

The Voice of Your Community

Wrentham's Little Red Schoolhouse: A Long History of Educating Children

BY GRACE ALLEN

Once upon a time, there was a little red schoolhouse. Scores of area children passed through its doors to be educated. One hundred and fifty-two years later, the iconic structure is still standing and still educating children today.

The Little Red Schoolhouse, or "Little Red" as it is affectionately known, is now a non-profit cooperative preschool, and its directors, both past and present, view their role not just as educators but as caretakers of history.

Maintaining the school "was a labor of love," acknowledged Donna Dunn, the school's former director. Dunn retired in 2007 after nearly two decades at the school's helm.

Amy Tierney, the current director, said, "The roots of



The Little Red Schoolhouse, established in 1869.
Courtesy photo.

the school are what we are so connected with."

History of the School

The Little Red Schoolhouse was known as the Sheldonville School when it was built in 1869 to replace several one-room district schools (neighborhood schools) located in private homes throughout the area.

borhood schools) located in private homes throughout the area.

"By the mid-1800s, education in Massachusetts was trying to get away from district schools and the single, multi-grade classroom and move to more centralized schools, but that did not work well for Wrentham because it was such a big town," explained Greg Stahl, the chairman of the Wrentham Historical Commission.

The building itself gives hints of what schooling was like in the 1800s and early 1900s. There are two front doors, one for the boys to enter and another for the girls, suggesting they were separated

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KP Curbside Meals Program Works to Support Families in Need

BY BRENDAN ZIMMERMAN

Before the pandemic began, food insecurity was already a growing issue in the state of Massachusetts. But now, after nearly eleven months of disruption and displacement from COVID-19, food insecurity has more than doubled across the commonwealth.

Fortunately, the King Philip school district has been rising to the occasion to meet this need.

In normal times, a meal program has always been offered for students and families. But now, with the pandemic, the meal program has evolved into a curbside pickup for easy access and to keep workers and families socially distanced. And numbers have shown that residents across the state need the support of food programs like this more than ever.

According to The Boston Globe, as of last November Massachusetts saw the highest per-

cent increase of residents facing food insecurity among all the states in the union. The number? A 59% increase since 2018 – meaning roughly more than 1 million Massachusetts residents are now struggling to eat. The child food insecurity rate has also worsened in Massachusetts, with a 102% increase compared to pre-COVID numbers.

These dire numbers have even more resonance locally. The Boston Globe also reported that Norfolk County in particular saw a 163% increase in child-related food insecurity in 2020 compared to 2018: the highest percent change in child food insecurity in the entire country.

With such shocking numbers, the KP school district has been working hard to accommodate families during this time.

According to Mary Ann

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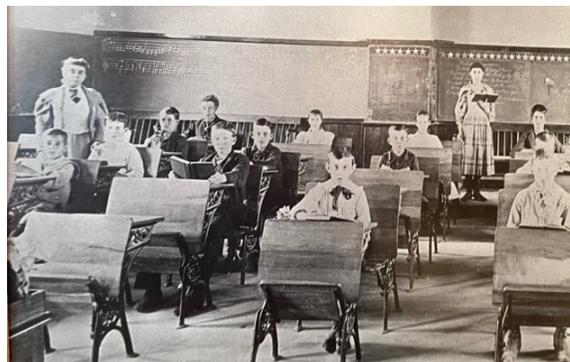
for lessons. The second floor of the building, now used for storage, may have been used as an overflow classroom or perhaps a play-space on rainy days. The building has likely always been red, agreed Stahl, the color most schools (and barns) were painted at the time. Red paint was inexpensive because it was made from iron ore, which also acted as a wood preservative.

By the early 1930s, however, the Sheldonville School was the only Wrentham district school still in operation. Other district schools had closed down and students were transported to the newer, much bigger Center School, which was located at the time in the now-empty lot at the intersection of Rt. 140 and 1A,

across from the Original Congregational Church.

The Sheldonville School was a primitive and crowded building compared to the Center School, says Stahl. The 1930 town report notes the interior of the Sheldonville School was rehabbed and electric lights were installed in that year, but a request to “replace the sanitary closets” was denied by the town.

While we do not know the names of all the teachers who taught at the Sheldonville School, town records note that Miss Nina B. Sheldon was hired by Wrentham in 1921 to teach at the school, and she remained its head teacher for many years, probably until the school closed. Nina Sheldon was likely a descendant of Rhodes Sheldon, a whaleboat builder who settled in the area and is considered the founder of the Sheldonville



Circa 1910. Courtesy photos.

section of Wrentham. Records show Nina lived on Arnold Street with her younger brother and his wife before eventually moving to West Street.

By 1951, only grades 1 through 4 were being taught at the school. Miss Sheldon taught grades 3 and 4 and a new teacher, Dora Dalton, taught grades 1 and 2. In 1957, the original King Philip High School was built (it has since been renovated). This freed up space for younger grades in the town's schools, and in June of 1958, the Sheldonville School closed its doors.

From the Past to the Present

After the school closed, the building was briefly used as a consignment shop. However, several area parents soon decided to reopen the building as the Little Red Schoolhouse, returning the structure to its original purpose of educating children.

Donna Dunn, the former director, says the age of the beloved school demanded support from the preschool staff and the parents, and everyone was glad to help.

“It needed a lot of extra time, a lot of extra ideas, and a lot of extra energy,” Dunn explained. “The building is so old you can't imagine all the physical things

that can go wrong with it, and the town is not responsible for its upkeep.”

During her tenure, parents donated and replaced windows, built tables, installed a playground, and raised \$30,000 to delead the structure. Dunn recalled she only had to say the word and parents took on the tasks, motivated by a love of the cooperative program and a respect for the school's long history.

Dunn and her husband Jim took on maintenance tasks themselves, too. Often after returning home at the end of the day, Dunn would tell her husband about a problem with the school's plumbing or heating. Jim would finish his dinner and then drive over to the school to fix it.

“Jim used to tell everybody we have two houses,” said Dunn. “Not only did we love the program, we loved the building.”

The cooperative preschool model gives parents a voice in the education of their children. Dunn believes that involvement endears families to Little Red long after their children graduate. She still receives Christmas cards from past students, some of them now married with children of their own. She and her husband have attended Eagle Scout ceremonies and weddings of former students.

“I used to tell parents, this is the beginning, this is the foundation,” said Dunn. “If the beginning starts out on a positive note, a child will love school their entire life. And that's the crux of Little Red, that every child leaves with a love of school.”

Tierney, the current director, says, “When I walk into Little Red, I always say you feel the warmth and positive energy. It is a place of peace, happiness and kindness.”

The Little Red Schoolhouse is one of only a few remaining one-room schoolhouses in New England, and the only one in the area that has been educating children almost continuously since 1869, notes Stahl of the Historical Commission. As a reminder of what Wrentham once was, it serves as a link to the roots of the community.

Little Red has continued to educate children through two worldwide pandemics now, surely a significant milestone. Perhaps that is the real legacy of Little Red: not just that it has withstood the test of time in Wrentham, but that it has helped children to feel safe and nurtured even in an uncertain world.

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Your Money, Your Independence

Revisiting - Dividends: Evolve Beyond Yield

Two years ago, February 2019, I wrote about income investors becoming too attracted to high-yielding dividend stocks.

They'd ignore a company's business model, free cash flows, payout ratios, dividend growth and other key factors. Their mantra of "I don't care about the stock price, as long as I get my dividend" dramatically changed last year.

At first, all stocks fell. High-yielding companies were leveraged, faced earnings issues, industry headwinds and needed to preserve cash, so dividends were suspended or cut and stock prices stayed low. Meanwhile, efficient companies with growing business models recovered quickly, increased market share, stock prices accelerated and later dividends raised.

Bringing us to today and a conundrum for income investors.

Low Interest Rates Meet Inflation - Two year ago, certificates of deposits at 2.5% are renewing at 1% or less. Add the Fed indicating short-term rates will be held, even if inflation exceeds its 2% target rate. Thus those buying treasuries or investment-grade corporate bonds risk earning less than inflation.

Outdated Criteria Brings Concentration Risks - The philosophy of every investment must achieve a certain level of dividend yield is a fallacy. Meaning, you can't build a portfolio only of stocks with greater than 4%, 3% or even 2% yield.

For example, if 2% dividend yield is required to own a stock, a/o 1/20/21 you'd disqualify 76 of 120 (64%) largest companies in S&P 500 Index. Require a 4% dividend yield? Only 12 companies remain, limited to oil & gas, tobacco, drugs or telcom. That's not being selective, that's concentration risk and avoiding growing companies.

Income investors need a new

perspective.

Seek Total Return Approach - Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

Growth of Dividends - Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from cash flows, and many growth companies yield 1.5% or less. Given this, these are ignored by income investors. Huge mistake, let me explain.

Yield-On-Cost (YOC) - Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100.

Real world example, large software company averages ~1.5% yield last 5 years. Dividend increases results in shares bought 5 years ago having 4.2% YOC, meaning your initial investment now pays 4.2% annually. Bonds can't do this, they're fixed. Now add over the 320% stock appreciation and you see the mistake of only selecting high dividend yields.

Evolve beyond yield and seek help when needed.

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

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



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Pond Home Mother-Daughter CNAs Roll Up Their Sleeves for COVID Vaccine

It didn't take any convincing for CNAs Kerry Nastasia and Samantha Salvas to raise their hands to roll up their sleeves and receive the first COVID vaccine administered at Pond Home.

With staff cheering them on, both mother and daughter took the highly anticipated 'shot in the arm' Tuesday, January 5. They received the Pfizer vaccine administered by Walgreens, who Pond Home partnered with for their three vaccination clinics.

"It's just the right thing to do," according to Nastasia, a sentiment echoed by daughter Salvas.

Nastasia, a Certified Nursing Assistant for 25 years and with Pond Home for the past four, said "we all want to put an end to this virus and this is how to do it," noting that social media may be undermining the importance of the vaccine.

"People need to read legitimate reports and educate themselves about this life-saving vaccine and not rely solely on so-

cial media," she said, an opinion shared by Salvas.

"The anxiety over the vaccine has definitely been fueled by social media," said Salvas, an 8-year CNA who joined Pond Home three years ago with her mother's encouragement. "As far as I'm concerned, the sooner the better – if you are able to get a vaccination that can keep you safe, why wouldn't you?"

Both Nastasia and Salvas termed the past year as "difficult and trying." Constant updated directives and guidance from the Department of Public Health (DPH) and the Centers for Disease Control (CDC) coupled with daily concern about the well-being of residents and staff placed the entire Pond Home community on high alert.

"To call the last 10 months challenging is an extreme under-

statement," according to Pond Home Administrator Rebecca Annis. "But having the vaccine available and here is an enormous sign of hope – it's the best news of 2021 so far!"

In addition to Nastasia and Salvas, three other Pond Home mother-daughter co-workers were vaccinated on January 5th. They include Staff Educator/Nurse Manager Joanne Lohan and her daughter Julia who works in Pond Home's kitchen; Certified Nursing Assistant Nanci Rando and her daughter Catherine who is a Cook; and Charge Nurse Maura Boone and her daughter Brianna who works in the kitchen.

About Pond Home

From its pastoral setting, to its home-cooked meals, to its attentive and devoted staff, Pond Home is a retirement home for seniors who want to live in a secure and caring environment while enjoying the companionship of their peers.

Pond Home offers Residential Care and Supportive Nursing Care in a beautifully maintained colonial home on Route 140 in Wrentham, providing all meals and 24-hour nursing care. It is managed by Rogerson Communities, a Boston-based non-profit recognized as a leader in the management and development of elder housing and services. To learn more about Pond Home please call 508-384-3531 or visit www.pondhome.org. Also, follow Pond Home on Facebook by liking its page.



Kerry Nastasia and daughter samantha Salvas

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Local Author Illustrates Our Forgotten History

By BRENDAN ZIMMERMAN

On January 12, author Michael Tougias gave a virtual presentation to attendees as a part of the Norfolk Public Library's special events for the town. Tougias decided to give an overview and analysis of King Philip's War, a topic that has been the subject of a couple of his books and holds historical importance to many towns in Massachusetts, including Norfolk and Wrentham.

Born and raised in Longmeadow, Massachusetts, Tougias has always felt both an affinity and a deep curiosity for New England. He is a prolific writer, with several books that explore American history, from the destruction of King Philip's war to a daring rescue off the shores of Cape Cod by the Coast Guard in the '50s. Some of his biggest works so far include "The Finest Hours," "Overboard!" and

"King Philip's War."

In order to stay within pandemic restrictions, the lecture was hosted virtually through Zoom with several attendees interested in learning more about the war's significance. Even though it was a virtual presentation, everything went well with no technical issues. And as the talk began, Tougias's passion for the topic came through immediately.

King Philip's War was a major event that shaped early America, yet it has slowly drifted into the background of American history and away from public consciousness, as depicted through Tougias's lecture.

The war was catastrophic for settlers and Native Americans, with both groups experiencing major losses that would lay the groundwork for events to come – like greater colonization by the British and a slow retreat for

Native American tribes, a long defeat that would last until American manifest destiny finished in the late 1800s.

The talk lasted for an hour, and it covered the span of time from the early 1620s to the late 1670s. A large part of the presentation was based off the research for the book co-written by Tougias and Eric Schultz, "King Philip's War."

Two major events in American history bookended these dates: the arrival of the Mayflower at Plymouth Rock and the end of King Philip's war. Though it's largely forgotten in modern times, this era was instrumental to the founding of the modern United States as we know it.

By the end of 1676, the new world had officially been won by the settlers; they would be here to stay now, much to the dismay of the various tribes along the East

Coast. Throughout the presentation, Tougias's love for the history of our region was apparent.

He was able to provide not just the details of every major battle, but also the names of each major character in this struggle. Even towns like Norfolk and Wrentham were a part of the struggle (though back then, the two towns would have been combined).

He also made a point to celebrate the heroes and mourn the losses on both sides of the conflict. For many modern Native Americans, the war still carries wounds felt to this day.

Tribes like the Narragansett in Rhode Island were nearly decimated during the war, and to only acknowledge the losses of the settlers would be a grave bias. Per capita, King Philip's war is actually considered the deadliest in American history due to the amount of people living in the

colonies at the time and the losses incurred.

Facts like this make it even more interesting that the war has drifted away from public consciousness, especially locally. The talk was a great reminder to be more curious about our surroundings, and to appreciate the history that already surrounds us – even when it's disguised as the mundane.

There's still more to come for the Massachusetts writer. As of now, Tougias is currently working on a memoir, titled "The Waters Between Us," which is about his childhood in Longmeadow and his relationship with his father. And for anyone interested in exploring the rest of Tougias's work, check out his website at www.michaeltougias.com.

Norfolk Uses Green Communities Grant for 5 Projects

Norfolk was designated a Green Community by the Massachusetts Department of Energy Resources (MA DOER) on February 3, 2020.

At that time, Norfolk was awarded a grant of \$144,600.

The Norfolk Energy Committee worked with the Norfolk Town Facilities Department to develop five energy projects to improve energy efficiency in town buildings. These projects included: refrigeration upgrades at the Freeman-Kennedy and H. Olive Day Schools, lighting

upgrades at the library and at H. Olive Day School, DPW insulation and weather-stripping improvements, and the purchase of an infrared camera to identify energy losses in town buildings.

Three of the five projects have been completed. The remaining two will most likely be completed soon. These projects will result in reduced energy consumption for the town of Norfolk.

Later this year, the Energy Committee will be looking to apply for additional funding for energy efficient projects through

MA DOER Competitive Grants Award program.

One member of the Energy Committee, Larry Sullivan, was recognized for his contribution to the Norfolk Green Energy Initiative and awarded the MA DOER "Leading by Example" award.

In a statement, Sullivan said, "The award belongs to all the members of the Energy Committee and the Norfolk Facilities Department in developing these Green Community Projects."

For more information about

the "Leading by Example Award," visit the MA DOER website: <https://www.mass.gov/>

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Local Instagrammer Finds Joy in Nature Photography

BY GRACE ALLEN

You might know her as Doreen, the friendly co-owner of Walsh's Greenhouse in Norfolk. But to her 1000-plus online followers, she's the Instagrammer known as Dubsy2010 who has posted hundreds of wildlife photos, especially photos of birds, on her profile.

Walsh is an amateur wildlife photographer and birder. The two hobbies are not dissimilar to gardening, requiring patience, a keen eye, and a deep appreciation for nature.

"I enjoy being outside, and you see a lot when you're a photographer," she said, noting she always keeps her camera within reach. "You see more than others, I think. You're always looking and sometimes you get lucky."

She comes by her talent naturally. She recalls her grandmother, a birder, always taking photos when she came to visit. When Walsh was in high school, she started taking photos herself. Back then, she had a Kodak camera.

These days she uses a much better camera, and with better gear comes better photos. Walsh is self-taught, however—she's never taken a photography class—and she acknowledges that bird photography can be especially challenging because birds are always in action and extremely aware of anyone approaching. It's generally accepted that to be a great bird photographer you have to be a great birder first.

Her advice for both hobbies? Don't stress the birds and be patient.

"I keep my distance and I stand still and wait," she said.

The six birdfeeders around Walsh's home attract many birds, and she's come to know their schedules and patterns. She's even hand-fed chickadees while filming them, a process involving much perseverance and the building of trust.

During the spring and summer, the plant and flower-filled greenhouses at the rear of the property also provide photo inspiration by attracting birds, including speedy hummingbirds.

"The hummingbirds fly into the greenhouse, get what they want, and fly out," said Walsh. "They are very smart little birds. Other birds have gotten into the greenhouse and they can't figure out how to get out."

Besides her yard, some of her favorite locations to photograph wildlife are Stony Brook Wildlife Sanctuary, Bush Pond, the Lind Farm conservation land in Norfolk, the DelCarte conservation area in Franklin, and Moose Hill Wildlife Sanctuary in Sharon.

Walsh says some of her most rewarding photos include a bald eagle on the ice at City Mills, a gray fox in her yard, and a cedar waxwing, a sleek yet flashy bird, at Bush Pond.

"I got very excited when I saw my first cedar waxwing," said Walsh. "They are cool-looking birds. It was sitting on a branch and I said, oh my gosh I can't believe this."

About two years ago, she captured the image of the gray fox as it strolled into her yard. The animal is generally elusive, primarily nocturnal and hard to spot in nature.

"That probably is one of my favorite photos because it was a surprise," she said. "I was just sitting on my back porch. I've lived in town for 38 years and that's the first gray fox I've seen."

Walsh joined Instagram about four years ago as a way to share her photos. Her followers are mostly other birders but are appreciative of any wildlife shots. And in the past year, backyard birding has taken off as a hobby. The pandemic has made everyone more aware and appreciative of the outdoors.

Doreen Walsh runs Walsh's Greenhouse with her husband Gerry (he focuses on landscape construction), and it's now into the second generation with son David and daughter-in-law Michelle helping out. The business just had its busiest year ever. People have been home and want to spruce up their yards and reconnect with nature.

Nature, after all, can provide comfort during times of stress, reminding us of the natural order of the world. Perhaps those pictures we see on social media platforms such as Instagram can

inspire us to take a step back and experience the world around us, whether that involves a walk

through the woods or simply observing the wildlife in our own backyards.








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Navigating the Storm in Turbulent Times

The term “cytokine storm” emerged in the news in the context of those people who developed a severe case of COVID-19 and required hospitalization. Cytokines are released by cells when they are stressed. After the stressor resolves cytokine levels are supposed to return to normal. For example, catching a cold that lasts a few days can be compared to a cloudy, drizzly day that comes and goes without causing any damage. These cold symptoms are created by a mild elevation of cytokines and other inflammatory chemicals which return to normal when the cold resolves. In contrast the COVID-19 cytokine storm is like a hurricane or a tornado that rips through a town and creates long term damage leaving death and

destruction behind. This is what makes COVID-19 so dangerous.

It has been discovered that sustained chronic low levels of stress such as refined sugars, flour and oils, obesity, sedentary life style, smoking, sun avoidance, mental/emotional stress and chronic pain cause the cells to release cytokines. When the body is exposed to the COVID-19 virus it goes into overload with a cytokine storm because it is under attack and already is experiencing high levels of cytokines prior to being exposed to the virus.

So How Do We Prevent the Cytokine Storm?

- Reduce refined sugars, flours, and oils. Eat more organic fruit, vegetables, meat poultry and fish

- Exercise for a minimum of 20 minutes per day. Get outside for 30 minutes per day and put your face towards the sun to get vitamin D naturally.
- Good quality sleep is imperative for the body to restore and heal itself.
- Utilize good quality supplements such as Vitamin D, Vitamin C, Zinc and Quercetin daily.

Dr Michael Goldstein and Dr Rochelle Bien are available to consult with you on how to best incorporate these strategies and boost your immune system to optimize your health potential.

CALL the Holistic Center at Bristol Square (508) 660-2722 to set up your appointment today.



Dr. Rochelle Bien & Dr. Michael Goldstein

MEALS

continued from page 1

Reynolds, the Director of Food Services for King Philip, the curbside meals program offers two different options due to the hybrid learning system that is currently running at King Philip schools.

If the student is learning remotely, seven breakfasts and seven lunches are offered. If a student is physically in school, seven breakfasts and five lunches are offered instead.

There is a large variety of food options offered each week, and they adhere to the state guidelines for a healthy meal for students with plenty of vegetables, salads, and proteins in rotation.

The meal program is offered to high school and middle school students, along with additional meals being offered for their families as well. And, to help match the rising local food insecurity, the curbside meals program is also currently being offered to anyone who may need it, whether they have a student at King Philip or not.

Confidentiality is kept, and the provided meals are meant to help take the burden off of families and individuals during this difficult, uncertain time.

Reynolds spoke about the importance of the program.

“Food insecurity is an issue

no matter what town you're in or what state you're in,” she said. “I think it's brought to light that every family is fragile, that things can be going along great and then in an instant, you can lose your job, or somebody gets sick, and then all of a sudden, you're in need.”

The program is able to adjust to any food restrictions, allergies, and diets that students and their families may require as long as they are informed ahead of time. As of now, the school is providing a large quantity of meals per week, suggesting a huge need. According to Reynolds, the program, in just one week in January, delivered 1,169 breakfast meals.

King Philip Superintendent Paul Zinni also gave his thoughts on the program's importance.

“Kids can't focus on the learning at hand when they haven't had a nutritious meal and they're hungry,” he said. “And certainly, in every district around the country right now, we're seeing an increase of families that have difficulty accessing food.”

Meal distribution happens from 11 a.m. to 12:30 p.m. and 4 to 5 p.m. on Wednesdays at King Philip Regional High School. The pickup location is at the back of the building, with a sign on the glass windows of the cafeteria indicating where to go.

Once you arrive, you just need to inform workers if the student

is hybrid or remote that week, and how many kids you need meals for.

On the surface, it can seem as if things are operating normally and that our community is the same as it was before COVID-19. But numbers can tell a different story. Though it seems that the end of the pandemic is near, its damaging effects still linger.

For any questions regarding the curbside meals program, reach out to Mary Ann Reynolds at 508-384-1000 ext. 3338 or at reynoldsm@kingphilip.org.

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Living Healthy

10 Things You Can Do Today to Prevent Vision Loss from Glaucoma

BY: ROGER M. KALDAWY, M.D.
Milford Franklin Eye Center

The optic nerve works like a cable connecting the eye and the brain. Glaucoma is a progressive disease of the optic nerve. It happens when the pressure inside the eye is higher than the optic nerve can withstand. The most common form of glaucoma is silent in the beginning but can cause slow loss of the vision if left untreated, starting with the peripheral vision first. The most frustrating characteristic of glaucoma is that for many years, the loss of vision will go unnoticed by a patient.

The optic nerve is like a cable made up of over 1 million nerve fibers that carry the information collected by your eye (retina) to the visual cortex of the brain for

processing. Glaucoma slowly, decreases the ability of your optic nerve to carry this information to your brain. There are currently two basic theories as to why excessive ocular pressure causes glaucoma. Either high intra-ocular pressure decreases blood flow to the optic nerve, or high pressure, over time, physically crushes and kills the individual nerve fibers.

At first, open-angle glaucoma has no symptoms. Vision stays normal, and there is no pain. As glaucoma remains untreated, people may notice that although they see clearly in front of them, they miss objects to the side and out of the corner of their eye. It may seem as though they are looking through a tunnel. Over time, the remaining vision may

decrease until there is no vision left. Optic nerve damage caused by glaucoma is permanent; therefore, it is important to seek treatment in the early stages of the disease.

Glaucoma is a lifelong disease that will always require treatment. Glaucoma is much like hypertension and diabetes. We can control these diseases, however we cannot, as of yet, cure them. Today there are numerous ophthalmic medications available to us in the treatment of glaucoma. Some are eye drops that are used only once a day; others are used up to four times a day. More than one medication may be used to treat glaucoma. If glaucoma cannot be controlled with medications other procedures, including laser and surgery may be consid-



ered.

Ophthalmologists don't yet know how to stop glaucoma from developing in the first place. However, there are ways to prevent serious vision loss and blindness from glaucoma. Here are 10 ways to help:

1. Catch this silent thief of sight before you lose vision.

If you are at risk for glaucoma (family history, age 60 and above, Black, Asian or Hispanic, heart disease, diabetes or hypertension) you should see your ophthalmologist regularly for eye exams. They can find the disease in its early stages, then watch and treat it. It's equally important to take your glaucoma medications exactly as your doctor says to.

2. Taking steroid medication? Talk with your eye doctor.

Taking steroids for long periods of time or in high doses can raise your eye pressure, especially if you have glaucoma. Steroids that you take by mouth or use around your eyes are the most likely to raise eye pressure. However, inhaled steroids even those over the counter can do the same damage. Always tell your eye doctor if you are taking any kind of steroids.

3. Eat well to see well. Eat plenty of leafy green vegetables and colored fruits, berries and vegetables every day.

They contain vitamins and minerals that protect your body and eyes. In fact, studies show that eye-healthy foods are better than vitamins at preventing glaucoma.

4. Exercise ... but carefully.

Intense exercise that raises your heart rate can also raise your eye pressure. But brisk walking and regular exercise at a moderate pace can lower eye pressure and improve your overall health. If you lift heavy weights, have a qualified trainer show you how to breathe prop-

erly during this exercise.

5. Protect your eyes from injury. Eye injuries can lead to glaucoma. Always wear protective eyewear during sports or while working on your home and in your yard.

6. Avoid head-down positions. If you have glaucoma or you're at high risk of the disease, don't place your head below your heart for long periods of time. That includes staying away from inversion tables or gravity boots for back pain. Head-down positions can greatly raise your eye pressure. Some people with severe glaucoma may need to avoid certain yoga positions. Ask your doctor if you need to avoid a head-down position in your exercise routine.

7. Sleep in the right position.

If you have glaucoma, avoid sleeping with your eye against the pillow or on your arm. People who have obstructive sleep apnea (OSA) are at risk of glaucoma, or may have more serious disease. If you snore heavily or stop breathing throughout the night, get tested for OSA.

8. Protect your eyes from sunlight. There is some evidence that the sun's UV rays may cause a type of glaucoma. Wear quality polarized sunglasses and a hat when exploring the outdoors.

9. Keep your mouth clean.

Recent research links gum disease with optic nerve damage in glaucoma. Brush and floss your teeth every day and see your dentist regularly.

10. Tell your ophthalmologist about your blood pressure medicine. If your blood pressure drops too low during sleep, it can worsen glaucoma damage. If you



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EYES

continued on page 9

Living Healthy

EYES

continued from page 8

take blood pressure medicine at night, or if you have low blood pressure symptoms (like feeling woozy), tell your ophthalmologist. They can discuss this with your primary care doctor. Do not change your blood pressure medication on your own.

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens and 2 types of laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. With 8 providers, decades of established experience and thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care for treatment of glaucoma closer to home than ever before.

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Guest Column

Controlling the Cost of Healthcare

By G. GREGORY TOOKER

During the many years your writer served as a consultant to the National League of Cities in Washington, DC, we came across several examples of truly creative solutions to problems adversely affecting the social and economic fabric of America. One such approach, if applied on a broad, national scale, could enormously impact our struggling economy in a very positive way. In fact, individual families could eventually save thousands of dollars if the concept were fully embraced by the government and the healthcare insurance industry.

Recent medical news stories describe how the overall decline in the health and wellness of the average U.S. citizen, such as mounting obesity, measurably increases the probability of serious health issues. The chance of contracting COVID-19, for example, is said to be higher for folks significantly overweight. This has prompted many to engage in daily exercise, such as jogging, walking and biking. The incentive to avoid the deadly virus has had the effect of spurring people into action. What if we could provide an equally motivating incentive to persuade people to continue this preventive behavior once we have defeated the virus?

The State of Vermont has compiled COVID-related performance data that is impressive. Granted, the average Vermonter practices a more active lifestyle than their fellow Americans. Your writer became aware of

that fact several years ago when we were monitoring the results of a project initiated by the Vermont League of Cities and Towns.

Under the expert direction of the VLCT's Wellness Promo-

tion Department, municipalities throughout the state were offered healthcare insurance cost incentives if they committed to well-

HEALTHCARE COST

continued on page 13

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The Assault on Congress

To the Editor:

"They maced me!"

Such was the utterance from the mouth of a seemingly innocent young woman while being interviewed by a reporter in front of the U.S. Capitol subsequent to the January 6 assault by Trump supporters. Her expression conveyed incredulity that she should suffer such an insult, following up on her initial comment with, "This is a revolution!"

In the surreal world of social media, participants in that raging river of verbal mayhem detach themselves regularly from reality. Untruths are repeated relentlessly until they become part of the daily fabric of life, transporting the believers into a fictional universe. When these souls act out loyalty to their cult of choice, the consequences of their misguided thinking impact disastrously upon the lives of millions.

The individual most responsible for this growing social tumor will soon be ushered off his stage. Yes, he was entertaining to some audiences, but the cost of the ticket to this modern-day Greek tragedy has nearly broken the bank. It will take a full generation to repair the damage. For those who lost loved ones due to the negligent disregard of matters urgent, there can be no healing.

So what to do with these poor misguided souls who stormed the walls of Congress like termites feasting on fresh lumber? Those who committed criminal acts, especially cult leaders, must be punished to the full extent of the law. Many of the participants, however, like the young woman referenced above, were ignorant tag-alongs, looking for attention. These people should be assigned to serve in community service programs designed to help the millions suffering emotionally and economically from the damage wrought by the departing President. Let them redirect the significant energy required to scale 30-foot walls to useful purpose. Perhaps their sense of reality will be restored.

Sincerely,

G. Gregory Tooker
Wrentham



THE 2021 NORFOLK VIRTUAL JURIED ART SHOW

An annual art exhibition
sponsored by the
Norfolk Cultural Council

Submit your artwork by
February 28th for
consideration

This year, we're inviting artists from Norfolk and surrounding communities to share the artwork they have created during this unprecedented year. Share your quarantine creations and connect with other local artists in our first ever Virtual Juried Art Show!

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<http://norfolk.ma.us/boards-committees/ncc.htm>

Norfolk Annual Juried Art Show Goes Virtual – And Seeks Artists

The Norfolk Cultural Council (NCC) is pleased to announce the 2021 Norfolk VIRTUAL Juried Art Show! The NCC's Annual Juried Art Show will take on a new format in 2021 – it will be virtual!

In this annual show, previously held at the Norfolk Library, the NCC aims to showcase the work of artists from Norfolk and surrounding communities and celebrate their artistic accomplishments. This year, we are inviting artists to share their quarantine creations virtually with the community.

Because the art show will be online, there is no limit to the type or size of art that can be submitted (although there is a

limit of two submissions per artist). Art can be in the form of 2D in a variety of media (painting, drawing, photography, printmaking, collages, flat textile/fiber art, etc.) or now also in 3D (sculpture, reliefs, carvings, etc.). All work must be original.

There is no cost to enter. And cash prizes will be awarded for top artworks. The deadline to submit artwork for consideration is February 28. The show will be viewable online from April 1 to July 1. A virtual reception and awards ceremony will be held on Thursday, April 8 at 7 p.m.

Artists can learn more and fill out the online application by visiting <http://norfolk.ma.us/boards-committees/ncc.htm>.

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Franklin School for the Performing Arts Continuing Enrollment for New Students

The Franklin School for the Performing Arts (FSPA) is still enrolling throughout the school year. The school is following FSPA's Reopening Plan in accordance with the Mass.gov/Reopening Massachusetts guidelines and will continue to update procedures and practices as updates become available. Prospective students are invited to make an appointment to come in person for a tour and to discuss program options. As an alternative, previously conducted virtual tours can be viewed on the FSPA Facebook page. Advance registration for fall is recommended. All FSPA programs will be taught in person or in a hybrid format. Students may elect to take all classes virtually if preferred.

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 avail-

able 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.

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.

FSPA Academy combines the flexibility of a virtual education with the practicality of a schoolroom, and can accommodate professional opportunities, rehearsal, and performance schedules. FSPA Academy partners with TECCA, a virtual Massachusetts Public School. The curriculum is taught by licensed, certified teachers through a combination of Live Lessons and individual assignments.

THE BLACK BOX, home of the Franklin Performing Arts Company (FPAC), a 200-seat flexible theater located behind FSPA, provides a professional venue for FSPA student productions, while FPAC offers opportunities by audition for student performers.

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



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Paying For College CAN Be Less Taxing



ified expenses and 25% of the next \$2,000, per student.

The Lifetime Learning Credit covers any year of post-secondary education, with a maximum credit of \$2,000, no matter how many students in the family are eligible.

Both the American Opportunity Tax Credit and lifetime learning credits phase out for taxpayers with higher incomes.

Other Education Tax Incentives

Education savings accounts. You may establish an education savings account (previously called an education IRA) with a nondeductible contribution for any child under 18. The annual contribution limit is \$2,000. Funds can accumulate and be paid out tax-free for qualified college expenses, including tuition, fees, books, supplies, equipment, and certain room and board costs. The funds can also be used to pay for elementary and secondary (K-12) school expenses at public, private, or religious

schools. Eligibility for an education savings account starts phasing out at \$95,000 of AGI for single taxpayers and \$190,000 for married folks.

Individual retirement accounts (IRAs). Existing IRAs can also be a source of college funds. You may make withdrawals before age 59½ without penalty for amounts paid for college or graduate school tuition, fees, books, room and board, supplies, and equipment.

Education savings bonds. Interest on Series EE and Series I bonds issued after 1989 is non-taxable when used to pay tuition and fees for you or your dependents. This tax break begins to phase out once income reaches certain levels.

Section 529 plans allow individuals to set up an account on behalf of someone else (say a child or grandchild) that can be used to pay college expenses. There are two types of plans:

Prepaid tuition plans are designed to hedge against inflation. You can purchase tuition credits, at today's rates, that your child

can redeem when he or she attends one of the plan's eligible colleges or universities. Both state and private institutions can offer prepaid tuition programs. Using tuition credits from these programs is tax-free.

College savings plans are state-sponsored plans that allow you to build a fund to pay for your child's college education. Your contributions are not tax-deductible, but once in the plan, your money grows tax-free. Provided the funds are used to pay for qualified college expenses, withdrawals are tax-free. Qualified expenses include tuition, fees, books, supplies, and certain room and board costs. Private institutions are not allowed to set up college savings accounts.

If you are looking for an alternative to 529 Plans to save for college education, something that will not be reported on FAFSA, please contact me to discuss.

Student loan interest deduction. Interest on certain student loans can be deducted whether or not you itemize your deductions. The maximum deduction

is \$2,500 per year over the loan repayment period and income phase out rules apply here as well.

Other tax benefits. Most scholarships remain tax-free, nontaxable employer-paid tuition may be available, and education expenses related to your job still may be deductible.

When you start examining your situation, remember that many of these provisions are designed so that you can't benefit from more than one in any given year. We can help guide you through the maze and help ensure that you receive the maximum possible benefit.

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

Education Tax Rules

Parents facing college expenses have several provisions in the tax law to consider. The benefits don't apply to all, but there is something of interest for many families.

Tax credits

The American Opportunity Tax Credit (formerly The Hope Credit) is available for certain tuition and fees, and it allows you to reduce taxes annually up to \$2,500 per student for four years of college. The credit is equal to 100% of the first \$2,000 of qual-

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Decluttering? You can help the Norfolk Public Library

Has the new year encouraged a bout of decluttering and organizing your home? Does that include your bookshelves? You can help support the Norfolk Library's annual book sale by donating your books to the Friends of the Library.

Funds from the book sale support library services like Take & Make Kits, STEM Kits, HOOPLA, and programs for all ages.

Please drop off gently used books at the DPW transfer station (33 Medway Branch) on Saturdays in the shed near the blue bins and bottle redemption area. These books will be picked up on Wednesdays, cleaned, and then brought to the library to be sorted by genre or subject. They will then be available for sale either at the library (when it is open to the public) or packed for our next book sale.

The blue bins marked "Discover Books" at the DPW are for books that we cannot sell. Please do not put good books in the bins as the Friends have no access to them. Books

that go into these bins do not help raise funds for the library, so tell your friends and neighbors.

Always welcome: DVDs, CDs, puzzles (with all pieces), and books in gently used condition.

We are not able to accept the following: books with torn pages or broken spines, books filled with handwritten notes and highlighted passages, stained books, mildewed or smelly books, encyclopedias, textbooks, old Time-Life book series, VHS tapes, games, toys, and magazines.

Tentative Dates for the 2021 Book and Bake Sale

Friends Members-Only Sale: Friday, June 11 from 6 to 9 p.m.

General Public: Saturday, June 12 from 9 a.m. to 3 p.m.

(Volunteers Needed for Setup on Wednesday and Thursday, June 9 and 10)



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Libraries Create StoryWalks to get Families Outside to Read

By GRACE ALLEN

Both the Norfolk and Wrentham libraries are holding StoryWalks this winter with the aim of creating excitement around reading. StoryWalks are literal walks through a children's book.

The concept of StoryWalks was created in 2007 by Anne Ferguson of Montpelier, VT, in conjunction with her hometown library. The goal was to promote literacy, physical activity, and outdoor family time. Participants take a self-guided tour along a path on which pages of a children's book have been posted.



Fiske Public Library

In Wrentham, the latest StoryWalks sponsored by the Fiske Public Library go through downtown, said Liz Nadow, the children's librarian.

Begin at Cataldo's Paint & Hardware to read "A Loud Winter's Nap." Finish the story at Reliable Dry Cleaners.

Another StoryWalk begins at the post office in the King Philip Plaza. Read "When Winter Comes: Discovering Wildlife in our Snowy Woods," finishing at Omega Pizza.

There's also a StoryWalk installed at the Fiske itself. "No Two Alike" starts at the library's front door.

Participants completing two of the StoryWalks are encouraged to drop a note in the book drop with name, phone number, and date. The first 10 entries will win a \$10 gift card to Omega Pizza.

Nadow says the library has received great feedback from StoryWalk participants.

"Our goal was to provide a socially distanced activity for families to do together," she explained in an email. "We love the fact that it incorporates the outdoors, fresh air, exercise, and reading. Parents love the break from screen time. And although the library is still closed to the public, I've enjoyed blowing bubbles out the back door and playing music out of my office window for the patrons that come by."

Norfolk Public Library

Norfolk Public Library has partnered with Stony Brook Wildlife Sanctuary for its StoryWalk. Another StoryWalk will be installed on town hill adjacent to the library.

According to Sarah Ward, Norfolk Library's associate director, the library received a \$2,400

grant from the Massachusetts Board of Library Commissioners (MBLC) and the Institute of Museum and Library Services (IMLS) to install the StoryWalks, which will be changed periodically.

"The chosen StoryWalk titles are books that encourage observation and learning about what you see in nature," said Ward.

In addition, Stony Brook will host educational programs this spring and summer, including nature walks through areas of town. The goal is to get families outside while staying local, explained Ward.

"Norfolk has many green spaces with options to unplug, take a breath, and explore while connecting with nature," she said. In the spring, the library will provide "Exploration Kits" that include a notebook, pencil, and magnifying glass for young explorers.



HEALTHCARE COST

continued from page 9

ness improvement annual goals. These targets were developed and agreed to by democratic process, among town employees. The League developed customized wellness programs for the individual cities and towns and assisted them achieving those goals by providing on-site train-

ing and educational materials. The results of the pilot program were highly encouraging, allowing towns and their employees and families to become healthier and achieve significant healthcare cost savings.

Passage of the Affordable Care Act was a huge step in the direction of making affordable healthcare available to every American. The formidable challenge of keeping this program fiscally viable will be daunting if

we do not take steps to reducing health risks for all Americans. Life insurance companies offer lower premiums for policyholders who stop smoking. Similar incentives can be offered to Americans who opt for a healthier lifestyle. If every patriotic American sets even a modest wellness improvement goal, with the help of such an incentive, the country will be taking a large step forward toward assuring long-term, affordable healthcare for all.

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Due to Covid-19, Almost Everyone Needs a New or Improved Health, Life, Disability, & Estate Plan!

BY DENNIS SULLIVAN & ASSOCIATES, COUNSELORS AT LAW

Even before March of 2020, when the coronavirus hit our country with a vengeance, approximately 86% of estate, health and disability plans didn't work when they were most needed because they were already out of date!

The pandemic dealt our citizens a 1-2 punch: 1.) Many people who thought they "didn't need" an estate plan desperately need a plan that works now.

2.) People who thought they had a good estate plan are now just realizing they MUST update that plan due to the pandemic and recent and pending changes in state and federal taxes and laws.

Who Will Make Your Healthcare and Financial Decisions if Something Happens to You?

With the pandemic still raging, absolutely nothing is guar-

anteed. Unless you have a solid health, life and estate plan in place, all of this is at risk.

The time to take action to protect yourself, your loved ones and your estate is NOW.

The estate and elder law firm of Dennis Sullivan and Associates specializes in helping people and families just like yours. We have the team and the expertise to protect you, your family and your loved ones.

If you or a family member is stricken with Covid-19, who would care for your children? Who will make decisions for your grandchildren and parents? Who will make sure the rent, the mortgage and all the other bills are paid?

You need a trusted, caring, compassionate, and experienced team of professionals to help you design and establish your plan.

The founder of the Dennis Sullivan & Associates was educated at some of the finest universities in America, including master's degrees from the Boston

University School of Law as well as from MIT, and he has more than 30 years of service.

All team members including our attorneys and CPAs, make it easy and enjoyable to put together your up-to-date estate plan! In compliance with Massachusetts Covid-19 orders and leveraging current technology included with our services, you can review and complete your estate and elder law plan with your attorney virtually—from the safety and comfort of your own home!

As a result, you will be both well informed and in control of your planning process as you benefit from our unique personalized counselling process. No family should be unprepared, especially now with all the medical and, legal, and tax changes!

Dennis Sullivan & Associates is dedicated to protecting everything you have worked so hard to achieve, including your good health, home, spouse, family, legacy and lifesavings!

Covid-19 is Not Going Away Anytime Soon!

People all over the world of all ages are susceptible to Covid-19, but we in the U. S. are especially susceptible because we have the most cases and the highest number of deaths in the world.

While it is exciting news that vaccines are being rolled out, the roll-out is going much slower than expected and a large percentage of our population have said they will not take the vaccine.

Therefore, we are all still at risk. **THE TIME TO TAKE ACTION AND PROTECT YOUR FAMILY IS NOW!**

Don't let your family be a statistic because you failed to take action and are stuck with no plan or an outdated estate plan. Research statistics adjusted for Covid-19 show that 90% plus of health, life and estate plans are out of date.

Once You are 18 Years Old, a HUGE Change Happens!

Most families are shocked to learn that once a child or grandchild turns 18, no one automatically has the ability to make health or financial decisions for them—

not even a parent, grandparent or spouse! (See our blog at Dsullivan.com for more information.)

Almost half of Americans 55+ don't have a Will and You Cannot Trust Wills You Get On-Line!

Americans age 55 + are at the greatest risk for serious complications and death from Covid-19. The mistake of using cheap or free on-line legal forms can cost your family thousands to hundreds of thousands of dollars and much more in terms of aggravation due to complete loss of control and sleepless nights. (See our blog at Dsullivan.com for more information.)

Estate and life planning is always essential but in the midst of a pandemic, it is Mandatory!

We hope you now understand that you and your family will tremendously benefit from having much more than just a will. Wouldn't you and your family prefer the peace of mind understanding how your family is protected now and for generations to follow?

The reason you need much more than just a will is because a will is only effective when you die. You need to be protected while you are alive, not only from Covid-19, but as you need to be protected in the event of disability.

Disability is six times more likely than death in any given year, but 2021 is a more precarious year than most.

The documents an estate and elder law firm will create for you and your family members will provide each person you care about with peace of mind. Yes, there is a light shining at the end of the long, arduous Covid-19 tunnel. Let's all be safe and well protected together on our journeys. You and your loved ones will be able to control your estate, your finances, your investments and, most importantly, your health care decisions without the expense or interference of the courts, medical, or the legal system.

Those benefits alone could save you thousands to hundreds

of thousands of dollars AND save you a huge amount of time, heartache, sleepless nights, and aggravation as well!

Dennis Sullivan & Associates is a caring, compassionate team of professionals who have been protecting families for generations by providing a unique estate planning and asset protection service for families in Massachusetts and surrounding states for more than 27 years. We currently provide virtual (on-line) discovery sessions, as well as personal counseling, and limited in-person consultations so you can get the high-quality life and estate plan you deserve at a reasonable investment for the lifetime protection for your family for generations.

Through our unique process you can complete all of your important protection virtually (on-line), staying warm, safe and healthy in the comfort of your home while a team of experienced, caring, compassionate and professionals creates a comprehensive estate plan that will provide you and your family members total peace of mind now and for generations that follow.

The most important phone call you can make today is to call our discovery line 800-964-4295 (24 hours a day, 7 days a week) or 781-237-2815 weekdays to register for discovery sessions and see how to qualify for your personalized review and counselling session. You can also register online at DSullivan.com. Due to the emergency we are doing our best as essential service providers to help those who qualify by understanding how much they can and should do for their family now.

Dennis Sullivan & Associates is a team of caring, compassionate highly-trained professionals who Protect Families for Generations.

Book a free online discovery session with us today. You'll see how easy and feasible it is now to protect your family's health and home, to protect your spouse, family, legacy, and life savings. You and your family will benefit from the peace of mind of knowing you have done everything you can to protect yourself and your loved ones for generations. Call now 800-964-4295 or register for a free meeting at www.DSullivan.com



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KP High School DECA Hosts Town Hall Session for New and Prospective Members

On Thursday, Jan. 14, King Philip DECA hosted a virtual informational session for new and prospective students and their parents. During the meeting, current officers, sophomore and junior members, alumni and parent chaperones shared their experiences and reasons why the program is worth joining.

"I would like to thank all who attended," DECA Vice President of Marketing Riley Abrams said. "During the meeting we touched upon different topics such as travel, friendships made, careers

and working on projects people are passionate about. King Philip DECA is a program with a family aspect where you can learn skills that will benefit you for the rest of your life."

Speakers at the meeting also discussed skills learned while in DECA, such as time management, public speaking confidence and leadership.

Those with questions or who would like to know more about the program can email King Philip DECA Chapter Advisor James Dow at [dowj@king-](mailto:dowj@king-philip.org)

[philip.org](http://king-philip.org) or visit the King Philip DECA website.

About King Philip DECA

King Philip DECA is a high school business organization. The group is part of a larger network of more than 215,000 high school students around the world. DECA prepares young leaders and entrepreneurs in high schools and colleges globally for careers in marketing, finance, hospitality and management.



King Philip DECA hosted a virtual Town Hall for new and prospective members on Jan. 14. (Photo Courtesy King Philip Regional School District)

COVID-19 Vaccination Distribution Update for Wrentham Residents

Town Administrator Kevin Sweet reminds Wrentham residents that the COVID-19 vaccine will not be available to the general public until April at the earliest, as part of the state's vaccination distribution plan. The state is updating the list of eligible groups prioritized with the state twice weekly on its website, which can be found at mass.gov.

At this time, the town is asking residents not to contact the town's nurses with questions about vac-

cine distribution, qualifications, access or timelines. Residents with questions regarding the timeline of vaccine distribution can contact the Massachusetts Department of Public Health by emailing COVID-19-Vaccine-Plan-MA@mass.gov.

"Getting vaccinated is the next step in combating COVID-19, and we know it is of great importance to our community," Senior Public Health Nurse Lauren Hewitt said. "However, we

are awaiting more instructions from the state on the timing of distribution. The past several months have been long and difficult, and we want residents to know that we appreciate their continued cooperation and patience in fighting the virus. Once we receive more information from the state, we will be quick to share it with residents."

For the latest COVID-19 updates for the town of Wrentham, visit wrenthamcovid19.com.

The Leaning Barn

Its weathered face, graying with age,
Its rusting hinges slowly weakening,
Its boards curling as nails release,
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It stood for generations, watching the world,
Baked by the Georgia sun, soaked by the rain,
Creaking in the storms, wrenched by whirlwind,
Awaiting the inevitable final chapter.

The red clay landscape never changes,
But those who tread upon it surely do.
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The old barn sinks to its knees in consent.

G. GREGORY TOOKER c. JANUARY 5, 2021



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FSPA to present Movie Musical

The Franklin School for the Performing Arts (FSPA) will present a COVID-safe virtual movie-musical production of The SpongeBob Musical on February 27 and 28. There will be two different movie-musicals, one featuring students in grades 8-12 and one highlighting FSPA's younger musical theater performers.

The project will be filmed entirely on iPhones with all COVID distancing and mask protocol being followed at all times. Some scenes will feature students recording in their homes edited together, while others will feature the students masked and distanced at different locations all around the Town of Franklin. The project provides a unique opportunity for FSPA's musical theater students to explore the world of musicals made for the screen all while staying safe.

The SpongeBob Musical is based on the beloved animated series created by Stephen Hillenburg and features a book by Kyle Jarrow, with original songs by Yolanda Adams, Steven Tyler and Joe Perry of Aerosmith, Sara Bareilles, Jonathan Coulton, Alexander Ebert of Edward Sharpe & The Magnetic Zeros, The Flaming Lips, Lady An-



tebellum, Cyndi Lauper, John Legend, Panic! At the Disco, Plain White T's, They Might Be Giants and T.I., and songs by David Bowie, Tom Kenny and Andy Paley. Additional lyrics are by Jonathan Coulton, with additional music by Tom Kitt.

FSPA's teen production will be directed by FSPA alum and faculty member Ali Funkhouser and the youth production will be directed by FSPA Drama Director Nick Paone.

With extensive programs in music, dance, and drama all housed under one roof, FSPA is uniquely positioned to offer an immersive interdisciplinary musical theater experience. Younger students explore the exciting world of musical theater with

an introduction to basic skills in singing, acting, and dancing, while older and more advanced students build upon this foundation with increasingly challenging repertoire, technique, and scene work. Musical theater history and audition technique round out the department's hands-on, multi-disciplinary opportunities. Alumni of FSPA's Musical Theater program have gone on to perform on Broadway, in national tours, regional theater, cruise ships, and other venues around the world.

Audiences can get tickets for The SpongeBob Musical and learn more about FSPA's programming at www.FSPAonline.com or by calling 508-528-8668.

Senator Rausch to Host Virtual Coffee Hour for Seniors on Feb. 9

Senator Becca Rausch will host a virtual coffee hour reserved exclusively for seniors of the Bristol, Norfolk, and Middlesex District on Tuesday, February 9 from 10 to 11 a.m. During this time, constituents are welcome to share questions and opinions on state issues with the Senator and her Beacon Hill team. To comply with public health precautions during the pandemic, the virtual conversation will take place over Zoom. Seniors can join the event either via phone or webcam.

"This pandemic has been a difficult time for all of us, but particularly our seniors," said Senator Rausch. "Hearing directly from my constituents is the best way to check on our community members during these difficult times and inform my legislative work as Vice Chair of the Joint Committee on Elder Affairs."

To register for the event, seniors can email becca.rausch@masenate.gov, or call 617-722-1555 by Sunday, February 7.

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her second term, Senator Rausch serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

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

Wrentham Town Election Nomination Papers Now Available

Nomination papers for the April 5 annual town election are now available for those interested in running for office. Contact the Wrentham Town Clerk's office at 508-384-5415 to make an appointment to pick them up.

The nomination papers are due by Tuesday, February 16. Visit wrentham.ma.us for a list of open positions and guidelines for safely obtaining signatures during the pandemic.

Senator Rausch Announces 2021 Virtual Office Hours for February

Senator Becca Rausch (D-Needham) will host her next virtual office hours on Friday, February 12 from 10 to 11 a.m. and on Friday, February 26 from 10 to 11 a.m. In keeping with best practices and recommendations from public health officials, conversations with the Senator and her staff will take place via video conferencing and phone calls.

Residents from any part of the Norfolk, Bristol and Middlesex District are welcome to share their questions and opinions on state issues with Senator Rausch and her staff. Constituents may reserve 15-minute appointments in advance at beccarauschma.com/office-hours.

Constituents can also contact the Senator and her team at 617-722-1555 or email becca.rausch@masenate.gov to share their opinion on state issues, seek assistance, or schedule a call with the Senator or her staff. Residents can also get live updates from the Senator via Twitter (@BeccaRauschMA) and Facebook (@BeccaRauschMA).

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her second term, Senator Rausch serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

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Sports

Bianculli a Catalyst on Defense for KP's Hockey Team

BY KEN HAMWEY
STAFF SPORTS WRITER

King Philip defenseman Rocco Bianculli has all the attributes to take his game to a higher level.

The 17-year-old senior, who was a Hockomock League all-star the last two years, plays hockey year-round — starting with the Warriors and finishing at the club level where he competes for the 95 Giants out of Attleboro. An assistant captain for KP this season, Bianculli has the perfect temperament to excel.

“The key to playing defense,” Bianculli says, “is to stay calm and composed, rely on your skills and maintain a high level of mental and physical toughness.”

The Wrentham native also is fast, sees the ice superbly, has strong hands and has a high hockey IQ.

The Warriors' coach, Paul Carlo, is quick to compliment his veteran defenseman, who's scored 14 goals and compiled 32 assists for 46 points during his first three seasons. “Rocco is an offensive defenseman,” Carlo emphasized. “He rushes the puck and is great in transition. A quality skater and passer, he's a dynamic competitor who's got a scorer's touch and sharp instincts.”

Because of the COVID-19 pandemic, the Warriors are playing only eight games this season and at Local Town Pages deadline (Jan. 15) they had a 5-1 record. Bianculli, who missed the opener against Mansfield because of a knee injury, had three assists and three goals (hat trick against Oliver Ames) in five games.

“I was excited to get back on the ice and face Mansfield in our second game,” he said. “Getting the game-winning assist on a goal by Shawn Fitzpatrick meant the world to me. And, the hat trick was great. It was an awesome feeling.”

Bianculli was delighted to return to action and he's okay with the modifications hockey has undergone in dealing with the coronavirus.

“Our schedule has been reduced but I'm pleased the MIAA (Mass. Interscholastic Athletic Association) has granted us a season,” Bianculli noted. “They've made changes (faceoff spacing, wearing masks, distancing on the bench, crowd limits, etc.) but rules are needed to beat the virus. It's disappointing that there's no Sectional or State tourneys this year but I understand the restrictions. We've got to beat this virus. That's the top priority.”

The 5-foot-8, 170-pounder missed tourney play his first two years by narrow margins but did get to experience playoff hockey last season when the Warriors bowed in their opener against archrival Franklin.

“We got beat by a big margin,” Bianculli said. “But, I liked the playoff atmosphere. There were lots of fans and we could hear our crowd cheering. It took a lot of blood, sweat and tears to get there. You feel the pressure. We could have qualified if there was a tourney this year because our squad is experienced and talented. Lots of seniors, too.”

Entering the season, Bianculli's personal objectives were to play his best at all times and strive to earn MVP status in the league. “Last year I finished runner-up in the MVP voting,”



KP defenseman Rocco Bianculli gives the Warriors a spark on offense.

he noted. His team goals are for the entire squad to compete hard every game and simply be glad they have the opportunity to play.

Bianculli showed early on just how effective he could be on offense from his back-line position. Two games remain very memorable — one against Foxboro and the other against Medway.

“We were tied against Foxboro in my sophomore year,” he recalled. “There were about five minutes left and I fired a wrist shot from about 12 feet out for the winning goal. Against Medway as a junior, I had a breakaway goal, then scored another one from the point about 25 feet out. Unfortunately, we lost by two goals.”

Although the virus has changed interscholastic athletics on many fronts, Bianculli, nevertheless, hasn't let any alterations affect the way he views his team or his sport. “My top thrill in hockey at KP is being with my teammates and the coaching staff,” he emphasized. “Whether it's at practice, a game, or at a pasta dinner, it's been thrilling to be part of this program and to be with friends I've known since kindergarten.”

Bianculli's future will no doubt involve playing hockey in college. He could have skipped his senior year at KP and played

junior hockey but he remained committed to KP.

“Rocco's loyalty is a great example for many,” Carlo said. “Instead of playing junior hockey, he wanted to finish what he started at KP.”

A good student, Bianculli plans on one more year of junior hockey after graduation before he signs on the dotted line to play in college. “I would never quit on my teammates,” he said about staying with KP. “The players are my best friends and coach Carlo has helped me in so many different ways. He's got a big heart, he's a great motivator and he cares about his players. I couldn't leave. I wanted to be part of the team.”

Bianculli's blood lines probably play a role in his dedication to the game and his team. His father (Joe) and two uncles (Mike and Matt) not only were Bay State Conference all-stars in hockey at Milton High, but they also were inducted into the school's athletic hall of fame. His mom (Colleen) keeps the BSC family theme strong because she was a cheerleader at Norwood.

“All of them watch me play at KP and they're all very encouraging,” he said.

Now, Bianculli has an opportunity to encourage his twin brothers, who play middle school

hockey and also compete for the 95 Giants. “They're seventh graders,” he said. “And, they'll be better than me. I work out with them and they take advice well.”

Relying on a competitive philosophy that focuses on reaching his potential and enjoying his athletic experience, Bianculli says that “if those two things occur, then winning will take care of itself.”

Bianculli also is acutely aware that sports, specifically hockey, can teach excellent life lessons. “I've learned how to care about a teammate that may be down and out,” he noted. “Sports teach you how to lead and to be a good team player. The big lesson may be right now with COVID-19. We've learned how to deal with adversity.”

As the Warriors' assistant captain, Bianculli leads by example and by being supportive. And, as for his play on defense, he's where he wants to be.

“I feel like I'm a quarterback,” he emphasized. “Especially if I make a crisp pass and get an assist. Rushing the puck, getting it up ice and creating scoring chances are what I really enjoy.”

Watching Rocco Bianculli compete would create enjoyment for any hockey fan.

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Sports

Swim Team Making a Difference During Pandemic

BY GRACE ALLEN

This has been a tough stretch for high school athletes.

For the King Philip swim and dive team, a regular season would normally mean 8 to 10 swim meets plus practices. Right now, because of the pandemic, the team is in the middle of a shortened 4-meet season, and they are thankful for even that.

“We’re really lucky to even have a season,” acknowledged Pam Sullivan, the assistant coach. “So we’re trying to make it as fun as we can and worthwhile too, by giving back.”

Sullivan says the team is collecting groceries and bringing them to their early morning practices. The captains will then deliver the food to area food pantries. So far, the group has donated to Plainville’s food pantry but at Local Town Pages deadline, Sullivan anticipated more collections and deliveries, likely every other week, to other food pantries in the area.

The team practices at 5:30 a.m. at the Adirondack Club in Franklin. Practices now include fun competitions with small prizes for the winners to help keep morale up. Because of social distancing guidelines, half the team practices on Mondays and Wednesdays, and the other half practices Tuesdays and Thursdays.

“The kids have been great even though they may not even get to see their friends at practice,” said Sullivan. “They have great attitudes and are making the best of the situation. They are amazing.”

COVID has also changed how meets are run. On January 7, the team competed against Mansfield at Wheaton College. The masked KP team watched the competition from the stands while the masked Mansfield team



From left, captains Derek Whyte, Brianna McMaster, and Andrew Pham with food donations for Plainville’s food pantry. Missing are captains Susannah Foster and Meghan Campbell.

was on the pool deck. Parents are not allowed to attend.

“We can’t cheer at the meets, we can’t yell, so we just clap,” explained Sullivan, noting there won’t be any post-season competition, either.

Sullivan, who is in her first year as assistant coach under head coach Susan Antonellis, says the team has risen to the occasion despite all the challenges of the past year, and the captains have shown leadership during a very difficult time.

Giving back to the community by helping struggling area families has helped the athletes on the team cope by reminding them of others even less fortunate.

Sullivan added, “When they’re getting down, I remind them, you guys, we still have the season. And we’re so lucky we can make a difference for others, too.”

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Blood Donations Still Needed During Pandemic

By J.D. O'GARA

Did you miss National Blood Donor Month last month? There's still an opportunity to give blood.

According to the American Red Cross, someone in the United States needs blood every two seconds, with over 36,000 units of red blood cells needed every day. Blood and platelets cannot be manufactured, but nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.

Currently, The American Red Cross is testing all blood, platelet and plasma donations for Covid-19 antibodies, and plasma from whole blood donations that test positive may help current coronavirus patients. Also, if you've recovered from a verified Covid-19 diagnosis, your convalescent plasma donation is sought to help up to four coronavirus patients. Adults who have received a Covid-19 vaccine may donate blood under FDA guidelines,

with no deferment of blood donation following a Pfizer or Moderna vaccine.

The American Red Cross notes that in most states, donors must be at least 16 years old in most states, healthy, and weigh at least 110 lbs. In fact, less than 38% of the U.S. population is eligible to give blood. Some may be turned away due to illness such as the common cold, being on a particular medication, low iron or having recently traveled outside the United States.

Type O is the blood type most in demand, but all blood types are needed, and while many hospital procedures have been put on hold due to the current pandemic, The American Red Cross is encouraging donors to donate now to ensure the supply as medical procedures resume, especially since many blood drives have been cancelled due to the Covid-19 concerns. Type O-negative blood and Type AB positive plasma can be transfused to

patients of all blood types. Both are always in demand and often in short supply. Donors must wait 56 days before each whole blood donation, although they can donate platelets every seven days, up to 24 times a year.

If you have further eligibility questions, please call 1-800-RED CROSS (1-800-733-2767) or visit <https://www.redcross.org/give-blood.html>.

Want to give blood? Here are some local blood drives this month.

Tuesday, February 2, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15 – 6:45 p.m.

Wednesday, February 3, 2021

The Church of Jesus Christ of the Latter-Day Saints
91 Jordan Road
Franklin, MA 02038
1-6 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Thursday, February 4, 2021

University Station
239 University Ave
Vacant Storefront next to ULTA
Westwood, MA 02090
9 a.m. – 2 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15 p.m. – 6:45 p.m.

Friday, February 5, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m.-2 p.m.

Saturday, February 6, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m.-2 p.m.

Sunday, February 7, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Monday, February 8, 2021

North Attleboro Elks
52 Bulfinch Street
North Attleboro, MA 02760
1-6 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15 – 6:45 p.m.

Tuesday, February 9, 2021

University Station
239 University Ave
Vacant Storefront next to ULTA
Westwood, MA 02090
1-6 p.m.

Faith Community Church
146 East Main St.
Hopkinton, MA 01748
2-7 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15– 6:45 p.m.

Wednesday, February 10, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Thursday, February 11, 2021

Franklin Elks
1077 Pond Street
Franklin, MA 02038
1 p.m. – 6 p.m.

Wednesday, February 17

St. Mary's Church
58 Carpenter Street
Foxboro, MA 02035
9 a.m. – 2 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Thursday, February 18, 2021

Plainridge Park Casino
301 Washington Street
Plainville, MA 02762
10 a.m. – 3 p.m.

Lake Pearl

299 Creek Street
Wrentham, MA 02093
1 – 6 p.m.

Sunday, February 21, 2021

Temple Sinai
25 Canton Street
Sharon, MA 02067
9 a.m. – 2 p.m.

Monday, February 22, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15-6:45 p.m.

Tuesday, February 23, 2021

Natick Community Senior Center
117 East Central St.
Natick, MA 01760

Wednesday, February 24, 2021

Walpole Public Library
143 School Street
Walpole, MA 02081
1-6 p.m.

Lake Pearl

299 Creek Street
Wrentham, MA 02093
1-6 p.m.

MetroWest Medical Center

85 Lincoln Street
Framingham, MA 01702
2-7 p.m.

Thursday, February 25, 2021

Franklin Elks
1077 Pond Street
Franklin, MA 02038
1-6 p.m.

Friday, February 26, 2021

University Station
239 University Ave
Vacant Storefront next to ULTA
Westwood, MA 02090
9 a.m. – 2 p.m.

Saturday, February 27, 2021

Saint John's Parish Center
20 Church St.
Hopkinton, MA 01748
11 a.m. – 4 p.m.

Sunday, February 28, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.



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Real Estate Corner

Norfolk County: Solid Real Estate Performance Despite COVID-19

While the COVID-19 pandemic caused personal and economic upheaval in the lives of one and all, Register of Deeds William P. O'Donnell reports the Norfolk County real estate mar-

ket remained viable and strong throughout the 2020 calendar year.

"By remaining open for the recording of land documents while the COVID-19 pandemic

has been ongoing," noted Register O'Donnell, "the Norfolk County real estate market was able to remain viable in 2020. Coupled with low interest rates and motivated buyers and sellers, the 2020 Norfolk County real estate market produced solid results across the board, in particular strong lending numbers."

During 2020, a total of 18,413 residential and commercial real estate sales transactions were recorded, no statistical change from 2019 but a solid result nonetheless. Total real estate dollar sales, again both residential and commercial, increased 12% to \$10.3 billion. The average real estate sales transaction price,

combining both residential and commercial sales, was \$903,423, an increase of 12% from the previous year. The increases seen in housing prices, particularly residential housing, was a direct result of buyers competing for a limited number of available housing stock.

According to O'Donnell, there was a total of 179,260 land documents recorded at the Registry during 2020, a 19% increase compared to the previous year. A primary cause of the land document recording increase in 2020 was a 54% increase in the number of mortgages, including mortgage refinances and home equity loans, recorded county-wide. Specifically, a total of 45,669 mortgages were recorded during the year versus 29,740 recorded in 2019. Total mortgage financing increased 18% year over year coming in at \$20.7 billion. This huge increase in mortgage recordings can be attributed to historically low mortgage interest rates seen during 2020.

Calendar year 2020 saw Norfolk County property owners continue to avail themselves of the protections provided by the Homestead Act. A total of 12,487 Homesteads were re-

corded, no statistical change from 2019. Register O'Donnell reminded Norfolk County homeowners about the importance of having Homestead protection. A Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000.

During 2020, the Norfolk County Registry of Deeds closely monitored the foreclosure market. From April 20, 2020 through October 17, 2020 a moratorium on foreclosure and evictions was in place throughout Massachusetts.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, 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 via telephone at (781) 461-6101, or email at registerodonnell@norfolkdeeds.org.

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Real Estate Corner

How to Record a Land Document

Register of Deeds William P. O'Donnell reminds Norfolk County residents that while the Register building remains closed to the general public due to the COVID-19 pandemic, the recording of land documents continues unabated.

"The Registry's process to record land documents is designed to make it as easy and seamless as possible. Whether the document in question is a deed, mortgage, homestead, mortgage discharge or any other type of land document, Registry staff have been trained to record the documents in as expeditious and accurate a manner as possible," noted O'Donnell.

As the depository of over 8 million land documents, there are steps that need to be followed when submitting a land document for recording, said the Register. First, the document needs to be associated with one of the twenty-eight Norfolk County communities. Also, the document must be an original. Photocopies or documents submitted via fax cannot be recorded. In many cases, land documents require signatures be notarized before they are recorded.

The Registry does not draft land documents. If an individual is unsure if a drafted land document, particularly a deed, is in proper order, O'Donnell sug-

gests a lawyer familiar with real estate law review the document for accuracy.

There are various fees set by the Commonwealth of Massachusetts associated with the recording of land documents at the Registry. Recording fees vary depending on the specific land document type. The Registry's website, www.norfolkdeeds.org has a fee schedule that can be consulted for specific recording fee amounts. The Registry accepts checks made out to the Norfolk County Registry of Deeds as well as cash.

"Once you have a land document ready for recording and know the fee and type of payment, you can then choose how to actually get the document delivered to the Norfolk County Registry of Deeds," said O'Donnell.

Due to the COVID-19 pandemic, the Registry of Deeds building is currently closed to all members of the general public and real estate professionals alike. The options to get an original document and payment to the Registry of Deeds for recording are via regular mail, Federal Express, or placing the document and payment in a drop-off box located just outside the main entrance to the building located at 649 High Street, Dedham.

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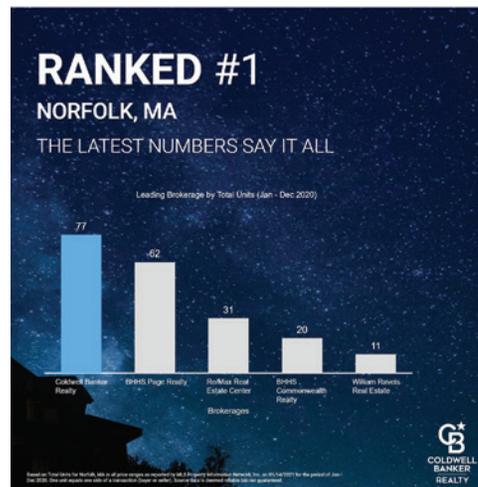
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Kim is a Full Time Professional Real Estate Sales Executive working with Coldwell Banker Residential Brokerage and specializing in Residential Real Estate in Medfield, Norfolk, Westwood, Wrentham and Medway. In 2020, Kim had over \$33,600,000 in home sales.



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"I feel very lucky to have had Kim Williams as my agent for my recent home sale and purchase. Kim guided me all along the way, readying my house for sale, getting ready for showings and open houses, showing me properties and following up on transaction details. The staging, photos and video of my home were beautiful and performed with ease and professionalism. Kim and her entire team were a pleasure to work with. Everyone went out of their way to make the transactions go as smoothly as possible. The team was attentive, patient with all of my questions and needs, and provided me with valuable answers and honest opinions. I highly recommend Kim and her team to anyone interested in selling or purchasing a home." - Amy

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