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# Norfolk & Wrentham

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August 2024

# **Fiske Library Director Comes Home**

By Grace Allen

Kim Shipala has been on the job as the Fiske Library's director for over a year now, but she was no stranger to the town's library system when she started in her role. She grew up in Wrentham and counts the library as one of her favorite places in town, especially as a child. She even has an old newspaper clipping with a photo of her at a story hour at the Fiske, when it was located at what's now known as the Old Fiske Museum on East St.

"It was my goal, once I became a librarian, to become the director here," said Shipala. "I really wanted to bring this place up to speed and give Wrentham the library it deserves."

After graduating from King Philip High School, Shipala attended Emerson College. In her freshmen year, she got a workstudy job in the school's library and found she really enjoyed the work. After graduating in 1995 with a degree in communications and media studies, Shipala worked a few non-library jobs before deciding to switch careers and become a librarian.



She then went back to school and got a master's degree in library and information science from Simmons College.

From there, Shipala embarked on a career that has included roles such as young adolescent services librarian, assistant reference librarian, and most recently, deputy library director at the Franklin Public Library.

Shipala, 51, says she has several short and long-term goals for the Fiske. In the near future, she'd like to increase the library's hours, specifically to open four nights a week in-

stead of the current two nights a week. She'd also like to add more staff, with an eye towards expanding night and weekend programming. Another shortterm goal is to improve technology at the Fiske, which she says is behind other libraries in the area.

"We've made some advances, but there's still more to be done," she said, noting that museum passes and reservations for study and meeting rooms are now available online.

Long-term goals include a bigger book budget, as well as new furniture, shelving, and other materials. Shipala is also looking at ways to make the library spaces more flexible, ensuring the Fiske will evolve with the needs of its patrons. Libraries, she says, often serve as community centers and need to be welcoming in a variety of ways.

Another challenge is getting more patrons in the door.

"People are really used to not finding what they're looking for here," she said. "They'll

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# Norfolk Emergency Shelter Update

By Grace Allen

At Local Town Pages press time, Gov. Healey announced sweeping changes to the shelter system, which is not reflected in the following article.

The emergency shelter at the old Bay State Correctional Center has been operational for over a month now, and 225 of the projected 405 people had moved in by Local Town Pages deadline. The situation will remain in flux for the foreseeable future, acknowledge town officials, who say the shelter should be full by mid- to late August.

So far, there have been few surprises, said Jim Lehan, chairman of the Norfolk Select Board, noting there have not been any police issues nor much demand on rescue personnel. The state agreed in June to some of the town's requests for assistance, including stationing an ambulance on site during statistically peak ambulance call times, as well as a health clinic.

"It's been pretty peaceful, but I'm going to be cautious because there are too many unknowns," Lehan said. "We've never experienced this before and we're going to stay alert to what potential issues could occur. But in terms of public safety, I think we're in as good a place as we can be and both the police and fire chief are comfortable with the strategy we have in place to deal with issues."

Norfolk officials meet weekly via Zoom with state officials. Any issues, updates, or changes are all discussed.

"This commitment to talk weekly is one of the things that has turned out to be in our favor," Lehan said. "We can reevaluate where we are at, because you know this is going to be a moving target. Things that we think we have under control today may not be the case tomorrow, so by meeting weekly we can revisit issues to make sure we are going in the right direction."

About 51% of families in the state's shelter system are Massachusetts residents experiencing homelessness. However, the emergency shelter in Norfolk is

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### **DIRECTOR**

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go to Franklin or Foxboro, but we hope that by doing our best work--building the collection, building on our programming people will come."

Shipala credits two people in particular as mentors. One is Leslie Page, the director of the Woonsocket Harris Public Library. Shipala served as assistant director under Page for 12 years before going to Franklin.

"Leslie really took me under her wing and involved me in all parts of library administration, from creating the budget to attending city council meetings and library networking meetings," said Shipala. "She is one of the smartest people I ever met."

More recently, Steve Butzel, who was the interim director at the Fiske after director Mary Tobichuk retired in 2023, was instrumental as Shipala stepped into her new role. She says Butzel, also a leadership coach for library and non-profit heads, helped her hone her leaderships skills as well as guide her in budget planning.

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Shipala says instilling a love of reading in children and adults is paramount to her role as director. For children, she suggests letting them choose what interests them or offering suggestions based on other activities they may be engaged in.

"Whatever it is, graphic novels, comic books, if it gets them to read, then that's a win."

As for adults, she says reading can be considered a mini vacation for the mind.

"In these tumultuous times, who doesn't want to take a break from reality and get lost in a book?" she mused.

Shipala's own reading choices span many genres, but she admits to a fondness for the classics. Her favorite author is Jane Austen, and "Pride and Prejudice" is her favorite book of all time. Currently, she is reading "All the Colors of the Dark" by Chris Whitaker, which just came out and is already receiving rave reviews.

She also started a book club at the Fiske and is actively seeking patrons to join her and grow the group, noting she ran popular books clubs at both the Woonsocket and Franklin libraries.

As for hobbies, Shipala is getting back into music, hoping to join a community concert band as a flutist. While in high school, she was part of the award-winning music program at King Philip, and recently became treasurer of the KP Music Association.

Shipala, who lives in Wrentham with her husband and daughter, is a descendent of one of the town's original founders, Samuel Fisher. Her family has lived in Wrentham for over 100 years. It's clear her commitment to Wrentham, and the Fiske, runs deep.

"I am actively seeking to improve the library, and I welcome feedback, positive or negative," Shipala said. "The library is for the community. And while we may live a lot of our lives online, there is still a desire for traditional services. We all want and need a place to interact in person with each other, and the library can help with that. So call me or send me an email. Let me know what you need from the Fiske, and I'll try to make it happen."

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# Parent/Guardian Information Session Addresses Education Concerns

By Joe Stewart

On a hot Thursday evening in the middle of July, about a hundred people from Norfolk, Wrentham and surrounding communities attended a parent information session at the King Philip Middle School. The session was designed to address concerns and answer questions about the impact the new overflow shelter in Norfolk would have on the schools. Norfolk Cable posted the recording to YouTube: https://bit.ly/3WpE6JQ.

The meeting was chaired by King Philip Regional School District Superintendent Dr. Rich Drolet. Dr. Drolet was joined by Lisa Moy, KP Director of Student Services, Anne Marie Stronach from the Massachusetts Department of Elementary and Secondary Education (DESE), and leadership from the Norfolk Public Schools including Superintendent Dr. Ingrid Allardi, Director of Student Services Dr. Anna Tupper, and Assistant Superintendent of Curriculum Victoria Saldana.

Drolet opened the meeting with a comment that the meeting is an information session and that the speakers will not engage in political discussion. Drolet then invited Dr. Allardi to speak and she first summarized the NPS communication plan. Of likely interest to readers is that both NPS and KP have dedicated Emergency Shelter web pages that serve as information hubs for parents and guardians.

NPS: https://www.norfolk.kl2.ma.us/domain/158 and

KP: https://www.kingphilip.org/emergency-shelter/

Next Drolet provided an overview of Federal Law governing children experiencing homelessness, namely the McKinney-Vento Act, which requires schools to immediately enroll children. Importantly, the goal of the Act is to ensure all children have the same access to programs and services including school-related sports, clubs, and meal programs.

Drolet was followed by Dr. Tupper who provided an overview of laws and regulations relating to educating students who are English learners or multilingual learners. Following English assessments, students will be provided support aligned with their proficiency. As Saldana clarified, DESE expects districts to educate students in the least segregated manner. Norfolk currently has 23 such students and 22 former students who have achieved English proficiency. Likewise, Drolet noted KP has 19 such students and 11 who have achieved English proficiency, another 76 whose first language is not English and 118 who were once English learners. Both Saldana and Drolet expressed confidence that their teams can address language education.

Next Drolet provided an update that 41 families had arrived at the emergency shelter as of mid-July. Those families have 18 children needing schooling from Norfolk and 15 from KP. Drolet summarized the school-related logistic activities that the shelter coordinator, Heading Home, will offer, including school registration, medical and vaccination services, and help with documentation for sports and extracurriculars.

Both Norfolk and KP plan to hire 2 more English Language certified teachers as well as related paraprofessionals and a shared homeless liaison. And both are addressing anticipated busing needs.

Drolet highlighted that KP had 14 children in similar circumstances last year and that the children "enhanced our climate and culture at both the high school and the middle school." He went on to summarize other initiatives to better integrate newly arriving students into KP including a planned orientation at the facility and a student program, KP Cares, which trains peer mentors and connects them with new students.

Likewise, Allardi summarized NPS' plans, including language screening and a one-week camp to introduce these incoming students to the Norfolk elementary schools, expectations, and how to buy lunch in the cafeteria, topics children from other countries may be unfamiliar with.

Allardi then shifted to discussing the school's lack of

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currently housing just Haitian and Venezuelan families, likely because Massachusetts homeless families may have relatives or friends to stay with, surmised Lehan.

The state says the shelter will be open 6 to 12 months. Lehan says the facility has a temporary occupancy permit for 6 months, which can only be renewed for one additional 6-month period per state law.

Still, there is vehement opposition from residents. Jack Olivieri, who has lived in town for 40 years, is part of a group called Concerned Citizens of Norfolk. He says the town should be pushing back against the state for siting a shelter at the defunct prison, instead of acquiescing without a fight. His group has held one rally so far and has received much local and even national news coverage.

Olivieri points out that his group is not against the shelter's residents—he has dropped off donations at the prison himself-but rather against what

Flat Roofs

they view as the political failings of state and national leaders and their handling of the migrant situation. His group questions state leaders' assertions that shelter residents have had criminal background checks and that their immunizations will be up

"It's despicable how [the state] handled this," he said. 'They've been working on this since December and they told us 30 days beforehand, only after it leaked out. Now they want us to trust them?"

Concerned Citizens of Norfolk has about 275 people and has allied with Concerned Citizens of Cape Cod, which was formed to raise awareness about the impact of the immigration crisis on Cape towns. The Norfolk group has also aligned with Mass Coalition for Immigration Reform, which believes mass immigration into the U.S. has negatively impacted the country.

Olivieri points out state officials are not concerned about the rising lead levels in the prison's water, which may impact children housed in the shelter. He questions the state's assertions that the site will stay open for 6 to 12 months only and says one of his group's goals is to hold state officials to that prom-

"We've been asked, 'Don't you guys have any compassion for these people?' And I said, sure we do," said Olivieri. "But we also have compassion for the town of Norfolk and homeless veterans and homeless Massachusetts residents that aren't getting as much as these shelter residents are getting."

Selectman Lehan said he understands the anger, noting the shelter has disrupted "a wonderful town." But he cautions that residents have to deal with facts and not fall prey to social media rumors. For example, a post on one of the town's Facebook pages questioned why there were so many cars at one of the prison's parking lots, which fueled speculation that the shelter residents were being given cars by the state.

Not true, said Lehan, who notes the Department of Correction's Central Transportation Unit is on site and still operational even though the prison itself was decommissioned in 2015. In addition, people working in the shelter and surrounding buildings park there.

"So there are always going to be cars there," said Lehan. "That has not changed. But there is not a single occupant of the shelter that has been given a car. No one is giving the immigrants cars."

Lehan says residents should reach out to the Town Administrator or to any of the Select Board members with any questions or concerns. Accurate information is not hard to get, he says—people just need to ask. That will go a long way towards assuaging people's fears and anger, he hopes.

'No one signed up for this," he said. "But this is the hand we were dealt, and we're doing our best to mitigate all these concerns people have. I get that people are scared. And people have the right to be unhappy and to vent. But in the role I'm

in, I don't have time to be angry, even though I've had some private angry moments. People say we should've stopped this. Well, it's the state's building, they own it, they don't need our permission. At some point you have to focus on what you can control and not continue to complain about what you can't."

Residents are encouraged to visit the town's Temporary Emergency Shelter Dashboard on the town's website (Norfolk. ma.us) to stay informed and to sign up for updates.

To help the shelter residents, or any residents in need, visit norfolkstrong.org, which is coordinating shelter needs with Heading Home, the shelter's service provider.

For more information about Concerned Citizens of Norfolk, search for the group's page on Facebook and request to join.

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### **Summer Services at FUSF this Month**

First Universalist Society in Franklin (FUSF) has announced its Summer Sunday Worship Series for the month. Each Sunday, FUSF will explore the Unitarian Universalist (UU) values of Equity, Transformation, Generosity, Interdependence, Justice, Pluralism and Love. All services start at 10 a.m., and everyone is invited to stay for cookies and conversation afterwards.

## Embracing Differences and Commonalities – August 4

The Unitarian Universalist Value of Pluralism encourages people to "embrace differences and commonalities with Love, curiosity, and respect." Bobbi Gerlits, one of FUSF's lay leaders, has been reflecting on this value for the past few months. Her journey toward a better

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understanding of pluralism has been shaped by the Sunday before Thanksgiving, three libraries, Henry David Thoreau, rules, Norman Rockwell, and a housewarming gift. Come and hear how each of these played a role in Bobbi's journey these past few months.

### Winds of Change – August 11

Change can be a whirlwind. Some see transformation as an exciting new chapter in life and accept it freely like a breath of fresh air. Others may find change frightening and difficult to embrace. In considering the range of emotions experienced on this topic, where would you place yourself when you reflect on transformations you've made throughout life? How many times have you freely chosen

change and how many times has personal change been driven by life's circumstances? Please join FUSF Lay Leader Deb Prudhomme in the exploration, reflection, and embrace of the winds of change.

### An Expression of Love - August 18

FUSF Lay leaders Stirling and Brian Cousins believe the shared UU Value of Transformation calls on each person to collectively transform and grow spiritually and ethically. In this sermon, they will explore how personal choices enable people to undergo ethical transformation related to their relationship with the interdependent web of life (Value of Interdependence). They will further discuss how transformation applied to the ethics of personal choices is a full expression of Love.

### Minister Rev. Bev – August 25

FUSF Interim Minister, the Rev. Beverly Waring (Rev. Bev.), is back in the pulpit and looks forward to seeing the congregation again.

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



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space and announced that the school has received a \$250,000 state "Extraordinary Relief" grant that will be used to renovate the old Norfolk Cable studio to serve as office space for language instructors and staff, thus freeing-up other space to be used for instructional purposes.

Saldana then addressed community concerns relating to the impact that new students might have on teaching all students at a high level. Saldana noted that NPS has had a diverse population of students and that teachers are already adept at accommodating various learning needs, including multi-language learners. Saldana highlighted a joint program with KP, Multi-Tiered System of Support (MTSS), which helps apply the best support when needed for all students.

Next Stronach, from DESE, discussed state allocated funding (enhanced through the legislature's supplemental budget effort) including Homeless Education grants, the extraordinary needs grant, transportation reimbursement, resources provided by DESE relating to staff development and technical assistance, and the state's per student per year funding of \$18,720. Stronach also noted the Norfolk community group, Norfolk Strong, is serving as a central hub for volunteers to help incoming families.

Drolet then addressed questions that were submitted before the meeting including "Can other districts take students?" Allardi responded first with noting that Federal law requires Norfolk to educate all children and then introduced a regional effort to assess how to share resources to meet individual student needs. Stronach likewise noted the state is sponsoring similar efforts and has been negotiating with the Federal Department of Education as well.

Next up was a transportation funding question relating to students who leave the district yet continue attending NPS or KP; Stronach reiterated that the state reimburses for the related transportation costs and Drolet said that generally students attend the school where they live rather than endure the daily commute.

Another budget-related question noted that KP had budget cuts and Drolet stated that due to the increased funding from the state, KP expects to receive more money than required.

From there, questions shifted to impact on teachers. For special education, Tupper summarized that all children go through similar protocols but highlighted that language is specifically excluded from special education assessment. In response to a submitted question about teachers needing to walk around with "Google Translate," Saldana explained that district teachers already have experience educating multi-language students and if a teacher has a need for any technology available within the district it will be offered.

Then Stronach addressed questions relating to population health, noting that Heading Home is an experienced provider familiar with health-related topics. For example, Heading Home has an onsite healthcare provider with onsite testing kits such as those used for screening including COVID tests

Drolet wrapped up the submitted questions with those about class size. Allardi acknowledged that they expect increases in class sizes and noted that the district is fortunate that this year most class sizes are already below the class size policy limit. The Norfolk School Board voted to add another first-grade class - currently NPS has nine classes with 18.7 students each. If the district receives 18 new first grade students, then class sizes will increase to 20.7 which the district has experienced in the past.

### **Audience Questions**

Many parents asked questions of the presenters. Following is a summary of several of the questions.

The first question from the audience asked how much was budgeted previously for translation services versus how much is expected. Drolet asked the speaker to send an email to receive KP's budget details. Tupper explained that DESE provides translation services at no cost sharing previous experience with parent teacher conferences, preparation of field trip

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materials (e.g. scan the English original and receive back a fully translated document), nurses utilizing another translation service for healthcare conversations, even onsite/in-person meetings both for 1:1 conversations and group meetings. Drolet wrapped up noting that KP has staff with Portuguese and Spanish language skill, which can serve as a bridge language. KP also looks to hire a Haitian-Creole speaker.

Another audience member asked about older students (up to 21) and future overrides required to address funding shortfalls. Stronach responded that while the district has not begun budget planning for next year, they do not expect a deficit and do not plan to seek an override. Regarding older students, Drolet shared that last year KP had one student who had turned 19 and, based on current law, would likely not enroll students over 18.

Next were questions about the timing of student enrollment, how long they remain enrolled and the related funding. Tupper explained that there are different funding streams based upon enrollment date, and that the average stay for students in the overflow shelter system is 45 to 60 days, therefore these students are unlikely to be here next year.

Returning to health concerns, a Plainville resident with school-aged children, including one with special needs, asked if the shelter children will have the same vaccination requirements as her children have. Tupper explained that the law requires enrollment without delay for children in this situation who may not have a transcript, birth certificate, or vaccinations; they cannot be denied schooling. Tupper acknowledged that the law treats children in such distress differently from other children for which vaccinations are a requirement before attending school.

A Norfolk resident asked why the East Boston school did not educate the children who slept at Logan Airport. Stronach explained that the families at Logan were not there for an extended period of time so children at Logan were not enrolled in school. Instead, once placed in a shelter or an overflow shelter, children are then enrolled in the local school; if a family moving here comes from another shelter it is expected that transcripts and other documentation will accompany the child.

A Wrentham parent of a recent KP graduate and an incoming junior raised concerns about security at KP, noting that during the morning rush the main entrance and lobby doors are wide open. Drolet said he'll follow-up with the KP Principal and Facilities Director because exterior doors are to be locked at all times.

The same parent then expressed concerns about inadequate staffing in the guidance department, noting that new incoming students will make it even harder for students to secure help from the guidance department. Drolet explained that prior experience has been that incoming students need some help understanding the courses to take which are addressed early on. Drolet then noted that the most pressing need is English assistance and for that KP has invested in more language services.

A Norfolk resident asked what proportion of the new population are existing Massachusetts residents. Allardi indicated that in the state's shelter population as a whole it's about 50/50, while thus far for the shelter it's largely children who were staying at Logan.

Addressing concerns that NPS education standards would suffer, Allardi highlighted that the town's school standards are robust, the curriculum is rigorous, that NPS teachers are highly skilled (most with master's degrees) with deep experience (most with 10 years of experience) and that additional professional development has been provided. Allardi expressed confidence in the school's ability

to deliver as it has in the past.

Another parent asked about academic assessments, specifically if nine-year-old children will be in classes with thirteen and fourteen-year-old children, for example. Drolet explained that placement is by age so children will be with their peers. Allardi elaborated that NPS plans to do the language assessment at the shelter while other screening is performed in the fall as a routine part of assessing students. Allardi noted that in classrooms today, students have quite a wide range of needs and teachers are equipped to tailor instruction to the needs of individual students.

The parent then followed with a detailed question about updating lesson plans to meet the complex needs in upper grades where language fluency is essential. Saldana responded with experience from the past year in which initially they focused on assuring that the child felt welcome and safe in school to enable the child to make connections as a part of the school society. From there, teachers and staff do as they normally do to meet the needs of every child.

A long-time Norfolk resident noted that his family has had five generations educated by NPS and that one grandchild is at KP and another is at NPS. He asked why the state isn't funding an expansion at NPS to address the increase in class sizes. Stronach responded that an assessment had been made and the conclusion was that all children would be best served by improvements to the existing school. Stronach went on to say that as conditions change, different decisions might be reached in the future.

Addressing concerns about counseling and services to non-English speaking students, Tupper explained the plan is to have translators join some sessions in person. Drolet added that at KP they found that students engaged their language teachers to help with communicating among teachers and counselors. Allardi explained that much of the translationrelated costs are already in the budget and that the state funds the translation services that it provides at no cost to districts.

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# **Sponsors Needed for Gilly's Summerfest**

By Grace Allen

A local non-profit is looking for sponsors for its biggest fundraiser of the year.

Sponsorship packages are available for Gilly's House Summerfest, set for Sunday, August 18, from noon to 5 p.m. at the Wrentham Developmental Center

Five sponsorship packages are available, which allows local merchants or organizations to market

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A "Platinum" package is \$2,500 and includes a prominent

display on social media and on a donor wall, an event table display with informational materials, four tickets to the event, and more.

"Gold" sponsorships for \$1,000 include the sponsor's name displayed on social media and donor wall, an event table display, and two admission tickets, plus t-shirts.

"Silver" sponsorships for \$500 include the organization's name on Gilly's website and donor wall, as well as admission tickets and t-shirts.

A "Friend of Gilly's" sponsorship is \$250 and offers the sponsor's name on the website as well as two t-shirts.

Visit gillyshouse.com to purchase a sponsorship or for more information.

### **Gilly's Summerfest**

The 3rd annual Gilly's Summerfest will be a family-friendly, alcohol-free fundraiser featuring live music, food and beverages, kids' activities, and more. Tickets are \$50 and include all activities and food. Children accompanied

by an adult are free.

Back by popular demand is the restaurant cook-off. Attendees can sample food from area restaurants and then vote on their favorites. Participating eateries include James Breakfast & More, Omega Pizza, Commonwealth BBQ, The Red Rooster, Café Assisi, Nicky's Family Dining, Denise Heinz Catering, Three Pugs Creamery, Novato's Bar & Grill, Eagle Brook Saloon, Parker's Pub, The Gavel, Stacey's Sweet Honey Treats, and The Chieftain Pub.

In addition, the Norfolk Lions will be grilling hamburgers and hotdogs.

Comedian Michael Petit will serve as Summerfest emcee.

Students from King Philip High School's community service group, KP Cares, will organize and run children's activities throughout the day. Activities for kids include a petting zoo, magic shows, a dunk tank, bouncy house, and more.

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

Pat the Patriot and the New England Patriots Cheerleaders will be on site. Keith Birchall, also known as the Silver Bullet, will be available for pictures with the Superbowl rings.

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

Summerfest will be held rain or shine. Bathroom facilities will be available.

Tickets for Summerfest can be purchased at any time at gillyshouse.com. Tickets are tax deductible. Proceeds from the event will go to scholarships for Gilly's residents, as well as capital improvements to the house, parts of which date back to 1794.

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





**Guest Column** 

# **New Shelter will Negatively Impact Norfolk**

By J. Olivieri

I am part of a group of residents which calls itself "The Concerned Citizens of Norfolk." This submission is in response to the article titled "The Community Responds" by Joe Stewart, which ran in the July edition of this paper. I'd like to provide readers with a more balanced view of the issue.

Our group's goals are driven by the following core values:

- 1) We support LEGAL immigration but not illegal immigration.
- 2) We believe tax dollars should be prioritized for U.S. citizens and veterans who are homeless and need help.
- 3) Kids and migrant families are NOT to blame for their presence in our town. Our politicians are.
- 4) Children, pregnant women and families do not belong in an unsafe, overcrowded environment (e.g. prison) with water, rodent and/or other health and safety is-
- 5) Norfolk's safety and quality of education should not be compromised because of the Norfolk shelter.
- 6) Neither should the town of Norfolk be responsible for higher taxes and costs to maintain the public safety of the town or to maintain the quality of education in the schools due to the presence of the Norfolk shelter.
- 7) We have no other political agenda and are solely focused on the issues listed above.

In the published article, it states that the reason the Norfolk Strong individuals were compelled to get involved was because "We're all immigrants or descendants of immigrants." It still amazes me that many people and organizations either cannot discern the difference between legal and illegal immigration or choose to ignore the difference. I am willing to bet that most of their ancestors (like mine) were legal immigrants. Why is that important? If you desire to enter the United States because you respect this country, and you desire

to seek relief from oppression, or make a better life for yourself and your family and enjoy more freedom, would your first act be to break its laws? How does "jumping the line" give you the self-respect you need to eventually become an American? Do you even want to be an American or just be in America?

The Norfolk Temporary Emergency Shelter was approved for 405 individuals in a town of 11,000. Norfolk will be impacted the most of any of the 90+ plus towns in MA based on our population. It would be like sending 25,000 migrants to Boston. We have no physical space in our schools, no sidewalks or streetlights except in the center of town, and one traffic light. The town center is two miles from the shelter, with no sidewalks. There is one drugstore, one House of Pizza and several small businesses that are only open in the davtime. So we contend that there are better locations.

### Safety of the Shelter

The Norfolk Board of Health and the Norfolk Select Board have requested an environmental study, including a complete analysis of the water system at the site (which is shared by the largest medium security prison in the state right next door). This request was based on the amount of lead in the water which has quadrupled since 2021. The state's response was that everything "is within limits" even though families with young children and pregnant women will be located there. The EPA and DEP say that this population is most susceptible to lead, and the goal should be 0. When I contacted the Deputy Director of the DEP, she said "If it's good enough for the prisoners at the site, it's good enough for the migrants." Also, the facility was designed for 277, but the State approved it for 405. If there is illness at the site, such as the flu, there is more likelihood of spread. Why is no one concerned about the safety of the migrants? Where is Norfolk Strong?

### Safety of the Town

One of the people interviewed in the article "highlighted that residents have a stark choice:

either embrace these people or reject them." This seems to be a simplistic, naïve approach to a complex problem in today's world. Many, if not most of the migrants flowing through our open border have not been vetted despite the state telling us that they have been. There have been many stories in the news over the past several weeks about migrants committing acts of violence and

murder. Or eight ISIS members who were recently arrested. Is this fear mongering? No. Most migrants are non-violent. However, since we have let in almost 10 million migrants over the past 3 ½ years, if only one tenth of one percent (0.1%) of them are violent then that would amount to 10,000 people who want to do us harm.

### Summary

The State of MA is being very generous, giving English lessons, clothing, 3 meals a day, free health care, transportation, cellphones and debit cards. Many veterans and ordinary Americans wish they had these benefits, but they don't. The politicians are running this program and, as usual, not very well.

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



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# **August 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.

August 1 to August 30 Senior Art Show at the Norfolk Library The Senior Center's art classes will display their artwork at the Norfolk Library for the month of August. View watercolors, charcoal, colored drawings, photographs, computer art, and much more. There will be an Art Opening Celebration on Thursday August 1 at 12:30 p.m. Refreshments will be served.

Tuesday, August 6 at 1 p.m. **AARP's Six Pillars of Brain Health** It's never too late to take charge

of your brain health! Learn about the six pillars of a brain-healthy lifestyle and share brain-boosting activities. This session is a good overview for anyone interested in improving their brain health and will provide actionable steps to take and resources to learn more. RSVP required.

Tuesday, August 6 at 6 p.m. **Ice Cream Treat Party** Cool off with your favorite ice cream treat! A variety of flavors will be available. RSVP required.

Wednesday, August 7 at 10:30 a.m. **GOFI Dogs Meet & Greet** Golden Opportunities for Independence (GOFI) is a nonprofit service dog organization that breeds, raises, and trains English Cream Golden Retrievers. In addition to service dogs, they

train friendly police dogs and school resource dogs. Join us for an hour of furry fun and lots of pets! RSVP required.

Tuesday, August 13 at 1 p.m. Elder Law Education Program
Learn about Elder Law issues, presented by Linda Fisher of Fisher Law LLC and sponsored by the MA Bar Association. Among the topics to be discussed are Veteran Affairs financial benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care. RSVP required.

Thursday, August 15 at 2 p.m. **Mocktails and Cheese** Learn how to create some nonalcoholic

cocktails and sample a few varieties of cheese. Led by COA board member Debbie Grover. Limited to 15 people. RSVP required.

Tuesday, August 20 from 2 to 4 p.m. Patriots Hall of Fame Trip Get ready for football season and be one of the first people to participate in the Patriots Hall of Fame new pilot program. We will have a semi-guided tour of the Patriots Hall of Fame presented by RTX and a 30-minute talk on the Patriots Collections (unique items from the Patriots archives). RVSP required. Drive yourself event. Need at least 10 people for trip to run.

Tuesday, August 20 at 5 p.m. **50s and 60s Oldies Concert** Back by popular demand, David Polatin & Jill Goldman, the Retro

Polatin Duo, will perform vintage Rock 'n Roll and classic hits. RSVP required.

Tuesday, August 27 from 3 to 7 p.m. **Cupcakes and Cornhole** Come to our end of summer celebration! We will be serving cupcakes and other refreshments and playing cornhole indoors. Multiple games will be set up. RSVP required.

Wednesday, August 28 at noon **BBQ** with **Norfolk Fire Department and Friends** End of summer BBQ will feature hamburgers and hotdogs, grilled by the Norfolk Fire Department, as well as side dishes. The Friends are providing the food. Seating is inside. Space limited to 60 people. RSVP required by August 23

# Fiske Library August Book Group Meeting

The Fiske Library book club will hold its next meeting on Tuesday, August 27 at 7 p.m. in the Sweatt Meeting Room. The club is open to adults 18 and over.

This selection for this month is "The Maid" by Nita Prose.

Molly Dunn is not like everyone else. She struggles with social skills and interprets people literally. Her grandmother used to interpret the world for her, codifying it into simple rules that Molly could live by. Since Gran died a few months ago, twentyfive-year-old Molly has had to navigate life's complexities all by herself. No matter--she throws herself with gusto into her work as a hotel maid. Her unique character, along with her obsessive love of cleaning and proper etiquette, make her an ideal fit for the job. She delights in donning her crisp uniform each morning, stocking her cart with miniature soaps and bottles, and returning guest rooms at the Regency Grand Hotel to a state of perfection.

But Molly's orderly life is turned on its head the day she enters the suite of the infamous and wealthy Charles Black, only to find it in a state of disarray and Mr. Black himself very dead in his bed. Before she knows what's happening, Molly's odd demeanor has the police targeting her as their lead suspect and she finds herself in a web of subtext and nuance she has no idea how to untangle. Fortunately for Molly, a medley of friends she didn't realize she had refuses to let her be charged with murder-but will they be able to discover the real killer before it's too late?

For more information about the book club, contact Library Director Kim Shipala at kshipala@sailsinc.org or 508-384-5440.



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# **Donations Needed for Church Fair**

The Original Congregational Church of Wrentham is seeking donations for the "Attic Treasures" area of its Christmas Tree Church Fair. To collect the donations, the OCC will hold a "Drive-Up Donation Day" on Saturday, September 28 from 1 to 4 p.m.

Drive into the parking lot, and someone will help unload your vehicle. Items can also be dropped off during summer office hours, Tuesday to Thursday, from 9 a.m. to 3 p.m. Please, no electronics, large furniture, car seats, strollers, or clothing. Clothing is only accepted at the on-site clothing shed, located at 1 East St. in Wrentham. The clothes must be in tied bags.

For more information, call 508-384-3110 or visit www.oc-church.net. The Christmas Tree Church Fair will be held on November 16.

Your Money, Your Independence

August 2024

# **Teaching Kids Financial Responsibility: Summer Jobs and Roth IRAs**



Glenn Brown, CFP

Have a teenager working this summer?

Did they earn money babysitting or mowing lawns?

How about a W-2 from selling ice cream or as a camp coun-

You can open a Roth IRA for your child to evolve their financial knowledge while helping invest for retirement, a first house and/or qualified educational expenses.

Kids establishing Roth IRAs. There is no age minimum, as long as they earn income. It's up to the parent to document to IRS that their kids had income earned from work, either W-2 or self-employment taxable wages.

If under 18, an adult opens and maintains control of a Custodial Roth IRA with the child as beneficiary. Once an adult, usually 18 in most states, the account is transferred to a Roth IRA in their ownership.

After a Custodial Roth IRA is opened for 5 years, the advantages of tax-free earnings and withdrawals are same as Roth IRA. Recall a Roth IRA's tax treatment is most valuable when time horizons are long and current tax rates are low, both true

What if your teen spent all their earnings? After a talk about budgeting (i.e. 3 Jars - Spend, Save, Gift), a parent or grandparent could fund a Roth IRA up to the amount of the child's reported earned income on tax

Some parents will make 'match' contributions based on money earned in a summer job. If a teen earned \$3,800 for 2024, a parent will fund \$3,800.

Remember, these contributions count against the \$18,000 tax-free gifts per individual for 2024. So, if you've funded 18,000 for child's 529 Plan, find another individual (i.e. spouse, relative) who can make the Roth IRA contribution.

Introduction to personal investing. Have fun by letting your teen research an ETF or company to invest in, have them explain reasoning behind their choice and teach how they can follow. The next year, have them choose a different investment with the new contribution. Over time, they have a mix of investments, outcomes and lessons learned. This hands-on experience lays a foundation for making informed financial decisions of greater magnitude later in life.

Taxation of withdrawals before age 59 1/2. A Roth IRA allows for 100% of contributions to be taken out for any reason, with no taxes or penalties. Furthermore, if a Roth IRA withdrawal is for qualified education expenses, you avoid the 10% penalty on earnings but still pay income tax on the earnings at the kid's tax rate. Thus, Roth IRA could supplement educational savings. Later, they could also withdraw up to a \$10,000 to pay for a first-time home purchase.

Impact to financial aid? Yes, in a good way. The "expected family contribution" or "EFC" formula has student owned assets assessed at 20% with two notable exceptions. First is 529's owned by parent's is 5.6% and retirement accounts owned by parent or child counts as 0%. However, if a child takes money from a Roth IRA, even to pay for college, up to 50% of the withdrawal may be assessed.

In conclusion, opening a Roth IRA for kids is a proactive way for parents to teach financial responsibility and secure their children's financial future. It's not just about saving money; it's about cultivating a mindset of financial discipline and planning that will benefit them throughout their

lives. By harnessing the power of investing, compounding and leveraging tax advantages, parents can give their children a head start towards financial independence and security.

Not all institutions offer Custodial Roth IRAs, but many do with no minimums and low fees. Consult your Certified Financial Planner to learn more.

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<sup>TM</sup> helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Annual Meeting of the Norfolk MA Cable Corporation (NCTV) Monday, September 9, at 6:30 PM NCTV, Green Room, 158 Main Street, Norfolk MA.

Election of directors and the transaction of such other business as may properly come before the meeting.

Attend in person or join the hybrid Meeting on Zoom

https://us02web.zoom.us/j/81669205813? pwd=a2Vwk5jk0MbPj6Qj1oxebBX37oVXtz.1

Meeting ID: 816 6920 5813

Passcode: nctv2024



# **Waves of Change**

### SMILE MASS Works to Make Beach and Recreation Experiences Accessible for All

By Jennifer Russo

As we go about our daily lives, many things become routine. We get up, get in our cars and drive to work. We drop the kids off at school and sports activities or take them to playgrounds to enjoy some swing time on a sunny day. And when summer arrives, we load our things up and drive to the beach or go on a little family time away down on Cape Cod, Maine, or Rhode Island.

As a native New Englander, the beach has always been a part of my summer. We are fortunate to live in a coastal state, where we have tons of options for cooling off in the ocean. For some though, getting down to the beach isn't as simple as that. In fact, many of these things aren't very easy at all.

For families who have a member who is in a wheelchair, beaches are often inaccessible. The wheels don't go through the sand, the bathrooms are too small to fit and/or change in, and wheelchair users can't get into the water without someone carrying them through the beach and into the ocean. Rental properties are usually not equipped for all the needs of the family, so it can be challenging to find something that is truly adaptive.

Lotte Diomede, President and Co-Founder of SMILE Mass, was experiencing this firsthand. Her son has been in a wheelchair his entire life and requires assistance from others for that and other challenges he faces daily. She and her family found it almost impossible to enjoy something as seemingly effortless as a day on the beach.

"The world is simply not set up for kids like my son," says Lotte. "Now, I could sit there and complain and cry about it, or I could do something to change that. I chose to act. So, I started with creating a fundraiser for a completely universal playground in my hometown of Sudbury and everything blossomed from there. (That effort is underway at Stallbrook Elementary in Bellingham, too, see www.ourplayability.com.)

"In 2009, Susan Brown and I created SMILE Mass with the mission of enabling families who are raising loved ones with different abilities to be active, enjoy recreation and relaxation time, and create happy memories. We strive for true inclusion."

When the pandemic turned the world on its head in 2020, they launched Club SMILE Mass, which offered programs online like storytelling and music therapy and then small group or individual sessions for swimming and gym time, working with contracted coaches. That program grew exponentially and now serves almost eighty clients.

In addition to wellness programs like this, SMILE also provides floating wheelchairs to local beaches so children and adults with disabilities can experience the beach like anyone else would. These specially designed chairs can move through sand and float in the water without tipping, allowing those who cannot walk to get down to the ocean and cool off. It can also lay down flat to allow for easy changing of clothing. To date, SMILE has donated chairs to over 100 beaches across New England.

Towns can request floating wheelchairs, but there are some criteria that need to be met. There needs to be available locked storage, handicapped parking, running water to rinse the chairs, and lifeguards or staff available to immediately provide a chair to a family asking to use it.

"Imagine having a family of 4 kids and one is in a wheelchair,"



A family has a fun beach day thanks to one of the floating wheelchairs provided by SMILE Mass



Lotte Diomede and her son Nicholas participate on the SMILE Mass team at the Falmouth Road Race.

says Lotte. "You don't want a situation where they get there and there isn't a floating chair readily available – it could derail the whole day to have to wait for one to arrive."

"Additionally, the chairs need to be maintained. Towns need to create an annual budget line item (minimum of \$75) to help support the maintenance schedule and upkeep," Lotte shares.

For a completely inclusive beach vacation experience, Lotte also purchased and renovated a condominium unit in Truro, MA that is available to be rented. The accessible beachfront home can sleep six people and has a fully equipped kitchen, extra space in the floorplan, widened doorways, roll-in shower, adjustable bed, ramp access and a deck. A floating wheelchair is provided as well.

Lotte plans to continue creating more and more

meaningful ways to normalize accessibility. Currently, they are looking at a Framingham property that would enable them to have an in-house space that people can "go from 0 to 99" in — to use for their wellness and educational programs, large get-together's, accessible trails to walk and wheel on, and to be a true community hub.

"I won't be here forever. My goal is to do as much as I can, for as long as I can, in order to create a better and more inclusive

world, and hopefully inspire others to stand up and fight for this community, because right now people do not get all the services they need," Lotte shares.

"Inclusion is so much more than just doing the right thing. Access equals independence for people with physical challenges. Just because someone needs support doesn't mean they should just accept less or even the bare minimum. This is about quality of life – EVERY life. I believe that everything is possible if you change your mindset and make it happen."

A list of accessible beaches in Massachusetts can be found at https://www.mass.gov/ accessible-beaches-and-pools, however please note that just because a beach is listed as "accessible" does NOT mean it has a beach wheelchair. It may just have a mat to wheel out to the water line or a sand chair. For a list of beaches where SMILE Mass has provided chairs, information about the accessible beach house, adaptive equipment rental, and to see the other inclusive services they provide, visit their website at www.smilemass.org.



### PorchFest a Success

### Next Year's Event Announced

The Franklin PorchFest Committee is pleased to announce that Franklin's first ever PorchFest was a huge success.

The committee would like to extend sincere thanks to the porch hosts for welcoming both bands and attendees for this event. And to the very talented performers, thank you for sharing your music with the residents of Franklin and surrounding communities. Finally, thank you to all who helped bring PorchFest to Franklin.

Save the date for next year's PorchFest, which will be held on June 7, 2025. Interested performers, hosts, or volunteers are encouraged to visit franklin. porchfest.info for more information as the date approaches.

# Local Executive Accepts Award in International Design Competition

Ben Hall, President and CEO of Capstan Atlantic in Wrentham, accepted an Award of Distinction in the Lawn and Garden/Off-Highway Category of the 2024 Powder Metallurgy Design Excellence Awards Competition. The award was given for a multi-component gear assembly made for Ardisam's Earthquake brand, Pioneer Rear Tine Tiller.

Hall accepted the award for his company at PowderMet2024 International Conference on Powder Metallurgy and Particulate Materials held in Pittsburgh, Pennsylvania, in June. Powder metallurgy (PM) is an automated metalworking process that forms metal powders into precision components used in applications such as auto engines and transmissions, hardware, outdoor power, industrial machinery, sporting goods, defense, and firearms. More than 800 million pounds of PM parts are made annually in North America.

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



MPIF President Mike Stucky, left, presents award to Ben Hall.



Neighbor Mary O'Neill celebrates the new sign she donated to Temple Etz Chaim of Franklin. Pictured is O'Neill, outgoing Rabbi Emeritus Thomas Alpert, Treasurer Owen Folsom, Vice President Robert Martin and wife Elaine Martin, and former Temple President Richard Shulman and wife Connie. Submitted photo.



# The b.LUXE **beauty beat**

### **Work With The Best! b.LUXE**

By Gina Woelfel

Are you looking for an incredible beauty salon to start or advance your career? Work at b.LUXE Hair and Makeup Studio! With its exceptional reputation, highly talented team of professionals, and a full selection of hair, makeup, spa, and tanning services, we're dedicated to providing an outstanding experience for both clients and employees. b.LUXE is genuinely a great place to work! Below, hear from a few of our stylists and estheticians as we explore why b.LUXE is ideal for motivated hair, makeup, and skincare professionals to flourish and succeed.

"Early in my career, a well-known Boston salon owner took me under their wing and shared their talent. They taught me about the artistic side of the beauty industry and the business side. I received such well-rounded training. I love sharing what I know with the whole b.LUXE Team." - Heather Cohen, Owner of b.LUXE Hair and Makeup Studio.

Join us at b.LUXE, where our core values of teamwork, education, structure, optimism, and trust will skyrocket your success! You'll also enjoy competitive salaries, exceptional educational opportunities, travel, benefits + more!

"I really enjoy the team atmosphere at b.LUXE. There is always someone there to lend a helping hand." - Morgan Courtright, Stylist

b.LUXE Hair and Makeup takes pride in being Massachusetts's highest-rated salon on



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Google. Our team works together to take care of our clients and support the training and development of our staff. With over 750 reviews showcasing our commitment to high-quality service, we have established a luxurious beauty experience in a collaborative environment. Our goal is to empower our team members, foster self-confidence, enable career growth, and provide sustainable incomes

"I love working at b.LUXE! Not only do I get to work with my twin sister, Nicole, but the rest of the girls feel like family, too!' - Sarah O'Connell, Senior Stylist

Our senior staff enthusiastically share their experience and knowledge, providing unhindered access to their skills. We encourage the growth of our fellow artists and actively seek opportunities to help our coworkers grow and achieve great things

"I love the city-loft feel of the salon! The culture at b.LUXE is a teamwork environment, with continuing education, great leadership, and complimentary 'LUXE for everyone' services like the keratin glove and BE-



Senior Stylist

One of the biggest motivators for joining our team is the exceptional educational opportunities we offer. Whether embarking on your cosmetology journey or looking to advance your skills, our education program is at the pinnacle of what the industry offers.

"The energetic, positive, and supportive vibe from this amazing group of women is how we're able to share our passion for hair with our guests. This is why I love being a part of this team!"- Heidi McDade, Senior Stylist

Our cutting, coloring, and event styling specialists hold Monday education sessions, allowing our junior stylists and assistants to learn techniques in a warm and supportive environment with the people they work with daily. In addition to our inhouse education, b.LUXE regu-

larly hosts Goldwell sponsored events with well-known educators like Jacob Kahn, Johnny Kelly, and Kylie Bussing. Our aesthetics team attends seminars and collaborates with guest educators from our skincare line, G.M. Collin, an undisputed leader in dermo-corrective skincare solutions.

"The educational opportunities with G.M. Collin provide me with in-depth product knowledge that allows me to offer the best solutions for every skin concern. Whatever your goals are here, you will always have someone in your corner to support you and cheer you on."

### - Corinn Bradford, Esthetician

Are you an established artist looking to expand your clientele or a recent graduate from cosmetology school seeking help building your client base? Look no further! Our in-house marketing department is here to support you with social media tutorials, collaborations, promotions, and direct engagement with our followers to bring new clients to your chairs. b.LUXE also maintains a waitlist that encourages our clients to be open to trying all stylists to expedite their wait times!

"We grow together. We grow as a team. The opportunities are endless." - Senior Stylist, Dani Johnson:

### Does this sound like you?

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- CREATIVE
- AMBITIOUS
- DRIVEN
- TEAM PLAYER

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If you or someone you know is considering a career in the beauty industry or looking to switch things up, we'd love to talk to them!

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# **THE BLACK BOX Sings... Concert Series Continues Under the Stars This August**

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 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

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 per-

formances 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

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 informa-



tion are available at THE-BLACKBOXonline.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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# Senators Markey and Warren, Congressman Keating, Governor Healey Celebrate \$1 Billion Grant for Cape Cod Bridge Replacement

### Funding Granted to State through Bipartisan Infrastructure Law

SUBMITTED BY THE OFFICE OF SENATOR ED MARKEY

Senators Edward J. Markey (D-Mass.) and Elizabeth Warren (D-Mass.), Congressman Bill Keating (MA-09), and Governor Maura Healey announced on July 12 that the U.S. Department of Transportation (DOT) has awarded the Massachusetts Department of Transportation (MassDOT) and Army Corps of Engineers a \$993 million grant for the replacement of the Sagamore Bridge under the Bipartisan Infrastructure Law's Bridge Investment Program. In total, \$1.7 billion in federal funding will go toward replacing the Sagamore Bridge, as part of the broader Cape Cod Bridges Replacement Program.

"Today is a momentous day

for the Cape, the Islands, and all of Massachusetts. The Sagamore and Bourne Bridges are the gateway to the Cape, and this federal funding is the missing piece to replace the Sagamore Bridge and launch Phase One of the project to replace both bridges," said Senator Markey in a statement. "Replacing these aging bridges will bring immense economic, environmental, and social benefits to the region and the entire Commonwealth. Securing these funds is the result of strong partnership with Governor Healey, Senator Warren, Congressman Keating, and the Biden administration. This grant demonstrates that the Bipartisan Infrastructure Law is delivering for Massachusetts and the entire country."

"Massachusetts just hit a billion-dollar home run to start replacing the Cape Cod Bridges. Two years ago, we had zero dollars in funding for these bridges," said Senator Warren. "Now, thanks to my work with Senator Markey, Representative Keating, Governor Healey, and the rest of the delegation, we have over \$2 billion in state and federal funds to replace these bridges for our Cape Cod communities."

"From my first day in office, replacing the Cape Cod Bridges has been one of my top priorities for our region, and this grant is the culmination of over a decade of that work," said Congressman Bill Keating (MA-09). "The question is no longer about how to fund the replacement of the Sagamore Bridge but when shovels will go in the ground to build it. The new Sagamore Bridge will be more than just a

connection between two sides of the Canal, it is a lifeline for the quarter of a million people who live on Cape Cod and the economic driver that brings workers and tourists back and forth every day. This was a highly competitive grant application process that Senator Warren, Senator Markey and myself have worked tirelessly on to get to today, and we cannot discount the impact of Governor Healey's leadership and the full-throated support of the entire Massachusetts Congressional Delegation to get this done."

"This is a game-changing award for Massachusetts. We've never been closer to rebuilding the Cape Cod Bridges than we are right now. This funding will be critical for getting shovels in the ground," said Governor

Maura Healey. "We promised the people of Massachusetts that we were going to bring home this funding and get these bridges built – and we're delivering. I'm grateful for the partnership of the Biden-Harris administration, Senators Markey and Warren, and Congressman Keating, which made this all possible."

Senators Markey and Warren, Congressman Keating, and Governor Healey have relentlessly advocated for federal funding to replace the aging Cape Cod Bridges, securing a total of \$1.7 billion in federal funding to date. In December 2023, following the advocacy of the delegation, the Department of Transportation awarded Massachusetts a

BRIDGE



# **Register of Deeds** William P. O'Donnell Announces **Reelection Campaign**

William P. O'Donnell an- mented an online system for nounced his intention to seek reelection to the office of Register of Deeds in Norfolk County, a position he has held since 2002. During his tenure, he has imple-

people to access deed information and conduct land record research. For more information, visit www.billodonnell.org.



### **BRIDGE**

continued from page 14

\$372 million grant through the National Infrastructure Project Assistance (MEGA) program toward the replacement of the Sagamore. In March 2024, Senators Markey and Warren and Congressman Keating secured \$350 million for the Cape Cod Bridges in the Fiscal Year 2024 Energy and Water Development Appropriations Act. In November 2023, the Massachusetts Congressional delegation sent a letter to DOT Secretary Pete Buttigieg supporting MassDOT and the Corps' application for funding through the Bridge Investment Program.

In 2020, the Army Corps released its report concluding that constructing new bridges would improve travel, safety, and accessibility to and from the Cape. Following this report, the lawmakers worked to pass the Bipartisan Infrastructure Law to provide additional funds to replace the Bridges, including \$5 billion for the Mega program, \$11 billion in new funding for the Corps, and more than \$9 billion in formula funds for Massachusetts. The lawmakers then convened meetings with key federal, state, and local leaders in January and April 2022 to coordinate efforts to replace the Bridges.

### Franklin School for the Performing **Arts Welcomes New Families**

The Franklin School for the Performing Arts (FSPA) is excited to welcome new families for the 2024-25 school year. Proudly serving more than 500 students annually from 45 communities

in Massachusetts' Metro West region, the Franklin School for the Performing Arts (FSPA) is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama

programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent

instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to his or her own potential.



The community is invited to stop by 38 Main Street to tour the facilities, observe classes, speak with faculty and staff, and learn more about FSPA programs in music, dance, and drama, whether for recreational enjoyment or serious study. Additionally, interested families are always welcome to call 508-528-8668, check out FSPA on social media, or visit FSPAonline.com.

Performance is an integral part of an FSPA education and the school offers unrivaled performing opportunities for students throughout the year. On the calendar annually are student

> recitals, concerts by faculty and guest artists, master classes, student showcases, holiday shows, the school's signature Spring Concert, and summer camps and intensives. In addition, for students whose level of interest is more focused, there are special performing ensemble opportunities available by audition. THE BLACK BOX, home of the Franklin Performing Arts Company (FPAC), a 200seat flexible theater located behind FSPA, provides a

professional venue for FSPA student productions, while FPAC offers professional opportunities by audition for student perform-

For more information about FSPA and its programs, visit www.FSPAonline.com, call 508-528-8668, or stop by 38 Main St. in Franklin. You can follow FSPA on Facebook, Instagram, and YouTube.

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# Living Healthy

# **Back to School Eye Health and Computer Vision Syndrome**

MILFORD FRANKLIN EYE CENTER

As the back-to-school season approaches, parents are busy preparing their children for the academic year ahead. From buying new clothes to stocking up on school supplies, the checklist can seem endless. However, one crucial aspect that often gets overlooked is eye health. Ensuring that children have optimal vision is essential for their academic performance and overall well-being. Additionally, with the increasing use of digital devices in education, understanding and addressing Computer Vision Syndrome (CVS) is more important than ever.

### The Importance of Regular **Eye Exams**

Regular vision screening using evidence-based tools and procedures is essential to identify children with possible vision

impairments. These screenings educate parents and caregivers about the importance of vision care, ensure referrals to eye care professionals for comprehensive exams, and help parents understand the significance of following treatment plans.

However, the availability of appropriate vision screening varies depending on location and the specific schools or programs children attend. These discrepancies can lead to inequalities in children's vision care in the United States. Notably, 1 in 17 young children and 1 in 4 school-aged children have undetected and untreated vision disorders that can interfere with learning and development.

Untreated vision disorders can cause children to fall behind in school, exhibit behavioral problems, miss developmental milestones, and even suffer permanent vision loss. Therefore, a continuum of eye care that includes both vision screenings and comprehensive eye examinations is recommended. All children, even those with no signs of trouble, should have their eves and vision screened at regular intervals.

### **Five Steps to Eye Health**

- 1. Understanding the Importance: Parents and caregivers need to understand the importance of vision screening and arrange eye exams if screening suggests a possible vision disorder.
- 2. Routine Screening: Children should participate in routine vision screening conducted by trained and certified screeners using evidence-based tools and procedures.
- 3. Referral for Examination:



Children who do not pass vision screening should be referred to their medical home or an eye care professional for a comprehensive eye examination.

- 4. Eye Examination: Eye exams should be conducted by eye doctors trained and experienced in treating young children.
- 5. Follow-up and Treatment: Parents and caregivers should follow the treatment plan, ensure ongoing care, and share eve examination results with school nurses or other relevant personnel.

### Signs Your Child May Need an **Eye Exam**

While annual eve exams are crucial, specific signs indicate a child may need to see an eye doctor sooner. These include:

- Squinting or tilting the head to see better
- Complaints of headaches or eye strain
- · Difficulty reading or doing close-up work
- Sitting too close to the television or holding digital devices close to the eyes
- · Excessive tearing or sensitivity to light

If any of these symptoms are present, it's essential to schedule an eye exam as soon as possible. As always..." Moms know better". In doubt, schedule a comprehensive eye exam.

### The Rise of Digital Device Use in Education

In recent years, digital devices have become integral to the educational experience. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome (CVS).

**Understanding Computer Vi-**

### sion Syndrome

Computer Vision Syndrome, also known as Digital Eye Strain, refers to a group of eye and vision-related problems resulting from prolonged use of digital devices. Symptoms of CVS include:

- Decreased or blurred vision
- Burning or stinging eyes
- · Sensitivity to light
- Headaches
- Neck and back pain

CVS is more common if there are more than two hours of continuous computer screen time a day. The most common causes include improper viewing angle or distance from the screen, glare, extended use, staring without blinking, and uncorrected vision problems.

### **Preventing Computer Vision** Syndrome

While it may not be possible to eliminate digital device use, these measures can help prevent

- Adjust Viewing Angle: The center of the monitor should be 20 to 28 inches from your eves and 4 to 5 inches below eye level. Position reference materials so they can be seen without moving your head.
- Reduce Glare: Position your screen to avoid glare from lights or windows. Use glare filters if necessary.
- Rest Your Eyes: Follow the 20-20-20 rule: every 20 minutes, look away from your screen at something 20 feet away for 20 seconds. After two hours of continuous screen use, rest your eyes for 15 minutes.
- Blink Often: Blink frequently and use lubricating eye





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# **Living Healthy**

### **EYES**

continued from page 16

drops to prevent dry eye.

• **Get Your Eyes Checked:** Ensure your prescription is correct, especially for computer use.

If symptoms persist, consult an ophthalmologist for a comprehensive evaluation and treatment plan.

### **Choosing the Right Eyewear**

For children who need corrective lenses, selecting the right eyewear is crucial:

- **Durability:** Choose sturdy frames that can withstand daily activities.
- **Comfort:** Ensure the frames fit well and are comfortable.
- **UV Protection:** Consider lenses with **UV** protection for outdoor activities.
- Blue Light Filters: Several studies suggest that blue light-blocking glasses do not improve symptoms of digital eye strain. The American Academy of Ophthalmology does not recommend blue light-blocking glasses because of the lack of scientific evidence that blue light is damaging to the eyes.

### Conclusion

As children head back to school, ensuring their eye health should be a top priority. Regular eye exams, attention to symptoms of vision problems, and strategies to prevent Computer Vision Syndrome can help safeguard their vision and support their academic success. By taking these steps, parents can ensure their children have the visual tools they need to thrive in and out of the classroom.

Computer Vision Syndrome is very common, and more eye

strain can be expected as screen work increases. Our center and optometrists have state-ofthe-art equipment to diagnose and treat many eye problems, including CVS. With in-house ophthalmologists available, there is no need to seek outside referrals. Our seven dedicated eye care providers across three state-of-the-art facilities in Franklin, Milford, and Millis offer convenient Saturday and after-hours appointments. This back-to-school season, all new patients, children, and adults, receive a new pair of select eyeglasses. Our quality in-house optical shop has its own lab and experienced opticians ready to help. From basic eye exams to high-tech surgeries, we provide comprehensive eye care for returning scholars and the entire

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### **Round and Round You Go!**

Many people seek chiropractic care for low back, mid back or neck pain, but where can they turn to for balance and/or dizziness problems?

When considering treatment for balance, we must consider the "Proprioceptive System." The body communicates between its parts through proprioceptors, located in the muscles and the joints, that relay information to the brain. This information from the various body parts is then integrated with incoming information from the vestibular system (inner ear). The brain also relies heavily on the cerebellum, located in the back of the head, which is largely responsible for coordination the unconscious (automatic) aspects of proprioception. The ability to maintain balance is dependent on all three of these systems working properly.

John G visited the Holistic Center at Bristol Square office complaining of dizziness and loss of balance. This started after he had Covid and he had been sneezing and coughing. He had been to his primary care physician who told him his issues can happen after a virus like Covid and would resolve on its own. After suffering for over two weeks with these symptoms John decided on a second opinion at the Holistic Center. Upon his exam, it was discovered that John had benign paroxysmal positional vertigo (BPPV), and needed treatment.



Dr. Rochelle Bien & Dr. Michael Goldstein

After being put on a regimen of chiropractic adjustments, supplements and specific exercises, the dizziness and loss of balance started to resolve.

If you or a family member are suffering from BPPV or balance and /or dizziness problems contact The Holistic Center at Bristol Square, located at 1426 Main St. in Walpole. Call (508) 660-2722 to schedule an appointment with Dr Bien or Dr Goldstein.

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# Dealing with Stress in the College Search

"I am nervous about going to college, it's such a big change,"
"I'm not happy with my SAT scores," and "I haven't experienced anything exciting in my life - I have no essay material."
This time of year can be stressful for rising juniors and seniors.
The college application process can feel overwhelming, especially when teens compare themselves to others on social media. They are definitely not alone in feeling this way!

It is a good time to keep your eye on your teen. Anxiety, depression, and stress are real, especially in the aftermath of COVID. Keeping communication lines open consistently is helpful; simply ask how your teen is doing - don't worry about sounding awkward. They will understand that you are trying to support them. It can be a relief for them to share what is bottling up inside. Inevitably - you will need to talk with your teen about the college nitty-gritty, we recommend compiling all your questions and talking at a preplanned time once per week for updates. It is less stressful and preserves strong family relationships!

### Students - a few more stressreducing tips:

- Put a stake in the ground:
  Essay analysis-paralysis is
  quite common; overthinking
  can prevent taking the first
  step. Just put a stake in the
  ground make an outline
  and start writing. It is better
  to make a choice and adjust
  later than to remain stuck.
- Discover a stress buster: Take breaks and engage in an activity that helps blow off steam! One of our students plays basketball in his yard every night at 10 pm. It provides him with the energy and focus to complete his work.
- Celebrate the small victories: There are a lot of college application to-dos. When you get something done, no matter how small take a break and celebrate!
- **Get organized:** this means with your space and your time. A clutter free environment increases productivity and decreases stress. Creating a simple to-do list with due dates will help you stay on task, and you will feel good about yourself it really works!

• Scroll social media with a grain of salt: No one is going to post their worst grades on social media. It is not a complete picture of anyone's life. Consider filtering your social media accounts to feeds that are positive and real. Take a proactive step by unfollowing accounts or people who make you feel "not quite good enough." You control your mindset - not others.

# Parents - Advice on how to respond to some of those common college worries

"I am nervous about going to college, it's such a big change." Probe more. What part of college is making your teen nervous - is it leaving home, do they feel like they won't make friends, is it that they have no idea what they want to major in, or is it the expense of college? Just getting to the bottom of their concern will help lessen the isolation and anxiety.

"I'm not happy with my SAT scores, If I don't send my test scores in, I won't get accepted." Not true. For the 2025 admission cycle, over 80% of 4-year colleges will remain test optional. Applicants can choose whether



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

to submit their scores or not. In addition, standardized testing has been a topic of debate for years in its ability to predict success. Just have your teen focus on showcasing their strengths through other aspects of their application - grades, course rigor, activities, essays, and recommendation letters.

"Nothing has ever happened to me - I have no essay material!". Absolutely not true! You don't need to climb Mount Everest to write a good essay. Sometimes the smallest moments lead us to the biggest breakthroughs. How to uncover these topics? In a nutshell, brainstorm,

create a strong list of details of your life, ask yourself "why" are these so important, and then dig deeper and identify which fact will tell the most unique story about you!

Good luck and enjoy the journey - all will be OK!

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# Sports

# KP's Lomuscio Welcomes New Role as a Striker

### Hockomock All-star, Warriors' Captain

By Ken Hamwey STAFF SPORTS WRITER

Dani Lomuscio has all the attributes a soccer player needs to be considered an elite competi-

During her first three varsity seasons, the King Philip senior played as a midfielder but she'll be utilizing her skills as a striker this fall. A Hockomock League all-star as a junior, she'll be a captain this season and coach Gary Pichel knows she's more than capable of handling her new role as a striker.

"Dani has played every position, except goalie," Pichel noted. "She's a complete player. A student of the game, she's a great dribbler, has excellent field vision, is instinctive, has a high soccer IQ and is very athletic."

The switch to full-time striker is a strategic move Pichel is making because Heidi Lawrence, last year's all-star striker, has graduated and will be competing for Bentley University next month. Lawrence was the league's MVP last year and her 32 goals set a KP record for most in a season. She also had 14 assists for 46 total points.

Playing midfield, Lomuscio also compiled some impressive statistics. She scored 14 goals and had 19 assists for 33 points.

Pichel, who's guided the KP girls squad for 12 years, is acutely aware that Lomuscio will be targeted by opposing coaches this season but he's comfortable with the move because "Dani is a team-first player who strives to improve in all facets of the game."

The 17-year-old Lomuscio, who has committed verbally to play for Stonehill College, is ready, willing and able to face the challenges of playing a new position.

"I'm open to whatever our team needs," she said. "Striker is more of an offensive role and I hope to make a big impact there. I'll focus on improving my speed and quickness and I'll work to develop more accuracy on my

shot. I think the transition will be smooth."

The 5-foot-3 Lomuscio, who's a native of West Roxbury, started playing soccer at age five in the Wrentham Youth League and has played nine years at the club level.

"I really enjoyed playing the midfield because it involved offense and defense, it was about attacking or defending and it offered opportunities to score or to assist," she said. "But, adapting to a new position is a challenge I welcome."

Lomuscio is a confident competitor who isn't afraid to set lofty goals — for the team and for her-

"We want to have a winning season and continue to practice intensely for a deep run in the state tourney," she emphasized. "We also want to win the Kelly-Rex Division title and we want to improve daily. As for myself, I want to be a strong leader and a strong competitor. In my role as a captain, I'll strive to lead by example and by being communicative and supportive."

Lomuscio says she's sure her objectives will be achieved because "I'm confident my teammates will maintain a strong work ethic."

KP will open its season at Mansfield on Sept. 5.

Lomuscio's most memorable games were losses to Acton-Boxboro and Bishop Feehan and a tie against Hingham. "I admired the way our team battled in tourney games against Acton-Boxboro and Bishop Feehan and I liked the way we played against highly-ranked Hingham," she offered. "We learned from those games and we improved."

Lomuscio's top thrills are being chosen a league all-star last year and a captain this season. "My teammates played a role in my all-star selection and I'm grateful to our coaches for choosing me as a captain," she noted. "Both honors are humbling."

KP, which so often finishes near the top of the league standings, relies on many girls con-



Dani Lomuscio, who's a National Honor Society student, will play at Stonehill next year and major in health sciences.

tributing to its success. Lomuscio rates the Warriors' three other captains as top-notch leaders. They include seniors Rhianna Mason (defender), Mikayla Thompson (striker), and Addisyn Lamothe-Vaughn (defender).

"They're all great leaders on and off the field," Lomuscio said. "Rhianna is strong on defense and is a great communicator. Mikayla is energetic and a phenomenal scorer, and Addisyn works hard, knows the game and communicates well."

Lomuscio also admires the way Pichel handles his coaching chores. "He's so supportive," she noted. "He's confident, believes in his players and is a fantastic motivator."

Calling her parents (Megan and Mike) role models for their support and encouragement, Lomuscio relies on an athletic philosophy that includes winning, reaching one's potential and having fun. "The key is to work hard, don't give up and achieve your goals," she said. "And, strive to be the best you can be."

Valuable life lessons can be learned in sports and Lomuscio has a list. "Overcoming adversity and being resilient are two key lessons," she offered. "Sports also teach how to become strong leaders, to be good teammates and not to take no for an answer."

Lomuscio, who's a National Honor Society student, will play at Stonehill and major in health sciences. "I look forward to get-



Dani Lomuscio says dribbling comes easy "because I'm comfortable

ting a good education and to have the opportunity to play at the college level," she said. "It's a good fit and a good location."

Pichel admires the way Lomuscio dribbles the ball and says that ability is a strong asset. "Dani (short for Danielle) dribbles so well with either foot," he said. "She could dribble well even if she was in a phone booth."

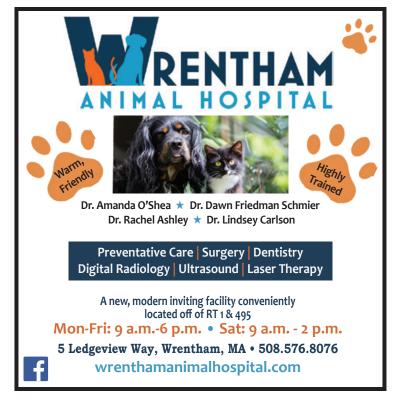
Lomuscio says dribbling comes easy "because I'm comfortable with the ball."

Aug. 19 will be the start of pre-season camp for KP, and Lomuscio has remained active all summer to be fully prepared. "I trained on my own, played in two

summer leagues and attended a camp," she said. "I also participated in captains' practices and played in the Bay State Games."

Lomuscio, who also competes in outdoor track (800-meter run and the mile), has lots of passion for soccer. "I love every aspect of its competitive nature," she offered. "Running, dribbling, passing and scoring. It's fun when you have great teammates."

Dani Lomuscio is an elite competitor who just happens to be a dynamic team-first player. Her move to striker should be flawless because of her desire, dedication and devotion to that task.



# Sports

# **KPSA Team Wins the D2 5/6th Massachusetts Tournament of Champions**

King Philip Soccer Association's 6th grade girls team recently won their division in Boston Area Youth Soccer (BAYS). Winning their division qualified them for the BAYS division 2 playoffs, which they also won. This in turn qualified them for the Massachusetts Tournament of Champions (MTOC), where they competed against the top 12 teams in Massachusetts at the Lancaster sports complex. Battling through heavy rain, the girls let up one goal in five games on their way to the championship.

KPSA is very proud of the hard work, leadership, and sportsmanship displayed by both the coaches and players throughout the season.



From left, coaches Jackie Dempsey, Shawn Sanford, and Donnie Gillis. Players: Ruby, Harper, Lexi, Nora, Ari, Teagan, Lola, Kinley, Olivia, Jorie, Sophia, Ella, Brielle, and Zoe,

# King Philip Middle School announces its 2023-2024 Trimester 3 Honor Roll:

### **8TH GRADE**

### **HIGHEST HONORS**

Anderson, Riley; Anderson, Benjamin; Andrews, Annabelle; Astin, Adrian; Astorino, Claire; Barton, Amelia; Begin, Alyvia; Burke, Shannon; Burns, Emma; Cannella, Noelle; Caravaggio, Anthony; Cardoso, Ryan; Carty, Tristan; Cemerski, Andrey; Cereno, Shaine; Cervantes, Aeson; Coffin, Brendan; Coppelman, Nicholas; Covel, Lorelai; Dang, Jordon; Dangelo, Tess; Derfler Murphy, Liam; DiBiase, Madelyn; Doye, Arya; DuBois, Rachel; Faford, Cole; Faille, James; Fisher, Ashton; Frazier, Vivian; Guasch, Elianna; Guinan, Aisling; Hamilton, Norah; Hartford, Jacob; Hicks, Sienna; Howitt, Madison; Howitt, Reese; Huot, Hallie; Jasset, Gianna; Jelloe, Louis; Kavanah, Addison; Keighley, Sadie; Kennedy, Jacoby; Kosar, Charlotte; Kouame, Amari; Kozik, Rylan; Kracher, Kayla; Kunicki, Addison; Lefebvre, Ella; Liptak, Reilly; Lopes, Julia; Mandel, Mia; McGourthy, Anna; McLaughlin, Dennielle; McManus, Caitlyn; McNulty, Michelle; Miller, Evan; Montfort, Noa; Morales, Alani; Musial, Mary; Napier, Caroline; Noonan, Maria; O'Brien, Nora; Ohlson, Madelyn; Palson, Maxwell;

Patel, Heer; Pettit, Anna; Pillai, Savar; Pruell, Emerson; Reilly, Adelyn; Richard, Lily; Ritchie, Lauren; Roach, Matigan; Simone, Ewan; St. Laurent, Madalyn; Steidel, Lyra; Sweeney, Molly; Taylor, Finn; Tezber, Sophia; Tully, Olivia; Wainwright, Olivia; Weiblen, Emma; Wilayeh, Diana; Wilson, Madison; Wynn, Jillian.

### **HIGH HONORS**

AlSara, Muhja; Armour, Jacob; Bacon, Chloe; Bah, Binta; Bailey, Charlotte; Ballantyne, Campbell; Barletta, Elizabeth; Bass, Taylor; Bernier, Michael; Buckley, William; Byda, Gavin; Cardona Medrano, Natasha; Carone, Gavin; Cataldo, Benjamin; Chalmers, Brady; Chapin, Madison; Charland, Tyler; Chorney, Jacqueline; Civilinski, Colby; Curran, Annabelle; Dalton, Hailey; D'Andrea, Benjamin; DeBaggis, Maxwell; Dervin, Ryan; Doire, Cooper; Dolan Bourke, Owen; Dumay, Zion; Evans, Meghan; Ferreira, Zachary; Finnegan, Gavin; Fisk, James; Foley, Elliott; Franciosa, Marco; Francisco, Evan; Garland, Nathan; Gill, Ryan; Gill, Anthony; Gilmore, Joseph; Gorman, John; Green, Kylie; Griffin, Annie; Gross, Jackson; Guasch, Katalina; Hall, John; Hanf, Courtney; Hay, Brayden; Herlin, Delaney; Holmes, Carter; Hostetler, Jacob; Howard, Anya; Izzo,

Juliette; Janssen, Penelope; Johnson, Owen; Kania, Daniel; Keays, Mia; Kelly, Edward; Kozik, Landon; LeBlanc, William; Lee, Payton; LeFleur, Connor; Letscher, Austin; Llaga, Joel Michael; Lomuscio, Samantha; Lopes, Liliana; Mansour, Moreen; Marella, Brian; Marella, Chad; Marks, Charlotte; McEvoy, Joseph; McGowan, Colleen; McHugh, Patrick; Melise, Brayden; Moore, Shaelyn; Nardelli, Nicholas; Neelon, Patricia; Nerney, Julian; Nesterovich, Olga; Niedzwecki, Emma; O'Brien, Turlough; O'Donnell, Molly; Pandit, Suneel; Quintal, Leah; Quintin, Ava; Reda, Emerson; Robinson, Isla; Rogers, Luke; Rose, Paxton; Sanford, Kaylee; Sharpe, Isabella; Tunstall, Khylin; Turner, Ava; Valkov, Preslav; Vega, Julian; Visser, Colin; Wambolt, LeaAnne; Whiting, Savanah; Willette, Nicholas; Zaffalon-Godoi, Gabriel.

Kania, William; Mazzola, Daniel; Nichols, Eleanor; Shura, Addison; Talat, Hadee; Zahner, William.

# Real Estate Corner

### **HONOR ROLL**

continued from page 20

### **7TH GRADE**

### **HIGHEST HONORS**

Alexander, Isabella; Almeida, Lillian; Barry, Georgia; Batt, Alexandra; Beaupre, Emerson; Beaupre, Charles; Bell, Katherine; Bostrom, William; Chacon Castillo, Marcela; Chavers, Genevieve; Cleverdon, Jeffrey; Coen, Molly; Courier, Madelyn; Crotty, Braeden; D'Amelio, Nicole; DaSilva, Cooper; Davis, Alexandra; Desrosiers, Ava; DeVasto, Norah; Diamond, Anna; DiFiore, Karlie; Dow, Paige; Dunfey, Connor; Egan, Quinn; Estime, Savannah; Fabiano, Lucy; Flanagan, Riley; Fuller, Vanessa; Gonzalez, James; Hambelton, Benjamin; Hayes, Mason; Herman, Quinn; Hunt, Maxwell; Jarvis, Emery; Johnson, Jessica; Jordan, Landon; Kelly, Nyla; Kelly, Rylan; Lacana, Macy; Lanza, Carah; LeBlanc, Riley; LeBlanc, Stephanie; Loehfelm, Quinn; Lopes, Theodore; Lussier, Jack; Mastro, Owen; Mastro, Olivia; McCarthy, Rowen; Mehrotra, Karyna; Menneni, Medha; Miles, Evelyn; Morris, Matthew; Murk, Mae; Nayyer, Daniel; Noonan, Aoibhe; Noonan, Saoirse; O'Leary, Rowen; Passafaro, Leah; Pennini, Isabella; Pitman, Jackson; Poklemba, Jonah; Pompei, Nicholas; Poska, Ryan; Pradeep, Misha; Rizzo, Sophia; Rudsit, Alexander; Russas, Riley; Salinger, Benjamin; Sanderson, Ceanneidigh; Sharris, Grace; Signes, Adam; Spiller, Lylah; Stafford, Tyler; Stevens, Cameron; Thomas, Madison; Tillson, Cole; Valia, Hiya; Ward, Chase; Wells, Avery; Werdann, Zackery.

### **HIGH HONORS**

Bailer, Zachary; Baker, Falyn; Batt, Parker; Brathwaite, Jiovanni; Bright, Chase; Brumbaugh, Alanna; Burrows, McKinley; Caruso, Amber; Cataldo, Gabriella; Cecko, Mia; Chen, Lucas; Cleary-Fallon, Olivia; Clough, Maile; Conley, Nathan; Cooney, Aiden; Corcoran, Maximilian; Da Silva, Luana; D'Aiello, Christopher; DeAngelis, John; Desrosiers, Gavin; DoRosario, Kelton; Dunn, Ryan; Durniok, Lyla; Dwomoh, Quinn; Francoeur, Natalie; Gallerani, Abrianna; George, Daniel; Gill, Samson; Gillis, Jessica; Gove, Kayden; Griffin, Paul; Hadayia, Isabella; Haddad, Liam; Hicks, Vivienne; Jacobs, Graham; Kassay, Alexandra; Keleher, Owen; Kennedy, Grace; Kenney, Bridget; Kilroy, Teagan; Kissell, Chloe; Kohler, Daxin; Kollu, Anjali; Laplante, Bryce; Lawrence, Thomas; Leardo, Owen; Lyons, Mia; MacDonald, Emily; Makrin, Stella; Mattson, Aubrey; McCormick, Mason; McCreedy, Grace; McDuff, Hayden; McGrath, Grace; McNulty, Adam; Monti, Nicholas; Mros, Jameson; O'Brien, Thomas; Oxley, Emma; Podzka, Brendan; Preite, Catherine; Reda, Hadley; Richard, Emma; Rogoff, Lainey; Rutan, Grace; Saraf, Logan; Schmier, Rebecca; Silva, Emily; Smith, Nathaniel; Smith, Brooklyn; Smolak, Nathan; Spak, Tyler; Stavris, Emmett; Tessier, Iris; Todd, Madalyn; Tomes, Anthony; Uriarte, Justin; Varey, Cecelia; Vierkant, Bryan; Walker, Christian; Walsh, Evelyn; Yanni, Hannah; Yanosick, Patrick.

### HONORS

Aldridge, Elliyanah; Babbitt, Luella; Barboza, Charles; Duffy, Caroline; Evans, William; Ibrahim, Benjamin; Keough, Myles; Morrissey, James; Stacy, Kian; Vitek, Sean; Winer, Justin.

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# June Property Sales Price Increase from Last Year, Down from Last Month

Norfolk County recordings for the month of June 2024 indicate a decrease in overall real estate activity, with decreases in property sales and transfers as compared to June 2023.

The average sale price of commercial and residential properties for June 2024 rose to \$1,153,576, an 11% increase compared to June 2023 but a decrease of 8% from May 2024. The total dollar volume of commercial and residential sales is down 5% from last year but up 7% from last month.

"I think many would agree that it is a difficult market for buyers, especially first-time home buyers, due to the limited inventory of available property and an increase in property prices compared to previous years," said Norfolk County Register of Deeds William P. O'Donnell.

The total number of deeds recorded for June 2024, which reflects both commercial and residential real estate sales and transfers, was 1,474, down 14% from June 2023 and down 2%

from May 2024. However, looking at just home sales from last month, June 2024 saw a 16% increase compared to May 2024.

"Through the late spring and early summer months, we have seen a consistent rise in property sales month over month, and as the traditional home buying season continues, we hope to see similar activity in July and August as well as an increased number of property listings, which may help alleviate some of the pressure on buy-

ers," stated Register O'Donnell. "However, the overall trend of a lack of inventory and increasing prices is still a concern."

In June, lending activity decreased compared to the same month a year ago. A total of 1,390 mortgages were recorded in June 2024, down 3% from June 2023 and roughly the same number recorded 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," noted O'Donnell.

The Registry of Deeds recorded 9,062 documents in June 2024. This was 14% less than in June 2023, and a 2% decrease compared to May 2024.

According to O'Donnell, the number of deed recordings and mortgage recordings are significant contributors to overall real estate activity, and whenever either or both of these numbers decline, there will be a substantial decrease in the total number of recordings.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In June 2024, there were 9 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, the same number recorded in June 2023. However, in June 2024, there were 37 notices to foreclose, the first step in the foreclosure process, more than the 28 recorded in June 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.

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# Real Estate Corner

# The Importance of Filing Mortgage Discharges

Norfolk County Register of Deeds William P. O'Donnell reminds consumers about the importance of filing a mortgage discharge in a timely manner after their mortgage has been paid off.

Register O'Donnell stated, "As consumers, we all need to borrow money. There are many reasons why consumers borrow money—to purchase a house, to make home improvements, or to help pay for the everincreasing tuition payments of our children. The borrowing of money involving real estate leads to a mortgage being recorded against the title of that real es-

In calendar year 2023, there were over 102,000 documents recorded at the Norfolk Registry of Deeds, and of that number, nearly 14,600 were mortgages, more than 14% of all documents recorded in 2023.

To clear a homeowner's property title when a mortgage has been paid off, a mortgage discharge document needs to be recorded with the Registry of Deeds. A discharge is a document (typically one or two pages) issued by the lender, usually with a title such as "Discharge of Mortgage" or "Satisfaction of Mortgage."

"As a consumer, you want to make sure a discharge has been recorded at the Registry of Deeds, which tells the world that that mortgage has been paid off," noted Register O'Donnell.

In some instances, mortgage discharges are filed directly by banks or settlement closing attorneys with the Registry as part of a property sale or as a result of a refinancing transaction. In other cases, the mortgage discharge is sent to the property owner, who then becomes responsible for making sure the document is recorded.

Register O'Donnell cautioned, "Whether or not the mortgage discharge is recorded by the lending institution or the individual property owner, it is imperative that the property owner makes sure all necessary documents have been recorded at the Registry of Deeds."

Individuals with property recorded at the Norfolk County Registry of Deeds can check their title and make sure all their mortgages have been properly discharged using the Registry's online records at www. norfolkdeeds.org. By going to the Online Research section of the Registry's website, property

owners can verify that all mortgages associated with the property have been discharged.

Register O'Donnell cautioned that not having a mortgage discharged will result in a title issue and thereby impact the process of selling one's home.

The Register further noted that there have been cases where no discharge has been recorded against a long-paid-off mortgage. "Unfortunately, some of the lending institutions that provided funds for these mortgages are no longer in existence. In other cases, financial entities have merged with another lending institution."

If a property owner needs to retrieve the original discharge of a mortgage and it is unclear which lending institution is now responsible for providing the document, an option is to contact the Massachusetts Division of Banks at 1-800-495-2265 x-1 and then x-61501. Another option is to access the Federal Deposit Insurance Corporation website, www.fdic.gov. Then, approximately half way down the home page, find and click the Consumer Resource Center link. Under the topic Protecting Consumers, click Bank Find. Enter the name of the lending

institution in question, click on the lending institution link, and you will be able to determine who is responsible for the mort-

When recording a mortgage discharge, the original document is required. By law, the Registry of Deeds cannot accept photocopies or faxed copies of documents. The filing fee, set by state statute, is \$106.00.

"After paying off all the mortgages on their property, homeowners want to know they have a clear title to their property, especially if they are contemplating selling," said O'Donnell. "Knowing what steps need to be taken to ensure all paid-off mortgages have been properly discharged will go a long way

in giving the homeowner assurances that they have clear title to their property. I cannot emphasize enough how important it is that homeowners make sure their mortgage discharge has been filed with the Registry of Deeds once their mortgage has been paid off."

The Norfolk County Registry of Deeds is staffed with a team of customer service representatives who can be reached Monday through Friday, 8:30 a.m. to 4:30 p.m., at 781-461-6101. These representatives have been trained in researching documents and are well versed on the subject of mortgage discharges and what, if necessary, needs to be done to clear title to a property.







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