

The Voice of Your Community

Commitment to the Community

As a young girl, needing assistance from the community was a very real part of Heather Cohen's childhood. Many times, her family had to rely on community programs and the generosity of neighbors to make ends meet.

"I remember going with my mother to our church to pick up meals and clothing. That experience stuck with me, and not because I felt ashamed or embarrassed. It was just the opposite, in fact! Everyone who helped us was so supportive and kind, it instilled in me a sense of community and inspired me in my commitment to give back."

Heather owns b.LUXE Hair and Makeup Studio, a brand new, 4000 sq. ft. beauty salon housed in the historic Medway Mills Complex. With soaring ceilings, natural light-filled rooms and the area's most current and exciting salon services, b.LUXE is one of Metrowest's



Photo Credit: Wendy Shea Photography

most impressive beauty destinations.

But just last year, all plans for the new studio were put on hold. Heather explains, "When we first shut-down, my initial mindset was to scrap the build-out and hunker down in our existing space. It was a tough time for all of us in the beauty industry. But, later, when we re-

turned to work, there was a very different landscape waiting for us. My staff had to split shifts and reduce hours to accommodate the new safety guidelines. I knew right away they needed a bigger salon to work at full capacity and our clients needed a

B.LUXE
continued on page 3

Downtown Zoning Changes Headed to Town Meeting for Vote

Norfolk Town Meeting Set for May 8



Norfolk's Town Hall is located in the B-1 District. Zoning changes for the district are up for a vote at Town Meeting.

By GRACE ALLEN

Norfolk residents will weigh in on proposed zoning changes for the center of town at the May 8 Town Meeting. The area, known as the B-1 District, is the town's primary business district.

In early 2019, the B-1 District Zoning Committee was formed to study the town center and recommend changes to encourage responsible development while still preserving the town's character. The committee is made up of

ZONING
continued on page 2

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Schools Hire Jessica Pepple as Director of Diversity, Equity and Inclusion

Superintendents Paul Zinni, Ingrid Allardi, David Raiche and Allan Cameron are pleased to announce that Jessica Pepple has been chosen as the first-ever Director of Diversity, Equity and Inclusion for the King Philip, Norfolk, Wrentham and Plainville School districts.

Jessica Pepple will begin this new role on Monday, May 17. In this newly created position, she will lead the King Philip Regional, Norfolk, Wrentham and Plainville Schools' efforts to build organizations based on equity, inclusion and belonging for all students, their families, staff and community members.

The creation of this new position was made possible due to the continued efforts of the districts' Equity Committee, which has worked since the summer of 2019 to address diversity and equity issues in all communities.

In this position, Pepple will seek to create alignment and continuity between districts as



Jessica Pepple will begin her new role as King Philip, Norfolk, Wrentham and Plainville School districts' Director of Diversity, Equity and Inclusion on Monday, May 17. (Photo courtesy Jessica Pepple)

Wrentham and Plainville School districts to further enhance their commitment to diversity, equity and inclusion," Pepple said. "In this position I plan to implement school policies with equity being at the forefront of conversations, curriculum and in the relationships we have between staff and students."

Pepple currently serves as an Assistant Principal at the Browne Middle School in Chelsea. Prior to this position, Pepple worked as an Assistant Principal and Instructional Coach at Prospect Hill Academy where she was responsible for enhancing teacher and student capabilities in reading, science, social studies, French and math. She also worked as a District Instructional Coach for Orange County Public Schools in Florida where she supported the improvement of nine low achieving elementary and middle schools through the creation and implementation of a centralized support system.

they pursue the goal of creating more equitable, just and inclusive learning environments. She will report directly to the four district superintendents and will be a part of the regional administrative leadership team.

"I look forward to working alongside the students and staff across the King Philip, Norfolk,

management-insurance from Florida State University and an associate's degree in business administration from Valencia Community College.

"It is so important for all students to feel safe, welcomed and heard, especially within their school environment," Superintendent Zinni said. "Having Jessica aboard our team spearheading diversity, equity and inclusion initiatives within our districts will help to achieve this goal."

ZONING

continued from page 1

residents and town officials.

A community survey, town studies, and community meetings identified priorities for the town center, which included a pedestrian-oriented, mixed-used New England village with commercial services and housing.

An independent, third-party consultant from the Metropolitan Area Planning Council worked with the B-1 Committee to develop the zoning improvements.

The town has been trying to encourage development in its center with limited success. While there have been a couple of major redevelopment projects in the last few years, there are still several

large, undeveloped lots in the B-1 District that town officials say are vulnerable to unregulated, maximum-density 40B projects.

Currently, there are eight 40B projects in various stages of development throughout Norfolk.

The Saturday, May 8 Town Meeting will be held outdoors at King Philip Regional High School's football field with a rain date of May 15. At press time, the start time of the meeting had not yet been set. Masks will be required for all attendees unless seated. Visit the town's website at norfolk.ma.us for updated information and for the Town Meeting warrant.

Documents and studies from the B-1 District Zoning Committee are available on the town's website.

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If you don't know, ask your accountant. If he/she can't answer, maybe it's time to get help with tax planning from a Certified Financial Planner (CFP).

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

Once you're exhaled from completing your taxes, see if these apply for 2021:

Dedicate space to a home office. If you're self-employed or started a side-gig, dedicate a section of your house as a home office. Schedule C deductions are many and prorated across several aspects of expenses, maintenance and utilities on your entire home. Additionally, if you build or renovate a home office, there are additional deductions if you're self-employed.

Working From Home (WFH) becoming permanent. Is your company changing your role to WFH indefinitely, providing flexibility to move to another state? Understand workers are required to have taxes withheld in accordance with their state's tax rules, regardless of where their employer is located. Also, some states make employers withhold taxes from nonresident employees' wages.

Adjust your W-4. If you got a large refund, lower your withholding and do more with your money than letting the government sit on it. Additionally, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

Exercising Restricted Stock Units (RSUs). Did you sell some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of converting to stock to qualify for long-term, instead of short-term, capital gains.

Revisit Work Benefits. You can impact your adjusted gross income (AGI) through 401k contributions as well as funding

a HSA funding, FSA for dental/vision or FSA dependent care. Additionally, you may want to choose Roth instead of Traditional to eliminate future tax liabilities. If you can't make some changes until open enrollment, don't forget if you have a life event (new child, spouse loses or changes job) you have 30 days to revisit and reset your work benefits.

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

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



Glenn Brown

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.

b.LUXE

continued from page 1

safe space to relax and enjoy their services.”

A new plan began to unfold for the studio when Heather realized that the timing of the pandemic actually enabled her to build a socially distanced salon from the ground up.

“I had to pivot away from our original design and rethink every inch of space.”

And pivot she did! b.LUXE Hair and Makeup now has 16 socially-distanced styling stations, 3 treatment rooms, multiple processing areas and a private service space for high-risk clients. They've also added a skincare department, organic tanning services and some of the most relaxing spa services around!

From concept to completion, the continuous thread that runs through this expansion is Heather's commitment to community.

A few of Heather's community contributions include free fundraising events for local organizations where the b.LUXE artists host beauty nights with 100% of ticket sales donated to the organization. These events have hosted 50 guests and raised thousands of dollars.



Business spotlight

Heather and her team also donate time to the Franklin Food Pantry, regularly volunteering at their food drives and back-to-school backpack programs.

Guests from The Franklin Senior center visit b.LUXE for free hair styling and grooming as well as the residents from The Medway House, who receive complimentary services whenever needed.

Every year, the b.LUXE team travels to Mexico to bring beauty

supplies and cutting edge education to the Martello Institute of Beauty, Cancun. With each trip, Heather donates two full beauty scholarships to students, until last year, when the pandemic sidelined their travels, she donated three.

b.LUXE is also proud to work with The Hummingbird Foundation, Medway Parks and Rec, The Gilded Project and many other local groups and organizations.

Heather's philosophy is simple, “We all have it within ourselves to help others and improve our community. So, do your best...and then do a little better.”

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Guest Column

Policing in America

By G. GREGORY TOOKER

The complexities of conducting efficient law enforcement

operations in a society beset with social challenges are enormous in scope. Exploration of potential solutions will require analysis far beyond what might be covered in this short column but here are a few observations which may provide food for further thought.

The Commission on Accreditation for Law Enforcement Agencies, based in Washington, D.C., has existed for years. CALEA's mission is to create and constantly review and revise standards for excellence in law enforcement agency structure and operation. Local government has long recognized the value of such standards in that when adopted and skillfully practiced, they measurably reduce the risk of police liability associated with the negligent performance of duties.

As a risk consultant to the National League of Cities, your writer vigorously advocated for reward in the form of reduced liability insurance cost to those communities achieving CALEA accreditation. Beginning in the 1970s with the production of one of the first training films on

the subject of deadly force and the use of force continuum, we also worked to encourage the quality and expansion of law enforcement training programs.

Another factor we believed significant in its tendency to cause a police officer to circumvent critical steps in the use of force continuum is the physical preparedness of that officer to restrain and take custody of a suspect without injury or violating his/her civil rights. A measurable percentage of law enforcement personnel fall short of being in peak physical condition. After several years of what seemed to be a failing effort, CALEA finally adopted a voluntary standard for agency officer fitness. It has had some favorable impact but as might be easily witnessed in communities throughout America, the task is far from being accomplished.

Bottom line, it falls to the local citizenry to advocate for and support excellence in law enforcement operations. Mayors, town administrators and boards of selectpersons should be pressed in this regard and ballot initiatives need to be intro-

duced giving voters the opportunity to approve such measures. Without an active community effort, we will see a continuing

increase in the number of incidents and lawsuits similar to those now dominating the TV screens throughout America.

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CPA Funds Sought for Proposed Shade Structure at Senior Center

Aid to Elderly and Disabled Taxation Fund also on Town Meeting Warrant

BY GRACE ALLEN

Norfolk Town Meeting attendees will be asked to vote on appropriating \$100,000 from the Community Preservation Fund

fund to assist low-income senior and disabled residents with property tax payments. Residents would be able to donate to the fund through their tax bills.

gramming than we ever did before, and we plan to do it this year, too," said Norman. "It gets pretty hot out there and there isn't a lot of shade."

The Community Preservation Act (CPA) was adopted by Norfolk in 2002. It allows funds to be used for historical preservation, affordable housing, and to maintain open space and recreation.

CPA funds are accrued via a surcharge on real estate tax bills plus a matching percentage (which varies year to year) from the state through the Department of Revenue, explained Cyndi Andrade, the chair of the Community Preservation Committee.

"CPA projects do not impact Norfolk's general operating budget, as CPA monies are separate," said Andrade. "The funds are a source for preserving and improving a community's character and quality of life. Since the structure supports recreational activities, it is an allowable use under CPA rules."

Any funds that are left over after completion of a project are returned to Norfolk's CPA ac-

count for use on future projects, added Andrade.

Senior centers have struggled with how to keep people connected through the pandemic, and although many have reopened in some capacity, it's generally accepted that being outdoors is still the safest option. And while the mild weather is welcome, outdoor activities can come with the risk of too much sun or rain.

Norman noted that some

senior centers in the area have turned to tents as a temporary solution, but tents have set-up and take-down costs, as well as storage issues.

"And at the end of the day, it's still a tent," she said.

One of the first events at the senior center last August soon after reopening was a "tailgate" party. Participants sat in lawn

SENIOR CENTER
continued on page 6



Norfolk's Senior Center.

to construct a new shade structure at the senior center. Spring Town Meeting is scheduled for May 8 with a rain date of May 15.

Also on the warrant is a request for Norfolk to establish a

The proposed 26' x 52' pavilion would be used for outdoor programming such as exercise classes and musical entertainment, said Sherry Norman, the director of the Council on Aging. "When COVID hit, we had to pivot to more outdoor pro-



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Neighbors Helping Neighbors

Weekly Raffles to Benefit Norfolk Families

BY GRACE ALLEN

Norfolk Community Television (NCTV) and the Norfolk Lions Club are teaming up for a unique fundraiser that gives back to the community. The “Neighbors Helping Neighbors” initiative raises money for families struggling during the pandemic while at the same time shining a spotlight on local businesses.

The two organizations are hosting a series of weekly online raffles for themed “baskets”

containing goods and services donated by area businesses. All raffle proceeds will go directly to Norfolk families in need.

In addition, NCTV is profiling the donors and their businesses through spotlight videos.

“Our goal at NCTV is to provide education and entertainment, so that’s what the videos will focus on,” explained Katy Jefferson, NCTV’s Executive Director. “We’ll get to know the business owners and the people who work with them as they offer educational information about

their services in these profiles.”

The NCTV and Norfolk Lions partnership is a natural fit for this particular fundraiser, said Jefferson.

“The Lions Club has a lot of knowledge about fundraisers and their mission aligns closely to the goal of helping the community,” she said. “Our role is to focus on the video side of it. We each bring our own expertise that makes this a really cool initiative.”

Jefferson says the community has been extremely generous with donations. At press time, over 50 local businesses, organizations, and residents have donated goods or services for the raffles.

The first raffle—The Ulti-



NEIGHBORS HELPING NEIGHBORS

NORFOLK RAFFLE

mate Auto Package—contained \$500 worth of Affluent Auto Studios services, car care services and an auto maintenance class from Norfolk Auto, Inc., \$150 towards services at the Cottage Car Wash, and a \$15 Eagle Brook Sa-loon gift card.

“We have enough baskets for almost three months of weekly raffles,” said Jefferson. “It’s pretty exciting and some of the baskets are very creative.”

Raffle tickets are \$5 each, three for \$12, or seven for \$25. Tickets can be purchased be-

tween Sunday morning and the following Saturday at 3 p.m. Winners will be drawn and announced on the following Sunday morning.

Visit www.norfolkneighbors.com for more information, to purchase tickets, or to make a donation towards a basket.

To apply as a beneficiary of funds generated through the raffle, contact Kevin Roche, President of the Norfolk Lions, at kevinr11000@yahoo.com. Confidentiality is assured.

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SENIOR CENTER

continued from page 5

chairs next to their cars and the staff carried food to them. Many of the seniors brought their own umbrellas for shade because it was so hot, said Norman.

The proposed shade pavilion will be located behind the senior center’s parking lot. Norman received initial cost estimates from the same company that constructed the shade pavilion at the Pond Street Recreation Complex, which was one of the first projects in town to use CPA funds.

Both the shade pavilion and the aid fund warrant items received unanimous support from Norfolk’s Advisory Committee at their April 16 meeting. Noted Andrade, “The CPC appreciates the unanimous support of the Advisory Committee for the shade structure project. We look forward to presenting the project to town meeting voters and hope they will also be supportive.”

As the vaccines roll out and more and more people get vaccinated, seniors in particular may be ready to return to their former activities. Yet Norman acknowledged a continuing comfort level

with masks and social distancing among many. Gathering safely outdoors will likely remain a popular option for some time to come for the senior center’s patrons.

“People are trickling in. I think they are feeling more comfortable now between getting vaccinated and the weather improving. After being stuck in their houses for a year, people are more than ready to come back. A shade pavilion will definitely extend our outdoor footprint as well as provide a way to get out of the sun.”

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Neck Syndrome: A Casualty Of The Pandemic

Recently we have been seeing an increase in patients complaining of neck and upper back pain with radiation into the elbows and hands. More and more people have been sitting at their computers at their kitchen or dining room table rather than a proper desk and chair. All too often the table height is too high and the chair is too low. Typing or using a mouse causes the trapezius mus-

cle to overwork causing neck and upper back pain. Overuse over time causes break down in proper function and irritates the nerves and muscles leading to symptoms. Looking down at a lap top or smart phone may also contribute to these symptoms as putting your head in flexion can put up to 60 lbs of pressure in your spine and over time cause rounded shoulders and poor posture.

Derek G. presented in our office complaining of head, neck and arm pain. Since working from home due to the pandemic, the symptoms have gotten worse. He is now complaining of numbness and tingling into his hands and extreme fatigue in his arms, as well as tension headaches which he never had before. He was started on a traditional program of chiropractic care as well

as given exercises to strengthen and support his head and neck. We reviewed his work station and made recommendations to improve his sitting and smart phone habits as well. Derek is improving as expected and very happy not to have these symptoms on a daily basis.

If you are experiencing these symptoms and would like to get them resolved call The Ho-



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listic Center At Bristol Square (508)660-2722 and make an appointment with Dr. Michael Goldstein or Dr. Rochelle Bien today.

Town of Norfolk Presented with MIIA Risk Management Award

The town of Norfolk was presented with an FY2020 Risk Management Award from the Massachusetts Interlocal Insurance Association (MIIA), the towns' insurance provider. The town received the award for its proactive efforts to reduce maintenance-related property losses and for the implementation of rigorous protocols and cleaning procedures for all buildings to reduce risk during the COVID-

19 pandemic. The award was presented during MIIA's Annual Business Meeting.


Over the past year, Norfolk Facility Director Matt Haffner has undertaken a proactive approach to reducing property exposures by utilizing the Building Preventative Maintenance Software program for all town buildings and collaborating with MIIA to pilot the Hartford Steam Boiler Sensor Program.

The Steam Boiler program consists of integrated sensor monitoring technology designed to prevent and mitigate costs related to cold weather-related pipe breaks and water-related losses. With the recent COVID-19 pandemic, Hafner and his team also implemented rigorous protocols and cleaning procedures for all town buildings, as well as providing safety-related training to staff.


"We presented the town of Norfolk with a MIIA Risk Management Award for its proactive approach to mitigating property losses," said Stanley Corcoran, Executive Vice President of MIIA. "We congratulate Norfolk for its continued commitment to minimizing risk, keeping employees safe, controlling costs, and reducing financial impact on taxpayers."

The Massachusetts Interlocal


Insurance Association (MIIA) is the non-profit insurance arm of the Massachusetts Municipal Association. As a member-based organization, MIIA's sole focus is to provide excellent service and quality risk management and health insurance solutions to Massachusetts municipalities and related public entities. MIIA insures nearly 400 cities, towns, and other public entities in Massachusetts. For more information, visit www.emiia.org and www.mma.org.




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May is Disability Insurance Awareness Month

Don't Let These Myths Stop You From Getting the Proper Coverage

Figuring out if you need disability insurance is pretty easy. If you have a job, you need it. Why then do the majority of American workers lack this basic protection? Common misconceptions are largely to blame. Here I will debunk four of the big myths surrounding this essential insurance coverage.

1. Myth: "I'd rely on my savings until I could get back to work."

Reality: Most people overestimate the resources they have to cover their expenses if a disabling illness or injury kept them from earning a paycheck. According to a LIFE Foundation survey, half of working Americans say they couldn't make it a month

before financial difficulties would set in, and more than one in four would have problems immediately. Keep in mind that disabling illnesses or injuries often last for months or even year.

2. Myth: "I don't need it - I don't work in a dangerous profession."

Reality: You actually have a three in 10 chance of suffering a disabling illness or injury during your career that would keep you out of work for three months or more. While it's true that people in professions like farming, law enforcement, and construction face greater risks, the odd of suffering a long-term disability are high for all workers because illness - not accidents - account

for 90 percent of disabilities that keep people out of work.

3. Myth: The government provides assistance when people get disabled.

Reality: According to the National Safety Council, 73 percent of long-term disabilities are a result of an injury or illness that is not work-related and therefore wouldn't qualify for state-based Workers' Compensation programs. If you were hoping for Social Security disability benefits, know that about 45 percent of those who apply are initially denied, and those who are approved receive an average monthly benefit of just \$1063, which would leave you with an income barely above the pov-

erty online. Government programs are a good back-up plan, but shouldn't be your main line of defense.

4. Myth: "I have disability coverage at work."

Reality: Disability insurance through work is a great benefit, but you need to find out exactly what coverage you have. According to the U. S. Department of Labor, more than 70 percent of employers don't offer long-term disability coverage. And short-term or partial coverage wouldn't be enough to allow you to meet your current and future financial obligations if you were unable to work for an extended period of time.



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

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Wrentham Lions Club Golf Outing to be held June 7

The Wrentham Lions Club will hold its annual golf tournament on Monday, June 7 at the Wentworth Hills Golf Club in Plainville. All proceeds from the event will support the Wrentham Lions Club charities. The tournament will be held rain or shine.

Cost per player is \$125 and includes green fees, cart, breakfast, and lunch. Registration begins at 7 a.m. with an 8:30 a.m. start.

The event includes prizes for the top three

teams as well as "most memorable" team and "best golf attire." Prizes will be announced at lunch, which will be held from 12:30 to 2 p.m.

Visit www.wrenthamlions.org to download the entry form. The completed form and entry fee must be received by June 1.

For more information, contact Tim Munn at 617-922-6475 (email tpmunn@verizon.net) or Michelle Kammerer at 774-210-2084 (email mckammerer75@gmail.com).

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Living Healthy

Milford -Franklin Eye Center

No need to travel for your Eyecare

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that we have grown to a dedicated group of 8 physicians and Optometrists. In January of 2021 Dr. Mai-Khuyen Nguyen, OD will join our team in our state-of-the-art medical offices in Franklin and Milford. Dr. Nguyen is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family.

With offices located in Milford and Franklin and a support staff of 50, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care institutions in the State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No more need to travel miles and hours to have cataract surgery! Five experienced eye physicians/ surgeons and 3 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your optometrist is still asking you to travel for eyecare to far away practices, be aware of this optometrist bias and call us for a second opinion.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at University of Rochester and his fellowship in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of his trainees are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed

academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world including University of New York, Stanford University and University of Wisconsin, Madison. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed tens of thousands of procedures and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy is the first and only surgeon in the area to offer bladeless laser-assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford.

Dr. Hatch is the only fellowship trained pediatric ophthalmologist in the area, and is a skilled surgeon with training in the latest techniques for straightening misaligned eyes. Dr. Hatch earned bachelors and master's degrees in engineering from Boston University and Dartmouth College. He completed his medical degree at the University of Massachusetts Medical School in 1988, followed by residency in Ophthalmology at Yale-New Haven Hospital and fellowship in Pediatric and Neuro-ophthalmology at Duke University. Returning to his home state in 1993, Dr. Hatch joined the Milford-Franklin Eye Center where he focuses on comprehensive pediatric and adult ophthalmology and adult strabismus.

Dr. Lashkari is our practicing vitreoretinal specialist as well as a scientist at the Schepens Eye Research Institute, Harvard Medical School. He is also a part-time Assistant Professor of Ophthalmology at the Harvard Medical School. Dr. Lashkari completed a Medical-Surgical Fellow in Vitreoretinal disease at Massachusetts Eye and Ear Infirmary.

Dr. Ahmed graduated Magna cum Laude with Honors from

Brown University with a degree in Mechanical Engineering. She then pursued her medical degree at Medical College of Georgia followed by a medical internship at Mercy Hospital in Baltimore, MD. She completed her residency in Ophthalmology at Tufts Medical Center in Boston, MA followed by a Cornea and Anterior Segment Fellowship at Baylor College of Medicine in Houston, TX. Her specific interests include ocular surface disease, complex cataracts and corneal transplantation.

Dr. Perriello Consigli received her Bachelor of Science degree from Clark University in 1987. She went on to earn her Doctor of Optometry degree from New England College of Optometry in 1991. Dr. Consigli has over twenty five years of experience, spending several years in private practice. In February 2019, Dr. Consigli joined Milford-Franklin Eye Center. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye disease.

Dr. Adams, graduated from John Carroll University, Bachelors of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from The Ohio State University in 1997. In 2003 he received his Doctorate from the New England College of Optometry. Dr. Adams has advanced training in



corneal pathology, specialty contact lenses, ocular disease and laser refractive surgery.

Dr. Mai-Khuyen Nguyen joins Milford-Franklin Eye Center from the New England Carpenters Benefit Fund – Vision Center, where she served as Head of Optometry. She has over 9 years of experience in comprehensive eye exams for adult, geriatric, pediatric, and special needs populations. Her experience includes performing contact lens fitting and managing contact lens complications. Dr. Nguyen is also experienced in glasses fitting and lens edging. Her charitable activities include participating in Boston Cares program and the Boston Special Olympics.

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We are from the community, most of us live in the

community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is you, your vision and excellent results. We are available, in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. We offer after-hours, same day emergency appointments and Saturday appointments. We have great management focused on quality customer care. Eight providers dedicated to the best in eye medicine and surgery closer to home. Are they still asking you to travel hours to other practices? Call us: We are available for a second opinion.

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Living Healthy

Lifeworks Expands Autism Services, Establishes Support Center for Adults

Lifeworks, a nonprofit human services provider that supports people with intellectual and developmental disabilities, an-

nounced on April 1 – the first day of National Autism Acceptance Month – that it is expanding its community-based autism services to include adult autism support in 40 communities in the Department of Developmental Services (DDS) Boston Metro Region, in addition to its existing youth and family autism services in Newton and parts of Norfolk County.

Lifeworks will establish an Adult Autism Support Center within its West Roxbury office that will help individuals and families navigate available autism-related services, provide workshops and caregiver training, and participate in enriching social and recreational activities.

“It’s a privilege to expand our autism support services in the DDS Metro Boston Region,” said Daniel Sullivan, Vice President of Quality and Community

Services at Lifeworks. “We look forward to providing our comprehensive supports and services as we establish new community connections and partnerships.”

As part of this effort, Lifeworks will appoint an Assistant Director of Adult Services, add two new adult autism support specialists, and form new collaborations with advocacy organizations, employers, law enforcement and other community partners.

Lifeworks has a long history of providing autism supports and its Family Autism Center based at its headquarters in Westwood has grown to serve nearly 1,000 individuals in the Newton/South Norfolk area. Under its new DDS contract, Lifeworks will now provide Adult Autism Support Center services in the following DDS areas:

Greater Boston – Boston, Brookline, Chelsea, Revere, Winthrop

Charles River West – Belmont, Cambridge, Somerville, Waltham, Watertown

Middlesex West – Ashland, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Northborough, Sherborn, Southborough, Sudbury, Wayland, Westborough

Newton/South Norfolk – Canton, Dedham, Foxborough, Medfield, Millis, Needham, Newton, Norfolk, Norwood, Plainville, Sharon, Walpole, Wellesley, Weston, Westwood, Wrentham

Lifeworks will now support the entire age range of individuals with autism: the family program supports children and youths and the adult program supports those

LIFEWORKS
continued on page 12

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KP DECA Celebrates Successes at Virtual State Career Development Conference

The King Philip High School business organization known as DECA qualified a state-high 27 written projects to compete at DECA's Virtual International Career Development Conference (ICDC) in April.

The State Career Development Conference was held virtually on Thursday, March 18 and a total of 52 King Philip students qualified to compete at ICDC. Any student who finished in the top five of their category automatically qualified for the conference.

King Philip had seven projects place in first, seven projects place in second, three projects place in third, four projects place in fourth and six projects place in fifth.

"I am so proud of our students and the countless hours that they have spent perfecting these projects," said KP Superintendent Paul Zinni. "More than half of our DECA chapter members will be competing in

the final round of the competition and I wish them success as they move forward."

The following is a list of the King Philip individual students and teams who qualified (including category and place) who will represent the school at ICDC:

First-place winners: Russell Kitsis, Business Operations; Finn Meroski, Luke Pfeiffer and John Pfeiffer, Project Management; Anthony Zappala, Colin Wesley and Connor O'Neil, Entrepreneurship; Rasya Bollu, Entrepreneurship; Sydney O'Shea, Entrepreneurship; Kayla Simas, Ava Lanza and Julia Lanza, Integrated Marketing; Amelia Penny, Integrated Marketing

Second-place winners: Justin Yatshuashi, Cole Breen and Mitch Breen, Business Operations; Haley Izydorczak and Laura Gelsomni, Project Management; Tadhg Keller, Ajae Olsen and Audrey Leonard, Project Management; Sophia O'Connor-Colbert, Sarah Le-

han-Allen and Makayla Hickey, Entrepreneurship; Brooke Noonan, Integrated Marketing; Jared Curran, Individual Series; Emma Naggar and Abby Nixon, School Based Enterprise

Third-place winners: Jaclyn Anderson, Business Operations; Maya Evans and Sammie Taylor, Entrepreneurship; Emma Sheehan and Brooke Stagg, Entrepreneurship

Fourth-place winners: Courtney Keswick and Aly Wood, Business Operations; Jackson Fletcher, Business Operations; Ben Simmons and Caden Heslin, Entrepreneurship; Carson Meier, Jackson Hom and Joe Burke, Entrepreneurship

Fifth-place winners: Declan Breen, Nico Calderone and Nico Canning, Business Operations; Samantha Asprelli and Isabella Fraone, Project Management; Josh Raimer, Entrepreneurship; Kristina Conlon, Entrepreneurship; Mitchell Pearson and Danny Dumais, Entre-



King Philip DECA Officers at the States Award Ceremony. From left, Kristina Conlon, Cole Breen, Ajae Olsen, Jarred Curran, Samantha Asperelli, Ahunna James, Audrey Leonard, Ryan Boucher, Jaclyn Anderson, Courtney Keswick, and Riley Abrams. (Photo courtesy King Philip Regional School District)

preneurship; =Lainey Grant and Amelia Lerner, Integrated Marketing

In addition to these participants, Senior Jaclyn Anderson won the State Video Contest, Senior Audrey Leonard was named a DECA Emerging Leader and Senior Mitch Breen was awarded a MASS-DECA Scholarship.

During the conference, the School Store received gold recertification and the chapter was awarded the Gold level in Chapter of Excellence. The chapter was also recognized for achieving Thrive level in the DECA Inc. membership campaigns and achieving Radiate level in the state membership campaign.

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We're Not In Bedrock and You're Not with The Flintstones

BY DENNIS SULLIVAN & ASSOCIATES,
COUNSELORS AT LAW

You may recall the popular television show of the 1960's "The Flintstones" who lived in the town of Bedrock. It happened to be the first-ever prime-time cartoon show. Here, Fred's biggest concerns were staying on the good side of his wife Wilma and avoiding getting tackled by his pet dinosaur Dino when he came through the door. Today, however, life in this COVID-19 World isn't as simple.

The word "Bedrock" also means strength. Being strong is something we all want to achieve. One way of getting there is to view your life in three facets such as depicted on a pyramid. The pyramid, as we view it, represents our **health, finances, and legacy**. Beneath this pyramid is the **bedrock of our core values**: the fundamental beliefs we hold dear. These guiding principles dictate our behavior and help

us know the difference between right and wrong. Ideally, we share our core values with our loved ones. However, during this past year, core values have sometimes taken a back seat to the topsy-turvy COVID-19 landscape. Principles and beliefs, while still important, can get lost in the mere challenge of navigating through COVID-19 restrictions, sickness, and turmoil. Likewise, career, finances, relationships, and yes, our mental and physical well-being in general have been jumbled. Worry and fear have become the norm for many. **Are you one of the many who have suffered through sleepless nights?**

Nevertheless, beneath all of this, you still have your bedrock of core values. This is where we can help in making sure you stay on a straight path in your health, financial and legacy pyramid, despite all you have been through.

As we enter the second year



of COVID-19, we're here to help you explore and share your core values with loved ones. We offer **unique discovery counseling opportunities** with proven health, life, disability, estate, and asset protection planning processes to help guide you successfully through the COVID-19 landscape and other challenges you and your family may face.

This is achieved through our new proprietary, peace of mind, **Legacy Planning System**. It protects you for life, and most importantly passes on your core values and legacy for generations that follow. As you document your core values, you will **uncover what's most important to pass on** to those who follow in your footsteps for

generations to come. Your legacy can be a fantastic legacy to pass along! It is prudent, today more than ever, to protect your health, home, spouse, family, life savings, and legacy. In these continued times of COVID-19, you owe it to yourself and those year hold dear. Don't let this Bedrock opportunity pass you by!

Book a FREE online discovery session today. You'll discover why 90% of all trust and estate plans fail as well as what you can do to protect your health, home, spouse, family, legacy, and life savings. **Call 800-964-4295 NOW** or visit www.DSullivan.com to register for a Free Discovery Session! You will even qualify to **receive up to \$2,475 in valuable benefits** to update your trust and estate plans for the new Covid-19 world and build your own value-based legacy to guide future generations.

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LIFEWORKS

continued from page 10


ages 18 and older. In addition to the supports offered by these two programs, Lifeworks also provides case management for the DDS Autism Waiver Program. This program helps eligible children remain in their homes and actively participate in their communities through in-home behavioral services and funding for community programs and safety items.

About Lifeworks

Since 1954, Lifeworks and its predecessors, Lifeworks Inc. and The Arc of South Norfolk, have served the towns of Norfolk County and beyond by providing support to people with intellectual and developmental disabilities through advocacy, empowerment and opportunity. The Westwood-based nonprofit organization serves more than 2,300 individuals from communities in the Greater Boston, MetroWest, Norfolk County and Attleboro areas through a wide variety of services and programs, including employment services, residential supports, day programs and a broad range of family & community supports. For more information, visit www.lifeworksarc.org.

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The ballot for Norfolk's town election, scheduled for Tuesday, May 4. Voting will be held from 7 a.m. to 8 p.m. at the Freeman-Kennedy School, 70 Boardman Street.

Ace Handyman Services: Bringing Can-Do to the To-Do List

By JANE LEBAK

Every home needs a little work. The sink that drips or the shutter that's askew, they're little repairs, but each repair takes time, tools, and expertise.

Enter the Ace Handyman Services craftsman packages, where a homeowner can hire a multi-skilled craftsman for half a day to complete their entire to-do list.

"Everyone around here knows Ace Hardware," says Bruce Baltz, owner of the Franklin, Massachusetts Ace Handyman franchise. "Ace Handyman Services carries the Ace Hardware commitment to quality right into your home."

For homeowners working full-time, household maintenance and repair can get pushed off due to lack of time. Other homeowners don't feel confident enough to tinker with their home, their largest investment. The elderly in particular may find themselves unable to do the maintenance they need in order to remain safe in their homes. Then there's the matter of trust. How can a homeowner know which craftsmen will respect their home and do a quality job?

Baltz says, "Homeowners want the confidence of knowing they can get the work done--and not only 'done', but done safely, and done competitively-priced. We're serious about the trust our customers put in us."

The route to a thriving home starts at www.AceHandymanServices.com. Once a customer enters their zip code, the website links them to the closest office. The customer can then set their own schedule, uploading a list of all of their repairs and undone tasks while the website estimates how long each will take.

This is where Ace Handyman Services introduces their greatest innovation, the "package" model. "You can request a full-day or a half-day package, depending on how much you need," says Baltz. "These packages can be a multitude of different tasks, or they can focus around a single room."

Ace will match your repairs with the team member who's the best fit for the work. "All our craftsmen are trained, licensed, and background checked," says Baltz. "It's an added reassurance for the homeowner."

**Business
spotlight**



The website offers 1,162 different tasks to improve your home, along with a time estimate for each. For customers who feel more comfortable speaking with the office, the phone number is prominent in the right-hand corner.

Baltz says, "These packages are the single most exciting thing that Ace Handyman Services offers. They're the best value for your time as well as your money. Our multi-skilled craftsmen will arrive at your house capable of handling your entire list, with the complete tools and equipment to get it done."

Ace Handyman Services operates in the niche between independent handymen and professional licensed contractors, such as plumbers and electricians. Baltz says, "We make it a point to develop relationships with high-quality and trustworthy partners. When we encounter a problem that's out of our scope, we transfer our customers to those partners, but we still back up their repairs."

This means no homeowner will be stuck with unsafe or incomplete work. "Everything is tracked, accountable, and repeatable. Every single time you schedule, the experience will be the same. It's delivered the same way. Over time, you'll form a relationship with the craftsmen."

Ace Handyman Services promises to treat your home with respect. That means honoring your family's personal space, using protective materials on walls and floors, and leaving your home cleaner than they found it. They strive to communicate about every step of the process, from scheduling, to an on-the-way text, to written changes before adjusting any work order.

Baltz says, "All work is guaranteed for a full year. We want homeowners to feel confident that if something were to go wrong, we're there to make it right. We're bonded and insured, and that protects the homeowner."



Every Ace Handyman craftsman observes strict Covid-19 protocols. The craftsman arrives wearing a fresh face mask, shoe covers, and gloves. They adhere to social distancing standards and disinfectant use, and will re-sanitize the area after work is completed.

As homeowners become more comfortable with the package model, they can explore the more

involved packages, such as bathroom and kitchen renovations.

"You live in your home," says Baltz. "We're honored when you invite us in to improve it."

To put the can-do in your to-do list, visit www.AceHandymanServices.com today. See how a team of multi-skilled craftsmen can improve your home!

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Quality Cleaners: Dependable, Adaptable and Excellent!

Business spotlight

By DAVE PASQUANTONIO

Quality Cleaners, located at 969 Main Street in Millis, has been a mainstay in town for decades. Quay Vuong bought the business in 2017 and has grown to love the community as much as the community loves his service.

They offer free, contactless pickup and delivery to towns up to 20 miles away. They keep their storefront clean and welcoming while offering every precaution to keep their customers safe. They use the most eco-friendly cleaning agents to treat garments with respect and make them last longer. They've eliminated plastic bags. They use cutting-edge technology to make transactions ridiculously easy—customers even get texts letting them know that their



order is ready for pickup or that their scheduled delivery is on its way. And they continue to provide top-notch service from start to finish.

A customer recently said that Quay doesn't merely clean clothes—he manages expectations. When your customers think of you as a partner making their

lives better, you're doing something right.

Quality Cleaners is open Mondays and Thursdays 8a.m. - 5p.m., Tuesdays and Fridays 1-5p.m., Wednesdays 8a.m. - 4p.m., and Saturdays 9a.m. - 4p.m. Give them a call at (508) 376-9100 or visit them at www.qualitycleanersmillis.com.

Millis Ashram Opens Curbside Food Pantry for All

By J.D. O'GARA

Seva.

The word means “selfless service,” and for the spiritual Sikh community, it is an integral part of daily life – a practice of acting selflessly and helping others without any expectation of personal gain. One act of seva is langar, the act of preparing and serving a free community meal, and in that spirit, Sikh Dharma of Massachusetts recently opened a new pick-up food pantry, operating every Saturday from 12-2 p.m. in the drive-through parking lot of Woodside Montessori School at 350 Village Street in Millis.

“We'd been thinking about doing this for a long time, and in the spring, when COVID came, we decided to start. We hope to serve the larger community, and we're hoping to expand this, to go out into the community to feed people,” says Dr. Manjit Kaur Khalsa, EdD, President of Guru Ram Das Ashram and Gurdwara, the New England regional center for Sikh Dharma and Kundalini Yoga, in Millis.

Members of this community, about 22 of whom live at the Ashram and 1,000 who come weekly (although the center is currently closed due to the pandemic), raised money to upgrade



Volunteers ready bags filled with meat-free, non-perishable food, along with bags of toiletries, for distribution. At rear is Dr. Khalsa. Front, from left is Siri Sevak and Edwin Meglio, Food Pantry Coordinator.

the Ashram's kitchen to a commercial grade space. They plan to use “Guru Nanak's Community Kitchen,” named for the 15th century founder of the Sikh religion, to prepare meals for neighbors in need. The food pantry is a part of that.

“It's really needed right now,

ASHRAM

continued on page 18

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Spring Arts Awakening Continues at THE BLACK BOX

FRANKLIN- THE BLACK BOX, Franklin's very own concert, theater, and event venue, will continue its nine-week entertainment series, outdoors under a tent in the venue's parking lot. The Spring Arts Awakening celebrates a comeback for arts and entertainment and offers an opportunity to support THE BLACK BOX in its recovery from the pandemic. Masks and social distancing are required at all performances and events.



On May 7, the culinary and performing arts unite for an inspired evening of fabulous food, libations, and entertainment. The \$75 per person all-inclusive ticket delivers a delicious, entertaining evening. The 9th annual Culinary Cabaret spotlights this region's outstanding culinary talent, showcasing fine wines, craft beer, flavorful dishes, and mouth-watering desserts. Featuring entertainment by Electric Youth and special guest artists of the Franklin Performing Arts Company. Current safety guidelines will be followed and strictly enforced.

The Franklin High School All-Class Reunion takes place Saturday, May 8th from 7:00-10:00 pm. FHS alumni are encouraged to put together a group from their class, or just attend and be surprised who they see. Spouses and friends of Franklin High school welcome. This casual gathering under the tent at THE BLACK BOX includes pizza, snacks, a cash bar, live music, Joe Landry's vintage videos and photo archives, an FHS yearbook library, and Panther Pride Sports Corner.

THE BLACK BOX Sings... Newsies brings back to Franklin Broadway's Christopher Rice singing Jack Kelly on May 15

and 16. With cast members from FPAC's 2018 sell out production and additional special guests, enjoy a celebration of the inspiring story and unforgettable music of Newsies.

THE BLACK BOX Sings... WICKED Starring Broadway Elphaba Emily Koch with Jim Hogan singing Fiyero returns to TBB on May 22 and 23. Pianist Austin Davy from the Wicked tour accompanies an FPAC all-star cast featuring Ali Funkhouser, Nick Paone, Katie Gray, Hallie Wetzell, and Tim Ayres-Kerr. Audiences will enjoy a celebration of the music of WICKED and the story of the Witches of Oz!

On May 29 and 30, THE BLACK BOX will support the return of live music and enthusiastically welcome food trucks to Downtown Franklin with a Food Truck and Live Music Festival. Saturday, May 29th and Sunday, May 30th from 5-10 PM, socially-distanced audiences can enjoy local music outdoors.

Spring Arts Awakening at THE BLACK BOX will continue into June with more concerts and events featuring Broadway stars, local artists, and more. Patrons are encouraged to visit www.THEBLACKBOXonline.com and follow THE BLACK BOX on social media to stay updated on the venue's offerings.

Significant Damage to Wrentham Town Hall from Burst HVAC System Coil

Portions of Building to Be Closed for Repairs for Several Months

Wrentham Town Hall sustained significant damage during the weekend of April 10 due to an HVAC ceiling unit coil that burst.

Since then, multiple town officials as well as emergency clean-up crews have been on site addressing the extent of the damage.

Excessive water damage was sustained across several offices throughout the building, including the Town Administrator's office, Assessor's office, Accounting office, Nurses' office, and portions of the hallway on both floors.

The town has closed portions of the building to staff until repairs can be made. Conference spaces and the Assessor's office have been relocated to the library for temporary space. While no exact timeline has been established, it is expected it will be several months before the building is fully repaired and reopened.

The entire building remains closed to the public until further notice.

A forensics review of the control system throughout the building has already begun to determine the exact cause of the incident.

Despite the closure of several offices, the town will continue to provide a continuity of operations to serve members of the community. Anyone wishing to reach a member of the town can



Photos courtesy town of Wrentham.

vider is working on procuring office trailers to accommodate staff on-site, and trailers are anticipated to be in place soon.

"Having closed Town Hall for the better part of the past year due to the COVID-19 pandemic, town officials are already familiar with working remotely and serving residents in this manner," Town Administrator Kevin Sweet said. "We are confident that we will continue to be able to provide a high level of service to all Wrentham residents despite the disruption this damage will cause."

The town will keep the public informed on the restoration of the building as well as when it will be reopened to staff and the public.

do so by calling one of the following numbers:

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MDP for Men

Local CVS Stores Lead the Way with Revolutionary Product for Men

By JANE LEBAK

CVS is now featuring a new product for a problem no one wants to talk about: unpredictable light bladder leakage for men.

MDP (Male Drip Protection) is a revolutionary super-absorbent sleeve designed to be worn directly on the male anatomy. MDP's developer, Ian Heyman, says, "Twelve million men in America experience light incontinence for reasons including prostate problems, kidney issues, or even Crohn's disease. For too many men, this leakage gets in the way of an active life."

Ian developed MDP after he witnessed his father's embarrassment at the occasional wet spot. "There was nothing on the market to help my Dad, so I designed and patented an anatomically conforming solution for men."

Although the product was previously sold only through MDP4men.com, high demand has brought it to local CVS

shelves. "We're excited that CVS recognizes the innovation MDP brings to the men's incontinence market," says Ian. "These MetroWest locations will be the first stores in the country to offer MDP products."

MDP is light, flexible, and discreet. Its design permits it to flex with the anatomy while men are working, walking, lifting, or sitting. "When it comes to bladder leakage, some men don't tell anyone what they're dealing with, not even their wives," Ian says. "Light incontinence is more than just a laundry problem. It's a quality-of-life problem, but one that is absolutely solvable."

Ian developed the product in consultation with doctors, prostate support groups, and several expert designers. Although there are plenty of guards and shields on the market, the challenge in designing a man's incontinence product was the variability of the male anatomy.

"A man's anatomy changes size and position many times

Business spotlight



throughout the day," says Ian. "Everything else for men functions as a shield that attaches to the clothes. A man's product needs to attach to his body to accommodate changes immediately as they occur."

MDP achieves exactly that, fit-

ting like an absorbent sock right onto the male anatomy, then staying secure using two straps with variable zones of elasticity.

Although MDP features four functional layers, it's as thin as a pantyliner, and also feels like silk. "Once a man learns to secure it, MDP stays in place for as long as he needs it."

This made-in-the USA product features an innermost layer comprised of a silklike nonwoven fabric, the softest available for hygiene products. "The male anatomy is extremely sensitive," says Ian. "Our product needed to be ultra-soft where it comes in contact with the anatomy."

The second layer channels fluid away from the body. This keeps the user dry and prevents skin irritation.

The third layer is the absorbent core, trapping the fluid until the wearer is ready to dispose of the product. Enclosing it all is the fourth layer, a poly-barrier that is breathable for comfort but prevents any leakage from escaping.

The side panels have variable zones of elasticity that instantly

adapt to changes in shape, size, and position. Finally, the two hook-and-loop straps ensure MDP is a self-adjusting product that the man doesn't have to think about.

Put all together, the MDP product is comfortable, breathable, and much more discreet than a bulky guard or ineffective shield. "This is the first product of its kind," says Ian. "It's invisible to the wearer, and it's invisible to everyone else, too."

That very invisibility was a primary concern to all the test-users and early adopters. "There's an embarrassment factor that makes men not want to talk about this," says Ian. "But there should be no stigma in taking care of your body."

With its bold logo and black and gold packaging, MDP's sleek box stands apart in the aisle of bulky incontinence products. Ian says, "I've met men who try to make do with paper towels and a rubber band, but men deserve better. They deserve to take their wives out for dinner and trust they won't have to hurry home. They deserve to cut the grass, go golfing, or see their grandkids, all with the security of knowing they'll stay dry and comfortable."

Comfortable, secure, dry, and discreet...that's what MDP delivers. MDP is available on shelves now at CVS in Millis, Wrentham, Millbury, North Kingstown, and four other locations. For more information or to have MDP shipped discreetly to your door, visit <https://mdp4men.com> today.



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Foundryy Aims to Forge a Future for Local Businesses

By MARJORIE TURNER HOLLMAN

Matt Consigli of Norfolk, born and raised in this area, is concerned about the well-being of our small businesses. He pointed out in a recent interview that “30% of small business owners are still worried about mak-

ing it to the end of 2021.” He continued, “We are going to get back to normal, but just because the health crisis will be over, the businesses that have been struggling—their coffers are empty. Banks have been lenient, but that will have to stop at some point, since the banks are hurting too.”

Consigli recalls the years his dad coached his baseball team as a kid. The memory that stands out? “After each game we won, my dad would take us to the local ice cream stand. My memory of baseball with my dad is actually the ice cream stand, not the ball games. These businesses are a part of our lives. They’re where we grew up and have some of our best memories. They were there for us, and we weren’t even paying attention. Now they need our help.” He wants to be

sure these local, small businesses do not disappear because of a missed opportunity. “No one wants to see our Main Streets barren,” he stated. “I believe it’s easier than we think if we can rally the community, pull together in the same direction, so we can save these businesses. We are not alone—we are working to channel the goodwill of the community in a positive direction.”

With this in mind, Consigli decided to take action. He created www.foundryy.com, designed

Business spotlight



Mary Ellen Blue, owner of Cilla’s coffee House and Matt Consigli, founder of Foundryy

to support the small businesses that have been affected by the COVID pandemic. The name of the company was inspired by this quote: “American commerce is the furnace where the future is forged,” and it’s meant to personify the entrepreneurial spirit and optimism of the small businesses he supports. He took no shortcuts in creating the platform; enlisting a legal team and hiring technology experts, launching live in market this past March.

The goal? To create a platform designed specifically to support local small businesses through crowd-funding. But his Foundryy.com platform is different than other better known sites like GoFundMe. Consigli explained, “Everything was built with the small business owner in mind. No fundraising minimum

is required, you keep everything you raise, and we have no fees, so we can get capital into the hands of small business owners that need it.” He continued, “Last summer I started with a different idea, to provide equity funding to raise money for startup ventures. It’s kind of shocking when you first hear it, but the rate of entrepreneurship has steadily fallen in the U.S. since the late ’70s.”

As the pandemic wore on into the fall, Consigli watched the news and saw that big restaurants were shutting down. “I realized that we should instead be focusing on saving existing businesses, to promote them and help provide job security. I wanted to help keep those existing businesses in business, to help them succeed.” Consigli has spent his career in financial services, working for Bank of America as an underwriter, evaluating business health. Later he worked for Liberty Mutual, and is now at Lincoln Financial. With his schooling (an MBA from Dartmouth) and experience, he wants to give back to the community.

He was quick to point out that every business that has participated using his platform so far has made it clear they are not looking for charity. Each donor receives something back, depending on how each campaign is set up. Gift cards, product discounts, special deals or other creative options can be distributed in return for their support. One campaign, 3805 Productions in North Attleboro, offers drone photography for construction sites and small businesses. The owner has created a campaign to support an upcoming VFW event to recognize those who served with veteran portraits. Proceeds from the Foundryy cam-

paign will go to supporting this free event to veterans.

In addition to funding campaigns, Foundryy has set up what they are calling “Foundryy Challenges.” Each month, people in the community can nominate a small business that they feel deserves some recognition and vote for the winner. “The business that receives the most votes receives \$1,000 from Foundryy, no questions asked,” Consigli explained.

“Recently, Cilla’s Coffeehouse in Norfolk won, and they are using the money to purchase outdoor patio furniture.”

It’s exciting to know we can make a difference. Foundryy.com is a simple way for lots of us to take small steps to support our local businesses, and remind them how important their success is to all of us. Be sure to stop by Foundryy.com to learn more today.

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One Cup: Coffee and So Much More

BY MARJORIE TURNER HOLLMAN

Business spotlight

John Griffin and his wife had an epiphany after purchasing a carton of Keurig coffee k-cups. He tried one cup of the new box and found he didn't like the taste. Ultimately, he had twenty-three more cups of coffee he knew he wouldn't enjoy. His wife suggested, "We should open a store where you can just purchase one cup, to see which coffee you like without being stuck with the whole box." This idea was ten years ago, and One Cup Coffee (224 Dedham Street, Norfolk—Rt. 1A) has continued to offer Keurig k-cups (800+ types, as well as hot chocolate, cappuccinos and teas, all in Keurig dispenser-style cups) to customers one cup at a time, but so much more as well.

A satisfied customer recently wrote on the store's Facebook page, "Great store and great variety of coffee. We happily travel 45 minutes to shop in your store and always feel welcome."

Over these ten years, Griffin has asked customers what else they would like to see in his store and has gathered both seasonal items and tasty treats to provide a country store feel to his shop. One of the newer items that has garnered a great response is his imported

Spanish licorice ropes, presently in fifteen different flavors, including traditional black licorice root, strawberry, watermelon, pina colada, mango chili spicy, sour rainbow delight, sour raspberry, sour strawberry and more. The licorice, made by a company that has been manufacturing the tasty treats for the past fifty years, is made the old-fashioned way, and brings back memories of penny candy stores of the past. Another happy Facebook page commenter noted, "Not only are these licorice ropes amazing (and slightly addictive), the owner is a wonderful man who is super friendly and fun to be around. And they have every flavor of coffee imaginable. It's a must see place!"

Specialty canned goods from New Hampshire, pickles, salsa, garlic, and beets, add to the ambience of a country store. Organic CBD oil from hemp grown on organic farms in Vermont is yet another specialty product available to One Cup customers. Griffin explained that the oil



reduces inflammation and helps with sleep, among other benefits.

For disc golf enthusiasts (think, little Frisbees), One Cup offers a large selection of affordable discs. Just like golf balls, those discs sometimes go astray in the woodland spaces that these courses are set up in. Griffin laughed. "Every time someone comes in they say, 'You have that too?'"

An important part of communicating with his customers has been maintaining an active Facebook page, <https://www.facebook.com/OneCupNorfolk>, where customers hear about new offerings, as well as chances to obtain free stuff when they stop in. Griffin makes sure to respond to those who comment, and posts regular photos of what is happening both at the store, and on his trips to obtain hard-to-find supplies for the community.

Griffin has dealt in retail for years now, so he embraced the challenges of this past year's pandemic and the restrictions that came with it. He has been resourceful in supplying his customers with both what they needed and what they tell him they would love to see in the store. When cleaning products

and masks were in short supply, Griffin made weekly trips to Vermont, where the pandemic was less intense, and brought back boxes of cleaning supplies, including hand sanitizer wipes, which he gave away for free.

Another customer on Facebook shared, "It is not just the fantastic selection of coffee and other products you sell that keeps me coming back. It is the fact that you truly go above and beyond for your customers that keeps me wanting to support you!! Thank you for all you do!"

Told he had to close his store at the beginning of the pandemic, Griffin had already taken steps beyond the requirements of the Board of Health to maintain a safe environment at his store. Keeping the rest of his staff home for a time to reduce the risk, bringing in fans and keeping bathroom doors open were all steps that he took to ensure a safe environment.

"Keeping our staff home at the beginning of the pandemic was the right thing to do, without being told. We pointed out that if liquor stores could remain open, we would too. We made sure our customers were never out of stock of the coffee they drink every day. We learned that our customers wanted to see us, rather than order online. During COVID, we have been a safe place for people to visit when they wanted to get out. Presently we've all gotten vaccinated. We love people."

Griffin expressed a sense of gratitude to his faithful customers, stating, "We're a word-of-mouth kind of store. Our customers give to us thirty times what we give."

For more information about One Cup, visit their Facebook page, or their website, <https://onecupnorfolk.com/>.

ASHRAM

continued from page 14

considering the state of everything going on," says Edwin Meglio, Food Pantry Coordinator. Meglio, who has come to the center for years for yoga and meditation, has used his experience in the national food industry to get the pantry up and running.

"We got together and learned the rules and regulations of distributing food to people," says Meglio, who has received generous donations of non-perishable foods and toiletries from Trader Joes, among others. "We want to make sure we're being as careful as possible, as half the people (who live) at the Ashram are 50 and over and at higher risk (for COVID). Our team is extremely careful to be vigilant that we do everything exactly according to the CDC and state guidelines."

Anyone from Massachusetts is welcome. "We're trying to help as many people as possible," says Meglio, who has reached out to the Franklin Senior Center to work on getting food delivered to local homebound seniors. "Sometimes people who need the food don't have the means to come and get it," he says.

Since the Ashram is a vegetarian community, the foods distributed are vegetarian and as natural as possible, with most in BPA-free packaging. "We offer non-perishable foods that are cleaned and bagged up, stapled and sealed, along with personal hygiene items that are separate from the food," says Meglio, adding, "We're not looking to influence anyone religiously or spiritually, and there's no obligation to come to a service or anything like that."

Down the road, Dr. Khalsa envisions a community garden added to the mix.

"We have land we hope to farm, and we'll educate people on how to grow their own vegetables," she says.

In the future, Meglio plans to conduct food drives for the food relief program. Right now, Guru Nanak's Community Kitchen is accepting monetary donations at its website, www.Nanakskitchen.org, and those interested in volunteering can contact Meglio at edwin@nanakskitchen.org.

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Sports

KP's Mattson Aims for Bounce-Back Season in Lacrosse

Midfielder Handled Adversity in Classy Fashion

BY KEN HAMWEY
STAFF SPORTS WRITER

Sam Mattson is worthy of some good fortune.

The King Philip senior will be competing for the lacrosse team this spring and it would be a blessing if his fourth and final season is better than what he experienced in his first three years. It would be a plus if adversity takes a vacation and stays clear of the 6-foot-4, 195-pound midfielder.

Mattson's career began as a freshman reserve on the varsity. He scored two goals in three games but that was it for the season because he was academically ineligible.

Rolling up his sleeves and facing that hurdle head-on, Mattson conquered the problem. Now, he's an honor student (3.0 GPA) who'll be at UMass-Amherst in the fall.

As a sophomore, Mattson scored 20 goals and had 9 assists, helping the Warriors post a 14-4 record and qualify for the sectional tournament. But, as the season was moving into its late stages, he suffered a fractured hip and missed three games.

Mattson was unable to compete for his club team during the summer, fall and winter of 2019. He's a veteran of club lacrosse (eight years with Boston Laxachusetts).

Long and arduous rehab sessions were needed for Mattson to get ready for his junior year. He paid a physical price to return but adversity struck again — this time in the form of a pandemic that put 2020 spring sports on the shelf.

"I was crushed when lacrosse was canceled last year," said Mattson. "I had done lots of rehab work and canceling the season hurt me in the recruiting process. But, now I'm excited and thankful that we'll be playing. I'm eager to compete and take the next step."

That step will lead to UMass, whose lacrosse team was ranked No. 14 in pre-season polls.

"The transition to college lacrosse will be a challenge," Mattson said. "The speed of the game

is faster, the players all have size and strength and everyone will be talented and skilled."

Mattson, nevertheless, should make the grade because he's the total package. KP coach Hal Bean greatly admires how his two-time captain competes.

"Sam is focused, attentive and knows how to execute a game plan," Bean emphasized. "A great role model and team player, Sam leads by example. He's got an exceptional shot, is smooth in transition, a good passer, and he's strong on defense. He makes other players better."

Mattson's goals for KP are to win every game and qualify for the sectional tourney. "Although we lack experience, we've got aggressive defenders, versatile midfielders and talented attackers," he noted. "My individual goals are to be a Hockomock League all-star and to be ranked in the top 50 of Bostonlax.net. I'd also like to double my goals and assists stats."

Relying on a high lacrosse IQ and quick instincts, Mattson likes his role as a midfielder because "I love playing defense and like the challenge of being in transition." Mattson's passion for lacrosse is fueled by the sport's aggressive nature and fast pace. "Skill and athleticism are needed for what's a pure team game," he said.

With only one season under his belt, Mattson can still point to a memorable game and a top thrill.

"My best game came against Grafton," he recalled. "They were really good and both teams were aiming to get a high seed in the tourney. We were called for lots of penalties and were short-handed for 19 minutes. I got two goals in the first half but we were trailing, 9-6, going into the final quarter. We got three goals in 1½ minutes, tied it, but lost when they scored with 8 seconds left. I had three goals and played well on defense."

Mattson's top thrill was being named a captain after his sophomore season. Unable to display his leadership ability as a junior since the season was canceled, he's striving to be an asset to his teammates in his final year. "I'll



lead by example and be supportive," he said. "And, if anyone needs a confidence boost, I'll be there to help."

A trio of teammates Mattson believes will be prime contributors are senior co-captain Sean Cullagh (defender), senior midfielder David Lawler, and sophomore goalie James Boldy.

"Sean is fearless, aggressive, a good leader and able to read plays well," Mattson said. "David

is versatile, athletic, smart on offense and solid on defense. James is vocal, has good instincts and is rock solid in defending perimeter shots."

Mattson, who plans on majoring in business at UMass, is ready to compete and adjust to whatever modifications are in place for lacrosse. He and his teammates will abide with whatever is required.

"The health and safety of everyone are what's important during the pandemic," he said. "My prayers go out to anyone who's had to deal with the virus in their family. I've got so much gratitude for those who've made playing this spring possible."

Mattson's competitive philosophy focuses on winning, reaching his potential and having fun. "Winning is important," he emphasized, "and that's what happens if everyone reaches their potential. Winning also create fun."

Calling his father (Scott) a role model for his support and encouragement, Mattson knows that athletics can teach valuable life lessons. "You learn to work hard and to be a leader," he said. "But, what I've learned most from sports is how to overcome adversity. I learned a lot from the troubles I had academically and I had to bounce back after my hip injury, then cope with COVID-19 canceling my junior year of lacrosse."

Bean has lots to admire about Mattson's ability but saying that his star player "is like a coach on the field" is humbling for the midfielder.

"To hear that gives me an awesome feeling," Mattson said. "I have high expectations and always strive to raise my game to a higher level. I also enjoy helping teammates succeed."

Sam Mattson is ready for his final campaign of lacrosse and he definitely deserves lots of good fortune.



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Parents Seek to Brighten Senior Year at KPHS

Warrior Mayhem '21 Brings Class Together

BY GRACE ALLEN

So many aspects of the typical high school experience have been a no-go for the Class of 2021. The students were juniors when the lockdowns began in March of 2020, so junior prom was cancelled as schools went remote. When the students became seniors, events like homecoming, pep rallies, and sports banquets honoring senior athletes were cancelled or seriously curtailed. Senior prom, if it happens, will have to be reimagined, along with graduation.

But a group of parents decided to take matters into their own hands. With the support of the school administration, the group known as KP Senior Spirit 2021 has taken on the task of supporting and creating memories for the Class of 2021. The parent group has been behind most of the events that have tried to unify this class of students despite the disruptions and uncertainty caused by COVID-19.



KP Senior Spirit 2021 Parent Committee. From left, Sue Brooks, Tara Spellman, Rachael Cochran, and Tracy Molloy. Missing is Kendra Kannyally.

Several of the group's activities occurred out of school, explained Tara Spellman, one of the parent organizers behind KP Senior Spirit 2021. In the fall, the parents put together Halloween

treat bags and headed out in the dark of night to deliver the bags to the homes of every senior student.

"It was a grass-roots effort," said Spellman, who is also an ad-



Decorating Committee. From left, Jen Dowling, Diana LaPointe, Kristen Schneider, and Jen Pacheco.

visor for the school's Leo Club, a community-service group. "It was under the radar and involved

a lot of people finding out names, addresses, and driving around to drop off the bags."

After the new year, the group did something similar, this time dropping off bags with notes of hope and encouragement along with more goodies. And in February, the parent group held a fundraiser, Snowball of Support, to raise money for class events optimistically planned for the spring.

"Warrior Mayhem '21" was one of those events. Held over a month ago on a Wednesday, the activity-filled day for seniors included games, friendly competitions, and group activities. It was the first time the students had been together as a class since March 13, 2020. Students were separated into pods of 14 or fewer, and COVID protocols were in place to keep everyone safe.

Over 100 parent volunteers were needed to decorate the school, supervise the students, and run the games. Close to \$4,000 in cash and prizes were awarded throughout the day, the result of fundraisers like Snowball of Support as well as generous donations by the community.

The day started with an all-class Musical Bingo in the field

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Congratulations to our April Winner: Elizabeth Taylor

FSPA Now Enrolling for Summer 2021 and the 21-22 School Year

FRANKLIN- The Franklin School for the Performing Arts (FSPA) has opened enrollment for Summer 2021 and the 21-22 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.

the school offers unrivaled performing opportunities for students throughout the year. On



Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to their own potential.

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 school-room, 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.

Recent FSPA alumna Susana Wickstrom is currently attending the prestigious Musical Theater program at Carnegie Mellon University. Of her FSPA training Wickstrom notes, "FSPA has taught me absolutely everything that I know. I owe the world to it. My teachers there taught me why I love the arts, and why I want to pursue it for the rest of my life."

Performance is an integral part of an FSPA education and

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Danielle Rochefort Earns Berkshire Hathaway Homeservices "Top 3 Agents" Award For Total Residential Units Sold In Massachusetts

Berkshire Hathaway HomeServices Page Realty today announced Danielle Rochefort was just recognized for her 4th quarter 2020 residential sales in Massachusetts as the recipient of the global network's 2020 Top Five Award during its annual Sales

The quarterly award recognizes the Top 3 Leading Agents who have attained the highest residential units sold in the quarter – a true reflection of their hard work and dedication to successfully serving their clients.

"We are incredibly proud of Danielle for her tremendous success. Earning the Top 3 Agent award is an incredible accomplishment in the Berkshire Hathaway HomeServices network because agents are competing among some of the best sales pro-

fessionals in real estate," said Ellen Rao, Berkshire Hathaway HomeServices Page Realty.

Danielle entered the real estate field in 2010 and joined Berkshire Hathaway HomeServices Page Realty

in September, 2014. She is a national award-winning agent and is in the Top 1% of BHHS agents

nationwide. Her performance during the 2020 Fourth Quarter was among the best in the BHHS brokerage network.

Berkshire Hathaway HomeServices is one of the world's fastest-growing residential real estate brokerage franchise networks, with more than 50,000 real estate professionals, nearly 1,500 offices throughout the U.S., Canada, Mexico, Europe and the Middle East.



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Wrentham Hazardous Waste Day set for May 8

The town of Wrentham will hold a Hazardous Waste Day on Saturday, May 8 from 9 a.m. to 1 p.m. at the DPW yard, located at 360 Taunton St.

This event is for Wrentham residents only. Masks are required and social distancing is

expected.

Visit www.wrentham.ma.us and click on Recycling under the Departments tab for more information and for a complete list of acceptable/not acceptable waste products.

Norfolk and Wrentham Students Named to Tri-County Vocational High School Honor Roll for Term 2

Norfolk

Grade 9: Andrew Nelson (Honors), Noah Renner (Honors);

Grade 10: Jacob Sullivan (High Honors), Jenna Moore (Honors), Trevor Vinson (Honors)

Grade 11: Lisa Grealish (High Honors)

Grade 12: Nicholas Mullen (High Honors), Steven Brown (Honors), Holly Clement (Honors),

Domenic Liberti (Honors)

Wrentham

Grade 9: Vincent Palmieri (High Honors), Callie Schweitzer (High Honors), Nova Sheerin (High Honors), Sean Wilcox (High Honors), Ryan Zagrodny (High Honors), Ryan Beach (Honors), Molly McDermott (Honors), Connor McKay (Honors), Amelia Rietz (Honors), Abigail Tranquillino (Honors)

Grade 10: William Redfearn (High Honors), Aidan Fitzpatrick (Honors), Savannah Keating (Honors), Cole King (Honors), Nicholas Matyi (Honors)

Grade 11: Camryn Cooper-Noyes (High Honors), Nicholas Bartlett (Honors), Matthew Brangiforte (Honors), Rebekah Gable (Honors), Abriel Gillard (Honors), Cali Hagstrom (Honors), Harrison Tartaglia (Honors), Diego Trapani (Honors)

Grade 12: William Dalzell (High Honors), Andrew Fusco (High Honors), Colin McDermott (High Honors), Camden Schweitzer (High Honors), Michael Smith (High Honors), Sean Corcoran (Honors), Luke Holst (Honors)



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Real Estate Corner

MAYHEM

continued from page 20

house, and then the pods fanned out into separate classrooms throughout the empty school for group games.

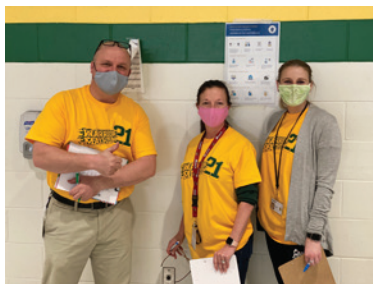
An ice-breaker activity dubbed “The Toilet Paper Game” was especially poignant, noted Spellman. The students



were handed a roll of toilet paper and told to take however many sheets they needed. After the toilet paper was distributed, the students were asked to write down a silver lining of the pandemic on each sheet.

The responses included appreciation for new-found family time, learning to read for fun, enjoying nature, and realizing the importance of mental health and relaxation.

“We thought it would be a good window into how they were feeling and what they’ve gone through, and the responses were amazing,” said Spellman. “There was a lot of self-awareness that’s starting to bubble up as we are



hopefully getting to the other side of this pandemic.”

Students were sent challenges before the day of the event, so pods could choose to participate in Best Costume, Team Name, and Team Song contests. Another challenge was to create birthday packs for local food pantries as a way to give back to the community.

Judges for several of the competitions included senior class teachers and members of the high school administration.

“The school administration was fantastic,” acknowledged Spellman. “Everyone, including the facilities director, was instrumental in helping us pull this off. We couldn’t have done it without them. They wanted to celebrate the kids as much as we did.”

At noon, wearing t-shirts designed for the event, the students assembled outside on the turf field for a class photo taken by a drone. The t-shirts were designed by the parent of a senior and sponsored by the Norfolk and Wrentham Lions Clubs and the

Holly Club of Wrentham.

“It was a wonderful, all-inclusive day for everyone,” said Spellman. “It was incredible to finally see the kids all together, cheering each other on, laughing and having fun.”

Many of the craft supplies used for the day’s activities were donated afterwards to the elementary schools in the tri-town district.



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