

The Community Responds

Norfolk Prepares for Shelter Residents

By JOE STEWART

On May 10, State Representative Marcus Vaughn (9th Norfolk district), shared that the State had selected the Bay State Correctional Center as the next overflow shelter location to house about 150 families (450 individuals). The State indicated that the anticipated move-in date would be mid-June. Following that announcement, local officials began to prepare and residents began to react.



The following day, several Norfolk residents formed a Facebook group, Norfolk Welcome Wagon (NWW), and invited like-minded residents to join and collaborate. Since then, more than 200 people have joined the group and the organizers launched a website, <https://norfolkstrong.org/>, with a "Sign Up Here" form to better organize volunteers.

Three members of the NWW steering committee, Lucy Bullock-Sieger, Ron Tibbetts, and John Bowman-Colin, all Norfolk residents,

were interviewed for this article. Also interviewed was a Wrentham volunteer, Mike Dacko, a master electrician and proprietor of His Way Electric Corp.

In response to the question, "What compelled you to get involved?" several responded with a variation of, "We're all immigrants or descendants of immigrants."

Bullock-Sieger shared that she has been involved with

refugees and migrants, including working for the International Catholic Migration Commission; Tibbetts was the executive director of the Episcopalian homeless mission in Boston for 14 years; and Bowman-Colin shared that he's a descendant of immigrants - his great-grandparents migrated to Boston and first lived in a West

SHELTER

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KP coach Kate Fallon-Comeau was hoping to add the 2024 Division 1 softball championship banner to the Warriors' three previous ones, but Taunton High had other ideas.

Taunton Tops KP, Keeps Softball Dynasty Intact

Tigers Roll To 9th State Championship

By KEN HAMWEY
 STAFF SPORTS WRITER

Dynasties in any sport at any level are not always easy to start or easy to maintain. At Taunton High, however, their softball teams seem to have found the formula.

The Tigers' 5-0 victory over King Philip in the Division 1 championship final at UMass-Amherst marked the fourth

CHAMPIONSHIP

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End tenement. His grandfather, one of 13 children, needed an emergency appendectomy which was paid for by a family from the wealthy side of Beacon Hill. Without that generous support, Bowman-Colin's mother and others, an entire generation, would not have been born.

Dacko, the electrician, said that in 2021 he was arriving at a job site and saw a man using crutches who appeared lost. Dacko pulled over and offered to help the man – who was on his way to an interview but was miles from the correct address. On the way to the interview, Dacko learned the man's name, Kenny, and that the man had been an attorney in Kenya but had fled following weeks of torture resulting in the

amputation of his leg. Kenny thought it was a miracle that he had made it to Boston. They struck up a friendship, and Kenny became very close to Dacko's family. Since then, Kenny has moved to Phoenix, AZ and is nearing the end of law school, planning to resume his career.

Those experiences motivated Dacko to involve his wife and three children in helping migrants; they recently traveled to the Dominican Republic to help at a Haitian refugee camp. Dacko recalled the fun that his children had while playing soccer with Haitian children. Who knew that smiles and a soccer ball could so quickly break through language and racial barriers? When he learned of the children who will move to Norfolk, Dacko contacted the King Philip Soccer Association (KPSA), which organizes youth

and travel soccer for Norfolk, Plainville, and Wrentham players in grades 3-8, to see if together they might help.

In an email response, Gwen Prater, KPSA president, confirmed that suitable soccer gear has been identified and that KPSA will be partnering with the Norfolk Recreation Department to get the equipment delivered after families have settled in.

Tibbetts highlighted that residents have a stark choice: either embrace these people or reject them. He shared that his experience has taught him that embracing people, particularly those on the margins, expands one's worldview. Tibbetts, also a vocational deacon at St. John's Episcopal Church in Franklin, noted that faith communities have an obligation to serve and that has motivated him to coordinate with Norfolk's Federated Church and the Emmanuel Baptist

Church, as well as the Church of the Advent in Medfield and his own St. John's.

Bullock-Sieger shared that NWW volunteers have prepared and delivered care bags for Norfolk Fire and Police to hand out as needed once the shelter opens. NWW has deferred additional projects until the steering committee meets with the State's onsite service provider, Heading Home (at press time the contract had been awarded but not finalized). From experience, Bullock-Sieger expects people at the shelter will need help with clothing, children's activities, learning the English language, and support groups for moms; basically, anything and everything to help them integrate with the community and prepare for the future.

Bullock-Sieger concluded by observing that fear travels quickly, that this is an opportunity to

shape Norfolk's future, and that "people can do hard things." Tibbetts pointed out that children reflect their parents' values – what is said at home is what children say at school. And Bowman-Colin quoted Emma Lazarus' poem, "The New Colossus," made famous by the Statue of Liberty:

*Give me your tired, your poor,
Your huddled masses yearning to
breathe free,
The wretched refuse of your teeming
shore.
Send these, the homeless, tempest-tost
to me,
I lift my lamp beside the golden door!*

Editor's Note: At Local Town Pages press time, the State announced that the shelter move-in date had been moved to late June.

Heading Home Describes Plans

By JOE STEWART

Heading Home is the service provider that won the competitive

contract to provide shelter services at the prison. We spoke with Danielle Ferrier, CEO of Heading Home, to learn a bit about their plans.

Ferrier confirmed that Heading Home won the state's open bidding process, that they expect to finalize the contract by the end of June, and plan to begin operating in mid-July. Ferrier shared that Heading Home emphasizes permanent housing attainment as a cornerstone of their services. According to their website, [https://](https://www.headinghomeinc.org/)

www.headinghomeinc.org/, "For 18 years running, Heading Home's clients have achieved an annual permanently housed retention rate of 90%+."

Heading Home currently provides services to more than 350 families in eastern Massachusetts. In coordination with the state, Heading Home plans a phased move-in, meaning that once the Norfolk facility has been prepared and approved for occupancy, families will move in gradually, likely in smaller groups of 15-25 families.

Their immediate objective is to stabilize families, to assure that they have food, clothing, and housing in a safe and secure environment. Heading Home will provide 24-hour, 7-days-a-week onsite services including onsite security and health services. The intent is to minimize the impact on local services, such as emergency calls for medical services, while also putting families on a path to self-sufficiency. Ferrier described it as somewhat like a juggling act: supporting the families with food, housing, education, and employment services, all the while maintaining focus on what's best for the children.

Regarding pressure on local schools, Ferrier noted that the specific demographics of the families moving to Norfolk are unknown but that as the families will be moving in during the summer, there will be time to plan for the fall. Based on Heading Home's experience at its other shelters, 60% of families are existing residents of Massachusetts and 40% are newly arriving families.

Ferrier also observed that the single most important support that homeless families need is permanent housing and that Massachusetts has been suffering from insufficient housing supply for years now.

When asked about the state's MBTA Communities efforts, Ferrier declined to comment specifically and shifted to Heading Home's efforts to bring highly af-

fordable housing to market. Ferrier shared that purchasing abandoned buildings, such as office and warehouse space, doesn't take as much time and effort as securing permits. Heading Home purchased an abandoned building in Boston several years ago and expects that its 20 units will be available later this year.

Referring back to Heading Home's focus on permanent housing, Ferrier described success as every family living in safe, permanent housing.

In an email exchange, Governor Healy's press secretary Karrison Hand confirmed that families should begin to move in toward the end of June and that approximately half of the families are new immigrants and half are longtime Massachusetts families, similar to what Ferrier said. Hand noted that the state expects to operate the shelter for six to twelve months.

Hand also described the facility as having a cafeteria, gymnasium, large common room, as well as classroom spaces for adults to engage in activities that support pathways to stability such as ESOL classes, job training courses, and housing search workshops.

Hand emphasized that the administration has been in frequent communication with local officials and highlighted health and security efforts such as working with families to ensure that they are up to date on vaccinations and contracting for security at the facility.

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CHAMPIONSHIP

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straight state title for the program and its ninth championship overall. The powerhouse program claimed Division 1 championships in 1997, 2002, 2003, 2007, and 2018. The last four were won from 2021 through 2024.

“It’s an indescribable feeling,” said Taunton coach Michelle Raposo. “We talk about it all the time, but we didn’t think this could be possible. Going up against KP, we knew that the only way they could beat us was if we beat ourselves. So, we had to play our game.”

The Tigers played like the champions they are and competed like a team that was on a mission to sustain its dynasty. They combined timely hitting with superb pitching and fielding.

Taunton senior Sam Lincoln, who’s committed to play for Texas Tech, threw a complete game shutout. In her final outing as a Tiger, Lincoln, the 2024 Gatorade Mass. Softball Player of the Year, shut out KP for a second time this season. The southpaw pitched all seven innings, giving up four hits and three walks while striking out nine.

The ace of Taunton’s staff, Lincoln also hurled a 14-strikeout, one-hit shutout to defeat second-seeded Central Catholic, 1-0, in the Tigers’ semifinal clash that enabled the Hockomock League champs to advance to the state final.

“Sam did an unbelievable job of just going out there and commanding her pitches,” said Raposo. “She was just confident and more relaxed out there and she believed in her fielders.”

Third-seeded Taunton ended its season unbeaten at 25-0 and the No. 21 seeded Warriors finished at 17-10.

Facing the Warriors for a third time this spring, Lincoln worked on mixing speeds between her high-powered fastball and effec-

tive screwball to keep KP off balance.

“There’s no other way I wanted to end my high school career,” Lincoln said.

KP coach Kate Fallon-Comeau lauded her Warriors’ grit and perseverance but also credited Taunton for its triumph.

“The better team won today,” she said. “They strung together timely hits and got the runs. For us, it was a great season, not the ending we had hoped for but we worked really hard to get there. I’m very proud of this group.”

Fallon-Comeau again emphasized KP’s grit and perseverance.

“I’ve seen a lot of that from our girls over the past two to three weeks,” she said. “They kind of found their identity as a team and part of that is the grit they have. They never give up and they’ve been fighting for everything they want. They’ve worked so hard to be at this level and be on the field with this team in the final. There’s no way any other team in the state worked harder than them to get here.”

The Tigers’ sophomore right fielder, Mia Torres, who went 3-for-4 with a pair of runs and an RBI, helped Taunton go up, 1-0, in the bottom of the third inning. She tripled, then came home on a sacrifice fly to left field by freshman third baseman Bella Bourque (1-for-3, two RBIs).

An inning later, Torres drove in sophomore first baseman Gracie Oliveira (1-for-3, run) with an RBI single before advancing all the way to third on a passed ball as freshman second baseman Madison Crowley came home. Then, Bourque drove in Torres a second time, this time on a single to shallow center to make it 4-0.

The final run came when junior shortstop Brooke Aldrich (1-for-3, run, RBI) clubbed a solo homer over the left-field fence in the bottom of the fifth for her sixth and final home run of the postseason. That’s when Jordan Bennett replaced KP starter McCoy Walsh.

The Warriors had several chances to score but failed in the first two innings. With one out in the first, Ava Kelley singled and moved to third on a wild pitch and a ground out. In the second, KP put a runner on but a double play ended the inning.

“We executed the game plan for the first few innings,” Fallon-Comeau said. “The difference was we couldn’t put any numbers on the scoreboard. Lincoln was throwing lots of pitches, we were fouling off a lot and putting balls in play. We just couldn’t push a run across.”

TOURNEY NOTES: The Tigers moved past Bishop Fenwick for the second most softball titles, now two behind Turners Falls, which has won 11.... Torres, who is the daughter of Raposo, has a statistic linked to her mother. They both have back-to-back state title wins. Her mother did it as a player in 2002 and 2003, and again as a coach in her first two seasons. The pair shared the title experience of the past two years together....To advance to the final, KP’s Walsh, who’ll be a junior next season, and senior Taylor Regan played key roles in

enabling the Warriors to defeat top-seeded Wachusett, 2-1, in their semifinal matchup. Walsh struck out 14 on three hits without allowing an earned run and walking only four. Regan singled past third base, driving in Kel-

ley with the winning run in the 10th inning....Taunton’s four straight titles have come against Wachusett in 2021, Peabody in 2022, Central Catholic in 2023 and King Philip last month.



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KPHS Class of 2024 Valedictorian and Salutatorian Announced

The valedictorian of King Philip High School Class of 2024 is Dean Cardner and the salutatorian is Isabella McFarlane.

Dean Cardner

“Dean Cardner is the valedictorian of King Philip Regional High School, class of 2024, and is the top student in his class who has consistently demonstrated academic excellence,” said Principal Nicole Bottomley in a statement. “Dean’s dedication to academic success is matched by his strong work ethic, and he consistently sets a high standard for his peers. Dean’s achievements as a National Merit Semifinalist and AP Scholar with Distinction speak to his intellectual abilities and commitment to his education.”

In addition to his academic achievements, Cardner was involved in Model United Nations, having earned recognition as the Best Delegate several times.

He was also involved in both the Marching Band and Jazz Band. Outside of school, Cardner contributed to his community as an employee at STEM nonprofit New England Sci-Tech, Inc., and he is interested in pursuing a career in the field of science and technology. Cardner has been the recipient of the AP Scholar with Distinction Award and achieved the status of National Merit Semifinalist during his high school years.

He has committed to the Georgia Institute of Technology to study Aerospace Engineering for the next phase of his education.

Isabella McFarlane

“Isabella is an incredibly intelligent and kind individual whose intellectual curiosity, strong work ethic and dedication to her studies are commendable,” said Principal Bottomley. “Isabella’s membership in multiple presti-

gious honor societies reflects her commitment to academic excellence, leadership, character and service.”

In addition to her academic achievements, McFarlane was involved in her school community through peer tutoring, the Leo Club, Student Government, KP Cares and her church. Isabella has pursued her artistic interests throughout her time as a young scholar, becoming a pre-professional ballet dancer. Due to her achievements as a dancer, Isabella was invited to participate in Pittsburgh Ballet Theatre’s Company Experience program.

“Throughout her time as a student, Isabella has demonstrated immense talent, discipline and perseverance,” said Principal Bottomley.

McFarlane has committed to Williams College to study Astrophysics next fall.



The valedictorian of the 2024 graduating class is Dean Cardner and the salutatorian is Isabella McFarlane (Photo Courtesy King Philip Regional Public Schools)

Wrentham Lions Announce Scholarship Recipients

The Wrentham Lions Club awarded four scholarships for \$1,500 each to graduating seniors at King Philip’s Awards Night on June 6. The scholarship winners were:

- Wrentham Lions Club Phil & Mickey Scott Memorial Health Profession Scholarship winner - **Liam Nolan**
- Wrentham Lions Club Mariano Bernardini Memorial STEM Profession Scholarship winner - **Isabella McFarlane**
- Wrentham Lions Club Educational Opportunity Scholarship winner - **Shaylee Cahoon**
- Wrentham Lions Club Eugene “Skippy” Brooks Memorial Leadership Scholarship winner - **Ian Knott**

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An Exhibit of More than a Century of Bridal Fashions

This summer, the Franklin Historical Museum welcomes the return of the Bridal Gown Exhibit, *Something Old and Something New!* See gowns worn by Franklin brides in a range of fashions throughout the decades, from the late 1800s right up to the 2000s.

The exhibit will run through Sunday, August 4 during regular museum hours: Saturdays 10 a.m. to 1 p.m. and Sundays 1 to 4 p.m.

Each gown carries with it a unique story, preserving the hopes and dreams of each bride on her special day for generations to come. The 2024 exhibit features the highly requested 1946 parachute dress with the

amazing 15-foot train, constructed of Japanese parachute silk.

On July 14, fashion expert Ren (Karen) Antonowicz from Spirits of Fashion (spiritsoffashion.com) will discuss some of the styles and details of dresses on display as well as the broader trends they represented. Her presentation begins at 1:15 p.m. (doors open at 1 p.m.).

The Franklin Historical Museum is located at 80 West Central Street. Exhibits and events are always free. Visit <https://www.franklinmuseum1778.com/> for more information. Email Alan Earls at alan.r.earls@gmail.com with any questions.

Volunteers Tackle Wrentham Cemetery Restoration Project

"Cemeteries are the archives of a community's heritage, preserving its legacy for generations to come." -Unknown

On Saturday, June 8, a group of volunteers engaged in a cemetery restoration project in Wrentham center, with the goal of cleaning hundreds of gravestones in the historical cemetery.

The volunteers were equipped with water bottles filled with a D2 microbial agent that helps to gently and safely remove biological growth from the stones. Over time, lichen or moss can cover the surface of a stone, which eventually causes it to decay, and makes reading the stone difficult. If left unmaintained, the lettering can become worn to the point where it's no longer readable.

Major results will be noticed on most gravestones in three months. The larger monuments can withstand power washing with the solution, and the results are immediate and impressive.

The restoration project also includes the professional repair of more than ten historical gravestones that have become damaged, cracked or broken. Tribute in Stone will complete the repairs on the identified stones.

This project was funded by the 350th Anniversary Committee, and was jointly organized by 350th Committee member Karen Becker, Ray Rose of the DPW, and Lisa Munn of the



Wrentham Lion's Club.

Phil Costanzo donated over ten gallons of the D2 microbial agent solution used to clean the stones.

The community project was selected and funded by the Wrentham 350 Committee. The

Committee was honored to help preserve the final resting place for residents instrumental in Wrentham's early history.

Project organizers would like to make this an annual activity for the town.



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

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

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

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

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm



like, 'Oh my god, I need a tarp.'"

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

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

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

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships

Business spotlight

with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

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

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

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Local Book Club Marks 27 Years, 200 Meetings

BY GRACE ALLEN

A Norfolk-based book club marked a significant anniversary in May: the group held its 200th meeting.

The “Between the Wines” book club has been gathering for 27 years now, a tribute to a love of books and friendship. Formed in 1997, the club has continued through the ups and down of life, a world-wide pandemic, and even members moving out of town.

According to Nancy Fire, one of the founders of the club, a love of reading is just one of the commonalities that drew the members together.

“We have raised our children together, we have lived our lives together, and we know so much about one another and we’re so close at this point,” said Fire. “When my children were young, unless someone’s arm was hanging off, they knew I was going to book club. Because I was a stay-at-home mother at the time, and the one thing I was bound and determined to make sure I went to was book club.”

Reading, however, is the primary purpose of the group, emphasizes Fire.

“This is a group of readers,” she said. “One of the great things about book club is that it really prompts you to read books you wouldn’t normally select on your own. Most of us have a favorite genre, but a book club encourages you to read outside that comfort zone. Even if some of us might not love a book, we still tend to have really great discussions about it.”

Eileen Stetter, a member since 2005, serves as the club’s informal president and helps keep track of all the books the club members have read. While the list is helpful, it’s often the discussions around a book that help cement it in the members’ minds.

“I love being able to talk to people about a book I’ve read,” said Stetter. “Because otherwise you close the book when you’re done with it and you move on.”

The first book the club ever read was “Midwives” by Chris Bohjalian. Both Fire and Stetter agree the club’s favorite book was

“The Red Tent” by Anita Diamant because it often comes up in group discussions, even years later. “Gilead” by Marilynne Robinson has the dubious distinction of being the club’s least favorite book, say the women.

The 200th book was “The Frozen River” by Ariel Lawhon.

The club, which currently has nine members, has few rules. The meetings rotate between members’ homes, and the hostess, who picks the book under discussion, provides food and drink. The hostess raises discussion points, but the night generally evolves organically, said Stetter.

“The first hour may be socializing and catching up, because we genuinely like each other,” she said. “But then we launch into talking about the book. It’s both a celebration of friendship and intellectual curiosity.”

In 1997, the book club numbered around 12 women, some of whom have moved away yet still return for book club, at least occasionally. Even the women who no longer are part of the group are acknowledged for



“Between the Wines” book club members at their 200th meeting. Front row, from left: Nancy Fire, Stephanie Marra, and Emily Ellen. Back row, from left: Eileen Stetter, Tracy O’Leary, Elaine Lannigan, Elaine Mason, and Elaine McCarthy. Missing: Joan Reale.

helping establish the club, noted Fire.

“There were people who were members for 20 years,” she said. “They were an integral part of this group, and we all look fondly upon every former member.”

An appreciation of others’ opinions, and a willingness to respectfully listen as to why members connect or don’t connect to a book, is often the key to success for a book club. Because many of them do fail or fade away. It

seems Norfolk’s “Between the Wines” book club has found the secret sauce to success.

“The longevity is because of the relationships,” said Fire. “This is the most incredibly supportive, wonderful group of women. Everybody cares about one another. When we started, one member was pregnant with her first child. And now we’ve evolved to members with grandchildren. It’s just a testament to time, as well as a love of books.”



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Glenn Brown, CFP

spending encourages individuals to seize opportunities to enjoy life while they can. It shifts focus from material wealth to emotional wealth — the happiness, satisfaction, and memories that come from shared experiences and personal adventures.

Why experience spending?

Beyond the concept of having greater value for experiences versus things, studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

The challenges of getting advice to spend money.

The financial industry, in particular investment management and financial planning, places too little emphasis on helping clients spend money for today's experiences.

There are various reasons as to why. Advisors paid solely by % of Assets Under Management

don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) to model goals 15-20 years out, whereas spending now makes analysis harder to balance future outcomes. Furthermore, clients see the impact of recommendations immediately and can judge accordingly.

Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

It's not limited to just travel.

Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities, and spa days?

Financial considerations.

While experience spending prioritizes moments over materialism, it also requires mindful financial planning of your resources. Budgeting involves allocating funds for activities that align with personal values and goals. It encourages responsible spending by focusing on the long-term benefits of enriching experiences while balancing your financial stability and security.

For instance, imagine parents trying to make up for lost time, now wanting to take the family on a luxury vacation. Sure, they could choose to do that. But would it have been better to have done prudent financial planning all those years of sacrifice by assessing current financial health, setting a realistic budget, and exploring cost-effective alternatives that still deliver a memorable experience? Furthermore, this

approach removes the build-up of unrealistic expectations and places the focus on making memories together.

I hope you enjoy your "summer, summer, summertime" and may you have "time to sit back and unwind" together.

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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Recall your age 21 summer? Mine had DJ Jazzy Jeff and Fresh Prince's "Summertime" as a soundtrack. Days spent gathering with friends at backyard BBQ's, a pool or restaurant patios in Portsmouth, then six nights a week "working" as a DJ in various clubs on Hampton Beach.

When we reminisce about our past, we recall experiences. Examine further, you'll likely realize the small windows of opportunity to enjoy them. For example, two years later I'd be in Florida, working for a minor league baseball team and able to see just one of those friends.

Life is constantly evolving, and moments once passed cannot be relived. Embracing experience

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Citizens' Legislative Seminar

By JOE STEWART

In early April, Julie Garland from Wrentham, and Stephen Sherlock from Franklin, participated in the 87th Citizens' Legislative Seminar (CLS) at the State House. The CLS is a two-day citizen training program that is offered twice per year and sponsored by the Senate. The training is free, but you need to be nominated by State Senator Becca Rausch.

Since 1975, the State Senate has offered the CLS to introduce interested residents to the legislative process as conducted by the Senate. Over the two days of training, Senators John Keenan, Michael Rush, Karen Spilka (Senate President), Michael Rodrigues, Patrick O'Connor, Brendan Crighton, Joan Lovely, Jake Oliveria, Pavel Payano, and Sal DiDomenico as well as Representative Aaron Michlewitz and Senate Clerk Michael Hurley, Counsel to the Senate James DiTullio, and CIO Paul Pak met with and presented to the nominees. Topics ranged from

the formal and informal legislative process to budget and fiscal policy to outside influences on the legislature.

Garland shared that the simulated joint legislative hearing, where participants presented arguments for and against the Act to expand the Bottle Bill (S2104), significantly reduced the fear of testifying publicly. The training also offered tips on how to testify effectively, meet with representatives, and convey key policy goals persuasively. Garland highlighted the consensus on effective advocacy techniques from most to least effective:

- Well-organized and rehearsed in-person meetings with representatives
- In-person testimony
- Clearly organized written testimony
- Phone calls
- Letters with personal or life-experience details supporting the policy



Reference Archivist Conor Snow with the copper plate created by Paul Revere. (Artifact collection. *The Town of Boston in New England and British Ships of War Landing their Troops, Paul Revere, 1768. AR22/A084. Massachusetts Archives. Boston, Massachusetts.*)

Garland noted that while form letters can bring an issue to the attention of representatives, they do not persuade elected representatives.

Sherlock highlighted the observations from Representative Michlewitz', Chair of the Joint Ways and Means Committee, who discussed how difficult it is to secure accurate revenue forecasts. When Michlewitz was talking, tax receipts were more than \$1 billion below plan but since then tax receipts have exceeded plan. Sherlock left that discussion



Wrentham resident Julie Garland and Franklin resident Stephen Sherlock participated in the 87th Citizens Legislative Seminar. (Photo courtesy MassSenate.)

understanding that revenue forecasting is more art than science.

Sherlock also noted the discussion led by Connor Snow, Reference Archivist from the State Archives, who brought an original copper plate created by Paul Revere and used in printing. Snow explained that one side of the plate was used for printing money for the state and the other side of the plate was used to print engravings for publication in newspapers like the Boston Gazette, pamphlets (maybe), and distributed personally by Revere. Revere used both sides of the plate because copper was

an expensive metal.

Both Garland and Sherlock encourage people to seek a nomination to the CLS. There is an application to complete, and it is a two-day, in-person at the State House event, but both felt their time was well spent. They left with a far better sense of the thoroughness and the attention to detail of the legislative process. While the process was mysterious before the seminar, following the seminar the process is clear and the efforts put forth by the representatives and their teams are significant: getting the job done at the People's House is work.

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Commonwealth of Massachusetts The Trial Court
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Docket No. N024P1548EA
Estate of: Laurie Richmond Denison
Also known as: Laurie Denison
Date of Death: 01/17/2024

To all interested persons: A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **James E. Guley of Walpole MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **James E. Guley of Walpole MA** be appointed as **Personal Representative(s)** of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 07/10/2024**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 7, 2024
Colleen M Brierley, Register of Probate

Wrentham Resident Receives National Scouting Award

BY GRACE ALLEN

David Paulson of Wrentham was recently honored by the Boy Scouts of America's Narragansett Council with the National Outstanding Eagle Scout Award (NOESA). The award was bestowed at a ceremony held on April 30 at Rhodes on the Pawtuxet in Cranston, RI.

The award recognizes notable Eagle Scouts who have distinguished themselves in their careers at the local, state, or regional level.

Paulson, 40, achieved his Eagle rank in 1999 from Troop 40 in Taunton, where he grew up. He is now a senior wildlife biologist for the Commonwealth of Massachusetts, leading the wildlife unit at the state's Department of Transportation Highway Division. He focuses on conservation and policy for rare species.

He's also on Wrentham's Open Space Committee.

Scouting, says Paulson, gave him a deep appreciation for the outdoors, nature, and conservation.

"Scouting has been a big part of my life, from Tiger Cubs through high school and Eagle rank," he explained. "Those

were formative years and I learned leadership skills, civic duty, and responsibility, values that have resonated throughout my life."

Paulson has a B.S. in Biology from Framingham State and an M.S. in Wildlife Conservation from UMass.

He has stayed involved in Scouting, giving back to the program that he says gave him so much. He's on the Narragansett Council Executive Board and is a member of the Camp Norse Alumni Association.

A Wrentham resident since 2011, Paulson points out that Scouting in Wrentham is a very strong program, providing opportunities for youth to get involved and better the community through volunteer work and civic projects.

He notes that his own Eagle Scout project—he rehabbed the Arthur Cleveland Bent Memorial cabin in Taunton—touches on his work today. Arthur Cleveland Bent was an ornithologist who authored the encyclopedic "Life Histories of North American Birds." Little did Paulson know that one day he too would base his career on wildlife, mir-

roring Bent's own passion for nature.

"It's kind of funny now, going from being an Eagle Scout choosing that project, because it was outdoors and that really resonated with me, to now appreciating Bent's work and the impact it had on our knowledge of birds in Massachusetts," said Paulson.

The NOESA award was established in 2010 as a way to acknowledge Eagle Scouts who demonstrate remarkable achievements beyond their Scouting accomplishments, and who inspire others through their actions. At the award ceremony, Paulson noted that while achieving Eagle Scout was a summit in his Scouting adventure, the NOESA is a testament to the enduring impact of the journey.

"Being able to give back as a leader, and to be acknowledged for that, is not something I ever expected," he said. "My hope is that it helps inspire and support the next generation of Eagle Scouts, the future scientists and wildlife biologists. I can't thank the program enough and I am humbled and honored to be recognized."



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July Program Highlights at the Fiske Public Library

The Fiske Public Library will be closed Thursday, July 4 for Independence Day. The library's summer hours are Mondays, 10 a.m. to 1 p.m., Tuesdays, 10 a.m. to 8 p.m., Wednesdays, 10 a.m. to 5 p.m., Thursdays, 10:00 a.m. to 8:00 p.m., and Fridays, 10:00 a.m. to 5:00 p.m. The library is closed on Saturdays in July and August.

For a full list of programs, visit fiske.lib.org. Contact Library Director Kim Shipala at kshipala@sailsinc.org or 508-384-5440 with any questions.

Reading Challenge 2024 Fiske Library is partnering in the Massachusetts Center for the Book 2024 Reading Challenge for kids, teens and adults. Visit www.mass-book.org/readingchallenge to see how to participate. The challenge for July is a book by an author born outside of the United States.

Zoo Show with Records and Burpee Tuesday, July 2 at 10 a.m. In this conservation-based program, participants will meet and learn about an exciting assortment of animals. How fast can an alligator run? What mammal

dines on scorpions and tarantulas? Which primate has the largest brain in proportion to its body size? Get up close to a variety of creatures, including birds, mammals, and reptiles, big and small! This educational program is best for ages 5 and up.

Come Play Outside Wednesday, July 3 and 17, and Thursday, July 25 from 2:30 to 3:30 p.m. Join us outside on the library lawn or children's room patio for outdoor playtime with bubbles, sidewalk chalk, lawn games, and more.

Lego Club Tuesday, July 9 and 30, and Thursday, July 18 from 3 to 4 p.m. We provide the LEGO, you bring your imagination! Kids ages 5-10 are invited to join other LEGO enthusiasts for a drop-in LEGO building afternoon. No registration required.

Tween/Teen Tie Dye Tuesday, July 9, from 6 to 7:30 p.m. Tweens and teens are invited to join us on the children's room patio for an evening of tie dyeing. Each participant will tie dye a drawstring bag (provided) and is welcome to bring their own white

items to tie dye (t-shirt, towel, pillowcase, etc.) Ages 10 and older. Thanks to The Friends of the Fiske for funding this program. Register on the calendar page at fiskelib.org.

Whalemobile Thursday, July 11 at 2 p.m., 2:30 p.m., 3 p.m., and 3:30 p.m. Meet Nile the inflatable humpback whale and prepare for an immersive educational journey that transcends the library's walls. The Whalemobile team takes children inside the belly of a whale to explore the captivating world of these majestic creatures while delving into vital environmental lessons. The suggested age range is children entering 1st grade - 6th grade. This is not a program for children under 5. Please register for ONE half hour time slot. Register on the calendar page at fiskelib.org.

Escape Room with Wicked Fun Games Tuesday, July 16 at 3 p.m. (8+), 4:30 p.m. (8+), and 6 p.m. (adults only). Wicked Fun Games will be here with the fun and challenging escape room program "Escape from the Rogue Planet." You and your group have crashed

and landed on a Rogue Planet. Repair the ship, plot a return course, and survive the journey home! Please register for only ONE session beginning July 2 on the calendar page at fiskelib.org.

Free Drop-in IT Help Office Hours Tuesdays from 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 help with personal technology related issues in an informal setting. Ben is available at the Fiske Public Library on a first come, first served basis.

Fiske Public Library Adult Book Club Tuesday, July 23 at 7 p.m. Book Club will discuss "Horse" by Geraldine Brooks. A discarded painting in a junk pile, a skeleton in an attic, and the greatest racehorse in American history: from these strands, a Pulitzer Prize winner braids a sweeping story of spirit, obsession, and injustice across American history.

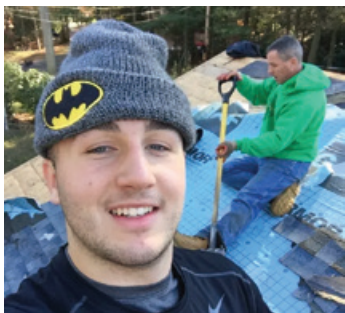
Friends of the Fiske Discounted Tickets Available Friends of the Fiske have purchased tickets to **Southwick's Zoo**

once again this year. The tickets are \$20 each and are good for daytime general admission for adults and children any day during the 2024 operating season. They are not valid for festivals or special events like Jack O Lantern or Winter Wonderland. There is no limit on the number of tickets purchased. Patrons must have their library card to get the tickets.

In addition, **Showcase Cinema** tickets are available at Fiske Library, thanks to the Friends of the Fiske. Tickets are \$10 each, good at any Showcase Cinema in the U.S. (NOTE : Lux Level, 3-D movies and other special theatres are subject to an additional fee at the theater.)

The tickets are not valid for telephone or online orders. See the back of the ticket for all rules. No limit for Wrentham residents, limit of 2 tickets for non-Wrentham residents. The ticket purchased at the library must be exchanged at the theater box office for admission ticket. There is no expiration date for these discounted tickets.

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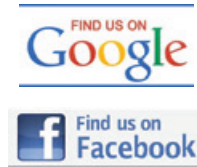
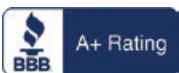
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July Summer Services at First Universalist Society in Franklin

The First Universalist Society in Franklin (FUSF) invites the community to explore the Unitarian Universalist (UU) values of Equity, Transformation, Generosity, Interdependence, Justice, Pluralism and Love during summer services. All services start at 10 a.m. Afterwards, all are invited to stay for coffee, cookies and conversation.

The First Universalist Society in Franklin is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. For further information about FUSF, visit fusf.org or contact the Interim Minister, the Reverend Beverly Waring at 508-528-5348 or minister@fusf.org.

July 7: Transformation: Present Moment, Wonderful Moment

FUSF Lay Leaders Ann Willever and Ellen Adduci will explore the Unitarian Universalist value of Transformation through the teachings and practice of Zen Buddhist monk and peace activist, Thich Nhat Hanh. Ann and Ellen are also members of the Path of Peace Sangha that meets at FUSF on Monday evenings. The service will include guided, silent and walking meditation, all of which are part of the Monday evening Sangha gatherings. Thich Nhat Hanh's teachings focus on mindfulness and together we will reflect on how this practice has helped us deal with the challenges of everyday life and transform suffering as we discover more joy and compassion. No previous meditation experience is needed.

July 14: Generosity--The Artist Within

Creativity is an inherent quality in every person. The natural inclination to create and innovate is a fundamental part of human nature. Sue Sheridan, an accomplished artist and Lay Leader at FUSF, will explore how the visual arts, and painting in particular, can provide a

pathway to creativity, and perhaps even lead to a sense of communion with something greater than ourselves. By viewing paintings and describing the creative process involved, Sue will explore how to access the artist within. As one of the UU values states, Generosity connects us to one another in relationships of interdependence and mutuality. By sharing our gifts of creativity with one another, we are cultivating a spirit of gratitude and hope.

July 21: Interdependence--The Web of All Existence

FUSF Lay Leader and landscape architect Steve Derdarian explores one of the new UU values, Interdependence. He will examine the Interdependent Web against the perspective of the scale of time, and how we share relationships with plants and living creatures in our own backyard. He will explore how humankind fits into this amazing tapestry of life. Steve will also touch upon some of the things we each can do to promote biodiversity in our lives, along with the first exciting steps FUSF has taken this spring to promote biodiversity on its property. After the service, please feel free to walk the grounds, which include new native plant gardens, a peace pole and garden and a labyrinth.

July 28: Justice--What We Choose to Center

The UU value of Justice challenges Unitarian Universalists "to work to be diverse multicultural Beloved Communities where all thrive." What practices can help us cultivate a community in which all belong? Join Louise Marcoux, a Lay Leader at FUSF, to reflect on what our stories place at the center – and what they marginalize – and explore how we each might become more open to narratives different from our own.

Town of Wrentham Launches Online Permitting System

Wrentham's new online permitting system will be live and ready for public use starting July 1.

The new online permitting system means town residents will be able to apply for building permits, file Title V plans, and submit food service applications from their home, job site, or even while on vacation.

"By making more of our permitting and application process available through a user-friendly app, it will be easier and faster for residents and business owners to conduct business with the Town of Wrentham," Town Manager Kevin Sweet said in a statement. "This new expanded online system will also allow our town employees to process permits faster and reduce duplicative paperwork, among other efficiencies."

The new system, called OpenGov, will replace the existing, limited permitting system that was launched in 2018. The current system only handles permitting needs with the Building Department.

The new OpenGov system will expand online permitting to the following town departments:

- Building
- Board of Health
- Conservation
- DPW
- Fire
- Planning
- Select Board
- Zoning

The OpenGov program will allow the town of Wrentham to electronically receive applications, collect online payments, conduct inspections, and issue permits, among other transactions. The cloud-based platform also means town employees across different departments can access the same files, and view real-time status updates, whether in the office or in the field.


The Building Department began handling permitting through the OpenGov app on June 13, with other municipal departments going live later in

the month.

Sweet said the team chose the OpenGov system following a comprehensive review of alternative platforms, as well as votes of confidence from other municipalities that already use the OpenGov system. Residents and business owners will still have the option of coming to Town Hall to conduct their business, Sweet said.


Funding to implement the new system is largely coming from a \$171,613 Community Compact Cabinet Information Technology grant awarded by the Commonwealth of Massachusetts.

The town of Wrentham will provide additional information about the new platform rollout in the coming weeks, including a more comprehensive list of the types of transactions possible through OpenGov. Sweet said he appreciates the patience among the town's residents and business owners as the new online permitting system is rolled out.



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Girl Scout Troop 789 Honored with Bridge to Adult Ceremony

Wrentham/Plainville Girl Scout Troop 789 marked a twelve-year run with a special bridging ceremony held on June 3 at King Philip Middle School. The nine senior girls, led by troop leader Tricia Barry of Wrentham, are known as the Mountain Goats.

When asked about the troop's longevity, Barry noted she never thought the girls would continue with the program this long. At the end of each school year, however, the girls kept signing up again. Upon entering high school, the girls made a group pact to stick with the Girl Scout program through the end of their high school years.

Troop 789 challenged themselves by taking part in many unique and character-building activities and events that kept Scouting fun while strengthening their troop's bond. The girls

earned their Bronze Award by creating the Little Free Library on Wrentham Common, which is still in use today. They also trained and competed in four years of Operation Snowflake, a winter camping and skills competition, honing their skills of lashing, knot tying, dog sled, sawing, fire building, constellations, compass and three-person snowshoe, capturing ribbons in many events.

They spent the night at both the Museum of Science and Mystic Aquarium and sold countless boxes of cookies (with a record 750 boxes sold at the outlets in one day during the pandemic). Troop 789 did lots of hiking, including several overnight trips to Mount Greylock and Mount Monadnock. The girls led camp skills workshops and helped to organize annual SPARK events for the younger troops.

About half of the girls traveled to London on a Girl Scout EF Tours Stem-focused trip several years ago, where they explored the city and visited Stonehenge. During the pandemic, the troop developed a relationship with the town's Landscape Committee and met as a group to clean up Sweatt Park and plant hundreds of bulbs. Additionally, Troop 789 provided the inspiration for the town to expand decorations during the winter holidays. The hours they spent with the Landscape Committee earned them the Commonwealth Community Service Award.

Troop leader Barry proudly told the girls at the ceremony, "Today you are strong, quick witted, confident, independent, intelligent, honest, outspoken and feisty women. Combined, you are a force to be reckoned



Front row from left, Anna-Li Quinn, Amelia Richter, Kat Johnson, Lilianna Brenneis. Back row from left, Gillian Comeau, Isabel Becker, Troop Leader Tricia Barry, Caitlyn McLaughlin, Ella Brown and Skyler Barry.

with. Troop 789 has learned a lot from each other and about themselves while in Girl Scouts. The future is not ready for you. I look forward to your accomplishments. I am proud to have been your leader for 12 years.

Now go out and change the world."

All nine girls will be attending college in the fall.

To learn more about Girl Scouts, visit <https://www.girlscouts.org/>.

July 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.

Wednesday, July 10 at noon. **BBQ with Norfolk Fire Department and Friends** Celebrate the start of summer with a BBQ. Enjoy burgers, hotdogs, and sides, with the Norfolk Fire Department doing all the grilling. The Friends are providing the food. Seating is inside. We will also be showing a slideshow with "America the Beautiful" photos (please email your photos to Debbie at dsand@norfolk.ma.us). Space limited to 40 people. RSVP required by July 5.

Thursday, July 11 at 11 a.m. **Back to the 50s: Dean and Monroe** Though they never starred in a film together, James Dean and Marilyn Monroe remain two of Hollywood's biggest icons of the 1950s. Hear about their struggles as actors, enjoy clips from some of their finest moments in film, learn about their meteoric rises to fame, and their tragic and untimely deaths—experiences that led to their indelible mark on

Hollywood and American culture. Presented by film lecturer Frank Mandosa. RSVP required.

Friday, July 12 at 10 a.m. **How to Get E-Books from the Library** Norfolk Library Director Sarah Ward will discuss the library system and how to reserve and check out E-Books. Bring your phones, iPads, or laptops too and the Library's Technology Director David Sok will provide 1-on-1 assistance after the talk. RSVP required.

Tuesday, July 23 at 6 p.m. **Alfred Hitchcock: The Master of Suspense** His name is as famous as his legendary films. Hitchcock had a knack for tapping into his audience's deepest fears, anxieties & phobias. Brilliant yet neurotic, witty yet droll, he was a showman in every sense of the word. Film lecturer Frank Mandosa will discuss Hitchcock's life and career, show clips from his movies, and share some behind-the-scenes anecdotes. RSVP required.

Thursday, July 25 from 11 a.m. to 1 p.m. **Blueberry Picking at Ward's Berry Farm** Go blueberry picking with the Senior Center at Ward's Berry Farm, 614 South Main Street, Sha-

ron. Also enjoy a sandwich and smoothie at the outdoor café, visit the pigs, and shop at the farm store and garden center. Cost: \$7 for pint box of blueberries. Ride possible from the Center at 10:30 a.m. for first 8 people to RSVP, or you can drive yourself.

Thursday, July 25 at 2 p.m. **Common Illnesses for Cats and Dogs** This class will go over pets' various diseases in all life stages. In puppies and kittens, typical in-

ternal parasites are covered. For older pets, age-related problems like heart, kidney, & thyroid disease, weight gain, dental disease and more will be discussed. Jen of Stonewall Canine will cover a wide array of topics with an open question and answer format. RSVP required.

Tuesday, July 30 at 5:30 p.m. **Return To Wild: Animals, Woods and Hoods** Back by popular demand, Susan Siegel of Re-

turn2Wild will discuss the wild animals living in our community and the role of wildlife rehabilitation. Learn about different species of mammals, reptiles, birds, and their babies. Susan will dispel popular myths about wildlife, leaving participants with newfound knowledge and appreciation to enjoy a peaceful coexistence with the beauty and life that surrounds us. RSVP required.

Norfolk Residents Graduate from St. Sebastian's School

St. Sebastian's School in Needham graduated 71 students at its 80th Commencement Exercises, held on Thursday, June 6.

Graduates included Norfolk students Neal R. Carlson, who will be attending Georgetown University; Matthew P. Cataldo, who is a Brown Commit, 2025; and Quinn B. Feyler, who will be attending the University of Virginia.



From left, Quinn B. Feyler, Headmaster William Burke, Neal R. Carlson, and Matthew P. Cataldo.



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The b.LUXE *beauty beat*

The b.LUXE Mature Makeup Makeover

By GINA WOELFEL

EMBRACE YOUR AGE WITH CONFIDENCE

b.LUXE Hair and Makeup Studio believes that age is just a number and women at every stage in life deserve to feel beautiful and confident in their makeup. Mature skin is unique, and what worked in our 30s may differ from what's best for us in our 40s and 50s. And as we reach our 60s and 70s, our makeup needs will change again. That's why we're thrilled to introduce our exclusive **Mature Makeup Makeover Service**, a tailored offering designed to address the specific needs of mature women.

Renowned Makeup Artist Madison Elliott is the face of the new Mature Makeup Makeover. With extensive experience in the industry, Madison has worked with numerous celebrities, fashion icons, and top brands. Her specialty is enhancing natural beauty and empowering women to embrace their unique features with grace and confidence.

Madison Elliott - "I started doing makeup because I loved seeing people's reactions when they saw themselves for the first time in the mirror. I love that every client sitting in my chair

feels like my friend when we're finished. Not everyone knows makeup, and learning the proper techniques can be overwhelming. I love teaching makeup! It makes me so happy when my clients tell me they love the eyeliner trick I taught them or that the foundation we chose feels so natural. When they tell me they love how they look, it's the most wonderful reminder of why I chose to be a makeup artist."

There's been a noticeable shift in recent years in social media, television, and advertising to better showcase and represent older women. New makeup companies are targeting the 40-plus age group, which shows progress in providing products for those of us with a few more smile lines. However, there is still much work to be done in makeup and department stores nationwide. While these products are a welcomed addition to our mature makeup selection, it would benefit cosmetic companies to educate their salespeople on appropriately recommending and applying their products to older skin.

We designed our Mature Makeup Makeover to help you perfect the techniques that address age-related makeup con-



cerns and focus on the colors, textures, and methods that best complement your style for every occasion. Our bodies typically begin to slow down collagen production in our mid to late 20s or early 30s. Around the age of 40, the decline in our collagen levels can lead to common signs of aging, such as wrinkles, fine lines, and sagging skin. Menopause can further contribute to these changes and also impact facial volume. Adjusting our cosmetics and application approach to better suit our current needs allows us to emphasize our favorite features and feel more confident and comfortable with our outward appearance.



This month, Madison worked with one of our favorite, long-time clients, Deborah Sweet, for a session to discuss her makeup concerns and questions for someone over 50. Madison covered every aspect of makeup with Deborah, from product selection to application techniques, including brush and sponge selection. See Deb's before-and-after photos above or scan the QR code to visit our before-and-after gallery at bLUXE.com.

Deb Sweet - "Madison was incredible to work with! I've never had a makeover before and was initially a little uncomfortable with the idea. Madison immediately put me at ease. She helped me feel like I belonged in her chair and shared her passion and insight every step of the way. Madison's makeup expertise left me feeling like the best version of myself and has also carried over into my daily routine. I wouldn't hesitate to spend time in her chair again!"

Mature Makeup Makeover

90 Minutes \$175 with a \$25 Cosmetic Credit

You'll receive a personalized consultation with Madison, a personal makeup bag analysis, a skincare and prep tutorial, practical makeup techniques and application, tips and tricks for emphasizing your best features, a take-home step-by-step guide to your makeover, and confidence-boosting results you'll love!

b.LUXE Hair and Makeup Studio believes that beauty is ageless and that all women should embrace their age with grace and confidence. We're here to help you do that!

Schedule a consultation with Madison today for your transformative journey towards looking and feeling your best.

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Locals Elected Vice-Chair, Audit Committee Chair of MA Society of CPAs Board of Directors

The Massachusetts Society of Certified Public Accountants (MassCPAs) announced on May 29 that Marquis Cooper and

Ron Tull, CPA, both of Wrentham, were elected to its Board of Directors for its 2024-2025 fiscal year, which began May 1.

Cooper, re-elected for a third year, is manager of global internal audit at Boston Scientific where he oversees a team of ana-



Marquis Cooper



Ron Tull

lysts and leads audit and advisory projects for the company's corporate functions, ESG Strategy, as well as the Europe, Middle East and Africa region. He also leads the company's BRIDGE employee resource group, which is dedicated to enhancing the experience for Black employ-

ees and employees of color and serves on MassCPAs' Academic and Career Development Committee and Educational Foundation Board.

CPA

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The College Essay - Let the Student's Voice be Heard!

My favorite pastime is reading students' college essays and essay tips from the experts - Admissions Officers. Does this make me a college nerd? Probably! But it certainly is why I do what I do!

Selecting a college essay topic can become the most challenging aspect of the application process. Students tend to search for the perfect topic that is not cliché, layered with the pressure to create a fascinating story that has never been told before. The truth is, all stories have been told before: the comeback story after a basketball injury, the mission trip that changed your life, the patience you showed after vacationing with 30 family members in a small cabin with one bathroom. The lesson is that there is no one unique topic - they have all been done.

Does this mean that you settle for mediocrity? No, but it does mean that you need to differentiate yourself by finding YOUR voice, make sure it is heard, and unveil the fantastic and authentic YOU in your story. Here are a few tips from the experts. **FREE RESOURCE:** email me for the full list of tips.

1. Just make sure that the story you're telling is uniquely YOURS.

"I believe everyone has a

story worth telling. Don't feel like you must have had a huge, life-changing, drama-filled experience. Sometimes the seemingly smallest moments lead us to the biggest breakthroughs." *Maggie Schuh, high school English teacher in St. Louis.*

2. We want to learn about growth.

"Some students spend a lot of time summarizing the plot or describing their work, and then the "in what way" part of the essay winds up being one sentence. The part that is about you is the most important part. The majority of the essay should be about your response and reaction to the work. How did it affect or change you?" *Dean J, admissions officer, and blogger from University of Virginia.*

3. Tell a good story.

"Most people prefer reading a good story over anything else. So... tell a great story in your essay. Worry less about providing as many details about you as possible and more about captivating the reader's



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

attention inside of a great narrative. I read a great essay this year where an applicant walked me through the steps of meditation and how their body responded to it. Loved it." *Jeff Schiffman, Director of Admissions at Tulane University*

4. Write like a journalist.

"The first few sentences must capture the reader's attention, provide a gist of the story, and give a sense of where the essay is heading. Think about any article you've read—how do you decide to read it? You read the first few sentences and then decide. The same goes for college essays. A strong lead will

place your reader in the "accept" mindset from the beginning of the essay. A weak lead will have your reader thinking "reject"—a mindset from which it's nearly impossible to recover." *Brad Schiller, MIT graduate and CEO of Prompt*

5. Write like you speak.

"You should use words and phrases that you would actually use in everyday conversation. The most meaningful essays are those where I feel like the student is sitting next to me, just talking to me." *Kim Struglinski, admissions counselor from Vanderbilt University.*

6. Read it aloud.

"Reading your essay aloud is the best way to corroborate that your essay is revealing your voice. Do you feel the emotions? Is it a good story? Is the reader learning something valuable about you? And, will the admission reader say 'yes, I can see this student making a difference at our college?'" *Tracy Sullivan & Maryline Michel Kulewicz, College 101 Admission Consultants*

There are so many admission resources out there. I really enjoy reading Rick Clark's Georgia Tech Admission Blog. He is knowledgeable, honest, and tells an engaging story. Hint: elements of a good essay!

The college tips were paraphrased from College Essay Guys's "35+ Best College Essay Tips from College Application Experts".

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King Philip Regional High School Announces 2024 Graduation Distinction Recipients

Several students have graduated with distinction as members of the King Philip High School Class of 2024.

To be awarded this distinction, each recipient proposed, researched and developed a project by identifying a topic based upon a community need and then shared their final project with the community. Each recipient wrote a final process paper and presented their project to a faculty panel.

“Each year, we have a number of students who take it upon themselves to better their community through extensive research and work on a certain topic,” KP Superintendent Rich Drolet said in a statement. “Whether their topic falls under the category of liberal arts or STEM, the student’s hard work and dedication to their topic is commendable, as it shows their commitment to using education to make a difference where they live.

King Philip Regional High School Principal Nicole Bottomley said, “I was so impressed by the presentations and the thought put into the impact these projects would have. It is

wonderful knowing that our students have an immediate, positive impact on the community.”

Each of these students’ diplomas indicated their graduation with distinction status, and they were recognized during the senior awards ceremony and graduation.

Students who graduated with distinction include the following:

Isabelle Crowley: Distinction in Liberal Arts - The Benefits of Inclusion in Creative Movement

Crowley researched the benefits of teaching dance to students with special needs and how this education can be shared effectively. She used her research to craft three detailed lesson plans for different types of dance that support students with special needs. The lessons, as well as interviews with dance studios, were shared through a website that can be accessed by teachers and students at a local studio so that community members could learn from Isabelle’s work.

Abigail Hoyt: Distinction in Liberal Arts - Women as the Muse: How The Male and Female Gaze Influence Our Perception of Art

Hoyt explored the need for more diverse perspectives in art by researching male and female artists and the way subjects are portrayed in paintings. She used this research to recreate famous paintings in photograph form using KP students as the subjects, and she displayed these photographs as well as their explanations in the KPHS lobby to educate the school community.

Ashleigh Rose Guenette: Distinction in STEM - The Importance of First Responder Preparedness Within Local Communities

Guenette created a first responder guide and marked potential hazards and sites of interest to EMS for the Wrentham State Forest and specific paths surrounding Elysium Street in Wrentham.

Trinjan Kaur: Distinction in STEM - Microplastics Education

Kaur partnered with Fiske Library in Wrentham to educate the public on the best practices for people to prevent microfiber production that they can implement in their everyday lives.

Selowa Lotfi: Distinction in STEM - Raising Eco-Awareness: Promoting Sustainable Living in High Schools

Lotfi researched what it means to be “green” and learned about sustainability practices for her project. She then created a campaign at KPRHS to raise awareness about eco-friendly living practices. The campaign included an interactive bulletin board, sharing tips and facts in morning announcements, a newsletter, and school Instagram posts.

Stephen Quartarone: Distinction in STEM - The Benefits of Utilizing the Powers of Artificial Intelligence

Quartarone worked with the MetroWest Humane Society in Ashland by using artificial intelligence to complete daily tasks, and supported its employees and volunteers in doing so. Stephen researched the benefits of AI for companies and nonprofits, and he taught animal shelter employees how to write animal biographies, adoption notices and more with the help of an AI platform.

Anna-Li Quinn: Distinction in STEM - An Initiative to Reduce Food Waste in Schools

Quinn researched food waste and reduction methods, as well as website design for her project. She sought input from local farms, feed stores and schools to understand their needs regarding food waste as well as how food scraps can be used to feed animals or provide nutrients for crops. Quinn’s project culminated in a website she designed that allowed local entities to connect with one another to donate or receive food waste.

Ryan Taylor: Distinction in STEM - Radon Testing and Education in the Community

Taylor tested several houses in Norfolk for their radon levels and subsequently produced an infographic and fact sheet that were posted on the Norfolk Board of Health website to educate the public.

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CPA

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Tull, elected as vice-chair and finance committee chair, is a partner at Schofer Dillberg & Company, Inc., a full-service public accounting firm in New England. With over 22 years of tax compliance and consulting experience, Tull specializes in privately owned businesses, professional service organizations, and high-net-worth individuals. He provides support in entity selection, estate and gift planning, multistate tax planning, and assists clients during IRS and state examinations.

MassCPAs Board of Directors is a group of 19 elected members that sets policies, manages programs and oversees activities that benefit the 11,500-member organization and accounting profession in Massachusetts.

“MassCPAs Board of Directors are an exceptional and diverse group of leaders,” said

Zach Donah, CAE, MassCPAs president and CEO. “Their unique backgrounds and perspectives will be instrumental in shaping the Society’s priorities and propelling the accounting industry in Massachusetts forward. I have no doubt that Marquis and Ron’s contributions will benefit not just the Society and our community, but the entire profession for years to come.”

About the Massachusetts Society of CPAs:

The Massachusetts Society of Certified Public Accountants, Inc. is the state professional association of certified public accountants, representing over 11,500 members in public accounting practice, industry and business, government and education. The Society works to develop and maintain high professional standards and offers a wide array of legislative, technical and referral services to its members.

Norfolk Lions Announce 2024 Scholarship Recipients

The Norfolk Lions recently awarded four \$2,000 scholarships to high school seniors at KP High School's Awards Night, held on June 6. To be eligible, the student must reside in Norfolk but can attend any public or private high school, or be home schooled.

The scholarships are awarded to candidates who demonstrate a commitment to an active involvement in community service, as well as academic performance and participation in other extracurricular activities. This year's recipients are:

Meghan Dowling

High School: King Philip High School
Attending: University of Massachusetts Amherst

Hannah Doherty

High School: King Philip High School
Attending: University of Massachusetts Amherst

Abigail Hoyt

High School: King Philip High School
Attending: Emerson College

Jackson Putt

High School: Xaverian Brothers High School
Attending: University of South Carolina

The Norfolk Lions congratulate the recipients on their success, and are proud to support the achievements of these deserving students.

THE BLACK BOX Sings... Concert Series Returns Under the Stars This Summer

THE BLACK BOX, the region's premier music, theater, and event venue, is thrilled to bring back THE BLACK BOX Sings... Concert Series outside under the stars this summer. Modeled after the popular cabaret series "54 Sings" at 54 Below in NYC, THE BLACK BOX continues THE BLACK BOX Sings... Series this June and August. The series celebrates the music of musicals, composers, and artists sung by Franklin Performing Arts Company favorites. Table seating and general seating are available. In case of inclement weather, the event will be moved inside.

On August 3rd at 7:00pm, THE BLACK BOX Sings... FROZEN. TBB will present a concert celebrating the music of the highest-grossing animated film of all time: Disney's Frozen. The concert will feature a narrated telling of Elsa



and Anna's story with live performances of the film's songs as well as new music written for the Broadway production. Enjoy the memorable songs of Kristen and Robert Lopez in concert outside at THE BLACK BOX!

THE BLACK BOX Sings... TAYLOR SWIFT on August 11th at 7:00pm. A cast of Franklin Performing Arts Company favorites will pay tribute to the most-streamed artist on Spotify: Grammy Award-winner Taylor Swift.

Closing out the 2024 series will be the return of THE BLACK BOX Sings... WICKED on August 17th at 8:00pm. Pianist Austin Davy from the Wicked tour accompanies an FPAC all-star

cast featuring Katie Gray, Ali Funkhouser, Nick Paone, Hallie Wetzell, and Tim Ayres-Kerr. Join THE BLACK BOX for a celebration of the music of WICKED and the story of the Witches of Oz.

Tickets and more information are available at THEBLACKBOXonline.com or by calling the box office at 508-528-3370. THE BLACK BOX is located at 15 W. Central Street in downtown Franklin, MA.

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Living Healthy

Summer Eye Safety

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

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

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

to keep you and your loved ones safe.

Most firework injuries happen in a one-month span from late June to late July. Each year approximately 16000 people visit an emergency room because of a fireworks-related injury, and there are 18 deaths. The number of people sustaining minor injuries not requiring an ER visit is thought to be much higher. The most common injuries are to the hands and fingers, legs, head, face, ears and arms. Sometimes people pick up packs of fireworks at the grocery store thinking they're safe because they're small and don't produce large displays. Often, these are the fireworks we give or use close to children. Consider the number of ER trips these common, "safer" fireworks cause each year. Many of us think the people most at risk of getting injured are those lighting the fuse, but bystanders are the most at risk. Those on the sidelines account for 65% of all ER

visits for firework-related injuries.

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

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start



wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

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

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

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

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

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

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

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

Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sun-

glasses and hats whenever they are in the sun.

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

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

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ...

And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sunglasses. And if you need cataract surgery, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem as these implants can now be offered even if you have astigmatism thanks to bladeless laser surgery. Our percentage of complications is one of the lowest in the Nation and is measured by independent sources. We operate in a state-of-the-art certified and accredited surgery center in Milford with an anesthesiologist present at all the times to take

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Living Healthy

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Chiropractic is not only beneficial to you but to your baby as well. Misalignments in the pelvis can restrict the amount of space

that is available for your baby to grow. This is known as intrauterine constraint. This can make it hard for your baby to move into the best position for delivery increasing the chance for a breech or posterior position which can complicate your delivery.

Lisa L entered our practice at 36 weeks pregnant with back pain and sciatica which she had endured for several weeks. At the urging of her friend, she decided to give Chiropractic a chance. She was pleasantly surprised that after several adjustments her pain was significantly reduced. She continued with care right up to her delivery to insure that her pelvis was aligned to reduce any compli-

cations that may arise during delivery. Post Natal care was encouraged to insure that her pelvis was aligned after delivery. Lisa followed through with care and is enjoying her baby pain free.

If you are experiencing similar symptoms, please don't hesitate to call The Holistic Center at Bristol square located at 1426 Main Street in Walpole. Call 508-660-2722 and make your appointment today.

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Dr. Rochelle Bien & Dr. Michael Goldstein

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EYES

continued from page 20

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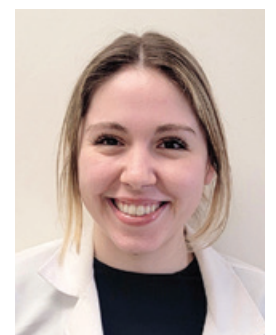
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KPHS Student Vicky Cosmo Elected to Southeast Massachusetts Student Council

King Philip High School junior Vicky Cosmo has been elected to a delegate position on the board of the Southeast Massachusetts (SEMASC) Student Council.

Cosmo was one of three elected, out of 11 candidates, at the spring SEMASC conference on Wednesday, April 5 at North Plymouth High School. At the conference, Cosmo addressed the SEMASC community.

"I believe that devotion to community is the key to growth and that there is nothing more powerful than an ever-growing community that preserves accountability and outreach," said Cosmo. "I want us to expand this impact and grow it to a larger scale through increased fundraising and more opportunities to cultivate inclusivity."

SEMASC provides South Eastern Massachusetts schools with leadership opportunities within student government.



King Philip High School junior Vicky Cosmo has been elected to a delegate position on the board of the Southeast Massachusetts (SEMASC) Student Council. (Photo Courtesy King Philip Regional School District)

As a delegate, Cosmo will be responsible for collaborating with other board members in planning and executing three district conferences next year. Additionally, the SEMASC board is charged with helping all 28 schools in the district reach their poten-

tial by providing materials and training.

"I am so proud of Vicky's successful bid for a district office," said Student Council Advisor Barbara Snead. "She is one of our present and future leaders with so much vision and energy."

In addition to this newly appointed role, Cosmo is heavily involved in King Philip's extracurricular activities. At KP, she serves on the executive board of the Student Council and has previously served as a co-chair for Homecoming and Friday Night Live. She's also a member of KP Cares, the Leo Club, and People of Prosperity in which she serves as part of the leadership team that provides bystander training.

Additionally, Cosmo is an active contributor to the King Philip student newspaper and a member of the King Philip Junior Varsity Basketball Team.

Sports

King Philip Youth Field Hockey Gears up for the New Season

Commonwealth League and Summer Clinics Open

King Philip Youth Field Hockey is excited to announce that its 15th season is about to begin and is pleased to introduce its new field hockey coordinator, Patricia Zini, and Kerri Kinsella as the new head coach for the 7th and 8th grade teams.

K.P. Youth Field Hockey offers year-round instructional clinics for players in grades K-8 including a summer clinic, as well as the opportunity to participate in the Commonwealth League. The Commonwealth League is a friendly yet competitive league comprised of teams from similar area organizations that work to support their local high schools.

The King Philip Youth Field

Hockey program is closely aligned with the King Philip High School Field Hockey Program. As part of this partnership, the King Philip Varsity coach, Kaitlyn Wilder, along with her coaches and players, will be hosting the Summer Field Hockey Clinic August 12-15 at K.P. High School. Coach Wilder also offers year-round clinics for students in grades K-8 through Norfolk Recreation.

For more information and to register for the Commonwealth League and Summer Field Hockey Clinics, visit norfolkrec.com. Questions? Contact Josh Walther at jwalther@norfolk.ma.us or by calling Norfolk Recreation at 508-520-1315.

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Sports

KP's Adams: A Coach for All the Right Reasons

His Wrestling Teams Earned Their Success

By KEN HAMWEY
STAFF SPORTS WRITER

When John Adams announced that he no longer would be King Philip's wrestling coach, a familiar, four-word phrase quickly emerged — end of an era.

Those words are so often applied to coaches who retire, but in Adams' case they're not only appropriate, but also 100 percent spot on. The numbers confirm the phrase, but more importantly, his style and philosophy turned teenaged boys into young men because he was demanding but fair. He also stressed a variety of other key factors.

"I held student-athletes accountable, rewarded excellence and applauded self-improvement," Adams emphasized. "I also believe that hard work, willpower and the proper instruction combined with respect and pride are the ingredients that would get the program back on track."

Before he took the coaching reins, KP's program was struggling. "The team had three coaches in five years and the program came close to being dismantled," he recalled.

During his 10-year stint at the Warriors' helm, Adams had nine winning seasons. The only sub-.500 campaign came during the pandemic when the schedule called for only nine matches. KP finished at 4-5.

The 54-year-old Adams' career record at KP was 149-77, but successful coaching stops at Hopkinton and Norwood during a seven-year stretch gave him a career win total of 215. His 10-year tenure enabled the Warriors to crown 12 sectional champions and 3 state champs.

Adams, who's been a guidance counselor in the KP school district for 23 years, is also leaving education. "I accepted a buyout," he said. "I will no longer coach or remain in education. With my military background (Navy), I have expertise in safety and security protocols.



John Adams, holding banner at right, and the KP wrestling team celebrate his 200th victory, which came against Canton.

We'll see what the future has in store."

Adams is a native of Ipswich and lives in Walpole with his wife (Jennifer) and 11-year-old twin daughters (Sarah and Krista). A three-year varsity wrestler at Ipswich High, he learned the sport's nuances from coach Bill James, who later moved on to coach at Methuen.

"Bill is my best friend," Adams said. "He was best man at my wedding and I was best man at his. And, he and I are both godfathers for our children. Unfortunately, he's now a quadriplegic."

Adams graduated from high school in 1988 before enlisting in the Navy. During his four years in the military, he was on active duty in the Middle East and is a decorated veteran of the Gulf War.

"I wrestled in the Navy for two years," he noted. "In places like Chile, Argentina and Hawaii. I served for four years and concluded my tour as a Petty Officer Third Class."

Adams enrolled at Bridgewater State after leaving the Navy. And, that's where his wrestling career took an unusual turn. An injury cut short his freshman year and ended his competitive career. While working on a degree in psychology, college administrators offered him an assistant coaching job.

"For the first time in Bridgewater State's history, their policy



John Adams "held student-athletes accountable, rewarded excellence and applauded self-improvement."

changed and the precedent-setting action enabled me to coach for three years as an undergraduate," Adams said. "I eventually was offered the head-coaching post when a vacancy occurred but I turned it down. I didn't think I was ready. During my three seasons as an assistant we had three winning seasons and my last year produced a 13-6-1 record."

One of Adams' friends at Bridgewater was Bob Anniballi, who currently is Natick High's head coach. A Hall of Famer, Anniballi has coached at Natick for 35 years. Graduating in 1998 from Bridgewater State, Adams joined Anniballi and for four years was his full-time assistant while working in special education in the Natick system.

"I learned a lot from Bob," Adams said. "There was good team chemistry with him."

Adams eventually was hired at KP in 2001 at the Middle School as a guidance counselor. That same year, he became Hopkinton's first wrestling coach and led the fledgling program for three seasons. "We had good numbers there and our teams finished .500 or better," he said.

Adams left coaching but it didn't take long to get a phone call from Norwood High's administration. "They needed a coach," he said. "I was hired and led that program for four years. Like Hopkinton, we had success there."

Adams began his KP career as head coach for the 2014-15 school year and strung together six straight winning seasons. His 100th and 200th wins came as KP's coach.

"I was attracted to the sport in high school," he said. "What I liked about it was the individual-team aspect. It's a combative sport that encourages goal-setting and bonding with teammates."

Adams' coaching style encouraged wrestlers to set goals, to overcome adversity, to be resilient, and to lead.

"Wrestling also is performance based and outcome based," he noted, "and it teaches student-athletes how to be comfortable with discomfort. Competitors strive to excel as

individuals while helping their team score points. It also teaches kids how to rise to the occasion in a pressure-packed moment. It also lets participants know that what you get is what you deserve."

Adams said that his assistant coach, Mike Poirier, who's been with him for nine seasons and teaches special education at KP, "should be the choice to succeed me."

Asked to choose his top thrill during his stay at KP, Adams focused on several areas.

"I enjoyed seeing the boys better themselves," he said. "I liked seeing them grow, mature and achieve their goals. I also liked post-season meets. They could enjoy a weekend competing for their school and community. They experienced joy and appreciated the camaraderie. I also liked our season-ending banquets at restaurants. We gave out 6-8 awards and every competitor got a team plaque. The banquet was a celebration and a goodbye."

Like his team banquets, Adams should be celebrated and the goodbyes should be many. He rescued the Warriors' wrestling program when it was fragile.

John Adams coached at five different venues during many winter seasons. More importantly, he was a coach for all the right reasons.

BalletFranklin Announces New Director

BalletFranklin, the ballet conservatory at the Franklin School for the Performing Arts (FSPA), is thrilled to announce Russell Clarke as their new Director. Clarke was born and raised in Glasgow, Scotland. He received his ballet training at the Royal Ballet School in London. During his time at the Royal Ballet School he performed with the Royal Ballet Company in productions that included *The Sleeping Beauty* and *Swan Lake*. Clarke joined Ballet Arizona in 2007 and performed principal roles in *Don Quixote*, Christopher Wheeldon's *Polyphonia*, Twyla Tharp's *The Golden Section*, George Balanchine's *Movements for Piano and Orchestra*, *La Valse*, *La Sonnambula*, *The Four Temperaments*, and *Ib An-*

dersen's Play, *1052*, *A Midsummer Night's Dream*, *Mosaik*, *Symphonie Classique*, and *The Nutcracker*. Clarke received critical acclaim for the role of the Poet in George Balanchine's *La Sonnambula* and was praised by the *New York Times* for the role of *Phlegmatic* in Balanchine's *The Four Temperaments*. Clarke originated a principal role in *Andersen's Diversions*, which was seen on the Kennedy Center Stage in June 2010. In Clarke's final season with Ballet Arizona he originated the principal role in *Ib Andersen's* world premiere of *Cinderella*, which received critical acclaim. After retiring from Ballet Arizona, Clarke went on to direct the Community Dance Academy at Walnut Hill School for the Arts for four years. He is



currently an Associate Professor at The Boston Conservatory at Berklee and Professor of Dance at Dean College. Clarke began teaching at FSPA in 2023.

Current BalletFranklin Director Cheryl Madeux will assume the role of Artistic Advisor for the ballet conservatory program. Madeux received her training at the Nutmeg Conservatory for the Arts. She has enjoyed a long professional career, dancing with such venerable companies as the Joffrey Ballet, American Ballet Theatre, and principal dancer with the Hartford Ballet under the direction of Kirk Peterson. Madeux performed extensively throughout the United States and Europe and has been coached by such ballet luminaries as Igor Youskevitch and Eleanor D'Antuono.

BalletFranklin is proud to incorporate American Ballet Theatre's National Training Curriculum, a high-quality

level-based program with age-appropriate technique backed by a comprehensive approach to child development and dancer health. Introduced in 2010 by Cheryl Madeux, who is currently an ABT examiner, the ballet conservatory at FSPA promotes a positive atmosphere of learning while challenging and preparing each student for their goals in the arts.

For more information, prospective students and families are encouraged to visit balletfranklin.com, call 508-528-8668, or stop by the studios at FSPA. BalletFranklin is located at the Franklin School for the Performing Arts at 38 Main Street, Franklin MA. Follow BalletFranklin on Instagram (@balletfranklin) and Facebook.

Massachusetts Department of Public Health Offers Summer Safety Guidance

The Massachusetts Department of Public Health (DPH) reminds residents to take recommended commonsense precautions to keep everyone, especially young children and those working outside, safe this summer.

"Summer in New England means spending time outside in the sun, in the water, on the beach, in the mountains, or in the park or backyard," said Department of Public Health Commissioner Robbie Goldstein, MD, PhD. "It is also a time to be aware of the importance of taking seasonal precautions that can make this fabulous time of year safer and more enjoyable."

Prevent Tick Bites

Certain kinds of ticks can bite and make you sick with diseases such as Lyme disease and Powassan virus. Ticks are most commonly found in damp, grassy, brushy, or wooded areas, including your own backyard. Ticks only attach when you come into direct contact with them — they cannot jump or fly. Follow these steps to help protect yourself from tick bites:

- Check yourself for ticks once a day — it's the single most important thing you can do.

- Use repellents with an EPA-registered active ingredient; always follow the directions on the label.
- Weather permitting, wear long-sleeved, light-colored shirts and long pants tucked into socks. This will help keep ticks away from your skin and make it easier to spot ticks on your clothing.
- After spending time outdoors, a shower can help rinse off a tick before it becomes attached and putting your clothes in the dryer on high heat for 10 minutes can help kill ticks.
- Pets that spend time outdoors are exposed to ticks, too, and may bring ticks back inside. Talk to your veterinarian about the best ways to protect your animals from ticks and tick-borne disease.

Prevent Mosquito Bites

Eastern equine encephalitis (EEE) and West Nile virus (WNV) are two mosquito-borne diseases that occur in Massachusetts. While there were no cases of EEE in Massachusetts last year, there were six people with WNV. Mosquito surveillance is

essential to monitor activity as the summer unfolds.

While the risk for human infection of EEE or WNV won't occur until mid to late summer, people have an important role to play in protecting themselves from these illnesses which can be very serious. To prepare for mosquito season:

- Drain standing water in and around your house or yard to prevent mosquito breeding.
- Repair window and door screens to keep mosquitoes out of your home.
- Use a mosquito repellent with an EPA-registered ingredient according to the directions.
- Wear long-sleeved shirts, long pants, and socks to reduce exposed skin when weather permits.

Swimming in Natural Bodies of Water and Staying Safe in a Pool

Drowning is a leading cause of death among young children ages 1-14 nationally and in Massachusetts, with backyard pools posing the highest risk for children under age 5. To help pre-

vent water-related injury and drowning:

- Always supervise children in and around water at all times.
- Infants and toddlers should be within an arm's length at all times providing "touch supervision" in or around water, including the bathtub.
- Teach young children to always ask for permission before going near the water.
- Never dive headfirst into the water. Make sure water depth is properly marked on the pool deck and vertical walls.
- Do not swim alone in unfamiliar waters.
- Look out for fallen tree branches and sharp rocks in the water.
- Do not swim during a storm or when there is lightning.
- Completely separate the house and play area of the yard from the pool area with a fence at least 48 inches high. Consider automatic door locks or alarms to prevent access.

- Remove floats, balls, and other toys from the pool after use so that children are not tempted to reach for them. After the children are done swimming, secure the pool so they cannot get back in.
- Keep rescue equipment (such as a shepherd's hook or life preserver) and a phone near the pool.
- Keep a first aid kit that meets ANSI 2308.1-2015 standards (including items like adhesive bandage, trauma pad, & CPR mask) close to the pool.
- For children who cannot swim, use a properly fitted U.S. Coast Guard-approved life jacket. DPH, in cooperation with the USCG, has created a fit test video that can assist with proper fit testing of life jackets: <https://youtu.be/1I3VZf-NqPc>.
- Do not use toys such as "water wings" or "noodles" in place of life jackets. These are not designed to keep swimmers safe.

Real Estate Corner

SAFETY

continued from page 24

In public swimming areas:

- Select swimming sites that have lifeguards whenever possible, and swim only in designated swimming areas.
- Always swim with a buddy.
- Look for signage at beaches. DPH collects beach water quality data and notifies the public about bacteria levels to minimize swimming-associated illness and injury.
- Know the limits of your swimming skills. Each summer, the Department of Conservation and Recreation (DCR) provides free swimming lessons to children at select agency pools across Massachusetts.

Car Safety

Leaving children and animals inside of a vehicle can be very dangerous. In the summer months in New England, the temperature in a closed car can rise quickly, and the vehicle can become a deadly place for a child or animal left in it, even for just a moment.

To keep young children and animals safe in and around cars:

- Never leave children or animals alone in a parked vehicle, even when they are asleep or restrained, and even if the windows are open.

- Always check inside the vehicle – front and back – before locking the door and walking away.
- If a child is missing, check your vehicle first, including the trunk.
- Do things to remind yourself that a child or animal is in the vehicle, such as placing your purse or briefcase in the back seat so you will check there when you leave the vehicle.
- Always lock your car and keep the keys out of children’s reach.
- Ensure adequate supervision when children are playing in areas near parked motor vehicles.

If you see a child or animal alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible and call 911 immediately.

Remember, children ages 12 and under should ride in the back seat, properly restrained, even during quick errand trips. Infants and toddlers should remain in rear-facing car seats until they reach the highest weight or height allowed by their car safety seat manufacturer. At a minimum, children should ride rear-facing until they are 2-4 years old and or have met the weight limit of the car seat manufacturer.



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Healey-Driscoll Administration Awards \$1.6 Million in Fire Safety Grants

Norfolk and Wrentham Among Towns Receiving Funding for Fire & Life Safety Education

The Healey-Driscoll Administration recently announced that 214 municipal fire departments across Massachusetts will share \$1.6 million in competitive grants to support fire and life safety education for school-age children and older adults.

Both Norfolk and Wrentham received \$4,700 each for the SAFE Program, and \$2,200 each for the Senior SAFE Program.

Since 1995, the Department of Fire Services' Student Awareness of Fire Education (SAFE)

grant program has supported firefighter-educators who deliver age-appropriate fire safety education to kids and teens across Massachusetts. In that time, the number of children who die in fires has dropped to historically low levels, from two dozen or

more per year to zero for nearly three consecutive years.

"The SAFE grants have been helping local fire departments deliver life-saving lessons to Massachusetts' young people for nearly 30 years," said Governor Maura Healey. "This year's awards continue that legacy of fire safety education for our most vulnerable residents and their families. Our Administration is committed to helping every community protect its residents through public safety programs like this one."

In 2014, DFS launched the Senior SAFE program, which is geared toward another vulnerable population – older adults, who face a disproportionate risk of death or serious injury in a fire.

"Senior SAFE connects firefighter-educators with senior centers, councils on aging, and other community-based resources in a unique state-local partnership," said Lt. Governor Kim Driscoll. "Effective safety

education, smoke and carbon monoxide alarm installation, and other grant-funded services are helping to keep our seniors safe at home."

"I'm deeply grateful to the trained firefighter-educators who are the backbone of the SAFE and Senior SAFE programs," said State Fire Marshal Jon M. Davine. "They've reached hundreds of thousands of youngsters and seniors with lessons that have prevented untold tragedies. I truly believe these grants are a key factor in making Massachusetts one of the most fire-safe states in the nation."

The S.A.F.E. and Senior SAFE programs are funded through legislative earmarks to the Executive Office of the Public Safety & Security, and they are administered by the Department of Fire Services. For more fire service grant opportunities, visit <https://www.mass.gov/info-details/grants-for-fire-departments>.

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your deck, great room, kitchen or bedroom. Adding to the beauty and privacy of the property is the abutting Plaisted Preserve.

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Home Sales Continue to Rise in May

Norfolk County recordings for the month of May 2024 indicate an increase in overall real estate activity, with significant increases in property sales and transfers as compared to May 2023.

The Registry of Deeds recorded 9,249 documents in May 2024. This was 1% more than in May 2023 and an 11% increase compared to April 2024.

“The increase in overall real estate activity, especially when it is driven by a jump in property sales and transfers, is a positive sign for the local real estate market, indicating continued growth,” stated Norfolk County Register of Deeds William P. O’Donnell. “The rise in the number of deeds recorded suggests a strong demand for real estate in Norfolk County. It also reflects that spring is a traditional time period to buy and sell homes.”

The total number of deeds recorded for May 2024, which reflects both commercial and residential real estate sales and transfers, was 1,504, up 11% from May 2023 and up 20%

from April 2024. Looking at just commercial and residential real estate sales, the number was up 3% from last year and up 19% from last month.

“The total number of commercial and residential property sales in May 2024 showed a notable increase compared to May 2023. This positive trend is a promising indicator that the real estate market in Norfolk County continues to show resilience and growth,” Register O’Donnell added. “The likely factor in the rise in the number of deeds recorded is the ongoing desire to both live and work in Norfolk County communities, which is increasing demand for properties in the area.

The average sale price of commercial and residential properties for May 2024 rose to \$1,252,129, a 27% increase compared to May 2023 and an increase of 21% from April 2024. The total dollar volume of commercial and residential sales is also up, increasing 31% from last year and up 43% from last month.

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, noted O’Donnell.

“Unfortunately, when prices rise without an equivalent rise in inventory, it may result in increased competition among buyers. This makes it harder for homebuyers in general, but especially for first-time homebuyers,” he said.

For the month of May, lending activity showed a decrease compared to the same month a year ago. A total of 1,392 mortgages were recorded in May 2024, down 3% from May 2023, but 12% more than last month.

Homeowners who took advantage of lower interest rates in 2020 and 2021 are less likely to refinance and are more hesitant to buy at current mortgage interest rates. Higher interest rates also make it harder for first-time home buyers to secure affordable repayment options, O’Donnell pointed out.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In May 2024, there were 3 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in May 2023, there were 7 recorded. However, in May 2024, there were 32 notices to foreclose, the first step in the foreclosure process, more than the 28 recorded in May 2023.

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the

Massachusetts Attorney General’s Consumer Advocacy and Response Division (CARD) at 617-727-8400.

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 registerodonnell@norfolkdeeds.org.

Noel DiBona Announces Candidacy for Norfolk County Register of Deeds

Current Quincy Councilor At-Large Noel DiBona officially announces his candidacy to run for Norfolk County Register of Deeds. DiBona has been a Quincy Councilor At-Large

since 2016 and served as Council President in 2022 and 2023. DiBona was first elected to the Quincy School Committee in 2013.



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