-Farber. 2024 is particularly special as it marks the 20th anniversary of the PMC Kids Rides program! This year, the PMC is also positioned to cross a monumental \$1 billion in lifetime fundraising for Dana-Farber – and 100 percent of every dollar raised through the Franklin Kids Ride will contribute to this milestone.

The Franklin PMC Kids Ride is in its 18th year and expects 100 children, ages 3 to 14. Kids can choose from a 3, 6, or 10-mile course. Younger riders, not yet on two wheels, can take part in the Tikes and Trikes course in a contained area. There will be several fun stations and activities for the little ones. The Franklin PMC Kids Ride will hold a party after the ride with music, food, games and more to celebrate rider achievements. The ride

hopes to raise \$50,000 this year.

The Franklin PMC Kids Ride was started by Lisa Marchioni, a Franklin resident.

"I started the Franklin ride in honor of one of my closest friends who passed away from lung cancer," said Marchioni. "She left 3 small children, and I truly didn't want to see other families go through the pain and heartbreak. I rode the adult PMC in 1991, and I was going to ride again until I saw the kids' rides had started. So, I had two of my children ride the Medfield ride in her honor and they really understood why they were riding. I thought that this was so important to teach the younger generation how to give back and be a force for making a difference. My daughter was so touched by what she accomplished that she wanted her friends to be involved and ride with her. She asked me if she could start a ride in our town and that's how the Franklin Ride began."

The Franklin PMC Kids Ride will be held on Sunday, June 9, from 8 a.m. to noon at the Jefferson Elementary School, located at 628 Washington Street in Franklin. All towns are welcome! There is a \$20 registration fee and a \$40 fundraising minimum. The PMC Kids Rides program is presented by Yawkey Foundations; program sponsors include Yasso, 105.7 WROR, and Landry's Bicycles. The PMC is co-presented by the Red Sox® Foundation and M&T Bank.

For more information, to register, or to make a contribution, please visit <https://kids.pmc.org/franklin> or contact Lisa Marchioni at lisabxyz@versizon.net.

Franklin Performing Arts Company to Host Annual Golf Tournament

The Franklin Performing Arts Company (FPAC) will host its Annual Golf Tournament at New England Country Club in Bellingham, MA on Monday June 10th. Golfers and their families are invited for this unique event that offers a day on the course, an awards ceremony, dinner, raffle, and entertainment.

New England Country Club is an 18 hole championship golf course located in Bellingham, Massachusetts. The scenic New England Country Club is one of the best conditioned public courses in the area. This enjoyable 18 hole championship golf course, designed by Hale Irwin, has the look and feel of a private

golf course. The rolling hills, tree lined fairways, and multiple tee boxes give each hole a unique character and provide a fair challenge for all ability levels. Breathtaking New England scenery can be viewed from the dining room, tent facility, and throughout the golf course.

Nestled in the metrowest region of Massachusetts, the Franklin Performing Arts Company is a not-for-profit institution producing musicals, plays, ballets, and more featuring Broadway stars, professional and regional performers, and emerging artists. Proceeds of the Golf Tournament fundraiser support the professional development of emerging artists and enable world-class talent to perform in downtown Franklin, amplifying the cultural fabric of MetroWest Boston.

For registration and more information, visit www.FPAConline.com or call 508-528-3370.



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This Old Thing?

An Antique Appraisal Adventure with Jim Johnston

Who hasn't been intrigued by something old... and who hasn't stopped to wonder, "what's it worth?" On Sunday, May 5 from 1 to 5 p.m., local expert James C. "Jim" Johnston, will dazzle and inform the audience and those seeking knowledge about family heirlooms and garage sale finds alike with "An Antique Appraisal Adventure with Jim Johnston."

The event will take place at the Franklin Historical Museum, 80 West Central Street in Franklin.

Johnston, who has been in the antique and appraisal business for more than six decades, has a nearly limitless store of knowledge about all things old, with particular emphasis on Americana, porcelain, glass, rare books, coins, stamps and pottery.

His appraisals often come with the kind of fascinating context and anecdotes that make him – a lifelong educator and author -- much sought after, whether to please an auditorium audience or for the evaluation of a private collection.

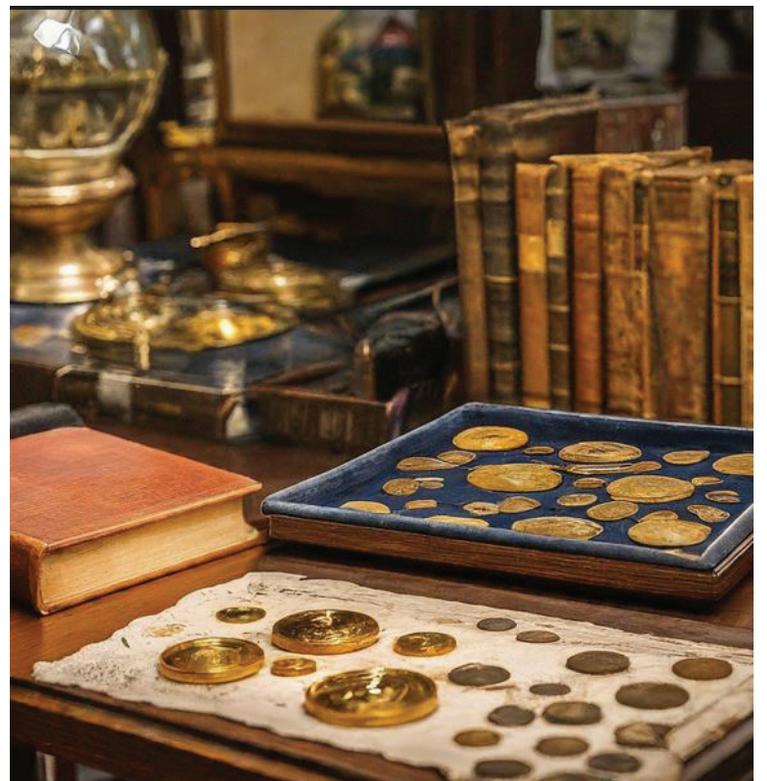


Appraisals are "on-the-spot" and oral and are \$5 for the first appraisal and \$3 for additional items, up to an event maximum of three items and \$11. The event is sponsored by the Friends of the Franklin Historical Museum, a 501(c) 3 non-profit that raises funds to benefit the Historical Museum. All proceeds benefit the museum.

The Friends can accept cash or check. There will also be an option to "watch at home" via Google Meets. To learn about payment options, how to participate virtually, or to reserve a spot, contact alan.earls@gmail.com. Handicapped access available.

Mr. Johnston will preface the appraisal-day program with a discussion of what constitutes "Value," or more appropriately "Range of Value," when appraising an item of any sort. He will also discuss various factors reflected in an evaluation such as: the sociological factors, condition issues, rarity, and Adam Smith's Rule of Supply and Demand as it affects the value of art, antiques, and collectibles in any time period. He will also discuss "Purpose" of evaluation such as: probate, inheritance, divorce, and insurance, as well as insurance evaluation and replacement value, with the idea of choosing a fearless appraiser with experience in dealing with insurance companies, and with "Court Experience" and experience in delivering "Expert Testimony."

Mr. Johnston performs written appraisals by arrangement, starting at \$125.



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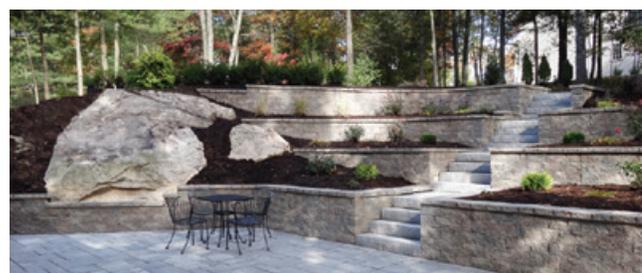
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EARLY / ABSENTEE OFFICIAL BALLOT
ANNUAL TOWN ELECTION
NORFOLK, MASSACHUSETTS
TUESDAY, MAY 7, 2024

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	KING PHILIP SCHOOL COMMITTEE	PLANNING BOARD
Three Year Term CHAD THOMAS PECK 10 Wrights Farm Road	Three Year Term ERIC S. HARMON 314 Main Street	Three Year Term CHRISTOPHER MONTFORT 5 Fredrickson Road
Vote for Not More Than ONE	Vote for Not More Than ONE	Vote for Not More Than ONE
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
KEVIN ROCHE 28 Water Avenue	(Write-in)	(Write-in)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(Write-in)		
BOARD OF ASSESSORS	LIBRARY TRUSTEE	RECREATION COMMISSION
Three Year Term ANTHONY CHARLES KENNEDY 7 Marquas Way	Three Year Term BRIAN BEACHKOFSKI 84 Boardman Street	Three Year Term CHRISTOPHER M. THOMAN 30 Castle Road
Vote for Not More Than ONE	Vote for Not More Than ONE	Vote for Not More Than ONE
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	(Write-in)	(Write-in)
(Write-in)		
BOARD OF HEALTH	NORFOLK SCHOOL COMMITTEE	
Three Year Term ANDREW BAKINOWSKI 21 Naugatuck Avenue	Three Year Term MEDORA SUZANNE CHAMPAGNE 23 Spruce Street	
Vote for Not More Than ONE	Vote for Not More Than TWO	
<input type="radio"/>	<input type="radio"/>	
<input type="radio"/>	TAIESE CRYSTAL HICKMAN 21 Fredrickson Road	
(Write-in)	<input type="radio"/>	
	PETER J. SVALBE 8 Birch Farm Road	
	(Write-in)	
	(Write-in)	

The ballot for Norfolk's town election, scheduled for Tuesday, May 7. Voting will be held from 7 a.m. to 8 p.m. at the Freeman-Kennedy School, 70 Boardman Street.

Special Pride Month Sunday Service at FUSF

On June 2, the First Universalist Society of Franklin (FUSF), a Welcoming Congregation, will be celebrating Pride Month at the 10 a.m. service. The Welcoming Congregation designation of the Unitarian Universalist Association means the Society intentionally includes LGBTQIA individuals in all aspects of congregational life and provides safe spaces that honor every part of their identities, backgrounds, and experiences.



This service will focus on the importance of allies in the lives of LGBTQIA individuals and what it means for people of all ages, gender expressions and sexual orientations to have a Welcoming Congregation such as FUSF welcome them fully into the community.

The First Universalist Society in Franklin is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin MA. For further information about FUSF

please explore our website at fusf.org or contact our Interim Minister, the Reverend Beverly Waring at (508) 528-5348 or minister@fusf.org

King Philip Middle School Trimester 2 Honor Roll

8TH GRADE HIGHEST HONORS

Anderson, Benjamin; Anderson, Riley; Astin, Adrian; Astorino, Claire; Barletta, Elizabeth; Barton, Amelia; Bass, Taylor; Bernier, Michael; Burke, Shannon; Burns, Emma; Caravaggio, Anthony; Cardoso, Ryan; Carty, Tristan; Cemerski, Andrey; Cereno, Shaine; Cervantes, Aeson; Coffin, Brendan; Coppelman, Nicholas; Covell, Lorelai; Dang, Jordon; Dangelo, Tess; Derfler Murphy, Liam; Doye,

Arya; DuBois, Rachel; Faford, Cole; Faille, James; Finnegan, Gavin; Fisher, Ashton; Frazier, Vivian; Gross, Jackson; Guasch, Elianna; Guinan, Aisling; Hamilton, Norah; Hartford, Jacob; Hostetler, Jacob; Howitt, Madison; Howitt, Reese; Jasset, Gianna; Kavanah, Addison; Keighley, Sadie; Kosar, Charlotte; Kouame, Amari; Kozik, Rylan; Kracher, Kayla; Kunicki, Addison; Lefebvre, Ella; Lopes, Julia; Lopes, Liliana; Mandel, Mia; Mansour, Moreen; Marks, Charlotte; Mazzola, Daniel; Mc-

Gourthy, Anna; McLaughlin, Dennielle; McNulty, Michelle; Montfort, Noa; Morales, Alani; Musial, Mary; Napier, Caroline; O'Brien, Nora; Ohlson, Madelyn; Palson, Maxwell; Pandit, Suneel; Patel, Heer; Pettit, Anna; Pillai, Savar; Pruell, Emerson; Reilly, Adelyn; Richard, Lily; Ritchie, Lauren; Roach, Matigan; Sanford, Kaylee; Simone, Ewan; St., Laurent, Madalyn; Sweeney, Molly; Taylor, Finn; Tezber, Sophia; Tully, Olivia; Turner, Ava; Visser, Colin; Wainwright, Olivia; Weiblen, Emma;

Wilayah, Diana; Wilson, Madison; Wynn, Jillian.

8th GRADE HIGH HONORS

AlSara, Muhja; Andrews, Annabelle; Armour, Jacob; Babbitt, Phoebe; Bacon, Chloe; Bah, Binta; Bailey, Charlotte; Begin, Alyvia; Bishop, Sabrina; Bobulis, Isabella; Buckley, William; Byda, Gavin; Cannella, Noelle; Cardona Medrano, Natasha; Carone, Gavin; Castaneda, Kevin; Chalmers, Brady;

Chapin, Madison; Civilinski, Colby; Curran, Annabelle; Dalton, Hailey; DeBaggis, Maxwell; Dervin, Ryan; Desrosiers, Matthew; DiBiase, Madelyn; Dini, Brody; Dolan Bourke, Owen; Dumay, Zion; Eck, Brennan; Evans, Meghan; Ferreira, Zachary; Fisk, James; Foley, Elliott; Franciosa, Marco; Garland, Nathan; Ghostlaw, Lucy; Gilmore, Joseph; Giovanella, Jaden; Godfrey, Alayna; Gorman,

Living Healthy

The Truth about Cataract Surgery Performed in an Office: A Cautionary Tale

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

Cataract surgery is a common, safe, and highly successful procedure traditionally performed in hospital settings or specialized ambulatory surgical centers (ASCs). However, some considerations including greed and financial bias have led some surgeons to advocate for performing cataract surgeries in office-based settings. This is while there is plenty of availability for performing the same surgery in the safety and comfort of an ASC just a few minutes from these surgeons' offices. There are inherent risks and considerations that patients must be aware of before undergoing such procedures outside of a hospital environment or an ASC. If they ask you to have your cataract surgery in their office, think

again.

Lack of Emergency Resources:

One of the primary concerns associated with cataract surgery in an office setting is the potential lack of immediate access to emergency medical resources. Unlike hospitals or surgical centers, where anesthesia emergency teams and specialized equipment are readily available, office-based facilities may not have the same level of preparedness to handle unforeseen complications during surgery. In fact, those offices have no anesthesia presence at all. In the event of a medical emergency such as sudden changes in vital signs or cardiac arrest, delays in accessing emergency care could have serious consequences for the patient's health and well-being. Although it may sound hard to believe, those office surgeons

want to call 911 if you have a medical emergency while you are having your cataract surgery. And good luck if the emergency crew is too busy or inaccessible!

Infection Control Challenges:

Maintaining strict infection control measures is essential in any surgical setting to minimize the risk of postoperative infections. However, office-based facilities may face challenges in upholding the same standards of sterility as hospital operating rooms or ASCs. Factors such as limited space, inadequate ventilation, and insufficient sterilization equipment could compromise the cleanliness of the surgical environment, increasing the likelihood of surgical site infections and other complications. Furthermore, an ASC performing thousands of cataract surgeries



every year has way more infection control personnel and training compared to an office performing the same surgery occasionally.

Lack of Anesthesia Monitoring:

Another critical aspect of cataract surgery is the administration of anesthesia to ensure patient comfort and safety during the procedure. While local anesthesia is commonly used for cataract surgery, monitoring the patient's response to anesthesia is crucial to prevent adverse reactions or complications. In office-based settings, the availability of trained anesthesia personnel and monitoring equipment may be limited and often in-existent, potentially putting patients at risk of anesthesia-related complications such as respiratory depression or allergic reactions.

Lack of Anesthetic Titration:

Sedation titration allows for the adjustment of sedation levels during the procedure, thereby mitigating the risk of patient awareness during the surgery. Titration involves the ability to administer varying levels of anesthesia, as deemed appropriate. When your surgery is in an office, you will have no IV and no ability to titrate the anesthetics. They give you some sedatives by mouth before you go to the OR. That's it. The absence of the capability to titrate anesthesia in the office poses a significant risk. You may not be able to hold still for safe surgery. You may remember the entire experience afterward. This, in turn, can cause you significant traumatic stress because of this experience.

Limited Surgical Expertise in an Office:

Cataract surgery requires precision and expertise to achieve optimal outcomes and minimize the risk of complications. Surgeons who perform these procedures in hospital settings or ASCs often have extensive training and experience in ophthalmic surgery, backed by the resources and infrastructure of a specialized surgical environment. In contrast, office-based setting may not have the same level of track record or access to advanced surgical techniques and equipment. In fact, the entire state of Massachusetts has only 2 offices performing cataract surgery in the office. Compare this to hundreds of well-equipped ASCs and hospitals performing this surgery successfully for decades.

Patient Selection and Follow-Up Challenges:

Proper patient selection and thorough preoperative evaluation are crucial to identifying individuals who are suitable candidates for cataract surgery and assessing their risk factors for complications. Additionally, postoperative care and follow-up are essential for monitoring the patient's recovery and addressing any concerns or complications that may arise. In office-based settings, there may be limitations in conducting comprehensive preoperative assessments and providing adequate follow-up care. Even if this selection is perfectly planned and the patient is deemed "low risk for office-based surgery", unforeseen surprises can happen when

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Living Healthy

I Never Saw a Bulls-Eye!!!!

Lyme Disease often goes undiagnosed as the symptoms often mimic many other diseases such as chronic fatigue and the flu. When symptoms last several weeks, those signs should be followed up with a blood test. Lyme Disease is typically treated with doxycycline. This antibiotic however is not always effective, especially with the many co-infections of Lyme, such as Borrelia, Bartonella, Babesia, Rickettsia and Rocky Mountain Spotted Fever.

According to the Center for Disease Control (CDC), an estimated 300,000 Americans are diagnosed with Lyme Disease each year, and the numbers are rising. Although it is believed that Lyme is a result of a tick bite, the infectious bacteria can be spread by other biting or blood-sucking insects, including mosquitoes,



Dr. Rochelle Bien & Dr. Michael Goldstein

spiders, fleas and mites.

Common effects of tick bites include an itchy “bull’s-eye,” but this rash only occurs in about half of those infected. Other symptoms include unrelenting fever, headaches/migraines and achy muscles and joints.

For three years Lillian suffered with various ailments, including muscle aches, joint pains, brain fog, extreme fatigue and unrelenting headaches. Her primary care physician diagnosed Lyme Disease, prescribed doxycycline, and notified her several weeks later she was successfully treated for Lyme. An appointment with a Rheumatologist for her “arthritic” condition resulted in a prescription for antidepressants, a side effect of dealing with the pain. Lillian felt her life was slowly slipping away. A referral

to the Holistic Center at Bristol Square set her on a new path. At the center, Lillian was diagnosed with Bartonella, a coinfection of Lyme, and was treated homeopathically for the strain as well as for her other related health issues. Within three months Lillian’s life started to return. Today she is virtually symptom free and enjoying her life free of pain and fatigue.

If you suffer from Lyme Disease, don’t delay. Call the Holistic Center at Bristol Square today (508)660-2722 and schedule an appointment with Dr. Bien or Dr. Goldstein.

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EYES

continued from page 16

no emergency services exist. This can potentially compromise patient safety and satisfaction.

Lack of Approval by Professional Societies:

Cataract surgery in an office setting is not covered by Medicare and not approved by all major ophthalmology professional societies. In fact, the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery refuse to approve office-based surgery, citing concerns about patient safety.

Legal and Ethical Considerations:

The decision to perform cataract surgery in an office setting raises important legal and ethical considerations for both patients and healthcare providers. Patients must be fully informed about the potential risks and limitations of office-based surgery, as well as their rights to alternative treatment options and access to emergency care. The surgeon’s choices to perform the surgery in an office based on financial bias should be clearly explained to the patient, more so when a safe sur-

gery center exists and is available minutes away, and when the surgeons are charging patients fees for this office-based surgery.

In conclusion, office-based cataract surgery is not without its risks and limitations. Patients considering this option should carefully weigh the potential benefits and drawbacks. If your surgeon recommends you have cataract surgery in an office, you are advised to seek a second opinion to make an informed decision. At the Cataract Surgery Center of Milford, a dedicated MD anesthesiologist is present full-time for all procedures, no exception, and your comfort and safety are titrated by using an IV line, which is lacking in the office-based surgery model. You come first. We are available in your backyard and proud to offer world-class cataract surgery closer to home: Here in Milford! In an accredited and licensed surgery center facility, not in an office. Four decades serving our communities and going strong.

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- Ten years of hands-on experience as a music educator teaching classical piano in public, private, and college level institutions
- Management consultant in the pharma/healthcare industry
- Bachelor and Master of Music, U.S. Fulbright Scholar, MBA Kellogg Northwestern University

My commitments to you:

- **Sound financial decisions** - Collaborate closely with key stakeholders in town to prioritize our students and achieve our educational goals while also ensuring we minimize undue tax burdens on all Norfolk residents where feasible
- **Support for teachers** - Support administration in fostering a culture in our schools that attracts and retains top quality educators
- **Educational achievement** - Ensure quality education is at the forefront of all our decisions
- **School/family relationships** - Build trust and encourage collaboration through open communication



**Vote Tuesday May 7th
at Freeman Kennedy School**

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FPAC to present *August: Osage County*

The Franklin Performing Arts Company (FPAC) will conclude its 2023-24 season with *August: Osage County*, June 7-9 at THE BLACK BOX.

Directed by FPAC's Nick Paone, Tracy Letts's Tony Award and Pulitzer Prize-winning play *August: Osage County* is a family drama. A vanished father. A pill-popping mother. Three sisters harboring shady little secrets. When the large Weston family unexpectedly reunites after Dad disappears, their Oklahoman family homestead explodes in a maelstrom of repressed truths and unsettling secrets. Mix in Violet, the drugged-up, scathingly acidic matriarch, and you've got a major play that unflinchingly—



and uproariously—exposes the dark side of the Midwestern American family.

“I'd bet the farm that no family has ever been as unhappy in as many ways—and to such sensationally entertaining effect—as the Westons of AUGUST: OSAGE COUNTY, a fraught, densely plotted saga of an Oklahoma clan in a state of near-apocalyptic meltdown. Fiercely funny and biting sad...[a] turbo-charged tragicomedy...”

—The New York Times.

August: Osage County contains strong language and adult themes.

FPAC is an Actors' Equity Small Professional Theater company based at THE BLACK BOX in downtown Franklin. Each season, FPAC produces musicals, plays, ballets, and more featuring Broadway stars, professional actors, local artists, and students of the arts.

Tickets for *August: Osage County* are available at FPAConline.com or by calling the box office at (508) 528-3370. Follow Franklin Performing Arts Company and THE BLACK BOX on Facebook and Instagram for updates on programming.

TABS Matter: Shriners' Year of Impact in 2024

So far in 2024, the Shriners have made a significant impact by assisting 28 children through their TABS program. The program, which collects aluminum tabs from cans, receives immense support from individuals, organizations, like local Masonic Lodge and companies such as Medway Oil and owner Jeffrey Mushnick, a 20+ year Shriner as well as his brothers and cousins.

The Shriners' efforts translated into tangible help, with \$426,000 spent on the medical needs of these children. One of the key initiatives is the collection of tabs at Medway Oil, located at 37 Broad St in Medway, MA, **aiming to fill five 55-gallon drums!!**

The Aleppo Transportation Fund, a crucial arm of the Shriners, also had a remarkable year, assisting hospitals with the cost of transporting patients. Approvals were granted for various cases, including a 3-year-old boy from Guatemala with severe flame burns, a 1-year-old from Mexico

with extensive burn injuries, and two siblings from Mexico injured in a house explosion.

In addition to these cases, Aleppo approved funding for sponsorships, covering costs like food, air transportation, ground transportation, lodging, visas, passports, and miscellaneous expenses for patients requiring repetitive treatments.

The fund also supported patients requiring surgery and specialized medical care, including a 7-year-old boy from the Dominican Republic needing elbow surgery in Philadelphia, an 8-year-old boy from Colombia needing three orthopedic surgeries, and an 11-year-old girl from Ecuador requiring a below-knee amputation and fitting with a prosthesis.

The Aleppo Nobility's successful fundraising efforts allowed for substantial donations to both the Boston and Springfield hospitals, further enhancing their impact in the community. Overall, well over \$500,000 was

approved in funding, highlighting the significant contributions of the Shriners and their supporters in making a difference in the lives of children in need.

To drop off your collected TABS and support The Aleppo Transportation Fund, please visit your local drop off site: Medway Oil, 37 Broad St., Medway MA. To learn more about The Aleppo Transportation Fund, please see: The Aleppo Shriners Children's Transportation Fund Travels - Nobles - Aleppo Shriners.)

Drink more, SAVE TABS, it's for the Kids!!



Enjoy and Protect Hydrangeas from Hungry Deer

BY MELINDA MYERS

Low maintenance, beautiful flowers, and plenty of varieties have made hydrangeas a favorite landscape plant. It seems you can't visit a garden center or nursery without being tempted by one of the traditional favorites or newer hydrangea varieties.

Despite their easy-care nature, hungry deer can make it difficult to fully enjoy these plants. Rutgers University rates landscape plants based on their susceptibility to deer damage. According to Rutgers, hydrangeas are occasionally severely damaged by deer, meaning they are a plant preferred by deer and protection is advised. Your experience may be different and can vary from year to year, but it is always wise to be prepared to protect key plants in your landscape.

Deer like to browse leaves, tender shoots, flower buds, and blossoms. Damage is worse when populations are high, food is scarce, and when environmental stresses like cold and deep snow are present. Once deer find a place to dine, they tend to return. Their damage has a rough or torn appearance as opposed to a clean cut like that made by a pruner. Preventing damage is always the best way to maximize your enjoyment. Even if your plants have escaped damage in the past, continue to watch for deer tracks, droppings, and plant damage.

Fencing is one option but not always the most attractive or practical. An eight-foot fence is the recommended height for protecting large areas. The University of Minnesota found deer can be kept out of small gardens that are 8 x 16 feet or smaller with much shorter fences. Sturdy decorative posts and somewhat invisible deer fencing tend to make a less obtrusive fence. Always check with your local municipality for any fencing restrictions.

Many gardeners report success using high-test fishing line. Create a barrier using strong five-foot posts with the fishing line spaced at two-foot intervals.

Scare tactics may provide some short-term help. Motion-sensitive sprinklers, noise mak-



ers, and smells are often used. Several gardeners reported success placing colorful wine bottles inverted over rebar posts. The rattling helped discourage deer browsing and added an ornamental element to the garden. Change scare tactics to increase success.

Place key plants closer to your home, in the back of large beds, or surrounded by less susceptible plants. Making it hard to reach the plants can help discourage damage to hydrangeas.

Repellents are another option. Treat susceptible plants before the deer start browsing for the best results. Look for a rain and snow-resistant product, like organic Plantskydd (plantskydd.com), which does not need to be reapplied as often. That means you'll save time applying and spend less money.

Maximize results by treating new growth according to the label directions. Most liquid repellents need time to dry and can only be applied when temperatures are above freezing. Always check the label for the product being applied and follow the directions for the best results.

Continue to monitor the landscape for signs of deer presence and damage and adjust your management strategies as needed. Be persistent so you can increase your success.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Tree World Plant Care* for her expertise in writing this article. Her website is www.MelindaMyers.com.

Free Israeli Dance Class on May 19

The Bernon Family YMCA in Franklin will host a free Israeli dance class taught by Rina Wegman of the Israeli Folk-

dance Festival of Boston. The class will be held on Sunday, May 19 from 1:30 to 3:30 p.m.

The event is open to all and is funded by a grant from the Franklin Cultural Council.

'Call for Artists' for Franklin Sculpture Park

Calling all artists and creatives! The Town of Franklin Arts, Culture and the Creative Economy Department is excited to announce the opening wave of our Spring 2024 'Call to Artists' for the Franklin Sculpture Park.

This exhibiting opportunity aims to transform our town's public space into vibrant expressions of art, showcasing the talent and creativity of local artists. Whether you're an established artist or emerging talent, we invite you to be part of this exciting opportunity.

Selected artworks will become integral parts of our town's cultural landscape, enriching the

lives of residents and visitors alike. This is a chance to leave a lasting impact on the community and contribute to its cultural vibrancy.

Artists interested in submitting their work can find more information and access the application process at FranklinCulture.org. The submission deadline is June 1 at 9 p.m.

Join us in making Franklin a canvas of creativity! For inquiries or further information, please contact Cory Shea, Director of Arts, Culture and the Creative Economy, at cshea@franklinma.gov.

The Seven New Unitarian Universalist Values

Discussion to be Held at May 19 Service

In June, at the UU General Assembly, the UU Association of Congregations will be voting to replace our current UU Principles with seven new values. This is an exciting time of change and growth.

So what exactly are these new UU values? Where did they come from and why change from our old UU principles now? At our May 19 service, let's take a broad look at the what, the why,

and the how. The 10 a.m. service will be led by the FUSF Worship Committee Co-Chairs, Mary Dennis and Louise Marcoux. We hope you join us.

The First Universalist Society in Franklin (FUSF) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. For more information, please contact us at info@fusf.org or call 508-528-5348.

PorchFest Set for June 1

Franklin's PorchFest Committee is pleased to share that the number of participants and hosts has exceeded expectations, and the numbers continue to grow. Up to 40 bands and over 26 porch locations are confirmed, including many throughout the Dean College campus. PorchFest will take place on June 1 from noon to 6 p.m.

No band? No porch? NO PROBLEM!!! Get in on the fun by signing up on our website to volunteer. There are numerous

ways you can help. Visit Franklin.PorchFest.info and select the tab for Volunteer Signup.

Another way to help is by supporting local merchants. Between band performances, shop independent Franklin businesses or enjoy a lunch from one of Franklin's food venues. Pick up picnic fare to enjoy while listening to the performances.

Don't miss out on this unique opportunity to listen to great music and connect with Franklin's cultural community.

Norfolk Student Inducted into Cum Laude Society at St. Sebastian's

St. Sebastian's School Headmaster Bill Burke, Assistant Headmaster Mike Nerbonne, and faculty member Stefan Cressotti inducted 14 members of the Class of 2024 into the Cum Laude Society during a

ceremony held on April 12.

Neal R. Carlson of Norfolk was one of the inductees.

The Cum Laude Society honors scholastic achievement in secondary schools. Modeled after Phi Beta Kappa, the Society

has over 350 chapters in public and independent schools in the United States, Canada, England, France, Spain, Puerto Rico, and the Philippines.



From left, Assistant Headmaster Mike Nerbonne, Inductee Neal R. Carlson, faculty member Stefan Cressotti, and Headmaster Bill Burke.

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KP Drama & GAPS to Perform Musical "Annie" May 3 - 4

The King Philip Middle School's Drama Club and King Philip Regional High School's KP Drama & GAPS (Grady Auditorium Production Staff) are combining to perform the popular musical "Annie" this month.

Performances will take place on Friday, May 3 at 7 p.m. and Saturday, May 4 at 2 p.m. and 7 p.m. Tickets are \$12 for adults, \$8 for children under 12 and senior citizens. Reserved seating may be purchased through our ticket portal at <https://kingphiliphsdrama.seatyourself.biz/> or by accessing the site using our ticket sales QR code.

Since January, over fifty students from both King Philip Regional High School and King Philip Middle School have been rehearsing the script, the dances, and the music, while the technical students of GAPS have been designing and building the scenery and working on all of the technical elements for "Annie," one of the most successful and widely-loved musicals in Broadway history. Based on the popular Depression-era comic

strip by Harold Gray, "Annie" has become a worldwide phenomenon and was the winner of seven Tony Awards, including Best Musical. The beloved book and score by Tony Award winners Thomas Meehan, Charles Strouse and Martin Charnin, features some of the greatest musical theatre hits ever written, including the smash hit song "Tomorrow."

With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City orphanage that is run by the cruel, embittered Miss Hannigan. With the help of the other girls in the orphanage, Annie escapes to the wondrous world of NYC. In adventure after fun-filled adventure, Annie foils Miss Hannigan's evil machinations... and even befriends President Franklin Delano Roosevelt! She finds a new home and family in billionaire Oliver Warbucks, his

personal secretary, Grace Farrell, and a lovable mutt named Sandy.

Directed by the artistic team of Courtney Bottomley, Ryan DeWolfe, Lauren Duffy, and Arianne Barrett, "Annie" is the perfect family-friendly musical where every audience member will enjoy the uplifting music, the heart-warming story, and the terrific performances by the hard-working and talented students of the KP drama program.

We hope everyone will set aside their daily "hard-knocks" life for a few hours on May 3rd and 4th and join us in looking forward towards a "Tomorrow" that is full of promises of better times.



The King Philip Drama Program Proudly Presents

Annie

Friday, May 3rd at 7pm
Saturday, May 4th at 2pm & 7pm
In the King Philip High School Grady Auditorium

General Admission \$12
Students, Staff, and Senior Citizens \$8
Tickets can be purchased by scanning the QR code or by visiting <http://tinyurl.com/KPDramaAnnie>

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

KPMS Receives Grant for STEM Learning Courses

King Philip Regional Middle School recently received grant funds from the One8 Foundation to offer an expanded curricular program from Project Lead The Way (PLTW) to support STEM career learning.

PLTW is a nonprofit organization that provides a transformative learning experience for PreK-12 students and teachers through coursework in computer science, engineering, and biomedical science.

King Philip Regional Middle School joins more than 300 schools in Massachusetts and 12,000 schools across the country offering PLTW programs to millions of students.

"We are thrilled that our students will have increased opportunities to participate in innovative learning experiences and using real-world scenarios," Superintendent Rich Drolet said in a statement.

The grant funds will be used to implement two PLTW Gateway courses for the first time during the 2024-2025 school year at King Philip Regional Middle School. In the first unit offered, "Design and Modeling," seventh-grade students will discover the design process and develop an understanding of the influence of creativity and innovation in their lives. Students will work in teams to design a toy or game for a child with cerebral palsy, test it, and make necessary modifications to optimize the design solution.

The second unit, called "App Creators" will be available to

eight graders. This unit will expose students to computer science by computationally analyzing and developing solutions to authentic problems through mobile app development and will convey the positive impact of the application of computer science to other disciplines and to society. Students will customize their experience by choosing a problem that interests them in the areas of health, environment, emergency preparedness, education, community service and school culture.

Funds from the grant will support teacher professional development and the purchase of materials and equipment that will be used in PLTW courses. In addition, as a school with PLTW programming in Massachusetts, each school will have access to a regular set of teacher professional development opportunities, student project showcases and connections to industry professionals offered by the Mass Learning Project and the One8 Applied Learning Hub.

"Students are hungry for

experiences that allow them to apply what they are learning to solve real-world, meaningful problems," said One8 Foundation President Joanna Jacobson. "Providing equitable access to hands-on applied learning programs that deliver academic gains while building critical thinking and complex problem-solving skills ensures students are engaged and interested in school and prepared for success in this ever-changing world."

About Project Lead The Way

Project Lead The Way (PLTW) is a mission-driven organization that is transforming the learning experience for millions of PreK-12 students and thousands of teachers across the country. PLTW empowers students to develop in-demand, transportable knowledge, and skills through pathways in computer science, engineering, and biomedical science. PLTW's teacher training and resources support teachers as they engage their students in real-world learning.

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Sports

KP Boys Lacrosse Team has the Ingredients for Success

By KEN HAMWEY
STAFF SPORTS WRITER

For the last five years, the King Philip boys lacrosse program has qualified for the state tournament. By the looks of this year's squad, it seems like another playoff berth is just around the corner.

Last year, coach Hal Bean's Warriors finished with a 13-4 record before facing Milton in the playoffs where they lost, 11-7. Only five seniors graduated from that contingent, leaving the current KP team with 15 returnees.

Bean knows he's got a plethora of players who've got experience and can provide depth. But, he's also got competitors who bring lots of strengths to the table.

"Our team has a high lacrosse IQ, good technical skills, speed and quickness," he said. "We're also a team that passes well, is strong on offense and defense and our goaltending is an asset."

Bean, who's in his sixth season as the Warriors' coach, listed four goals that he believes are realistic and achievable.

"We want to qualify again for the tourney," he emphasized. "We also want to win some playoff matches. Two other objectives are to compete for the Kelly-Rex Division title and to improve our skills in practice and in matches."

KP's senior captains — Donovan DeVellis (attack), Noah Minkwitz (midfielder), Tyler Douglas (defender) and Jack Berthiaume (defender) — all lead by example and by being communicative and supportive. DeVellis and Minkwitz earned Hockmock League and Sun Chronicle all-star recognition last year. DeVellis had 58 goals and 45 assists (103 points) last season and at Local Town Pages deadline he had 19 goals and 6 assists for 25 points in five matches. Minkwitz scored 40 goals and had nine assists (49 points) last year.

"Donovan is instinctive, sees the field well and has a very accurate shot," Bean said. "A great teammate, he passes effectively and has speed and quickness. Noah is strong, fast, has a hard shot, is solid in transition and is superb on defense.

"Tyler is an excellent passer and plays his position in phenomenal fashion. He's tactically smart, aware of his surroundings and knows what strategy our opponents may be using. Jack is physical, fast and strong. One of our hardest workers, he's always under control."

Three players who compiled impressive statistics last year are junior Hayden Schmitz (midfielder), Mason Thompson (attack) and Thomas Kilroy (midfielder).

"Hayden is fast, has a high lacrosse IQ and is technically solid," Bean said. "He's quick in transition and he gets good placement on his shot. He scored 36 goals and had 31 assists for 67 points and was a Sun Chronicle all-star last year.

"Mason has a high lacrosse IQ, listens well and is a great teammate. He reacts well to his teammates during the flow of a game and is a common-sense player. He had 25 goals and 27 assists for 52 points last year and was a Sun Chronicle honorable-mention choice. Thomas is athletic, tall and covers lots of ground. He's unselfish, works hard and is a team-first player. A fantastic teammate, he scored six goals and had 22 assists for 28 points last year."

Three other key competitors include senior Cullen McCarthy (midfielder), sophomore Brodie McDonald (defender), and senior Henry Leclair (midfielder). McCarthy notched eight goals and 11 assists for 19 points last year, and Leclair had five goals and four assists for nine points.

"Cullen is a high character player who gives 100 percent all the time," Bean said. "Solid in transition, he's got good all-around skills and good hand-eye coordination. Brodie started as a freshman, he's physical, strong and intelligent. He's an athletic defender who relies on strong stickwork. Henry is a midfielder who handles faceoffs. He meshes well with all of our lines, he's got good instincts and has a high lacrosse IQ."

Sophomore Finn Cunningham is handling the goaltending chores. A starter on the jayvees last year, he also was the varsity



The 2024 King Philip boys lacrosse team is an experienced squad that has depth and experience.



King Philip's lacrosse captains are Donovan DeVellis, Tyler Douglas, Jack Berthiaume and Noah Minkwitz.

backup to James Boldy. "Finn sees the ball and field well, has good reflexes and moves efficiently," Bean said. "He makes the tough saves and he's calm and cool under pressure."

The 61-year-old Bean has a group of six players who'll get playing time and be counted on to contribute. They include senior Charlie Morris (midfielder), juniors Aiden McCarthy (attack), Pat Weiblen (attack), and Drew Bowen (defender), and sophomores Nick Longobardi (midfielder), and Jacob Booth (midfielder).

"They're a fine group of talented lacrosse players," Bean noted. "And, I expect them to make a major impact this year."

Bean has high praise for his staff of assistants. They include

Tyler Smith (head varsity assistant), Jeff McKee (varsity assistant), Tom Walsh (jayvee coach) and Steve Little who helps at both levels. "They all work well together, they're great with the players, they enjoy their roles, they're knowledgeable and I value their input," Bean said.

A native of Needham, Bean relies on a competitive philosophy that focuses on making sure his players reach their potentials and enjoy their athletic endeavors. "If that occurs, then winning will follow," he emphasized. "The players still need to work hard, develop their skills and communicate."

Bean also believes that valuable life lessons can be learned in sports. "Athletics can teach kids how to advocate for themselves, how to overcome adversity and be resilient," he offered. "Other things to be learned are leadership, being good teammates and how to build relationships."

Bean's five-year regular season record as KP's coach is 58-31. He's adding to that win number often and he's also developed a nice streak of tourney qualifications. At Local Town Pages deadline, KP had a 3-2 record.

The Warriors 2024 season should be a positive experience for the coaches and players, and a lengthy playoff run would certainly sweeten the journey.



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Save the Date! Wrentham Lions Annual Golf Tournament Slated for June 3

The Wrentham Lions Club will hold its annual golf tournament on Monday, June 3 at Wentworth Hills Golf Club, 27 Bow Street, Plainville.

Registration begins at 7 a.m. and start time is 8:30 a.m.

The cost is \$150 per golfer and includes continental breakfast, full lunch, green fees and cart. There will be raffles and prizes.

Please email Wrenthamlions33k@gmail.com if interested in playing or sponsoring a hole. Deadline to register is May 28.

5K/10K for New Life Furniture Bank Set for May 11

The annual New Life 5K Trail Run and the Soles of Medfield 10K are uniting for one event on Saturday, May 11. The race will take place on the Medfield State Hospital grounds and will benefit New Life Furniture Bank of MA.

Participants of all abilities – from seasoned runners to casual walkers – can enjoy a fun day out on routes that wind through the beautiful Charles River Reservation, Medfield’s rail trail, and surrounding neighborhoods. Not a runner? No worries! Join us to soak in the vibrant atmosphere, enhanced by entertainment from Bellföge Arts Center. Whether you crave the challenge of a 10K race, a friendly 5K, or cheering from the sidelines, this event promises something special for everyone.

Registration is open at <https://newlifefb.org/race/> or register on-site day of the race beginning at 7:30 a.m. Cost is \$35 for the 5K and \$45 for the 10K. Both the 5K and 10K will start at 9:30 a.m.

There will be a Kids Run Fun at 9 a.m. for ages 4-10 (register on-site for \$5).

Live music will follow the race. Early registrants will receive a T-shirt on race day.

“Last year, New Life served over 700 households, and the demand for our services is greater

than ever,” said Rich Purnell, New Life Executive Director. “This event is a fun and effective way to help us empower the individuals and families we serve with the means to furnish their homes.”

“Soles of Medfield is excited to collaborate with New Life to bring the New Life 5K Trail Run and the Soles 10K race together,” said Adam Graber of Soles of Medfield. “This is a community building event with an important purpose. Whether you are a runner, a walker, or just want to join the scene and enjoy some music, come be part of the fun.”

The mission of New Life Furniture Bank of MA is to provide gently-used household furnishings to individuals and families transitioning out of homelessness. The Medfield-based non-profit 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. In addition, 10% of funds raised support the Medfield Pedestrian, Runner, and Cyclist Safety Fund.

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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Becca’s Closet/Nipmuc Seeks Used Prom Dress Donations

Becca’s Closet is a non-profit organization that collects prom/homecoming dresses and accessories and distributes them to those in need.

You can support Becca’s Closet by donating any dresses you may have to Nipmuc Regional High School, 90 Pleasant St., Upton, on the first Friday of every month from 7 a.m. to 3 p.m. Dresses may be dropped off in the main lobby on the dress rack and accessories placed in bins.

Tax donation receipts are available.

If you need a dress, please follow our Instagram and Facebook account for upcoming dress distribution events.

For more information, contact: dasilvao25@student.mursd.org.

May Program Highlights at the Norfolk Senior Center

RSVP to 508-528-4430 or register for programs in person at the Norfolk Senior Center, 28 Medway Branch Road. For a full list of activities, visit the Senior Center page on the town's website: norfolk.ma.us.

Tuesday, May 7 at 10:30 a.m. Mother's Day Tea Party Breakfast Join us for a morning tea party breakfast in celebration of Mother's Day. We will have a variety of teas to choose from as well as orange juice. We will also have waffles, eggs, bacon, potatoes, and pastries. White gloves and hats are optional! Chris Carter will be playing acoustic guitar music. Space limited to 40 people. Women get first priority. RSVP required.

Friday, May 10 from 12:30 to 2:30 p.m. Unity Sanctuary Farm Visit On this private tour in Sherborn, MA, meet some of the farm's 225+ rescued farm animal residents and learn their stories, reflecting on the diverse plights of farm animals worldwide. Wear closed-toed shoes. A ride from the Center is possible for first 8 people who request transport. Free but RSVP required.

Friday, May 10 at 1 p.m. Trading Cards: History, Hobby, & Hard Cash Do you have a trading card collection? Ever

wondered what the cards could be worth? Bill Murray from Wild Willy's Sports Cards will talk about the history of trading cards dating back to the 1800s. He'll share pieces of his expansive collection, talk about his hobby and business, and tell you how to get your own trading cards evaluated and valued. RSVP required.

Tuesday, May 14, 1 to 3 p.m. Paint Party Social Local artist Amy Adams will guide you in a fun, stress-free afternoon of painting. All supplies will be provided and you will get to take home your creation. This program is made possible by the Norfolk Cultural Grant. Space limited to 15 people. Free but RSVP required.

Thursday, May 16 to June 20, from 2:30 to 4 p.m. Powerful Tools Caregiver Support This self-care educational program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for others. In the 6 weekly classes, caregivers develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family and providers, communicate effectively in challenging situations, deal with difficult feelings, and make

tough caregiving decisions. Class participants also receive a copy of "The Caregiver Helpbook." Contact Becky at 508-528-4430 or bpoynot@norfolk.ma.us with any questions or to preregister. Space limited. Free but RSVP required.

Thursday, May 16 at 6 p.m. Pioneering Women of Early Rock n Roll Concert In the early days of Rock n Roll, some of the most influential figures were women. This performance will show just how underrepresented women are in the music industry. David Polatin will play a selection of songs by different female artists on his guitar and his partner, Jill Goldman, will sing. This performance is made possible by the Norfolk Cultural Grant. RSVP required.

Tuesday, May 21, 10 to 11:30 a.m. COA Board Focus Group What do YOU want? Council on Aging board members want to hear from you. Come discuss your ideas and vision for the Center. Pastries will be served. RSVP required.

Tuesday, May 21 at 11 a.m. Gerry's Place Restaurant Last lunch for the season, prepared by Culinary Arts students at Tri-County Regional Vocational Tech High School in Franklin. Menu choices are lasagna or

baked stuffed haddock with potato and vegetable. There will be a side salad and dessert served with the meal. Cost: \$11.95 (pre-pay at the Center). Ride possible from the Center at 10:30 a.m. RSVP by May 14.

Wednesday, May 22, 1:30 p.m. Learn How to Play the Ukulele Want to try an instrument that is fun & easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own. Limited to 24 people. RSVP required.

Thursday, May 23, 7:30 a.m. to 6:15 p.m. Blossoms & Butterflies Trip Explore Smith College Arboretum. Enjoy lunch at the Deerfield Inn. Lunch choices: herb crusted white fish, lemon-rosemary chicken breast, or vegetable lasagna rolls, plus rolls,

green salad, coffee, tea, and dessert. Continue with a self-guided tour at Magic Wings Butterfly Conservatory and Gardens. Finish the day exploring Yankee Candle Village. Cost \$145. Minimum of 35 people for the trip to run. RSVP by May 14.

Friday, May 24 at 1 p.m. Living with Wildlife Lara Kazo of Mass Audubon's Metro South Region will discuss the harmonious coexistence of humans and the wildlife that inhabit our community and natural landscapes. She explains how it is possible to share space with native species while ensuring everyone's safety. Participants will gain insights into how to peacefully coexist with these animals. This program is made possible by the Norfolk Cultural Grant. RSVP required.

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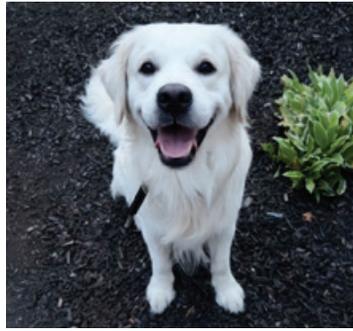
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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday

A New Cruiser for Norfolk Police and Community Resource Dog Mitch

The Norfolk Police Department has put a new cruiser, fit for Community Resource Dog Mitch, into service.

The new cruiser, a 2023 Chevy Tahoe PPV- N11, was put into service on Monday, March 18.



The Norfolk Police Department has put a new cruiser, fit for Community Resource Dog Mitch, into service.



Community Resource Dog Mitch visits the H. Olive Day School.

The SUV serves as a replacement for a Norfolk Police cruiser that was totaled after it was hit by an alleged drunk driver in August 2023. Funding for the new cruiser came from an insurance reimbursement from the previous cruiser that was involved in the crash.

The cruiser features new transportation and safety measures to best protect the health and well-being of Community Resource Dog Mitch and his handler Sgt. Joe Choiniere.



The new cruiser, a 2023 Chevy Tahoe PPV- N11, was put into service on Monday, March 18. Photos courtesy Norfolk Police Department.

Should the temperature in the vehicle rise above 90 degrees, a safety system will automatically drop windows on either side of the kennel, turn on a window fan to circulate outside air, implement a unique horn pattern and alert Sgt. Choiniere via a pager on his duty belt.

“Mitch is an essential member of our department and of our community,” said Police Chief Timothy Heinz. “We are proud to present Mitch and Sgt. Choiniere with a cruiser that will meet their needs and help them to best serve the Norfolk community.”



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Real Estate Corner

Franklin Issues REI for Former Davis Thayer Property

Offers Site Tour May 1st

Request for Expressions of Interest for the Purchase/Lease & Redevelopment of the Former Davis Thayer Elementary School at 137 West Central St. in Franklin

The Town of Franklin is pleased to present this Request for Expressions of Interest (REI) in an effort to generate ideas for reuse of the former Davis Thayer Elementary School building and land, located at 137 West Central St.

Deadline: Expressions of Interest must be submitted to the Purchasing Office by May 31, 2024 at 1 p.m.

Information Sessions and Site Tours: The Town offers you the opportunity to learn more about the site through participation in an Information Session and Site Tour scheduled for May 1, 2024 from 10 a.m. to 2 p.m.

Those interested in submitting a proposal can access the full REI - at: <https://www.franklinma.gov/purchasing/bids/request-expressions-interest-davis-thayer-elementary-school> or

<https://tinyurl.com/DavisThayerREI>



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Available Property Inventory Tries to Catch Up

Norfolk County recordings in March 2024 show a decrease in the total number of documents recorded, which includes a decrease in property sales and mortgage recordings compared to March 2023. This decrease can be attributed to a variety of factors, including high competition, high property prices, and a limited inventory of available property.

The Registry of Deeds recorded 7,664 documents in March 2024. This was 10% less than in March 2023, but a 13% increase compared to February 2024.

“The number of deed recordings and mortgage recordings are significant contributors to overall real estate activity, and whenever either or both of these numbers decline, there will be a

substantial decrease in the total number of recordings,” stated Norfolk County Register of Deeds William P. O’Donnell.

For the month of March, lending activity also showed a decrease compared to the same month a year ago. A total of 1087 mortgages were recorded in March 2024, down 15% from March 2023 but up 19% from last month.

“The decreasing trend in mortgage recordings has significantly slowed, but total recordings are still lower than last year, likely because those who locked in lower mortgage interest rates in 2020 and 2021 are less likely to refinance at current rates and some may be holding out for lower mortgage interest rates, predicted for later this year,” stated O’Donnell.

The average sale price of commercial and residential properties for March 2024 rose to \$1,043,639, an 18% increase compared to March 2023 and an increase of 5% from February 2024. The total dollar volume of commercial and residential sales is up, increasing 8% from last year and up 36% from last month.

O’Donnell noted, “With a limited supply of available properties on the market, any increase in demand is likely to cause an increase in the average property sales price even with the increase in listing moving into the home buying season.”

According to the Massachusetts Association of Realtors, since the start of 2024, new listings have increased each month compared to the previous month.

The total number of deeds recorded for March 2024, which reflects both commercial and residential real estate sales and transfers, was 1,176, down 6% from March 2023, but up 22% from February of last month.

“I think many would agree that it is a difficult market for buyers, especially first-time home buyers, due to the limited

inventory of available property and an increase in property prices compared to previous years,” said Register O’Donnell. “As we move into the traditional home buying season, there are some signs of improvement in regards to the number of property listings, which may help alleviate some of the pressure on buyers. However, the overall trend of a lack of inventory and increasing prices is still a concern.”

The real estate market still has a few hurdles to overcome and continues to be highly competitive due to the high demand to live and work in Norfolk County communities and the inventory of available property, noted O’Donnell.

“We will need to wait and see if the increase in property listings is enough to overcome the demands for housing here in the communities of Norfolk County.”

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. All land record research information can be found on the Registry’s website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

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Here’s a glimpse into what the 1Q 2024 stats are vs 1Q 2023: (as per MLS)

TOWN	# SF HOMES SOLD	DTO	AVG SALES PRICE	SP:OP%
Norfolk	16/19	39/24	\$845,937/\$760,627	98%/99%
Wrentham	8/ 11	28/ 36	\$806,000/\$529,800	99%/98%

SF: Single Family DTO: Days to offer SP:OP : Sale Price to Original Price MLS: Multiple Listing Service



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Real Estate Corner

HONOR ROLL

continued from page 15

John; Griffin, Annie; Guasch, Katalina; Hall, John; Hamilton, Noah; Hanf, Courtney; Haviland, Matthew; Hay, Brayden; Herlin, Delaney; Heslin, Sage; Hicks, Sienna; Hogan, Benjamin; Holmes, Carter; Hostetler, Joshua; Howard, Anya; Huot, Hallie; Jelloe, Louis; Johnson, Owen; Kania, Daniel; Keays, Mia; Kelly, Edward; Kennedy, Jacoby; LeBlanc, William; Lee, Payton; LeFleur, Connor; Lip-tak, Reilly; Lomuscio, Samantha; Lussier, Kellan; MacEachen, Mark; Marella, Chad; McEvoy, Joseph; McGowan, Colleen; McHugh, Patrick; McManus, Caitlyn; McNeil, Robert; Melise, Brayden; Miller, Evan; Murray, Cheyenne; Neelon, Patricia; Nesterovich, Olga; Nichols, Eleanor; Niedzwecki, Emma; Noonan, Maria; O'Donnell, Molly; Payne, Tyson; Pontes, Anna; Poynot, Jesse; Reda, Emerson; Robinson, Isla; Rose, Paxton; Sharpe, Isabella; Simmer, Cameron; Steidel, Lyra; Thomas, Emily; Thurston, Savannah; Tunstall, Khylin; Whiting, Savannah; Willette, Nicholas; Zaffalon Godoi, Gabriel; Zahner, William.

8th GRADE HONORS

Atakian, Vanessa; Charland, Tyler; De Souza, Victor Emanuel; Heinselman, Brayden; McRell, Peyton; Nerney, Julian; Portillo, Luka.

7TH GRADE HIGHEST HONORS

Alexander, Isabella; Almeida, Lillian; Baker, Falyn; Barry, Georgia; Batt, Alexandra; Beaupre, Charles; Bell, Katherine;

Bostrom, William; Bright, Chase; Brumbaugh, Alanna; Burrows, McKinley; Cataldo, Gabriella; Cecko, Mia; Chacon Castillo, Marcela; Chavers, Genevieve; Coen, Molly; Courier, Madelyn; D'Amelio, Nicole; Desrosiers, Ava; DeVasto, Norah; Diamond, Anna; DiFiore, Karlie; Dunfey, Connor; Egan, Quinn; Fabiano, Lucy; Flanagan, Riley; Fuller, Vanessa; George, Daniel; Gonzalez, James; Hambelton, Benjamin; Hayes, Mason; Herman, Quinn; Hunt, Maxwell; Jarvis, Emery; Johnson, Jessica; Kassay, Alexandra; Kelly, Nyla; Kelly, Rylan; Lacana, Macy; Lanza, Carah; Leardo, Owen; LeBlanc, Riley; LeBlanc, Stephanie; Loehfelm, Quinn; Lopes, Theodore; Lussier, Jack; Lyons, Mia; Mastro, Olivia; Mastro, Owen; McCarthy, Rowen; Medeiros, Caleb; Menneni, Medha; Miles, Evelyn; Morris, Matthew; Murk, Mae; Nayyer, Daniel; Noonan, Aoibhe; Noonan, Saoirse; O'Leary, Rowen; Passafaro, Leah; Pennini, Isabella; Pitman, Jackson; Poklemba, Jonah; Pompei, Nicholas; Poska, Ryan; Pradeep, Misha; Rizzo, Sophia; Rudsit, Alexander; Russas, Riley; Salinger, Benjamin; Sanderson, Ceanneidigh; Sharris, Grace; Smith, Brooklyn; Stafford, Tyler; Stevens, Cameron; Thomas, Madison; Tillson, Cole; Valia, Hiya; Vierkant, Bryan; Wells, Avery; Werdann, Zackery; Yanni, Hannah.

7th GRADE HIGH HONORS

Alley, Emily; Bailer, Zachary; Batt, Parker; Beaupre, Emerson; Caruso, Amber; Clancy, McKenna; Cleary-Fallon, Olivia; Cleverdon, Jeffrey; Clough, Maile; Conley, Nathan; Cooney, Aiden; Corcoran, Maximilian;

Crotty, Braeden; DaSilva, Cooper; Davis, Alexandra; Davit, Parker; DeAngelis, John; Desrosiers, Gavin; DoRosario, Kelton; Dow, Paige; Duffy, Caroline; Durniok, Lyla; Dwomoh, Quinn; Estime, Savannah; Flaherty, Emma; Forrester, Cole; Foss, Persephone; Francoeur, Natalie; Frye, Noah; Gallerani, Abrianna; Gill, Samson; Gilmore, Kailey; Haddad, Liam; Hicks, Vivienne; Jordan, Landon; Keleher, Owen; Kennedy, Grace; Kenney, Bridget; Kilroy, Teagan; Kissell, Chloe; Kohler, Daxin; Kollu, Anjali; Kurt, Derin; Lawrence, Thomas; MacDonald, Emily; Makrin, Stella; McCormick, Mason; McCreedy, Grace; McDuff, Hayden; McGrath, Grace; McNulty, Adam; Mehrotra, Karyna; Milici, Zachary; Monti, Nicholas; Mosley, Matthew; Murphy, Madelyn; Oxley, Emma; Pacella, Giovanna; Perachi, Ryan; Podzka, Brendan; Preite, Catherine; Reda, Hadley; Richard, Emma; Ritchie, Juliana; Rogoff, Laine; Santagate, Owen; Saraf, Logan; Schmier, Rebecca; Sheerin, Ivy; Signes, Adam; Silva, Emily; Spak, Tyler; Spiller, Lylah; Stacy, Kian; Stavris, Emmett; Tessier, Iris; Todd, Madalyn; Tomes, Anthony; Uriarte, Justin; Varey, Cecelia; Waldner, Abigail; Walker, Christian; Ward, Chase; Yanosick, Patrick.

7th GRADE HONORS

Babbitt, Luella; Ciavola, Brooke; Clough, McKenzie; Evans, William; Gillis, Jessica; Grazado, Jack; Griffin, Paul; Jacobs, Graham; Keough, Myles; Khouri, Mason; Laplante, Bryce; LeBlanc, Cameron; Morrissey, James; Russas, Michael; St. Laurent, Casey; Sullivan, Maeve; Winer, Justin.

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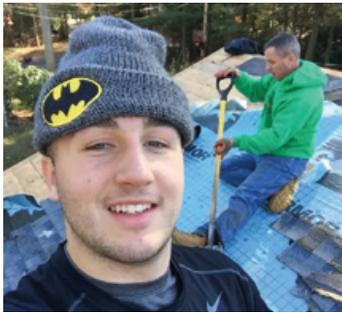


JEN SCHOFIELD

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