

The Voice of Your Community

Protecting Wrentham's Natural Resources

Conservation Commission Plays Vital Role

BY GRACE ALLEN

In the past year, a desire for more outdoor space has driven people out of urban areas and into bucolic towns like Wrentham. Preserving Wrentham's abundant natural resources and scenic beauty is no small task, however. And that's where the Wrentham Conservation Commission comes in.

The group's primary goal is to protect Wrentham's land, water, and biological resources by administering the Wetlands Protection Act. Massachusetts has very restrictive wetlands and environmental codes that apply not only to developers and builders but to homeowners as well.



Volunteers installing a new sign at the Joe's Rock conservation area.

"Residents might not be aware of what they can and cannot do near wetlands," explained Darryl Luce, the Conservation Agent for Wrentham's Conservation Commission. "Or maybe they don't connect the dots and 'mission creep' happens and they are doing more than they planned."

Luce's role is to help support the Conservation Commission's mandates, educate the public about wetlands, and work with homeowners and builders around the permitting process.

PROTECTING
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Friends Book Sale Returns Next Month

BY GRACE ALLEN

After a year's hiatus, the Friends of the Norfolk Library Book Sale is back. The popular event will be held at the Freeman-Kennedy School, 70 Boardman St. in Norfolk, on Friday, July 2 from 6 to 9 p.m. (Friends-only sale) and Saturday, July 3 from 9 a.m. to 3 p.m. for the general public.

The sale will feature close to 30,000 books in good condition, with most priced from \$.50 to \$3. This year, because of the pandemic, baked goods will not be sold.

The Friends of the Library are a group of volunteers who support and supplement library services through fundraising and membership dues. The Friends have been in existence since the 1970s.

Nanci Murphy, the president of the Friends of the Library, said last year was the first time the book sale was not held in its

20+ year history. The sale is the Friends' biggest fundraiser, so the group's coffers took a hit.

"Last year was really hard, but we decided to donate the same amount of money to the library that we usually do," Murphy said. "It definitely made a dent in our kitty but that's what we're here for. The library provides so much value to the community, and that has still been true during COVID."

Murphy went on to add that in the last year, the library averaged about fifty "to go" packages a day for patrons, containing anywhere from three to ten books each plus puzzles and games. Many programs for children and adults continued despite the shutdowns, pivoting to online formats.

The Friends continued to fund Hoopla, a digital media service that allows users to borrow movies, music, audiobooks, comics,

BOOK SALE
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PROTECTING

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Homeowner Responsibilities

The Wetlands Protection Act regulates activities in or near areas such as swamps, floodplains, streams, and rivers, even on private property. Think of these important areas as transition zones or links between the land and the water, producing a unique ecosystem that contributes to public and private drinking water supplies, wildlife habitats, and fisheries. According to the Environmental Protection Agency, wetlands are among the most biologically productive natural ecosystems in the world.

Wetlands are defined by soils, hydrology, and vegetation, and are not necessarily “wet” year-round. While the presence of plants like skunk cabbage, high bush blueberry, red maples, and some ferns indicate wetlands, depressions that fill with water in the spring but are then dry the rest of the year could also be wetlands.

Homeowners should contact the Conservation Commission before beginning any project that involves altering, filling, or dredging, especially if they suspect wetlands, said Luce. The group’s technical expertise can help determine if there are wetlands on a property and where the buffer zones lie. Buffer zones are critical in maintaining the health of

wetlands and can extend as far as 200-feet out from the borders. Any work activity in a buffer zone requires a permit.

“Projects that use machines to move dirt or cut down trees may violate state and federal law if done without a permit,” the Conservation Agent explained. “Violating those laws comes with serious fines and the potential for criminal or civil actions. The saying ‘it’s easier to ask for forgiveness than permission’ could be costly.”

Permits issued by the Conservation Commission will detail how the work is to be done so that the project minimizes harm to wetlands and neighboring properties. The Conservation Commission can also provide valuable advice to homeowners embarking on a project. Members have been trained by the Massachusetts Department of Environmental Protection and attend classes throughout the year.

“The Wrentham Conservation Commission wants to see that your project works for you but doesn’t adversely impact the wetlands or your neighbor,” said Luce.



Campground built by a Boy Scout at the Wollomonopoag conservation area.



Bridge built by an Eagle Scout candidate at the Wollomonopoag conservation area.

Maintaining Open Spaces

The Conservation Commission is also responsible for acquiring and maintaining public open spaces in Wrentham. The group manages over 1,000 acres of protected land in town, ensuring the protection of public water supplies and the preservation of wildlife habitats. Some of the land includes hiking and camping areas for the public.

While conservation areas like Birchwold Farm, Joe’s Rock, and the Wollomonopoag woods are some of the more well-known areas managed by the Conservation Commission, the booklet “Guide to Open Spaces and Conservation Land” details other conservation properties throughout Wrentham. The guidebook is available on the Conservation Commission’s page on the town’s website.

Conservation Agent Luce says the group is always looking for volunteers to help maintain the town’s open spaces. Much of the work is similar to yard work but there are also less rig-

orous tasks like trail monitoring, which is simply walking the trails and reporting on problem areas. Another important job for volunteers is monitoring open spaces for invasive plants that can damage wildlife habitats.

“The Wrentham Conservation Commission welcomes volunteers, but we do ask that no one freelances,” noted Luce. “It’s important that any work not only improve public use but also doesn’t negate the main purpose of the work, which is to preserve wildlife habitats and protect the water supply.”

For more information about the Conservation Commission, visit the group’s page on the town’s website (<https://wrentham.ma.us>). Contact Darryl Luce at dluce@wrentham.ma.us or 508-384-5417 with questions about wetlands or volunteering with the Conservation Commission.

Follow the group on Facebook for updates and volunteer opportunities.

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New Dependent Care FSA Changes Provide Tax Savings

Mo' stimmy, mo' complexity. It's like the more stimulus we come across, the more complexities we see.

The Good. The American Rescue Plan Act (ARPA), signed into law on March 11, raises pretax contribution limits for dependent care flexible spending accounts (DC-FSAs). New DC-FSA annual limits for pretax contributions increases to \$10,500 (up from \$5,000) for single taxpayers and married couples filing jointly, and to \$5,250 (up from \$2,500) for married individuals filing separately. This is only calendar year 2021, for now.

Money put into a DC-FSA not only reduces taxable income but it also avoids the 7.65% tax of Social Security and Medicare.

For example, if in a 24% federal tax bracket + 5% state tax + 7.65% = 36.65% DC-FSA Contribution Tax Savings Rate.

Thus, the new \$10,500 maximum for 2021 is \$3,848 tax savings in this scenario. In a 32% federal bracket, make it \$4,688 (44.65% x \$10,500) in tax savings.

So just go to your HR benefits and raise your DC-FSA amounts?

If it were only that simple, as Congress loves complexity.

The Bad. APRA doesn't require employers to offer the new DC-FSA annual limits. Those that are, many offer a one-time, midyear change. If you're not proactive or paying attention to HR communications, you will miss out.

If miss out on DC-FSA, fear not as the ARPA also increased the child & dependent care (C&DC) tax credit for 2021, which is positive but...

The Ugly. The C&DC credit is fully refundable, and maxi-

mum credit percentage increases to 50% (from 35%). This phases down to 20% with AGIs between \$125,000 and \$400,000, and further phases down 1% for each \$2,000 over an AGI exceeding \$400,000. The amount of expenses eligible for the credit increases to \$8,000 (from \$3,000) for one qualifying child and \$16,000 (from \$6,000) for two or more qualifying children, thus maximum credits are \$4,000 and \$8,000.

Got that?

Furthermore, you can't "double-dip". Meaning contributions to DC-FSA to cover qualified expenses can't be used for C&DC tax credit, but you can create a combination to maximize tax savings.

Questions To Ask. If better to put money into a DC-FSA or take C&DC tax credit or a combination, consider:

- Able to participate in DC-FSA?
- What is your AGI?
- How many qualifying children?
- Expected qualified dependent care expenses (i.e. daycare, after-school, summer camp)?

Yes, summer camps count, even for your 12 year old's soccer camp.

Tax laws and regulatory changes remain constant, connect with your Certified Financial Planner to see how to maximize tax savings to your situation.

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.

New Superintendent Named at Tri-County

Tri-County Regional Vocational Technical High School in Franklin has named Karen Maguire of Carver as its new Superintendent-Director.

She will replace Stephen Dockray, who is retiring on June 30. Dockray has worked for the Tri-County School District for 15 years, where he started as the Business Manager and transitioned to Superintendent-Director in 2011.

Maguire will join Tri-County from Southeastern Regional Vocational Technical High School where she served as Vice Principal and most recently as

Director of Career Pathways and Integrated Learning and Engagement. Prior to being Vice Principal, Maguire was a teacher at both vocational and traditional high schools.

Maguire is a graduate of South Shore Regional Vocational Technical High School and received a bachelor of science degree in teacher education from Johnson and Wales University and a master in education leadership from Fitchburg State College.

Tri-County serves students in Grades 7-12 living in Franklin, Medfield, Medway, Millis,



Norfolk, N. Attleboro, Seekonk, Sherborn, Walpole, and Wrentham.

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Keep the Music Playing, One Nickel at a Time

Save Those Bottles and Cans and Help the KPMA

The King Philip Music Association bottle and can fundraiser is up and running!

In the spring of 2020, the program was suspended due to the pandemic but is now in full swing. The KPMA group can accept all kinds of redeemable cans and bottles at one of three locations: KP High School redemption shed, Norfolk Transfer Station (in the giant “boom box”), and at the redemption shed located in the parking lot of

the Wood School in Plainville.

Items should be bagged and free from household trash. If you have the original boxes or 6-pack holders that your glass bottles came in, those are appreciated as well.

For many years, the bottle and can fundraiser has been essential in supporting the various music programs and ensembles at King Philip Regional High School, KP Middle School and the tri-town elementary schools. The program brings in \$14,000 a year and is completely volunteer-run thanks to many KP Music families.

KPMA is grateful for the community’s continuing support. For more information, please visit <http://www.kingphilipmusic.org>.

BOOK SALE

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and TV shows. Hoopla usage increased during the pandemic.

“I think everyone was wondering how to keep their kids entertained and the library became a key part of that,” said Murphy, who has served as the Friends’ president since 2015.

Book sale proceeds have also funded the library’s computers for patrons, staff computers, museum passes, self-check kiosks, special programs, and more.

Because the book sale was not held in 2020, the Friends held a series of small, outdoor sales at the library to keep the number of donated books down to a reasonable level. Along with cleaning out their bookshelves, people seemed to be buying more books online during the pandemic, reading them, and then donating them to the Friends, speculated Murphy.

“Norfolk must be a big town for reading, because the donation shed is full all the time,” she said. “And this year people donated really good books, newer books, best sellers.”

Books and other items at the book sale are cleaned and disinfected before being sold, Murphy noted.

Over 100 volunteers are needed to set up, staff, and clean up after the sale. On Wednesday, June 30, volunteers that can lift 25-50 pounds are needed to help transport tables and boxes

of books into the school’s gym. On Thursday, July 1, volunteers are needed to unpack and organize the books on the tables. The Friends have dedicated cashiers for Friday and Saturday July 2-3, but book sorters are needed both days as well as clean up help at the close of the sale.

The Norfolk Boy Scouts are instrumental to the success of the sale, said Murphy. They assist with transport and setup and also help buyers carry their books to their cars.

“We live and die by the Boy Scouts,” she said. “They are amazing.”

The sale has been held at the DPW garage for many years, but Murphy says the new location in the Freeman-Kennedy School gym is bigger and brighter and air-conditioned. Sale visitors should avoid wearing hard-soled shoes that could mark the gymnasium floor, and no food or beverages will be allowed inside. Cash, checks and credit/debit cards will be accepted.

COVID precautions will include limiting the number of people in the gym to whatever number local officials and the state deem safe in July. At press time, Murphy noted masks will still be necessary (extra will be available) since the event will be held indoors on school property.

Matt Haffner, the Facilities Director for the town of Norfolk, said in an email that the Freeman-Kennedy School has a high-volume/low-velocity HVAC system that constantly

exchanges the air in the gym.

“We have the system configured to nonstop bring in outside air and exhaust the inside air,” he explained. “We use high MERV air filters inside of the HVAC equipment. I can assure you we have an extremely healthy building. We house Norfolk’s most valuable residents (in my opinion) inside of the schools, and our student’s health and safety are paramount.”

Advertised as “worth the trip to Norfolk, the small town with the very BIG book sale,” the Friends book sale has been one of the most successful events of its kind in the area. The sale typically draws over 1,500 people, including book dealers from all over New England. Murphy hopes this year will be no different despite the challenging, ever-changing logistics brought about by the new location and the pandemic.

“It’s been an adjustment, but the town has been extremely cooperative,” she said. “We’ve had to rethink a lot of the ideas we’ve used before. But it will work out. We’ll figure it out.”

For more information about the sale and the Friends of the Library, visit www.norfolk-malibraryfriends.org. Email nplfriends@hotmail.com with questions or to volunteer at the sale.

Friends memberships can be purchased for \$20 on Friday, July 2 prior to entering the Friends-only preview sale.

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KPHS National Art Honor Society Participates in International Memory Project

King Philip National Art Honor Society students participated in the recently-completed international Memory Project.

The Memory Project is an international effort with the goal of creating portraits as keepsakes for children living in desperate situations, many of whom have gone through traumatic experiences and personal loss.

Each year, the staff at The Memory Project choose the countries whose children would benefit most from being a part of the project. This year, the KP students were told they would be creating portraits for children living in Cameroon. The Memory Project then mailed photographs of a group of children for visual

reference to the high school's Fine Arts teacher Shannon Cress and the students created a portrait of a child in the medium of their choice.

"Our participation in the Memory Project was on shaky ground this year because of the pandemic in terms of school schedules, hybrid/remote learning and travel safety," Cress said. "In spite of these obstacles, we persevered and I'm very proud of the dedication these students displayed. This project felt even more important this year, not only because of the pandemic, but also because of the social unrest and political divide in our country. Connecting student-to-student across the globe was a

powerful experience for all involved."

This year, 13 National Art Honor Society students (juniors and seniors) participated from King Philip Regional High School. The students worked on their projects in art class and at home using drawing pencils, colored pencils, watercolor, ink, and/or acrylic paint to make their portraits.

The student artists involved in the project this year included: Stella Bailey, Tori Claypoole, Erin Cox, Ryan Dowden, Mei Edgerly, Giovanna Fruci, Maeve Lawlor, Jillian Lemieux, Caroline Lenox, Celia McSwiney, Madeleine Paradis, Veronica Redlitz and Margo Riley.



King Philip National Art Honor Society student Veronica Redlitz created this portrait of a student in Cameroon as a part of the Memory Project. (Photo courtesy King Philip Regional School District)

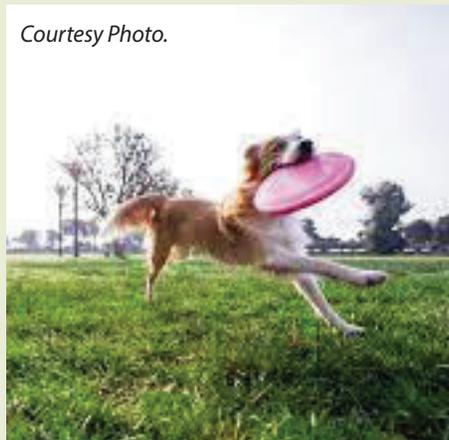


King Philip National Art Honor Society student Ryan Dowden created this portrait of a student in Cameroon as a part of the Memory Project. (Photo courtesy King Philip Regional School District)

Once the portraits were completed, they were sent back with a photo of the student-artist holding up their work, along with a personal note written in the child's language, as well as a

monetary donation to cover the cost of shipping the artwork to the children.

Courtesy Photo.



Wrentham Dog Park Re-Opens

The Wrentham dog park, located on the grounds of the Wrentham Developmental Center, has re-opened. The park was closed for months due to the pandemic.

Users of the dog park are asked to clean up after their pets and maintain social distancing since not everyone is vaccinated.



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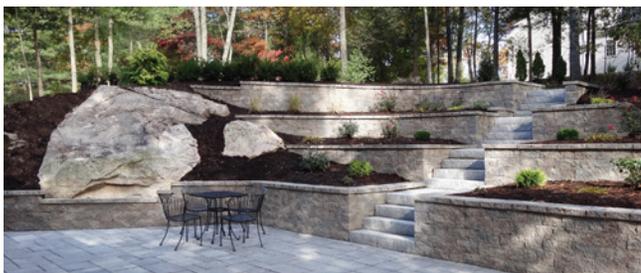
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KP High School Announces Class of 2021 Graduation Distinction Recipients

Several King Philip Regional High School students will be graduating with distinction as members of the Class of 2021.

In order to achieve distinction status, students must propose a project and work with an advisor to complete the action steps that were approved by a KPRHS faculty panel.

“The following students have gone the extra mile and delved deeply into a project that coincided with their curriculum,” KP Superintendent Paul Zinni

said. “I’m pleased to share that all of these projects have expanded the students’ knowledge in their chosen topic and met the stringent requirements to receive the distinction affixed to their diploma.”

Students who will be graduating with distinction include the following:

Anthony Zappola: Distinction in STEM – Mathematical Analysis and Prediction Models of COVID-19 Spread in the King Philip Communities.

In the spring and early summer of 2020, Zappola collected data regarding the amount of COVID-19 cases in the tri-town area as well as the data available at that time regarding the use of mitigation measures. Zappola then used mathematical approaches to predict the outcome of various return-to-school scenarios.

Cole Breen: Distinction in Liberal Arts – Confirmation Bias: Why Do We Believe What We Believe?

Breen developed an infographic that can be used to help determine the degree of bias in news stories. He then created a YouTube video to explain how to use the infographic.

Megan Campbell: Distinction in Liberal Arts – Little Duckie Big Worries: A Book About Generalized Anxiety Disorder.

Campbell wrote and published a children’s book focusing on Generalized Anxiety Disorder.

She worked with a psychologist to confirm content accuracy and also illustrated the book. The book is available on Amazon.

Madeline Crowley: Distinction in Liberal Arts – Princesses of Today: A Photographic Study.

Crowley created a photographic study of teenage girls dressed as traditional princesses while doing both traditional and non-traditional activities such as auto repair or playing sports. This was shared via Instagram live.

Will Kinney: Distinction in Liberal Arts – Tanzania’s Water Crisis and My Story: A Long Way From Home.

Kinney archived his mission trip to Tanzania by writing his story and illustrating it with photos from his experience. He shared his book describing the lessons he learned as well as a call for further action through a CrowdSource presentation sponsored by An Unlikely Story.

Olivia Pacheco: Distinction in Liberal Arts – Civics in the Classroom and the Connection to Youth Voting.

Pacheco created a workshop style lesson that can be used to help youth learn about civics and provide them with the confidence and understanding of the importance of the right and responsibility to vote. The lesson can be viewed on YouTube.

Each of the students’ diplomas will indicate their graduation with distinction status, and they will be recognized during any senior awards ceremony or graduation exercise held by the district.

Ann Lambert served as the advisor for Distinction in STEM prior to Erin Nerelino becoming the Distinction in STEM advisor, and Abby Lambert served as the Distinction in Liberal Arts advisor.

“I would like to recognize and thank Ann, Abby and Erin for advising these students throughout this process,” KPHS Principal Lisa Mobley said. “Without their help and guidance, these projects wouldn’t have been possible and as such they deserve as much recognition as our students.”

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Guest Column

Herd Management

By G. GREGORY TOOKER

As the experienced and vigilant Grand Shepherd, Tony Fauci, prods his sometimes-stubborn flock along the edge of a forest infected with predators two-legged and four, he ponders the enormity of the task before him. The stalwart pillars of science have supported him well through a long and successful career. Once each plateau of progress had been scaled, he naturally assumed that society as a whole would readily embrace the fruitful product of intensive research and development. Now, however, the unanticipated briar patch of politics and ignorance stretches before him, threatening to block the trail to the shelter of herd immunity.

In a nation that has long prided itself on the resourcefulness of its people, what has hap-

pened to persuade citizens to reject scientific progress on such a scale that it threatens to undercut the health and economy of the country? This writer believes it derives from a failure to educate our children in the basics of science and social civics that are essential to an emerging, informed population of young adults. Two generations ago, these subjects were foundational in the curriculum of every grade school. Now, few students understand how local, state and federal government functions. How many of them have had the opportunity to look through a microscope at viral and bacterial forms to gain an understanding of how these life forms can potentially bring the human race to its knees?

Those who would weaken our democracy thrive on such ignorance. They peddle their lies

and misinformation through a social media network that itself has taken on the characteristics of a rogue virus. Various of our leaders entrusted with our health and safety have lost sight of that sacred oath and refocused on the sole mission of power acquisition. Alarming, those not armed with the weapons of knowledge are sadly vulnerable.

Those of us who understand the threat posed by years of inattention to the educational needs of our youth must vigorously advocate for the reintroduction of science and government as a required component of primary education. But at the same time, we must reach out to our fellow citizens and help the Good Shepherd restore a sense of direction to the herd before too many wander into the forest.

Sleep Matters

Getting a full night's sleep is imperative for optimal health. Stress, in many forms is the largest contributor to poor quality sleep. Stress can be from emotional, physical or chemical sources. Emotional stressors come from changes in our work or home life among other issues, while physical stress comes from pain, physical activity and repetitive motions like sitting at a computer all day using a mouse or staring at the screen all day. Chemical stressors such as Glyphosphate in pesticides in our food or on our lawns, caffeine, food preservatives, fragrances, laundry detergent and cleaning products in the home are very common.

Jayne M came into the office complaining of restless sleep. She can get to sleep but each night she awakes at 2 a.m. and can't fall back to sleep until 4 a.m. She is fatigued, complaining of brain fog, and states she is irritable due to the lack of sleep. She has tried melatonin and other over the counter sleep aides but she doesn't like the way they make her feel.

After a consultation and evaluation it was determined that Jayne M was dealing with chemical stressors that included



Dr. Rochelle Bien & Dr. Michael Goldstein

her laundry detergent which contains harsh chemicals, eating non organic fresh produce which contains pesticides, store bought prepared meals loaded with preservatives and every night snacks on M&M's which have food dyes which are neuro toxins that irritate the brain and nervous system. Jayne was put on a chemical detox program to help her liver rid the body of these stressors and within 3 weeks she was sleeping through the night.

If you are experiencing issues sleeping through the night CALL THE HOLISTIC CENTER AT BRISTOL SQUARE (508)660-2722 and schedule an appointment with Dr. Rochelle Bien or Dr. Michael Goldstein today.

Wrentham Town Meeting Set for Monday, June 7

Wrentham's annual spring Town Meeting will be held on Monday, June 7 at King Philip High School, 201 Franklin St., Wrentham. The meeting starts at 7:30 p.m. in the auditorium.

The warrant will be posted on the town's website (www.wrentham.ma.us). There are twelve items on the warrant. COVID precautions in the school, such as face cover-

ings and social distancing, were still in flux at press time.



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Informational Session May 10, 2021 @ 7pm Via Zoom link available on www.norfolk.ma.us
Information Session May 17, 2021 @ 7PM Norfolk Town Hall if permitted due to COVID
Applications accepted: postmarked June 10, 2021 @ 12:00 PM if dropped off must be by 6PM
Housing Lottery: June 15, 2021 @ 7PM Via Zoom link available at www.norfolk.ma.us

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Municipal Affordable Housing Office, 2nd Floor and the Town Clerk's Office 1st Floor
email contact: sjacobson@norfolk.ma.us
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What to Do If You Haven't Filed an Income Tax Return

Filing a past due return may not be as difficult as you think, and as one might have expected, this tax season was extended yet again due to COVID-19. Unlike last year that was extended until the middle of the summer, this tax season automatic extension went until May 17th, so you just missed it.

Taxpayers should file all tax returns that are due, regardless of whether full payment can be made with the return. Depending on an individual's circumstances, a taxpayer filing late may qualify for a payment plan. It is important, however, to know that full payment of taxes upfront saves you money.

Here's What to Do When Your Return Is Late

Gather Past Due Return Information

Gather return information and come see us. You should bring any and all information re-

lated to income and deductions for the tax years for which a return is required to be filed.

Payment Options - Ways to Make a Payment

There are several different ways to make a payment on your taxes. Payments can be made by credit card, electronic funds transfer, check, money order, cashier's check, or cash.

Payment Options - For Those Who Can't Pay in Full

Taxpayers unable to pay all taxes due on the bill are encouraged to pay as much as possible. By paying as much as possible now, the amount of interest and penalties owed will be lessened. Based on the circumstances, a taxpayer could qualify for an extension of time to pay, an installment agreement, a temporary delay, or an offer in compromise.

Taxpayers who need more time to pay can set up either a short-term payment extension or a monthly payment plan.



- A short-term extension gives a taxpayer up to 120 days to pay. No fee is charged, but the late-payment penalty plus interest will apply.
- A monthly payment plan or installment agreement gives a taxpayer more time to pay. However, penalties and interest will continue to be charged on the unpaid portion of the debt throughout the duration of the installment agreement/

payment plan. In terms of how to pay your tax bill, it is important to review all your options; the interest rate on a loan or credit card may be lower than the combination of penalties and interest imposed by the Internal Revenue Code. You should pay as much as possible before entering into an installment agreement.

- A user fee will also be charged if the installment agreement is approved. The fees to set up the payment plan range from \$31 to \$225, based on the type of plan you set up. Setting up your plan online with automatic direct debit is the least expensive fee, while applying by phone, mail or in person and making your own payments, rather than having the taken out automatically, carries the most expensive fee.

What Will Happen If You Don't File Your Past Due Return or Contact the IRS

It's important to understand the ramifications of not filing a past due return and the steps that the IRS will take. Taxpayers who continue to not file a required return and fail to respond to IRS requests for a return may be considered for a variety of enforcement actions.

If you haven't filed a tax return yet, please contact us. We're here to help!

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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Norfolk Juried Art Show Winners Selected

View On-line through July 1

In its first year of going “virtual,” the 2021 Norfolk Juried Art Show attracted impressive submissions from artists in Norfolk and surrounding communities.

Because the art show was online this year, there was no limit to the type or size of art that could be submitted (although there was a limit of two submissions per artist). The Norfolk Cultural Council (NCC) received submissions in the form of 2D media (painting, drawing, photography, printmaking, collage, flat textile/fiber art, etc.) and of 3D media (sculpture, clay, and metal works, etc.). It was gratifying this year to be able to admit artworks that were three dimensional, as these could not previously be accepted when the Juried Art Show was held in the Norfolk Public Library because of display limitations.

The Norfolk Cultural Council held a virtual reception and awards ceremony on April 8, attended by many artists and community members via Zoom. The Juried Art Show judge, Emma Rose Rainville, selected five outstanding artworks for awards, and the community voted for a People’s Choice award as well. Rainville, who has been passionate about art from a young age, is currently a grant writer at the Museum of Fine Arts, Boston, where she works with curators, conservators, and educators to fund their ideas.

Awards Winners

- First place: Julia Dwinell of Wrentham, “Abandoned Franklin Home 1,” oil.
- Second place: Avery Mathias of Needham, “Window Sill,” acrylic.
- Third place: Donna Parker of Milton, “Mysterious Light,” photograph.
- Honorable Mention: Sloan Kuzmanoff of Wrentham, “Rebel Girl,” graphite.
- Honorable Mention: Joseph Levesque of Wrentham, “Out from the Mists,” watercolor.
- People’s Choice: Tatiana Roulin of Sharon, “Ocean Waves,” oil.

The entire art show, including the winning artworks, is presented in a gallery format online through July 1. Go to <http://norfolk.ma.us/boards-committees/ncc.htm> and follow the link to the presentation. The awards ceremony, hosted by NCC chair Taylor McVay, is available for viewing on Norfolk Community Television (<https://norfolkable.com/>).

The Norfolk Cultural Council is actively looking for new members so that it can continue to support and enhance the rich cultural life in Norfolk. NCC’s efforts as a council – in partnership with the Massachusetts Cultural Council – have improved edu-



Rebel Girl, Sloan Kuzmanoff



Out from the Mists, Joseph Levesque



Window Sill, Avery Mathias



Abandoned Franklin Home, Julia Dwinell



Mysterious Light, Donna Parker



Ocean Waves, Tatiana Roulin

cation, promoted diversity, and encouraged excellence in the arts, humanities, and sciences. If you, too, share these interests and wish to make Norfolk a better place to live, work, and visit for everyone then please join us! Our meetings are usually the first Tuesday of each month from 7 to 8:30 p.m., and our next meetings (over Zoom) will be on June 1 and July 6. The Norfolk meeting calendar is available at www.norfolk.ma.us.

If you have any questions about the NCC please email us at ncc@norfolk.ma.us, or better yet drop into one of our meetings to say “hi” and see what it is we do!

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The b.LUXE Beauty Beat

Hello and welcome to the b.LUXE Beauty Beat, a new monthly column covering all things beauty!

We'll share new hair trends, makeup tips, skincare advice, and our must-have products of the moment.

For many of us, 2020 was the year we stayed home, the year we worked from our kitchen tables and forgot what it felt like to wear pants with buttons.

Self-care in 2020 was a challenge. With our salons, spas and gyms closed, many of us were left to navigate a home health and beauty routine that wasn't always healthy or beautiful.

But those months in quarantine certainly showed us that we're stronger and more resilient than we ever imagined. And our idea of beauty in this (almost) post-pandemic world has changed so much. We're taking a healthier approach, with more emphasis on what's good for us, as opposed to what just makes us look good. A "less is more" philosophy, perhaps, this shift in our beauty doctrine gives our health

and our aesthetic equal attention.

So, with this in mind, let's chat a little bit about this month's most important beauty tip - SUNSCREEN!

If there's one thing we're all pumped for it's Summer. Outdoor gatherings, beach days and that warm, summer sun is just around the corner.

What should we do to prepare ourselves for the sunshine?

We can't stress to you enough the importance of wearing a daily SPF on your face and any exposed skin. Again, it's good for you AND good for your appearance. Regular daily use of SPF 15 sunscreen can reduce your risk of developing squamous cell carcinoma (SCC) by about 40%, and lower your melanoma risk by 50% (skincancer.org) Also, regular use of SPF keeps you from looking like a handbag. So there's that...

What many people don't know about sun protection is that SPF application shouldn't stop at the hairline. Your scalp is your skin, too, and if exposed, it'll burn. Work that sunscreen



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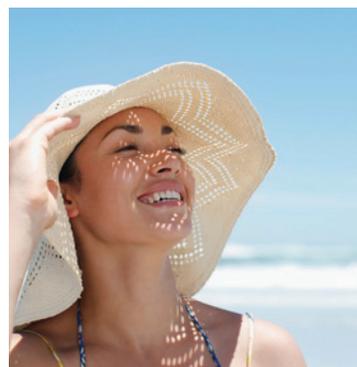
through your part and any bare, unprotected areas on your head. Even better, wear a hat! Sun hats are great for protecting your skin and your hair's health. UV rays can cause hair to become dry and brittle and fade your hair color simply from exposure. We also recommend a heat protection spray that coats the tresses, locking in moisture and saving your beautiful hue. See products below.

Next month we'll talk about safeguarding your hair from pool and hard water, hand painted highlights and packing the perfect beach bag.

Recommended products are available for purchase at b.LUXE Hair + Makeup Studio, Medway

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Living Healthy

Eye Care Facts and Myths

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

We have all been told by someone at some time, "You'll hurt your eyes if you do that!" But do you really know what is or is not good for your eyes?

Test yourself with the following true or false statements and see how much you know about your eyes.

"Reading in dim light is harmful to your eyes."

False. Using your eyes in dim light does not damage them. However, good lighting does make reading easier and can prevent eye fatigue.

"Using computers can damage your eyes."

False. Working on computers will not harm your eyes. Often, when using a computer for long periods of time, just as when reading or doing other close work, you blink less often than normal. This reduced rate of blinking makes your eyes dry, which may lead to the feeling of eyestrain or fatigue.

Try to take regular breaks to look up or across the room. This should relieve the feeling of strain on your eyes. Keep the monitor between 18 to 24 inches from your face and at a slight downward angle. Also consider the use of artificial tears. If your vision blurs or your eyes tire easily, you should have your eyes examined by an ophthalmologist.

"Wearing the wrong kind of eyeglasses damages your eyes."

False. Eyeglasses are devices used to sharpen your vision. Although correct eyeglasses or contacts help you to see clearly, wearing a pair with the wrong lenses, or not wearing glasses at all, will not physically damage your eyes. However, children less than eight years old who need eyeglasses should wear their own prescription to prevent the possibility of developing amblyopia or "lazy eye."

"Children outgrow crossed or misaligned eyes."

False. Children do not outgrow crossed eyes. A child whose eyes are misaligned may develop poor vision in one eye because the brain will "turn off" or ignore the image from the misaligned or lazy eye. Children who appear to

have misaligned eyes should be examined by an ophthalmologist.

"Learning disabilities are caused by eye problems."

False. Difficulties with reading, mathematics, and other learning problems in children are often referred to as learning disabilities. There is no strong evidence that vision problems cause learning disabilities. Children with learning difficulties often need help from teachers and people with special training. Before such treatment begins, make certain your child is seeing as well as possible.

"Sitting close to the television can damage children's eyes."

False. Children can focus at close distance without eyestrain better than adults. They often develop the habit of holding reading materials close to their eyes or sitting right in front of the television. There is no evidence that this damages their eyes.

"People with weak eyes should avoid reading fine print."

False. It is said that people with weak eyes or people who wear glasses will "wear out" their eyes sooner if they read fine print or do a lot of detail work. The concept of the eye as a muscle is incorrect. The eye more closely resembles a camera. A camera will not wear out sooner just because it is used to photograph intricate detail.

"Wearing eyeglasses will cause you to become dependent on them."

False. Eyeglasses are used to correct blurry vision. Since clear vision with eyeglasses is preferable to uncorrected vision, you may find that you want to wear your eyeglasses more often. Although it may feel as if you are becoming dependent on your eyeglasses, you are actually just getting used to seeing clearly.

"Older people who gain 'second sight' may be developing cataracts."

True. Older individuals who wear reading eyeglasses sometimes find themselves able to read without their eyeglasses and think their eyesight is improving. The truth is they are becoming more nearsighted, which can be a sign of early cataract development.

"A cataract must be 'ripe' before it is removed."

False. With older surgical techniques, it was thought to be safer to remove a cataract when it was "ripe." With today's modern surgical procedures, a cataract can be removed whenever it begins to interfere with a person's lifestyle.

"Contact lenses can prevent nearsightedness from getting worse."

False. Some people have been led to believe that wearing contact lenses will permanently correct nearsightedness so that eventually they won't need either contacts or eyeglasses. There is no evidence that wearing contact lenses produces an improvement in vision.

"Eyes can be transplanted."

False. Medical science has no way to transplant whole eyes. Our eyes are connected to the brain by the optic nerve. Because of this, the eye is never removed from its socket during surgery.



The cornea, the clear front part of the eye, has been successfully transplanted for many years. Corneal transplant is sometimes confused with an eye transplant.

"Laser assisted cataract surgery is the same as traditional cataract surgery."

False. The 5 best rankings Eye Hospitals in America offer bladeless laser assisted cataract surgery. We do offer exactly the same. Bladeless cataract surgery is all about aiming towards better precision, more safety and excellent outcomes. The laser advanced

bladeless precision and ability to correct astigmatism translates into better likelihood of seeing well without glasses following cataract surgery. The same laser used in bladeless cataract surgery breaks up and softens the cloudy cataract so there is less ultrasound needed to remove the cataract. Less ultrasound translates into less energy used inside the eye and clearer corneas, which in turn helps producing better vi-

EYES

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Living Healthy

Tri-County Juniors Assist Elders in Preparation for their CNA Certification

Tri-County Regional Vocational Technical High School juniors were excited to get back out and start working in a clinical setting this past February.

After nearly a year of being unable to go into a clinical setting due to the COVID-19 pandemic, juniors were to help the residents at the Timothy Daniel's House in Holliston.

“Our students missed those meaningful connections they make with the residents,” says Kylie Geikie, Health Careers



Front, from left: Rebekah Lafleur (Seekonk), Jessica Bakas (Bellingham), Brianna Parker (N. Attleboro), and Kayla Sullivan (Millis). Back, from left: Angelina Lunn (N. Attleboro); Angelina Lavigne (N. Attleboro); Isabella Davey (Franklin), Paige Keziner (N. Attleboro); and Camryn Cooper-Noyes (Wrentham).



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CNA
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Living Healthy

CNA

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instructor. “Students helped the thirty long-term care patients with activities such as feeding, bathing/showering, transferring with and without a Hoyer lift, ambulation, incontinence care, personal companionship, and taking vitals. The care they provided for these residents helped ease the facilities workers’ burden and allows the students to earn the hours needed for their CNA certification.”

The students have risen to the challenge of COVID-19, used their knowledge of infectious diseases and infection control practices to care for this most vulnerable population. Typically, the Tri-County students would do their clinical hours throughout the year in preparation for a cooperative education position in their senior year; however, this year, students were

restricted by the visitation limitations set forth by facilities. Tri-County is the only school in the area currently participating in on-site clinical hours.

Tri-County students usually work at a long-term facility which houses approximately 100 long-term care patients, and have been enjoying the smaller, more intimate setting of the Timothy Daniel’s House. Working with fewer patients has allowed the students to spend more time with each resident and build a relationship. “I wish I could sit and talk to each resident for an hour,” said one of the students.

After two weeks in the hospital, one of the residents was treated to a “spa day” by two students, including a shower, hair curling, and nails. “The level of compassion, empathy, and passion our students bring to each day of the clinical is inspiring,” commented Geikie.

EYES

continued from page 11

sion on the first day after the surgery. This becomes even more critical if you have a weak cornea or a small eye with a dense cataract.

It is always useful to separate fact from myth in eye care. Our

eye center and ophthalmologists have state of the art equipment to diagnose and treat almost any eye problem. At Milford-Franklin Eye Center, we continue to support our communities during this health crisis we are living. We sterilize equipment between patients and screen all patients before they enter the building and before they register. With 2

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FSPA Continues Summer 2021 Enrollment

Franklin School for the Performing Arts (FSPA) is still enrolling for Summer 2021. In addition to summer weekly classes, FSPA will hold one week camps including Creative Kids, Acting, Broadway, Little Music School Experience, Rock Out!, and ProVoice.

FSPA will also offer 5 weeks of Summer Theater. Students can sign up for one or more of the offerings. The more students participate, the more they save. July 21-23 for grades 5-12 is Broadway Boot Camp.

Broadway Boot Camp brings Broadway's brightest talents to FSPA for song and dance mas-

ter classes and coaching on individual performance skills. July 26-29 is the Cabaret Show for grades 5-12. Students will hone their skills and tap into their potential with a focus on performance skills, including repertoire choices, song interpretation, and presentation. The week concludes with a cabaret-style revue at THE BLACK BOX, showcasing solo and small ensemble pieces that have been workshopped during the week.

Week 3, August 2-6 is a one week intensive for grades 3-8 and 8-12 that will focus on the rehearsal and preparation of a play that will be performed at THE

BLACK BOX. The plays will be selected for each age group based on enrollment.

Weeks 4 and 5, August 9-20, culminate with the production of a book musical staged at THE BLACK BOX. Auditions for placements occur in May or early June. Grades 3-7 and 8-12.

The FSPA Ballet Conservatory will offer two intensives. The pre-professional summer intensive offers a four-week program for the dedicated and serious ballet student wanting to further ballet training and performance skills. A rigorous schedule of classical ballet technique, pointe, modern, dance history, and char-

acter is provided. Students will be divided by their current ballet level for technique, pointe, select variations and choreography to ensure and maintain a challenging curriculum for every dancer. Additional disciplines may vary depending on enrollment and teacher availability. This intensive is for FSPA Conservatory Levels III/IV/V/VI, or by audition for ages 12+. It runs June 28-July 23 (4 weeks) Monday-Friday 9:30 a.m. to 3:00 p.m..

The three-week "Young Intensive" program is designed to challenge and motivate the young dancer. Instruction in classical ballet technique, pre-pointe,



character, modern and dance history is offered. Additional disciplines may vary depending upon enrollment and teacher availability. The Young Dancers Program caters to FSPA Conservatory Levels I (2nd year)/II/III, or by audition ages 8-11. It runs July 5-23 (3 weeks) Monday-Thursday 9:30 a.m. to 3:00 p.m.

FSPA is located at 38 Main Street, Franklin MA. To register or learn more, visit www.FSPA-online.com or call 508-528-8668.

Aging Gracefully: Advice on What to do Now!

Doctors and patients have all kinds of difficult conversations. How to prepare for aging and caring for an aging partner or parent is one of those. For Lee Willis and her husband Hal, the conversation started this way: their beloved doctor of 15 years

asked Lee, point-blank: "Are you prepared for the possibility that Hal may outlive you?"

At 94, Hal is ten years older than Lee. A plane accident broke multiple bones in his legs, and arthritis had settled in. Walking is hard for him. He does his own

laundry and washes the dishes, but he doesn't drive and often uses a wheelchair.

Lee, on the other hand, just bought herself a new kayak. A nine-year cancer survivor, she relieves pain with exercise, not medicine. She swims three times a week. When not caring for Hal, she's active, traveling, and socializing.

Still, the doctor had a point: Be prepared.

Facing the Facts of Aging

Most people avoid the subject of getting old. Death is as natural as birth, but too many people simply don't want to think about it until they are too ill to participate in decision making, leaving family members and their physicians to make decisions that may or may not be what they would have wanted at the end of life. We need to prepare better.

Finding a Place to Age

The main goal for Lee in preparing for Hal and her own aging was to find a place that could happen. Lee didn't just do a Google search. She visited dozens of nursing homes. She made lists of in-home care services, and visited each of those.

But Lee wasn't satisfied, mainly because of shifting staff. "You can never guarantee the same people. The bottom-line dictates staffing. This turnover and the resulting lack in continuity of care, is a problem."

So, she looked at the option of aging in place. She volunteered

at programs of all-inclusive care for the Elderly, which offers 24/7 coverage for anyone qualified for a nursing home. It seemed like "this would probably be what we choose to do," she said.

But then Lee discovered The Green House Project, a new model for long-term care for elders. In 2001, a doctor named Bill Thomas was appalled at the state of elder care. He saw it was a hospital, not a home with people just sitting in wheelchairs. So, he introduced a lot of changes, brought in birds, dogs, cats, and plants. But it still wasn't enough. So, he "super-trained" staff to behave like family members, not healthcare providers. He built a new structure, with one central room, the residents living in rooms off in spokes. It became a communal place, with a common kitchen where people cook family recipes and behave like relatives.

Lee found one in her state. "If we both have to go somewhere, this will be it!"

Aging Gracefully: How to Get Started Now

The best advice Lee's received from her doctor: Exercise. He told her that the biggest factor that differentiates healthy from unhealthy aging is exercise—folks who remain sedentary clearly become frailer more rapidly than those who either remain or become active in their later years. Exercising on a regular basis makes a huge difference in how one ages.



Lee's primary lessons for younger people: Be proactive. "It's really hard when you're 50 to think about being 80, but you should." She advises younger people to:

- Take your health seriously—eat well and exercise.
- Prepare with a reputable Estate Planning Attorney who cares about your health as well as your assets.
- Be an advocate for yourself.
- Get political and advocate for end-of-life care.

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Wrentham Resident Inducted into National Honor Society at BC High

Boston College High School has announced that Wrentham resident William Pyne (Class of 2022) has been inducted into the Robert J. Fulton, SJ Chapter of the National Honor Society.

The National Honor Society (NHS) was created by the National Association of Secondary School Principals to recognize high school students who have distinguished themselves in their school and community.

Each year eligible juniors and seniors are invited to apply for membership in NHS. Applications are reviewed by a committee of BC High teachers to confirm that each student has attained a high standard of each of these characteristics: scholarship, character, leadership, and service.

At BC High, NHS members are committed to service in the school and in the broader community. All students applying for membership must be current with the completion

of required community services hours for their grade level at BC High. After induction into NHS, all members are expected to offer significant service to the school community as tutors in the Academic Resource Center, as ambassadors at Open House and Admissions events, and in other capacities.

A minimum cumulative grade point average of 3.5 is required of all applicants. Beyond the grade point average, applicants must be a positive presence in their academic classes. They must show initiative and dependability, work well with other students, exhibit a strong work ethic, and demonstrate openness to growth.

About Boston College High School: Boston College High School is a Jesuit, Catholic, college-preparatory school for young men in grades 7 to 12. Founded in 1863, the school enrolls approximately 1,500 students from more than 140 communities in eastern Massachusetts. For more information, please visit bchigh.edu.

Norfolk's 12th Annual Clean and Green Town-wide Cleanup – Thank You!

To the Editor:

The Norfolk Grange would like to thank all who helped make Norfolk's 12th Annual Clean and Green event happen this year. Despite our continued cautions with COVID-19, we had a good turnout in the celebration of Earth Day and the town-wide cleanup which took place on Saturday, April 24.

Participants collected litter from the streets and public places in Norfolk and brought their collections of trash and recycling to the parking lot of the historic Grange Hall. A large dumpster provided by the town for trash disposal was located there, as well as a dumpster provided by Dover Trucking, Inc. for recycling. Participants also received volunteer recognition certificates for their community service.

Thank you to all participants who tirelessly volunteered to clean the streets and public places in Norfolk this year, including Scouts and the Lions Club of Norfolk! We also would like to thank the Norfolk Select Board, the Norfolk Department of Public Works, the Freeman-Kennedy School, and Dover Trucking, Inc. for their support of our event. Again, thank you to everyone for helping to beautify Norfolk and for making a positive difference for our environment.

Sincerely,
The Norfolk Grange

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KPHS DECA Members Earn Recognition at Virtual International Career Development Conference

Students in the King Philip High School business organization known as DECA earned the organization's highest honors at DECA's International Career Development Conference (ICDC) last month.

During the month of April, nearly 13,000 DECA members competed in the ICDC virtual



Courtney Keswick (left) and Aly Wood received third place in the Buying and Merchandising Operations Research (BMOR) category for their project on Sun Bum. (Photo courtesy King Philip Regional School District)

conference. DECA members qualified for the competition after placing in state and regional competitions designed to stimulate real-life business scenarios and test students' academic understanding and skill development earlier this year.

"I'm very pleased to see how well King Philip DECA members performed at this year's virtual International Career Development Conference," DECA Marketing Coordinator James Dow said. "Each and every member has shown immense dedication to their projects and I couldn't be prouder."

Most of DECA's ICDC 59 competitive events each fielded approximately 175 competition entries, representing thousands of competitors at the local, regional and state/provincial levels. In these events, King Philip DECA members were part of the 15% of competitors who earned an international medalion for their excellence on an exam or presentation, or as an overall finalist.

DECA members who received recognition at the international level include:

- Seniors Courtney Keswick and Aly Wood received third place in the Buying and Merchandising Operations Research (BMOR) category for their project on Sun Bum
- Senior Jaelyn Anderson received fourth place in the Sports and Entertainment Marketing Operations Research (SEOR) category for her project on Ignite Cheer
- Juniors Laura Gelsomini and Haley Izydorczak received seventh place in the Business Solutions Project (PMBS) category for their project on R.E.C.O.V.E.R.
- Juniors Samantha Asprelli and Isabella Fraone also received seventh place in the Business Solutions Project (PMBS) category for their project on Wonderfund
- Sophomores Lainey Grant and Amelia Lerner received seventh place in the Integrated Marketing Campaign Services (IMCS) category for their project on Fresh Air Fund



King Philip DECA finalists pose for a picture at the live Grand Awards session at King Philip High School. (Photo courtesy King Philip Regional School District)

- Junior Josh Raimer placed in the top 16 of competitors in the Entrepreneurship Innovation Plan (EIP) category for his project on Exter
- Seniors Russell Kitsis placed in the top 16 of competitors in the Buying and Merchandising Operations Research (BMOR) category for his project on Marathon Sports

During the conference, DECA members presented case study solutions and presentations through recorded videos, with approximately the top 20 competitors in each competitive event earning the opportunity to deliver a final presentation in a virtual meeting with a business professional live over Zoom. At the conference, nearly 1,000 business professionals from across the world evaluated DECA members' concepts, ideas and projects against industry-validated performance indicators.

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Phase 1 Roadwork Notice

Sharon Ave., Needham St., North St.

The Town of Norfolk DPW, is pleased to inform you that **Phase 1** of this year's Roadway Projects are scheduled to tentatively start as follows:

Roadway Milling – Tuesday June 1st to Friday June 14th

Roadway Paving (Tentatively) – Monday June 14th to Friday June 18th

The project start dates and duration can be affected by severe weather. We will notify you to changes in the project timing if they arise.

Throughout this work police details will be present to assist with local vehicle and pedestrian traffic. There also may be times when the road needs to be closed and detours set up to allow for safe construction practices.

1. Sharon Avenue – From Norfolk PD to Dedham Street
Sharon Avenue Will Be Closed to Through Traffic From Dedham Street to Norfolk PD
 Local Traffic Only
 Detour: Shire Drive
2. North Street – From #51 North Street to Needham Street
North Street Will Be Closed to Through Traffic From Union Street Roundabout to Needham Street
 Local Traffic Only
 Detour: Main Street to Needham Street to Pond Street (115)
 Detour: Pond Street (115) to Needham Street to Main Street to Rockwood Road (115)
 Alternate Route: Union Street to North Street to Marshall Street
3. Needham Street – From Spring Street to North Street
Needham Street Will Be Closed to Through Traffic From Main Street to North Street
 Local Traffic Only
 Detour: Main Street

If you have any questions in regards to this notice or in regards to the scheduled work, feel free to contact the DPW at dpw@norfolk.ma.us or 508-528-4990

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*Not valid on trip or diagnostic fees. This offer expires June 30, 2021. Offer code OT-A-50

NW

Correction

In our May story titled "Neighbors Helping Neighbors," the contact email for Kevin Roche, President of the Norfolk Lions, was incorrect. The correct email to reach him and apply as a beneficiary of the ongoing raffle is kevinr11000@yahoo.com.

We apologize for any inconvenience.

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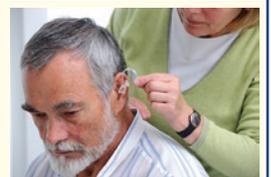
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Sports

COVID-19 Delayed Plympton's Managerial Debut for 21 Months

Ex-KP Star Aims to Build Winning Culture

By KEN HAMWEY
STAFF SPORTS WRITER

The long wait is finally over. Jeff Plympton's debut as King Philip's varsity baseball coach took 21 months but the 28-year-old Wrentham native was delighted to see his squad settle into their positions around the diamond and in the outfield for the Warriors' season opener at North Attleboro on May 7.

The Warriors didn't get the result they wanted, and an opening-day triumph wasn't in the cards for Plympton. But, both he and his players were pleased that spring sports were back on KP's athletic menu after being canceled last year because of the COVID-19 pandemic.

The Red Rocketeers defeated the Warriors, 4-2, thanks to the pitching of ace right-hander Dennis Colleran, who'll be on Northeastern University's roster next spring. Colleran, who's ranked as one of the state's top hurlers, held KP to three hits while striking out 11 and walking only one. The fastball pitcher, whose velocity is in the 94 mph range, threw 110 pitches and hit four KP batters.

In spite of the setback, Plympton was glad to finally get the season underway and to get his debut in his rear-view mirror.

"It's good our first game is out of the way," he said. "I was hired in August 2019, but my debut was delayed almost two years because of the coronavirus. The delay was difficult but it was even more difficult for the players who've gone almost two years without a varsity game."

Plympton's emotions for his debut bordered on anticipation

and excitement as his forces faced a Herculean task in battling Colleran. North Attleboro, however, is where Plympton coached their jayvees and later was the varsity assistant.

"Coming off the bus and seeing some familiar faces brought back some fond memories," Plympton said. "During pre-game workouts, I was thinking about our game plan and I was eager to get the game started. We faced one of the best pitchers in the state but our hitters drove up his pitch count and made him work hard. Our first game was a tough draw but overall I was pleased."

Once the game progressed, Plympton said: "I settled in and it seemed like just another game." He mentioned that North Attleboro coach Mike Hart called his Warriors "scrappy" and was impressed with KP's pitchers. The Warriors' senior co-captain, Connor Cook, relayed some positive post-game thoughts to Plympton. "He told me our players' morale remained high and they're optimistic going forward."

Plympton's goals for KP focus on both short-term objectives and long-range aspirations.

"We want to build a healthy culture and bring winning back to the program," he emphasized. "Our focus over time will be to qualify for the Sectional tourney and advance as deep as possible in the playoffs."

KP had a 2-2 record at Local Town Pages deadline, beating Mansfield and Oliver Ames. "I'm pleased but we can improve," Plympton said. "The players have bought in and we've seen a good blend of pitching, hitting and fielding."



Jeff Plympton, Jr.

The Warriors will bank on a variety of factors to end their two-year tourney drought.

"We'll be scrappy, competitive and aggressive in the field and at the plate," said Plympton, who was voted KP's top offensive player as a senior. "And, we'll rely on sound technical and fundamental skills, a high baseball IQ and an instinctive nature. Our infield will be solid, we've got speed in the outfield, and our pitching seems strong. Our question mark will be our hitting."

When it comes to assessing Cook, there'll be few questions. The cleanup hitter, who'll be playing for Brown University next spring, has power and he's also a very capable catcher. "Connor is highly respected," Plympton said. "The pitchers work well with him. He's smooth on defense, blocks the plate well and has a strong arm to second base."

Junior shortstop Shawn Legere is a definite asset in the infield. "Shawn is smooth, attacks the ball effectively and has a strong arm to first," Plympton said. "He's our No. 3 hitter. He hits for power, swings hard and makes good contact."

Rudy Gately likely will play third base most of the season but the sophomore can fill in at shortstop or second base, if needed. He also is a starting pitcher. "Rudy is versatile," Plympton noted. "He's got a strong throw to first and he throws hard on the mound. A right-hander, he relies on a fastball, a great curve and a changeup. At the plate, he takes good swings."



Jeff Plympton, Jr. had to wait almost two years to debut as King Philip's varsity baseball coach.

Junior centerfielder Nick Viscusi is also a starting pitcher who's talented in both roles. "Nick is extremely fast and he covers a lot of area in the outfield," Plympton said. "He hits in the leadoff position and he's got the speed to steal bases. A line-drive hitter who has a solid swing, he's a right-handed pitcher who throws very hard. His curve ball snaps and his fastball is lively."

Eli Reed will handle the chores in right field but the junior can also be utilized in centerfield. "Eli has great range and speed," Plympton said. "Effective at tracking the ball, he's got a quick compact swing at the plate and will bat in the middle of the order."

Senior Mikey Malatesta rounds out the outfield in left. His consistency is his prime asset. "Mikey simply gets the job done," Plympton said. "An aggressive hitter who relies on a good swing, he's very strong both as a hitter and fielder. A fullback in football, he's athletic."

A senior duet of right-hander Jack Mullen and lefty Grayden Lawrence will be utilized in relief roles. Both rely on a fastball as their top pitch. "Their velocity is similar," Plympton noted. "Both throw hard and their control is good. Lawrence gives us a good fix being a lefty."

Plympton's athletic philosophy is just what KP needs to get the program back on track. He wants his players to achieve their personal goals, be team-oriented and excel in the classroom. "If

our kids reach their potential and enjoy their athletic journey, then winning will follow," said Plympton, whose philosophy also embraces what he labels as an A-C-E approach. "The letters stand for achieving in the classroom, competing 100 percent on the field and exceeding expectations on and off the field."

A criminal justice major at Plymouth State, Plympton has a master's degree in education from Fitchburg State. Now in his fifth year on the KP faculty, he's a health and physical education instructor.

Acutely aware that athletics can teach life lessons, he knows his players learned a valuable lesson after hearing about the cancellation of last spring's season. That was a lesson in overcoming adversity.

"Our kids learned that they shouldn't take things for granted," Plympton said. "It's all about making the most of what you have. Other life lessons that sports teach are patience, leadership, teamwork, work ethic and a positive attitude."

Calling his father, Jeff Sr., who pitched for the Boston Red Sox, his role model for his support and encouragement, Plympton says his dad is the person he always talks to about baseball.

Hopefully, any conversations the pair have about the Warriors' season will focus on positive things — like the players' upbeat attitudes and their solid work ethic.

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Sports

KP Girls Lacrosse Squad Eyes Continued Success

BY KEN HAMWEY
STAFF SPORTS WRITER

The King Philip girls lacrosse team was looking forward to the 2020 season, especially after posting a 14-7 record in 2018 and a 12-8 mark in 2019. The Warriors had qualified for a pair of sectional tourneys and advanced to the second round both times, bowing first to Lincoln-Sudbury then later to Walpole.

Coach Kourtnie Wilder also was eager to get her third year underway but the COVID-19 pandemic hit and last year's season was canceled.

"It was devastating," Wilder said. "I was disappointed for the girls, the coaching staff and the program. We had talent, promise and motivation to compete for more success but we never got the opportunity. Now, I'm super excited to be coaching the girls again. It's been almost two years since they last played a game — when we lost to Walpole in the tourney in 2019."

So far, KP is off to an excellent start, posting a 4-0 record at Local Town Pages deadline.

"I'm excited about our strong start," Wilder said. "Our players are dedicated and they've displayed a terrific work ethic."

Wilder's goals for the season are to battle for the Kelly-Rex Division title in the Hockomock League and to qualify for the sectionals again. "Franklin and Mansfield are traditionally strong," Wilder emphasized. "Franklin always is a contender for the division crown and although Mansfield has a new coach, it has talent. We've got only six returnees with different levels of experience but we'll battle for a tourney berth and strive to advance as far as possible."

The Warriors captains are senior Peyton Mellman and juniors Julia Marsden and Colleen Crowther. "All three lead by example and are great role models for the program," Wilder said. "Julia and Colleen are vocal leaders. Peyton is a great role model for the younger players in the program; Julia leads by example on the field; and Colleen is a great vocal leader."



Kourtnie Wilder, KP girls lacrosse coach.

Mellman is a key attacker. "She's aggressive and tenacious on offense," Wilder said. "Peyton is a dedicated competitor who's a superb team player with great field vision."

Marsden and fellow juniors Lily Brown and Margo Riley will patrol the midfield and be counted on heavily to provide a boost on offense and to manage transition situations.

"Julia was a defender," Wilder said. "She's an all-around competitor who's intense, solid in transition and very athletic. Lily played as a freshman as an attacker. She's crafty, has good hand-eye coordination, can dodge well and is versatile and athletic. Margo has speed, she's instinctive, is strong in transition and knows the game."

Junior Haley Izydorczak can be utilized as a midfielder, defender or attacker. "Haley is so versatile," Wilder said. "She leads by example, no matter where she plays. A pro-active competitor, she's athletic and knows the game."

Crowther gained some experience as a freshman defender. "Colleen relies on her field vision," Wilder noted. "She's a vocal defender, she's aggressive and she's athletic."

Wilder emphasized that the players who comprise KP's nucleus "are all agile, have speed and quickness and have a high lacrosse IQ. "This year's squad will be defense-minded," she said. "That's where we have experience but we'll adjust our focus from game to game."



KP girls volleyball team.

The 28-year-old Wilder, who played lacrosse as a defender at Framingham High and at Assumption College, banks on an athletic philosophy that aims for her players to reach their potential. "I love to see our players reach their potential and to enjoy competing," she said. "If those two things occur, then winning will follow."

Wilder, who's in her sixth year as a biology teacher at the high school, also likes seeing her players learn life lessons from athletics. "Overcoming adversity is a great lesson that can be learned," she said. "Adversity can be an injury or it can be a losing streak. Whatever the hurdle is, it's important to overcome it."

Volleyball Team Co-champs

The Fall 2 season is in the history books for KP and if there was a feel-good story, it was the perseverance displayed by the volleyball squad.

Because of the COVID-19 pandemic, coach Kristen Geuss' Warriors had to quarantine for 10 days after the team was chosen, and because of contact tracing, four players were unable to compete for the first three matches.

The results after KP's 10-game schedule against Hockomock League teams were outstanding. The Warriors posted a 9-1 record, their only loss coming against Franklin, which tied KP for the Kelly-Rex Division cham-

pionship. The Warriors then entered an abbreviated post-season format and finished 2-1, enabling Franklin to win the Hockomock League Cup. The Warriors defeated Oliver Ames (3-0) and Canton (3-1) before bowing to Franklin (3-1).

"We played well in the playoff against Franklin but it wasn't our best," Geuss said. "Franklin committed fewer mistakes and they're always a very competitive team. The girls, especially our seven seniors, were upset losing to Franklin but what was more upsetting was the season ending. The seven seniors realized that their KP careers were over."

Geuss gives her team a straight 'A' for adjusting to the rules and modifications caused by the virus. "The kids were flexible and resilient," she said. "When our team early on was missing players, the seniors stepped up and adapted to a different offense. And, all of our practices were in Foxboro at Mass. Premier Courts."

The senior contingent included captains Nicole Coughlan, Lily Carlow, and Emma Brooks, and Lauren Peterson, Paige Kannally, Giovanna Fruci and Camryn Buckley. "The seniors knew they had to carry the team because of the uncertainty of COVID-19," Geuss said. "They persevered, they never gave up, and they worked well together."

Junior Stella Bailey and sophomores Ahunna James and Sami Shore were key components in Geuss' rotation. "They all stepped up, rose to the challenge and played their positions effectively."

Four juniors, who'll play key roles next fall, include Liv Carey, Sam Asprelli, Sofia Riedel and Molly O'Brien. "Each one of these girls could be counted on to compete at any moment," Geuss emphasized.

Geuss, who's coached KP's varsity for six years, has guided the team to five tourney berths, the deepest run occurring in 2019 when the Warriors advanced to the Central East Sectional final where it lost, 3-2, to Boston Latin.

Moving to a Fall 2 season turned out to be a good move. State officials allowed volleyball's format to follow what was learned during the winter campaign that dealt with modifications for basketball and ice hockey.

Geuss is excited about next fall's season. "We'll have seven returnees who are skilled competitors, who mesh well and will provide good team chemistry," she said. "I hope things improve for a more normal season but we'll just have to wait and see. I was just so pleased that we could compete this season."

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Spring Arts Awakening Continues at THE BLACK BOX

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.

June kicks off with a love-filled Pride Concert starring Broadway husbands Christopher and Clay Rice-Thomson on June 5th. Audiences can expect radio hits, Broadway classics, and more in this celebration of inclusion and being true to yourself. A perfect show for the whole family, audiences will leave with a smile on their face and a song in their heart.

Franklin is invited to celebrate the Art Walk Kickoff with a com-



plementary reception from 5-7 pm on June 11th under the tent at THE BLACK BOX sponsored by the Franklin Cultural District.

THE BLACK BOX presents a special cabaret performance spotlighting the talents of promising young singers on June 11th at 8:00 pm. The Rising Stars Cabaret features a variety of musical styles and accompaniment by FPAC's resident Acme

Rhythm Section.

Emily Koch of Broadway's *Wicked* and *Waitress* performs a solo-ish show based on her middle school journal, which was ironically addressed "Dear Elphaba" on June 12th. eMulbOy5 is a preteen saga of love, fandom, and identity. When 11-year-old Emily's best friend moves away unexpectedly, she decides to change her identity entirely to become a boy named

Emul, whose AIM screen name is eMulbOy5.

The Kenny Hadley Big Band is back at THE BLACK BOX on June 13th at noon. Don't miss this amazing 16-piece band of the best of the best jazz musicians playing masterful arrangements of big band's greatest repertoire. A delicious brunch is served beginning at 11:45 am and the music begins at noon.

Donald Krishnaswami will present a classical concert free of charge at THE BLACK BOX on June 13th at 4:00 pm. A Juilliard graduate, Mr. Krishnaswami is a soloist and a chamber music collaborator, and is a founding member of Franklin's LiveARTS String Quartet. He has performed as an orchestral player in Boston, New York, and Philadelphia, has toured extensively both domestically and internationally

with the Boston Pops and has been a backup musician with major music industry jazz and pop artists.

Electric Youth and the Boston Show Band return to THE BLACK BOX on June 18th and 19th. The show features choreography by the EY Creative Team and Broadway's Clay Thomson and Christopher Rice. Backed by the world class Boston Show Band, EY shows deliver high energy fun for audiences of all ages.

Entertainment at THE BLACK BOX will continue throughout the summer 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.

A Voice for Women in MetroWest

MetroWest Commission on the Status of Women Serves to Make Sure Women are Heard

By J.D. O'GARA

"Our job is to basically amplify the voices of those who identify as female in our community, to make sure our community

partners, our elected and appointed officials are making decisions with those peoples' needs in mind," says Heather Panahi. She's in her third year as chair of

the MetroWest Commission on the Status of Women.

"Our Commission was founded in 2015. We represent 26 towns and two cities and are actually one of 11 regional commissions throughout the state," says Panahi. There is also a state commission.

Panahi explains that the Massachusetts Commission on the Status of Women, the state commission, was created in the mid-1990s, after a UN Conference on Women.

"The goal was to give a voice to Massachusetts women and girls," says Panahi, of the non-partisan commission. "Over the last several decades, the state has created these regional commissions to be able to better reach women throughout the state.

The MetroWest Commission, says Panahi, covers Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopkinton, Hudson, Maynard, Medfield, Medway, Millis, Natick, Needham, Norfolk, Northborough, Norwood, Sherborn, Southborough, Stow, Sudbury, Walpole, Wayland, Wellesley, Westborough, Weston and Wrentham, and Marlborough.

"Our nine commissioners are basically appointed to their positions; there's no election. You apply, and then they're appointed based on experience. You can serve two terms, and each term is three years."

To get a handle on what women want and need, the MetroWest Commission on the Status of Women hosts public hearings, panel discussions, engages in community outreach programs and hosts awareness campaigns, as well as works with local community organizations and nonprofits. Members of the commission have also given testimony on behalf of women in the MetroWest region, which is very diverse, says Panahi.

"You have rural towns, you have metropolitan towns, you have towns that are higher on the socioeconomic ladder than others. When we are bringing on new commissioners, one of the things we try to be mindful of is bringing in commissioners as representative of our region as possible."

Areas the MetroWest Commission focused on last year includes reproductive issues, from improving access to feminine hygiene products in schools and jails to maternal health after having children, says Panahi. The group has also spent a lot of time on domestic violence and sexual assault prevention.

"Domestic violence prevention and sexual assault prevention are big items for us and continue to be for us, and COVID has exacerbated the problem, where women are in their homes trapped with their abusers. We've also done work talking about the experiences of incarcerated women in the region, making sure they have appropriate access to the resources they need, that they're safe and that their health needs are being taken care of. We've also looked at economic empowerment, job placement after incarceration, and helping to protect immigrant families, particularly immigrant women and their children.

This past year, the Commission decided to focus on racial equity, hosting a Zoom public hearing on "Racial Inequality Affecting Woman and Families of Color in the MetroWest" in late February.

"The public hearing was really our first step before we start to develop a plan of action," says Panahi. The Commission will use the feedback they've gained from BIPOC women in the region to help identify issues to prioritize, support and raise awareness of, says Panahi.

"We recognized we needed to hold ourselves accountable, to make sure all of the girls and

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Congratulations to our May Winners: William Scotland, Corinne Fahey, Bob Zalvan, Joe Clar & Sherri Bauman

Leo Club Starts 2021 With Service

SUBMITTED BY MAKAYLA HICKEY
LEO CLUB PRESIDENT

The year 2021 has been full of incredible accomplishments

for the KP Leo Club. Though there were many challenges, Leos persevered and continued to exemplify their devotion to serving

the community. The club was even recognized by the Massachusetts Leo Board.

Leos kicked off the year with the Pull Together Drive, an effort to collect soda tabs for Ronald McDonald House. All proceeds from the drive, which was open to the community, went towards helping families affected by childhood illness. The drive ran from January to April and Leos were able to fill multiple five-gallon bins with the collected donations.

In February, the club partnered with Peer Mentors to create Valentine's Day cards for the Wrentham Developmental Center and worked alongside the National Honor Society to make blankets for Project Remember Me. Three supply drives were held in March in collaboration with National Honor Society and Art Honor Society. Using the donations from these drives, members assembled backpacks for the homeless, Easter baskets for the Attleboro Sober House, and Mother's Day craft kits for the Fiske Library.



Finally, to acknowledge and thank the senior members of the club, Leos made posters for the KP Senior Parade on May 22.

The club cannot wait to transition to a more normal school year that will hopefully allow for more in-person service, providing Leos with the opportunity to interact directly with the community. There's no doubt that Leos will continue the legacy of serving others and making changes in the community next school year!

The King Philip Leo Club is a group focused on community service and is open to all students. As the youngest members of Lions Club International, the Leos' motto is to "serve as positive agents of change within their communities."

Leos once again held the Norfolk Soccer Swap in April so kids in the Norfolk Lions Soccer program could donate or exchange their cleats. Both Plainville and Norfolk held Clean and Green events for Earth Day, so Leos joined these efforts to beautify the tri-town area. Members also participated in the Special Olympics Storytime by reading books to kids on Zoom and volunteered as greeters at the Fiske Library along with students in KP Cares.

In May, Leos sold ribbons to benefit Malia Jusczyk, a young girl from Plainville who was recently diagnosed with cancer for a second time.

A Taste of What's to Come at SALMON at Medway

When Food Goes Beyond the Dining Room for Seniors

SALMON at Medway – the new 55+ community, opening this summer at 44 Willow Pond Circle – loves doing senior living ‘outside the box.’ Nothing about this combined active independent and assisted living facility has a been-there, done-that feel, especially true of the 57-acre campus’s dining program.

Passionately and creatively helmed by Director of Culinary & Dining Operations, Chef Jason Wallin, SALMON’s ‘Anytime Dining’ restaurant-style meal plans are enough to make any college student drool with envy.

“It’s not just about eating fresh, local and healthy”, says Wallin. “It’s about making dining more than a meal and truly making it a lifestyle. Our offerings will feed and nourish the body, mind and soul.”

Residents will have tough decisions to make when it comes to eating as they will find many choices available anytime of day, including fresh, locally sourced Mediterranean and plant-based options designed with input from on-site nutritionist Sarah Clarke.

Speaking of local, let’s talk about SALMON’s partnership with Medway Community Farms. Not only is the farm providing 20-30% of all produce at the community and helping tend to the on-site hydroponic garden, they and SALMON will host

on-campus farmers markets open to the public all summer long.

And the sweetest little ‘extra’? A collaboration with Best Bees of Boston making SALMON at Medway the only senior living community in New England to boast on-site beekeeping. Residents can immerse themselves in education, experience and fresh honey drizzled on top of anything they want.

As a family-owned business, Wallin, SALMON CEO, Matt Salmon and their team are committed to making the community feel like ‘home’ for seniors’ family and friends, too. “Our campus is an open, inviting place where people want to be”, says Wallin. “Every element is thoughtfully planned to maximize the health, well-being and happiness of our residents and their extended social circles.”

Included among the family-friendly dining and entertainment: a game room for grandkids to hang featuring a more kid-focused menu; a casual café with grab-and-go items for in-room entertaining; and cooking classes hosted by Wallin.

When it comes to the menu and lifestyle at SALMON at Medway, there hasn’t been a detail overlooked and the community is excited to open its doors to residents and the local community. Check them out at www.medwayseniorliving.com or on Instagram, Facebook and TikTok @SalmonatMedway.

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VOICE

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women in our region were adequately supported and have access to the services they need.” She adds that the commission itself is also a majority (75%)

white, and the group would like to attract a more diverse panel of commissioners.

Panahi suggests that COVID has also highlighted where inequities lie.

“Whether or not people can access Wifi so that their children can learn – those things have become much more accentuated as a result of the pandemic.” In particular, says Panahi, the many immigrant families in MetroWest face enormous barriers because of COVID.

The Commission also endeavors to listen to MetroWest’s

youngest women constituents. It has created the Athena Council, and internship and advocacy for women aged 14-19 to channel their passions into energy and action. The 12 members of the Athena Council are girls who’ve applied from all over MetroWest.

Panahi adds that all meetings of the MetroWest Commission on the Status of Women are open to the public and “any women who want to come and listen and share their questions.”

The best way to stay apprised of when the next meeting is to visit the MetroWest Commis-

sion on the Status of Women’s Facebook Page (you can also find them on Instagram (@metrowestcsw) and Twitter (@MassCSW). You can also find out more at the state website, <https://www.mass.gov/service-details/metrowest-commission-on-the-status-of-women>.

Panahi points out, “We are a nonpartisan group. We want to emphasize that. To us, gender does not belong to a political platform. We want all women in the MetroWest to know we are here to advocate for them, and to listen.”

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Real Estate Corner

Healthy Real Estate Activity Continues in Norfolk County

As communities start to get back to normal and COVID restrictions are starting to be lifted, Register of Deeds William P. O'Donnell reports that the increases seen in real estate activity in Norfolk County are continuing. The month of April in 2021 saw increases in a number of real estate indicators over the same time period in 2020.

According to O'Donnell, there were 17,744 documents recorded at the Norfolk County Registry of Deeds in April, a 53% increase over last year's April document volume. There were 1,693 deeds recorded out of this document volume, representing a 54% increase over April of last year. Average sale price, including both residential and commercial sales, increased

45% over 2020 to \$1,163,838.48.

Low inventory of properties for sale are keeping prices for real estate up. Low interest rates are helping buyers afford the home prices of these properties. The county unemployment rate in Massachusetts was reported as 6.8%. However, in 5 of the 14 Counties in Massachusetts the unemployment rate is lower than 6.8%. Norfolk County is one of those counties in the lower unemployment rate category.

In addition to real estate sales, the Norfolk County lending market has been very busy in April. There were 4,212 mortgages recorded during the month which is a 21% increase over 2020. Total amount of money borrowed for mortgages county wide was almost 2 billion, a 23%

increase compared to April 2020. While some of the mortgages are due to purchases and sales of real estate, there are a large number of individuals and families taking advantage off historically low interest rates by refinancing existing mortgages. Individuals have different motivations to refinance. Some refinance to reduce their monthly payments, others to take some years off their debt while still others are using the money to pay for home improvements and other capital expendi-

tures, noted Register O'Donnell.

There has been a strong demand for housing, single family housing particular, coupled with a limited supply of available housing stock and historically low interest rates which could be motivating buyers to do what is necessary to secure housing. Lending activity was up. The growth in numbers seen in 2020 continues into 2021.

A moratorium on foreclosures in place during the pandemic in 2020 was lifted on October 17, 2020.

Additionally, for the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.



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