

Norfolk & Wrentham

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The Voice of Your Community

Baby Charlotte Comes Home

Miracle Preemie Defies the Odds

BY GRACE ALLEN

Charlotte Kapilow-Cohen finally came home to Norfolk last month, just in time for her first birthday.

Her homecoming was delayed almost one full year. Originally due on September 4 of last year, Charlotte was born on June 11, 2020 at 1 lb. 9 oz (720 grams), about the weight of six sticks of butter.

Her story is a modern-day medical miracle. That a baby so tiny and so medically compromised could survive and eventually thrive outside the womb is due in no small part to the skill and dedication of her care teams and the world-class hospitals that dot our landscape. But Charlotte herself played a role, believes her mother.

"Charlotte is a fighter," said Amy Kapilow-Cohen. "She has shown us she has the will and determination to keep going. She's so tough and so scrappy. She can hold her own."

Amy developed severe preeclampsia in her second trimester and had to be induced at 27 weeks to save both her life and the baby's. As a micro preemie, Charlotte faced daunting odds from the beginning. Her fragile, immature lungs meant she needed a ventilator to breath. She developed a brain hemorrhage as well as hydrocephalus and suffered numerous blood infections that turned



Nurses at Franciscan Children's Hospital celebrate Charlotte's discharge on June 8 with a bubble parade. (Photo courtesy of Franciscan Children's Hospital.)

into sepsis. The doctors at Brigham and Women's Hospital, where Amy delivered, were worried about meningitis, as well.

"It was dire," said Charlotte's father, Liam Kapilow-Cohen. "And everything they were doing to keep her alive was bad for her at the same time."

MIRACLE
continued on page 2

See Inside...



POP↑SHOP

Downtown Wrentham Opportunity Spaces!

Franklin and Wrentham Get State Funding for Pop Up Shops

BY J.D. O'GARA

What if small, local businesses were given an opportunity to test drive a storefront in the heart of their small towns? Thanks to a Regional Pilot Project Grant awarded by the state, the towns of Franklin and Wrentham are about to find out. The two towns, together, were awarded \$188,000 from the Mass. Department of Economic Development at the end of April. The grant was one of \$5 million awarded to 37 mu-

nicipalities and non-profits to assist with development of regional recovery strategies.

"With the assistance of the Regional Pilot Project Grant Program, our administration looks forward to continuing to build on our progress toward economic recovery across the Commonwealth," said Governor Charlie Baker. "These grants will

SHOPS
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MIRACLE*continued from page 1*

Miraculously, when Charlotte was 30 days old, the brain bleed stopped on its own. The brain swelling also stopped and started reversing itself.

"The doctors were astonished," said Liam. "They were almost certain they were going to have to put in a shunt and she was going to need brain surgery."

Charlotte's acute lung disease and potential for long-term use of a ventilator, however, meant she would need a tracheostomy. On September 4, her original

**Charlotte at one month.**

due date, she was moved to Boston Children's Hospital where she underwent surgery a few days later to insert the tracheostomy tube that would help her breathe.

On November 12, Charlotte was big enough and stable enough to transfer to Franciscan

**Charlotte at almost one year old.**

Children's Hospital, which has a pulmonary rehabilitation unit. And in the parking lot, after exiting the ambulance but before entering the hospital, Charlotte finally got to meet her big sister Hannah as well as her maternal grandparents.

At the Franciscan, the doctors were surprisingly optimistic. Despite all the baby's medical challenges and the myriad of interventions and medicines that could have compromised her sight, her hearing, and her endocrine function, her prognosis looked promising.

"So many things could have been so challenging," said Amy. "But we knew we would do whatever it took for Charlotte to live the best life that she could live, whatever life that might be for Charlotte."

The family's ordeal, difficult enough already, was made worse by the pandemic. COVID precautions meant Liam couldn't be with Amy when she was hospitalized at the Brigham, depending on which floor or unit she was currently in. When Charlotte was moved to the Franciscan, both parents couldn't visit at the same time during the early part of the baby's stay.

Still, Amy and Liam, who moved to Norfolk in 2017, were buoyed by the prayers and well-wishes from people around the world, people they did not even know who had heard about Charlotte. And the Norfolk community rallied around the young family, too, by providing emotional support along with months of meals. An anonymous local business donated Christmas gifts for Charlotte and Hannah, who is 4.



From left, Liam and Amy Kapilow-Cohen with Charlotte, and Elizabeth Smith, Senior Director of Nursing at Franciscan Children's Hospital, during a press conference on June 8. The hospital is the only one in the area that takes in and treats babies on ventilators. (Photo courtesy of Franciscan Children's Hospital.)

"The community support has been overwhelming and we are so grateful for the love shown us," said Amy. "I wish we could personally reach out and thank everyone. We are so blessed."

Amy works in quality assurance at Takeda Pharmaceutical Company. Liam, who lost his job because he was spending so much time at the hospital, will be starting a new job at Intelia Therapeutics in gene manufacturing. Their backgrounds equipped them to cope with the complicated care Charlotte received and also to ask the right questions of the medical staff.

Not every child is so lucky. While Charlotte was at the Franciscan, Amy and Liam learned that the hospital had patients in the foster care system. Many of the children did not have anyone to speak for them or point out issues. Amy found herself on several occasions stepping in to help, and she was eventually asked to sit on the hospital's parental advisory committee.

"Our experience really opened up our eyes to the world of children with medical complexities," said Amy. "Advocating for hospitalized children like Charlotte has become something that's really important to both Liam and I."

Amy noted that much support is available through the hospital for parents of sick children. Gas, meals, and even rent assistance are just some of the programs for people in need "so they don't have to go it alone" she said.

Many of those funds come from appreciative families, so in honor of Charlotte's first birthday, Amy and Liam started a fundraiser for the Franciscan (<http://give.FranciscanChildrens.org/Charlotte>). At press time, over \$21,000 had been raised for the hospital so far.

"We are so grateful to them," Amy explained. "The way I look at it, the Brigham NICU saved Charlotte's life. Children's Hospital stabilized her and helped her grow big enough to get the tracheostomy. The Franciscan, however, is where Charlotte thrived. The doctors and nurses and the respiratory therapists have gone above and beyond. Charlotte wouldn't be where she is today without them."

Charlotte's doctors anticipate a normal childhood for her. The baby's lungs are getting stronger and she needs the ventilator for only twelve hours a day now. The pulmonologist told Amy and Liam that while Charlotte may never win the Boston Marathon, she will almost certainly be able to run it one day.

"That was huge," said Amy. "Because we had no idea. For a long time I couldn't look into the future because I didn't know what it would be. Every night I would pray, please just let Charlotte survive. But I can picture the future now and it looks so amazing. Charlotte is going to do great things. She is a force to be reckoned with. She's a little miracle baby."

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More workers are quitting their jobs than at any time in at least two decades.

The *Wall Street Journal* shared how professionals are burned out from extra pandemic workloads and stress, while others prefer the flexibility of remote work.

Given my recent engagements, there are new perspectives on health, family, and time. Less focus on "earning more, to do more," but what needs to happen for a new lifestyle while maintaining future goals. Some seek semi-retirement (less pay and responsibilities, more freedoms), others full retirement in their 40's or 50's.

Before firing off a resignation, consider the financial and family impact. A few (of the many) items examined:

Employer benefits are left behind and taxation created? Health and life insurance comparisons are important, but a greater impact is on the values

and taxation on RSUs, ESPP, pension, and deferred compensation distributions.

Also, bonuses. Is your current firm far-exceeding '21 plan and you'll forfeit by leaving? Will the new firm offer prorated bonus eligibility?

If over 55 but under age 59 1/2 and need income from oversized retirement accounts, pause on rolling over all of your 401(k) until you understand IRS Rule of 55.

Buying a new home or refinancing? When applying for a mortgage, refinance, or HELOC, lenders base decisions on many factors, including consistency of earned income. Witness a few days before closing, they will again ask for a most recent paystub.

If you plan to earn less or become self-employed, this can limit your ability to borrow or refinance. Thus, timing is equally important as the desire for a change.

Will the new employer's grass stay greener?

Firms seeking talent are being aggressive with benefits and amenities. Part is due to retention of their own talent, so what do things look like in a year?

Are promotions as frequent?

Are "team-building" events still posting every Friday on LinkedIn?

Are you still fully, or partially, remote?

What is your cash flow in 2024, 2026, or with kids in college? Entering investments into a "retirement calculator" is nice, but it's the equivalent of checking tire pressure and declaring a car will be fine in 5 years.

Want confidence in sending your resignation?

Run various cash flow analyses with a CFP encompassing income, assets (growth, taxation), liabilities (rates, maturity), expenses, taxes, entitlements, and experience spending goals. Add stress tests by planning for the

unexpected and sequence of investment returns.

Beyond understanding data, it's critical all household members are engaged throughout and desire the "why" behind the change.

With cash flow models, family buy-in, and a focus on well-being, now have an honest conversation with your manager. If the firm says, "Sorry, but...", personally thank your manager and make sure to log off Zoom before playing Johnny Paycheck or the Dead Kennedys cover.

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a



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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.

Guest Column

The Forked Tongue Club

By G. GREGORY TOOKER

Those indigenous folk who, prior to the arrival of eastern interlopers, were trusted with the management of the territory now known as the United States of America, did not take kindly to some within their ranks who deviated from the truth. Various punishments, including banishment from the tribe, gauntlet encounters, etc., were administered sternly to impress upon the offender the requirement to act and speak honestly.

The newcomers to the continent introduced a revised standard which perplexed the native peoples. It seems the Bible-toting explorers considered it altogether appropriate to ignore treaty arrangements as well as their professed religious rules if

the purpose suited them. These deviations have evolved over the course of history to a point where the fine art of speaking with forked tongue is an admired skill.

Leadership sets the example for members of a given culture. Those tribal members who were honored as leaders of their people were expected to act with complete honesty in a selfless manner. Sadly, that expectation has deteriorated to a shadow of its former self. Acting in the total absence of conscience, some leaders at the highest levels now sneer in the face of obvious facts that unmask their devious behavior, demanding loyalty from their followers who risk retaliation should they waver.

Membership in the Forked Tongue Club is growing by leaps and bounds, nourished by a social media network that feeds carefully shaped and molded information designed to produce expected behaviors. Lying, in a practiced, skilled manner is almost becoming a mandatory asset for political success. In this writer's opinion, the deviation from the course of truth and honesty we are witnessing in many aspects of life today could spell the end of the democratic government we have worked so hard to construct. We must ask ourselves, can our children survive in a world community where truth is flexible, that which best suits our personal preferences?

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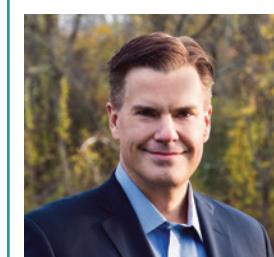
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SHOP*continued from page 1*

empower recipients to leverage their own local expertise to tailor recovery strategies that support the unique needs of each region of Massachusetts."

"This is a joint grant that we are working with, with the town of Wrentham, and we are using empty downtown storefronts," said Anne Marie Tracey, of Franklin. "The aim is to increase foot traffic in these areas and provide opportunities for small businesses to expand their reach and growth. We're basically renting (the vacant spaces), and we're going to be putting out an application process for small businesses to apply to use the space temporarily to sort of test drive the market. During COVID, so many small business owners had to pivot, and we know it's a big leap to go from running a busi-

ness out of your home or only having a website to actually having a brick-and-mortar location. We're trying to bridge the gap."

Tracey says that from a municipal perspective, Franklin's recent market study illuminated what Franklin's missing. "We're looking to fill some of our holes, and looking to offer the space specifically for a time to artists and artisans. This really is a good fit for Franklin and the creative culture we have here."

Tracey approached Wrentham as a partner, because, she says, "Wrentham is doing the exact same thing in their downtown."

"Franklin is kind of what you want to work with on business development and downtown business," said Rachel Benson, Wrentham's Director of Planning and Development. Benson noted COVID has hurt businesses in Wrentham, and the town has been looking for ways to bring attention to the small businesses in the historic center of town.

"This program seemed like such a perfect fit," said Benson. The town and Board of Selectman have always been "very supportive of our businesses," but "we don't get to help as much due to the lack of state funds available," she said. "It is evident from our recent Master Plan surveys that everyone loves and enjoys the downtown. Everyone loves the history and quaint aesthetic, but oftentimes, local consumers envision just the outlets. This program is a great way to bring people into both our downtowns and showcase that there's rich history and diverse business opportunities in our towns."

The joint grant will complement another grant Wrentham has received for updating the town's 17-year-old Master Plan with funds from the state. The town has already taken feedback it has received through a series of focus groups to facilitate the creation of a town-wide business group called the Wrentham Business Collaborative, says Benson, "which will help businesses to

connect, share ideas and promote each other."

At press time, Franklin had two spaces secured to run its pop-up shop program.

"They're in highly visible locations, and we're offering these spaces to small businesses to sort of pop up in our downtown, whether it's for a weekend or a week or however long they would like to try and see if opening a brick-and-mortar location, having that experience, would be a good fit for their business," said Tracey. "It's also a way for an existing small business to test out an opportunity to expand and perhaps open a second location without the long-term commitment of a lease."

Benson explained that while there are not many vacant storefronts in downtown Wrentham, "one that we do have is a beautiful historic building, the owner of which we will be working with to utilize their space." Wrentham is also considering the common, the Center School lot, or Sweat Park for festival or market-type

approaches. The town is working with the Cultural Council to identify local artists and artisans and also hopes to attract home businesses to the program.

"A big piece of the grant is downtown revitalization," noted Tracey. "We're hoping that driving people downtown and having new reasons for people to visit stores, constantly changing the foot traffic, will help our existing businesses by giving them exposure."

Tracey is excited to "see what comes in. The ultimate best-case scenario would be we bring some unique small business to our municipality and they have a great experience and then put down roots and stay here."

If you are a business owner who would like to apply to the program, you can contact Rachel

Benson, in Wrentham, at rbenson@wrentham.ma.us, or (508) 384-5441. In Franklin, you can contact Anne Marie Tracey at traceya@franklins.net or (508) 553-4888.

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spotlight



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Concerts for a Cause

Music Therapist Helps Local Businesses

By BRENDAN ZIMMERMAN

Meet Ken DoRosario. He is a Norfolk resident and a music therapist who works with several different school districts and facilities, including the Norfolk Public Schools.

He also happens to be an absolutely electric musician and performer who has helped raise money for local businesses throughout the pandemic with his livestreaming benefit shows, known as the Basement Benefit series.

As a music therapist, he helps children and adults with a variety of special needs. Normally, DoRosario works with students in the classroom or with individuals privately in their homes. During the pandemic, however, he has been doing virtual sessions through Zoom and Google Meet.

"As a music therapist, I use music as a tool to help individuals work on goals related to commun-

ication skills, social skills, self-awareness, fine and gross motor skills, emotional regulation, and relaxation," said DoRosario.

In addition to being a music therapist, DoRosario has been performing music for most of his life, playing gigs across the state under the performing name Kendo. When the pandemic began and the state initiated its quarantine lockdown, he started doing recorded and livestream performances on social media to try and lift spirits.

Then, he got the idea to start his Basement Benefit series with the help of one of his neighbors. The plan was to host benefit concerts from DoRosario's basement, and to have the proceeds support local businesses and musicians. The first concert was held on April 3 in 2020, and there have been several more since then. To date, he has raised close to \$10,000.

"The outpouring of support

both from the local community, and even the wider-reaching Facebook community, has been amazing and heartwarming," said DoRosario.

Some local businesses that have benefited so far from his series include Cilla's Coffeehouse, Eagle Brook Saloon, Anne's Market, Horse 'n' Carriage, One Cup Coffee, Organic Buzz Café, and The Gavel.

The benefit concerts are livestreamed through DoRosario's music Facebook page (facebook.com/KendoAcoustic). Contributions are given through a virtual tip jar, which works via Venmo and PayPal. Viewership has averaged from 2,500 to 5,000 views per show. If you missed any of his shows and want to check them out, they are still available to watch on his Facebook page.

It's no wonder the livestreams have had such high viewership: his performances are truly great and fun to watch. Livestreams are a difficult venue when it comes to keeping the audience engaged, but DoRosario brings a necessary energy to his performances with his natural musical talent and vibrant playing.

His shows cover a wide range of music. You can hear anything from Oasis to Ed Sheeran, and yes, he does take requests. He performs with just an acoustic-electric guitar and his voice, both of which have a warm, shimmering quality.

The performances open with a general welcome, along with a mention of the businesses that will receive donations from the



Photo courtesy of Tim Rice.

show. Viewers are able to comment throughout each show, making for an engaging environment that goes beyond the music. Look for the community coming together in these shows to be reminded of the magic of live performances (which this writer has missed for a long, long time).

DoRosario not only plays amazing covers, he was also formerly one of the primary songwriters and the frontman in a Boston-based rock-funk group named Dr. Awkward. Though not as often as he used to, he still finds time to write and compose new music on the side and hopes to record new material in the future.

Music runs through his family. His grandfather used to play several instruments and sing, which had a big impact on DoRosario growing up. He took up guitar at age seven and began singing shortly after. Over the years, he continued to nurture his musical

talent in school and beyond, and his passion for it only grew.

"Music has a way of connecting people and bringing them together," said DoRosario. "During quarantine, when we couldn't physically be together, the Basement Benefit concerts were one little way for me to feel connected to others, and I think those who tuned in had a similar feeling of connectedness."

As the state reopens, DoRosario has started to resume live in-person performances at local businesses and establishments. For those interested, his upcoming gigs can be found on his website, KendoAcoustic.com. Moving forward, he hopes that people will show up to support local music as they readjust.

"There is so much great talent in this area and like so many things, I think the past year has taught us not to take these things for granted."



Photo courtesy of Brian Dame.

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Help Norfolk Get a Community Resource Dog

BY GRACE ALLEN

Fundraising efforts are underway to help the Norfolk Police Department get a community resource dog. The department announced the dog will be assigned to Norfolk School Resource Officer Joe Choiniere but will also spend time out and about in the community.

Community resource dogs serve as a bridge between police departments and the public. They can serve as a social ice breaker, offer comfort during stressful times, and help de-escalate tense situations.

The dog will be bred and trained by Golden Opportunities for Independence in Walpole, a non-profit that pairs service and therapy dogs with individuals, and more recently with area police departments as community resource dogs.

The Norfolk District Attorney's office has pledged \$5,000 towards the cost of the dog, which will be upwards of \$20,000.

Other area towns with community resource dogs include Franklin, Sharon, and Wrentham.

To make a donation towards the purchase of the dog, visit www.norfolkmalions.org.



King Philip Regional High School Seniors Recognized During Awards Night

King Philip Regional High School seniors were recognized with scholarships and awards at Senior Awards Night on June 3. The event was held at the Mansfield Holiday Inn. Students and two guests of their choice were invited to attend.

"After the year our students have had, we wanted to take this opportunity to truly highlight our students' outstanding work and accomplishments," Principal Lisa Mobley said. "All of these students have excelled in different aspects of their high school careers and have continued to persevere even throughout the unprecedented circumstances brought about by COVID-19. Congratulations to all of our award recipients and their families."

At the ceremony, 117 seniors received one or more awards and/or scholarships

for outstanding performance in academics, athletics and involvement in school organizations.

Scholarships totaling approximately \$100,000 were awarded to seniors at the awards night by local businesses, organizations and groups.

"We would like to acknowledge the academic success, leadership, sportsmanship and integrity of each of these fine King Philip students," Superintendent Paul Zinni said. "Every single one of these recognitions are testaments to our students' abilities and talents. I'm certain that all of these students have bright futures ahead of them and each one of them will have profound impacts that will change the world."

To view the full list of scholarship and award recipients, visit kingphilipnews.org.



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Smart Money Management Tips for Young Adults

If you pay much attention to social media, you've probably noticed the trending memes about "adulting." They can be pretty funny, but they also make young adulthood look a little scary. In reality, being a young professional is an exciting time. And adulting doesn't have to be so hard — or scary — when you have the knowledge it takes to set yourself up for success, especially when it comes to making sound financial decisions.

Start Investing Now!

One of the most common mistakes that young professionals make is the assumption that investing takes more money and experience than they have. You don't want to invest blindly, of course, but that doesn't mean you can't learn enough to start making smart investments now. If you aren't sure where to start, contact Northeast Financial Strategies for investment guidance, and check out a resource like Money Under 30 for a primer on investing basics like mutual funds, bonds, and robo-advisors.



In addition to stocks and bonds, real estate is another investment option young adults should consider. Any property you buy is technically an investment, but real estate investing as a growth strategy usually means buying a property that you either rent or fix and sell for a profit.

Like any other investment, real estate has the potential for positive outcomes along with possible drawbacks. For young people, one advantage to real estate is that it doesn't require a great amount of capital. The rental market is also a sustainable business model with the potential

for regular passive income. The possible downside is that financing your property does require a certain amount of money. What's more, if you aren't up for the task, handling maintenance, marketing, and everything else it takes to be successful can become a burden.

Adopt Money-Smart Habits

Saying it's important to manage money wisely may seem like a no-brainer, but actually doing this takes effort. To begin, make sure you're familiar with money management basics like setting a budget. You may even want to use a budgeting app. Once you have the basics down, focus on adopting other money-smart habits that will protect your finances now and for the future.

Spend Less

One of the best long-term habits to adopt is to live frugally. Doing this doesn't mean leading a life of denial; instead, it's all about learning to make informed decisions about purchases. Try

some of our favorite money-saving tips from Young Adult Money, including shopping habits like choosing generic brands and using coupons. It may not seem like saving a dollar here and there is such a big deal, but small savings add up, especially when you start early.

Save More

The natural result of spending less is that you have more money left over to save. In addition to investing, young adults should also set savings goals. These should always include creating an emergency fund and saving for retirement, but you may also have other specific goals like saving to start a family or buy a house.

Build Credit Wisely

Another top financial goal for young adults should be to build your credit history. This is important because having a good credit score can make a difference in other financial decisions like getting a car or home loan. To make sure you do this without incurring debt, brush up on credit card best practices, which include finding a card that's low-interest and low-fee and always paying off your balance. It's also impor-

tant to know what kind of things damage your credit. One key example is how your credit score takes a hit anytime you pay bills late, which is why CNBC money experts recommend setting up automatic bill pay. "Adulting" may be a recent concept, but learning smart money management is something every generation of young adults has to do (or at least, should do). The great thing for today's generation is that technology has made this easier than ever, with tools like automatic bill pay and budgeting apps. With a concerted effort, commitment to using these tools, and guidance from Northeast Financial Strategies, getting started on solid financial footing doesn't have to be hard or scary!

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 call Jeffrey at 800-560-4NFS or visit online - www.nfsnet.com



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KP High School Student, Senior Spirit Parent Group Recognized at 2021 Rodman Awards

King Philip Regional High School junior Makayla Hickey and the Senior Spirit Parent Group have been recognized for their contributions to the KP community at the 2021 Rodman Awards.

The Marilyn Rodman Performing Arts Center hosted its first-ever Rodman Awards on Thursday, June 3 with a virtual and in-person ceremony at the Orpheum Theater in Foxborough. The Rodman Awards honor community members, organizations, institutions, students and businesses who have inspired, impacted and enhanced their communities during the pandemic.

King Philip Regional High School junior Makayla Hickey, president of KP Leo Club, received the Matilda award in recognition of a Youth Leader who energizes others by giving back, making a difference and using their voice for positive change.

Hickey was nominated for this award by KP Leo Club advisors for her dedicated and continued service as KP Leo Club's president over the past year. Under

her guidance, the KP Leo Club found meaningful ways to engage in impactful community service during the COVID-19 pandemic by completing an astonishing 26 service projects. Service projects included helping at the soup kitchen with the Federated Church of Norfolk, creating 60 fleece blankets for the Alzheimer's Foundation Project Remember Me, creating Mother's Day card kits for Wrentham's Fiske Public Library and more.

"Makayla led the King Philip Leo Club as president through the past year with grace and a commitment to community service," KP Leo Club co-advisor Tara Spellman said. "Under her leadership, Leo Club members stepped up and made a huge impact in the local community and beyond. Makayla is a wonderful leader and is already busy planning for next year. We are so proud of her!"

Throughout fall 2020 to spring 2021, Hickey led monthly Zoom meetings with club membership and board meetings. Membership enrollment in the club also increased by 79 mem-



Tracey Molloy (left) and Kendra Kannally accepted the "I Dreamed a Dream" award for the Senior Spirit Parents Group's work at the first-ever Rodman Awards on June 3. (Photo courtesy King Philip Regional School District)



King Philip Regional High School Junior Makayla Hickey (center) and her parents at the Rodman Awards on Thursday, June 3. (Photo courtesy King Philip Regional School District)

Kannally accepted the award on behalf of all the parents involved.

Warrior Mayhem was an opportunity for seniors to make some final memories with their classmates throughout a fun-filled school day of activities that featured games and donated prizes. This was the first time since the start of the pandemic that students were all together.

Over 100 parents and members of the community chipped in to make Warrior Mayhem a reality by helping fundraise for the event, decorate, run games and ensure all was in order as seniors enjoyed the day.

"These awards are a testament to all the hard work and efforts that have gone into ensuring a great school year for our school community even in the wake of the pandemic," KPHS Principal Lisa Mobley said. "On behalf of King Philip, we would like to thank Makayla for her impactful community service, the Senior Spirit Parent Group for helping the class of 2021 make valuable memories and the Rodman Awards for recognizing these wonderful efforts."

bers during this time thanks to recruitment efforts via social media. The King Philip Leo Club is one of the largest clubs in the U.S. with over 170 active members.

King Philip's Senior Spirit Parent Group won the "I Dreamed a Dream" award, recognizing an individual or group who created a big and bold event

for their community during the pandemic. The Senior Spirit Parent Group received this award for their work in making King Philip Regional High School's first-ever Warrior Mayhem event a reality during the pandemic-affected school year.

At the award ceremony, Senior Spirit Parent Group members Tracey Molloy and Kendra

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The b.LUXE Beauty Beat

Don't Let Summer Fun Ruin Your Hair

Can you feel it? The shift in the weather, the longer, warmer days, and that sudden urge to go for a swim! Yup...Summer's here!

For many of us, summer is the time to amp up our beachy, blonde highlights or try a lighter, brighter hair color. But, sun and swimming can damage hair and turn your tresses a not so beautiful shade of green.

Pool and well water can wreak havoc on hair color. Most people believe that chlorine is the culprit, but that's only part of the problem. There's a whole gang of harsh metals turning your hair green, and copper's the ring-leader!

Copper's found in most swimming pools, particularly ones filled with well water. It also enters your pool from copper-based algaecides. Chlorine oxidizes the metals in the water and binds them to the protein in your hair shaft. With oxidation, copper turns a soft shade of green called a patina. While we love that hue on the Statue of Liberty, it's far less flattering on your blonde hair.

So, saltwater pools are safe, right? Nope. Unfortunately, they're all the same. Instead of manually adding chlorine to balance the pH, salt is added to the pool water, where it runs through an electrically charged generator, converting the salt to chlorine. Your local pool store offers test strips to check your water's metal levels. They can also recommend alternative treatments, metal removers and filters that will keep your copper levels in check.

Here's a few tips for keeping

your hair summer sensational.

1. Wet and protect your hair

Wetting your hair down before you swim is key. Hair is porous and when dry, absorbs the minerals and chemicals from your pool. This is where a little hair prep goes a long way. Use filtered or bottled water to wet down hair and comb through a leave-in conditioner like **Kevin Murphy's Staying Alive Treatment**. This will seal your hair and protect it from sun and water damage.

2. Try a swim cap

Yeah, we know, they're not exactly poolside chic, but, if you're a regular swimmer with color treated hair, they're the way to go. They'll protect and hold your hair in place while you get your laps in.

3. Stop using copper-based algaecides

Some pool algaecides contain copper and yes, they do work, but they could also be turning your hair green. Look for metallic-free algaecides or pay close attention to your chlorine levels and don't use algaecides at all.

4. Start with healthy hair

The better condition your hair is in, the less likely it is to turn green. Your hair is vulnerable when dry or damaged. Regular conditioning treatments will help repair and seal your hair's cuticle to stop green absorption. We recommend **Brazilian Blow-**



hair • makeup • skincare • editorial

out's Acai Deep Conditioning Masque.

5. Wash your hair

Shampoo and condition your hair as soon as you're done swimming and once every two weeks, we recommend using **Kevin Murphy Maxi-Wash**, a detoxifying shampoo that removes unwanted build-up and preps your hair to better absorb conditioner.

6. How to fix green hair

Sometimes, even with our best efforts, green hair happens and a trip to the salon is necessary. To rectify those mossy locks, you'll need a **deminerilizing treatment** to draw out hard-to-budge deposits and a **glaze** to restore and protect shine and lustre.

With a little prep and care, your color can stay soft, vibrant and most importantly, green-free all summer long!

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Commonly Asked Questions

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

Glaucoma is a condition that can damage our field of vision. It affects us when the pressure inside the eye is higher than what the eye can tolerate. Glaucoma is treatable with drops targeted at lowering the eye pressure. There are patients who have problems remembering to use the drops and sometimes the preservative in the drop cause irritation, redness and intolerance to the drops. In other instances, one can be traveling and forget to carry the eye drops during the trip. In those instances, a novel treatment using DURYSTA glaucoma implants can help manage the pressure while reducing or eliminating the need for drops.

What is Durysta?

Durysta is a breakthrough in the treatment of open-angle glaucoma and ocular hypertension with FDA approval. Durysta (made by Allergan) will be a game-changer for those patients who have difficulty taking daily medicated eye drops for glaucoma because it frees patients from having to apply drops altogether.

How does Durysta work?

Durysta is the first biodegradable sustained-release implant that continuously delivers Bimatoprost, a prostaglandin analog, within the eye that helps reduce and maintain healthy eye pressure levels. The preservative-free medication is housed within a tiny rod-shaped cartridge that is inserted in the eye's anterior chamber by an ophthalmologist during a safe 5-minute office procedure.

The implant comes pre-loaded with 10 mcg of Bimatoprost in a single-use applicator that your ophthalmologist uses to inject the implant directly into the front side of your eye. This means that the drug delivery system is a one-time use sterile applicator used on you and you alone.

The bimatoprost implant is biodegradable and breaks down naturally over time, so you do not require another procedure to remove the delivery system. It simply dissolves and is eliminated by your body. In fact, most patients continue to have controlled intraocular pressure levels even after Durysta has broken down.

How long does Durysta last?

The great news for patients with open-angle glaucoma and ocular hypertension is that the Durysta implant is designed to last up to 6 months. However, most patients continue to have controlled intraocular pressure levels after Durysta has broken down. This means you'll continue to benefit from Durysta for months and sometimes a year or 2 later. Meanwhile, you'll be free from having to deal with inserting eye drops and worrying about whether the correct amount of medication actually got into your eye.

Who is a candidate for Durysta?

Durysta is indicated for people diagnosed with open-angle glaucoma and ocular hypertension. That said, not everyone is an ideal candidate for Durysta and it is contraindicated under the following circumstances:

If you have an infection within or surrounding your eye

If you have undergone a corneal transplant

If you are diagnosed with corneal endothelial cell dystrophy

If your posterior lens capsule is ruptured or absent

If you are allergic to bimatoprost or to the components of the implant

What are the side effects of Durysta?

As with any medication, clinical trials have shown that some people can experience side effects from Durysta. However, the interesting thing about the Durysta trials was that patients who were randomized to receive Durysta actually experienced fewer side effects than the control group pa-

tients taking standard glaucoma eye drops.

It's highly unusual for a new medication to exhibit fewer side effects than the standard medicine it's being compared to, but that's exactly what happened with Durysta. The Durysta patients had fewer complaints and tolerated the medication better than the patients using traditional glaucoma eye drops. Fewer side effects and better eye pressure control make for a compelling argument to consider switching to Durysta.

Some adverse events for Durysta patients can include:

Eye redness

Eye irritation

Eye pain

A foreign body sensation within the eye

Light sensitivity (photophobia)

Blurred vision

Headache
Conjunctival hemorrhage
Iritis
Increased intraocular pressure

This is not a complete list of side effects and others may occur. Also, the safety of taking Durysta during pregnancy has not been studied.

Is Durysta for me?

If you have tried other treatments for glaucoma, including eye drops and they did not work, or If you've found eye drops are challenging or you can't use them as prescribed, contact us. Eye drops are not always the best option for every patient, and Durysta may be a better solution.

At Milford Franklin Eye Center, Dr. Kaldawy was among the first surgeons in the area to offer Durysta. We perform the procedure in a state-of-the-art surgery



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Living Healthy

Senate Approves Funds for Youth Mental Health Support Text Line

On May 26, the Massachusetts Senate approved \$250,000 in funding during the FY 2022 budget debate for a pilot pro-

gram for a youth mental health support text line.

The budget amendment, filed by Senator Becca Rausch

(D-Needham), will provide financial support to Samaritans, Inc. in developing a service accessible to any youth in the state

of Massachusetts regardless of insurance, income or background.

The text line will have dedicated staffing from Samaritans to train and oversee teen volunteers providing evidence-based suicide prevention and mental health support. This funding will also support marketing and communications to promote the service, suicide prevention and mental health support workshops for youth, as well as culturally sensitive and linguistically appropriate services to reach diverse communities.

"The idea for this pilot program came directly from many of the youth I represent," said Senator Rausch. "Earlier this month, I hosted a virtual student legislative forum in my district, and my constituents spoke frankly and fearlessly about classmates they lost to suicide, the real fears they faced when deciding to seek help for mental health problems, and clear need for robust and accessible mental health supports. I am so proud to partner with Samaritans to provide our youth with resources they need and deserve."

"The adoption of this amendment will be transformative to the work we can do to support teen mental health," said Samaritans' Chief Executive Officer and President Kathleen C. Marchi. "I am thrilled to partner with Senator Rausch in this work to save lives, and we are so honored to be considered in these advocacy efforts. Let this initiative be a model for how we can all support teens across the Commonwealth."

"This is what true community partnership is about – coming together to provide support to those who need it most," said Samaritans' Chief Clinical Officer Kacy C. Maitland. "We know that the COVID-19 pandemic has taken an unprecedented toll on mental health, and the challenges for youth have been particularly severe. Working together, we can do our part to make sure our young people have the resources they need."

For over 40 years, Samaritans have provided life-saving suicide prevention services and non-judgmental support throughout Massachusetts. The service has trained more than 5,250 volunteers in befriending skills, provided suicide prevention workshops to 135,000 individuals, and lent aid and support to 13,000 individuals who have lost a loved one to suicide. In the wake of the COVID-19 crisis, Samaritans continues to expand its crisis services and educate the public on topics in suicide prevention and mental health awareness.

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham.

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Marilyn Rodman Performing Arts Center Opens Art Gallery Featuring Local Artists

The Marilyn Rodman Performing Arts Center (MRPAC) announces the opening of the MRPAC Art Gallery located in the Upper Lobby of the Orpheum Theater at 1 School Street in Foxboro.

A summer gallery series will run on Thursday evenings from 5:30 to 8:30 p.m. in conjunction with the Foxboro Farmer's Market and the weekly Concerts on the Common presented by the Foxboro Jaycees. There will be three sessions of exhibits: June 10-24, July 8-22, and July 29-August 12. The MRPAC Gallery is open to all and free to view.

Members of the public are invited to visit open house-style, enjoy a beverage from the concession area, browse a variety of art, and dabble in their own artistic experience. The MRPAC Gallery is an opportunity for those visiting downtown Foxboro on Thursdays to take a break from the heat, use the restrooms and view artwork. A free art activity will also be available for all

ages in a sensory friendly space.

As artists emerge from the pandemic and as the MRPAC begins to reopen its doors to the public, the newly redesigned gallery space provides an opportunity to showcase local art-makers. Artists will have the opportunity to provide their contact information with pieces they wish to offer for private sale.

Local visual artists are encouraged to submit samples of their work to be showcased in a gallery setting inside the theater for a period of three weeks, either in July or August.

The MRPAC is excited to welcome the public back into our reimagined community space and look forward to celebrating open doors this summer. All are welcome!

Information for Artists

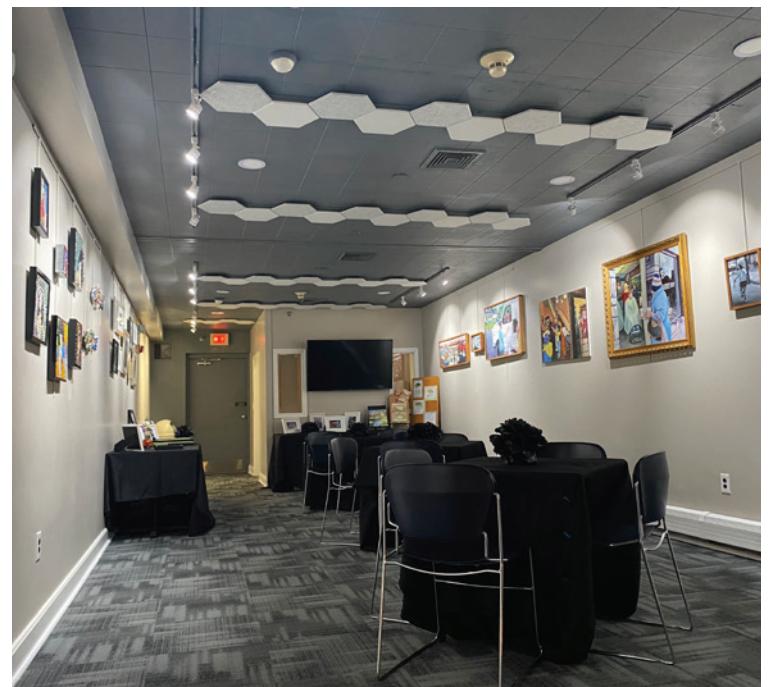
- MRPAC will run three sessions of exhibits from June 10-24, July 8-22 and July 29-August 12.

- Installation for each session will take place on the Tuesday prior to the first day of the run. Artists are responsible for delivering the art to the theater, specifying display instructions and providing contact information for interested buyers.

- Artists do not need to be present for each of the three evenings in their session, but they are always welcome to attend and interact with the public.

- The MRPAC does not assume any liability for items submitted for display. Artists will be asked to complete a release of liability and item valuation prior to installation.

- Artists will be responsible for removing their artwork from the gallery space by appointment between their corresponding session end date Friday and Monday between installations.



Artists interested in having their work featured should reach out to Jennifer Rathbun, MRPAC Artistic Director at JenniferR@orpheum.org.

About the Marilyn Rodman Performing Arts Center

The Marilyn Rodman Performing Arts Center is run by a 501(c)3 Non-Profit Organization, the Foxboro Regional Center for the Performing Arts. The MPRAC is committed to serving the Foxboro region as THE re-

source and destination for arts, entertainment, educational and community needs. The MRPAC is air-conditioned with 396 seats, is fully accessible and has full theater concessions. MRPAC has year-round programming for all ages, including children's workshops, sensory-friendly performances, movies, concerts, plays, musicals and more. For additional information please contact the MRPAC at 508-543-ARTS (2787) or email admin@orpheum.org.

KPHS Professional Innovations Program Thanks Norfolk County Teachers Association for Grant

Superintendent Paul Zinni and English teacher Sean Skenyon, on behalf of King Philip Regional High School's Professional Innovative Program, would like to thank the Norfolk County Teachers Association for its generous grant.

The Norfolk County Teachers Association awarded King Philip's Professional Innovations Program Seminar class a \$300 grant. The grant was used to fund professional organization materials, including leather portfolios, for students to use when creating resumes and cover letters as they seek post-high school employment.

"On behalf of our class and its students, we would like to sincerely thank the Norfolk County Teachers Association for supporting our students in preparing

to seek employment or technical training in their post-graduation endeavors," Skenyon said.

King Philip's Professional Innovations Program Seminar class is a senior English class for students who are career bound rather than college bound that helps to prepare students with the necessary skills for post-secondary employment. Within the class, students learn the state standards for writing, reading and speaking with a focus on the professional field each student intends to enter.

As part of the class curriculum, students are also provided models of resumes and inventory sheets to gather information on their work experience and interests. After creating their own resume, students are provided with guided instruction on the content

of a cover letter and construct their own letter to a potential employer in their field.

"As educators, it's our job to prepare our students for whatever path they choose to take upon graduation," Superintendent Zinni said. "In our Professional Innovations Program Seminar class, our students become equipped with the necessary tools they need to succeed. Thanks to the help of the Norfolk County Teachers Association, our students now have a professional portfolio to bring with them to interviews."

King Philip Regional High School applied for the grant in the 2019-2020 school year, but due to the ongoing pandemic were not able to use the funds to purchase materials until this school year.

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Local Students Participate in Statewide Youth-Led Service Initiative

Area Project 351 Ambassadors Complete a Successful Clothing Drive to Benefit Cradles to Crayons

Three King Philip Middle School students were selected to join more than 380 other young leaders from across the Commonwealth for a statewide

youth-led service initiative known as Project 351. Madison Asprelli, Gavin Hickey, and Rhianna Mason were chosen as Project 351 ambassadors and led a year

of service within their school.

Project 351 is a nonprofit organization that develops a new generation of community-first service leaders through a year-long engagement. The program was started in 2011 by then-Gov. Deval Patrick.

Each year, teachers from the state's 351 cities and towns nominate eighth graders for the program, which encourages the recognition of unsung heroes and quiet leaders while striving to foster unity and opportunity through ambassador-led service.

The three KPMS students were selected by their teachers because they have demonstrated kindness, compassion, humility, gratitude, and an exemplary level



of service during their time at the school.

In a typical school year, Project 351 ambassadors participate in several service projects, including a clothing drive to benefit Cradles to Crayons, a non-profit that provides homeless and low-income children with essentials and school supplies.

On May 11, Asprelli, Hickey, and Mason, along with members of the school's Kindness Club, sorted through and packaged up clothing for Cradles to Crayons. The two-week collection campaign resulted in enough clothing to fill a total of 50 bags for the charity.

Since its founding, Project 351 has empowered 3,000 eighth grade ambassadors, built an alumni organization of community builders and change agents, impacted over 460,000 neighbors through service, and fostered a culture of kindness, compassion, and gratitude in hundreds of schools and communities across the Commonwealth.



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Norfolk Lions Announce 2021 Scholarship Recipients

The Norfolk Lions Club is pleased to announce the recipients of its 2021 scholarship awards. Four \$1,500 scholarships were awarded to high school seniors. To be eligible, the student must reside in Norfolk but can attend any public or private high school or be home schooled.

The scholarships are awarded to candidates who demonstrate a commitment to active involvement in community service. Academic performance and other extracurricular activities are also factors in selection. This year's recipients are:

Cole Breen

High School: King Philip High School
Attending: Harvard University

Joseph Cullen

High School: King Philip High School
Attending: Northeastern University

The scholarships were presented to the students at the King Philip Awards Ceremony held on June 3.

The Norfolk Lions Club congratulates these recipients on their success and is proud to support the achievements of these deserving students.

Grayden Lawrence

High School: King Philip High School
Attending: Villanova University

Catherine Spellman

High School: King Philip High School
Attending: LaSalle University

Town of Wrentham Seeks Volunteers for 350th Anniversary Celebration Committee

Wrentham will celebrate the 350th anniversary of the founding of the town in 2023, and interested residents are encouraged to serve on a planning committee that will be formed this summer.

"After well over a year of dealing with the pandemic and everything that went along with it, this will definitely be something for the entire town to look forward to," Town Adminis-

trator Kevin Sweet said. "The Town of Wrentham has a rich history and many residents who care deeply about their hometown, and we look forward to having a great mix of people sit on this committee to help us plan a year-long celebration to remember. I encourage anyone who is interested to sign up to serve."

To download a copy of the

350th Anniversary Committee application, visit <https://wrenthamtownadmin.org>. The application asks residents to give their name, address, length of residency in Wrentham, and any relevant experience they may have that would contribute to the committee.

Completed applications can be returned via email to bos@wrentham.ma.us.

The town's last major anniversary celebration was its 300th anniversary Tri-Centennial in 1973. Events that year included a beauty pageant and show, carnivals, fireworks displays, a parade, a Homecoming Day and a Tri-Centennial ball.

Additional details about Wrentham's 350th anniversary will be shared regularly leading up to the celebration.



Wrentham will mark its 350th Anniversary in 2023, and volunteers are being sought to plan the celebration. (Photo courtesy Town of Wrentham.)

School Districts to Partner Once Again with Hockomock YMCA to Provide Summer Meals

King Philip Regional High School will once again serve as a Hockomock Area YMCA USDA Summer Meals distribution site for the King Philip, Norfolk, Wrentham and Plainville school communities.

The USDA Summer Food Service Program, sponsored by the Hockomock Area YMCA, will provide meals at Door 22 in the rear of the King Philip Regional High School, 201 Franklin St. in Wrentham.

Free breakfast and lunch will be provided for all children ages 18 and under from the King Philip, Norfolk, Wrentham, and Plainville school communities. Meals can be picked up on Mondays and Thursdays from 11 a.m. to 12:30 p.m.

The meal service will begin on Monday, June 21 and will run through Thursday, Aug. 26. There is no advanced sign-up process or paperwork necessary to receive meals. Meals are free and drive-up pick up is open to all.

"The importance of healthy meals does not go away in the summer while schools are closed. We are pleased to once again be partnering with the Hockomock Area YMCA to offer healthy food access during the summer," said Dot Pearl, King Philip Regional Director of Wellness. "Last summer, this valuable partnership allowed us to support families facing food and financial insecurity during the pandemic and to ensure each child has access to meals. The YMCA does tremendous work addressing food insecurity."

Community members can also receive free food bags on Wednesdays from 1-2 p.m. and

5-6 p.m. at the following Hockomock Area YMCAs: Foxboro, 67 Mechanic St.; Franklin, 45 Forge Hill Road; and North Attleboro, 300 Elmwood St.

Community members are asked to pull into the main entrance of the YMCA. Once there, people should pop their trunk and wait for a staff member to place a free bag of food into the trunk.

"The Hockomock Area YMCA is proud to help feed the kids of the King Philip communities for the second consecutive summer. Providing free meals to all children in the community ensures that each child will be fed when school isn't in session and

allows families to access food regardless of their financial situation," Hockomock Area YMCA Director of Food Access Alyson Centrella said. "Our YMCA is proud of the partnership we have with the King Philip, Norfolk, Wrentham, and Plainville school districts. We strongly believe partnership is the key to positively impacting those in the community who are facing food insecurity."

Additional information on the Hockomock Area YMCA summer meals program can be found at <https://www.hockymca.org/food-access/>.




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Door #22 (Rear of High School)

The Hockomock Area YMCA, King Philip, Plainville, Norfolk and Wrentham School Districts are pleased to present:
the USDA Summer Food Service Program, sponsored by the Hockomock Area YMCA in collaboration with the school districts to provide meals this summer to all children in our 3 communities and beyond.

- Free breakfast and lunch for all kids ages eighteen and under
- Monday and Thursday, 11-12:30pm
- Multiple days worth of meals provided each day of operation
- Starting Monday, 6/21 and runs through Thursday, 8/26
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FSPA Welcomes Alum Melissa Chapski to Summer Ballet Guest Faculty

Franklin School for the Performing Arts (FSPA) Ballet Conservatory will welcome former student, Melissa Chapski, as a guest faculty member for the Summer Intensive ballet Program from July 12-July 23.

Melissa Chapski was born in Medfield, Massachusetts. She began her early training with Cheryl Madeux at the Franklin School for the Performing Arts and was a member of the conservatory program until 2012. In 2015, she graduated from the Ellison Ballet Professional Training Program in New York City under the guidance of Erin Forrest and Edward Ellison. That same year, she was awarded a gold medal at Indianapolis International Ballet Competition and Youth American Grand Prix's Boston regional, and a contract to the Dutch National Ballet's junior company at YAGP Finals where she placed top 12. Chapski danced two seasons in Dutch National's junior

company followed by three seasons in the corps de ballet.

Chapski has appeared as a guest artist in galas in London, Spain, Mexico, Switzerland, China, America, and The Netherlands. The galas include two for YAGP; one in Tampa, Florida in 2018, and the other in Cabo San Lucas, Mexico in 2016. Another gala was the performance in the interlude at Prix de Lausanne where she danced a duet from Hans van Manen. Chapski's repertoire includes Hans van Manen's duet 'Trois Gnossiennes', demi-soloists in George Balanchine's Symphony in 3 Movements, Pas de Cinq in David Dawson's Giselle, the 6 brides in Swan Lake, and Little Red Riding Hood in Sleeping Beauty. She is now dancing with the Bavarian State Ballet in Munich after joining the company in April. Chapski was also featured as 'Emma' in the movie High Strung: Free Dance and has done ad campaigns for

Huawei Mobile, Nikon Europe, Discount Dance Supply, Capezio, and Russian Pointe.

FSPA's Ballet conservatory Program offers classical ballet education of the highest quality. Under the direction of former American Ballet Theatre (ABT) dancer Cheryl Madeux, an extensive range of training and performance experiences provides exceptional opportunities for students of all ages and levels interested in the study of classical ballet. The FSPA Ballet curriculum is based on the foundations of the ABT National Training Curriculum. All teachers on the FSPA Conservatory Track have been certified in the NTC program.

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, and



dance history is provided. Students are divided by their current ballet level for technique, pointe, select variations, and choreography to ensure and maintain a challenging curriculum for every dancer.

For more information about FSPA's Ballet Conservatory program or other classes in the performing arts, call 508-528-8668, visit www.FSPAonline.com, or stop by 38 Main Street in Franklin. Follow FSPA on Facebook, Instagram, and YouTube.



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Summer Concert Series Return

BY GRACE ALLEN

Summer concerts are back.

Both Norfolk and Wrentham recently announced their free concert series lineups, and with Massachusetts lifting all restrictions, people can once again gather together to enjoy the music.

So pack a picnic supper, bring a lawn chair or blanket, and savor those sweet summer nights. Fall will be here before you know it.

Norfolk 2021 Summer Concert Series

Norfolk Recreation's concerts take place on Thursday evenings from 6:30 to 8 p.m. on Town Hill next to the library.

June 17: Kendo

June 22 (Tuesday): Toe Jam Puppet Band

June 24: Ayla Brown and Trio

July 1: BC & Company

July 8: Music Matters

July 15: The Reminisants

July 22: Electric Youth: Franklin School of the Performing Arts

July 29: Southeastern MA Community Concert Band

Aug. 5: Berkshire Valley Boys

Wrentham 2021 Concert on the Common Series

Sponsored by the Sweatt Fund, the concerts take place on Sunday evenings at 6 p.m. on the town common.

June 6: Tri-Town All Star Band

June 13: Daybreakers

June 20: Ayla Brown

June 27: October Road

July 11: Elastic Five

July 18: MadStrummerDad

July 25: Co-Pilot

Aug. 1: Back in Time

Aug. 8: Mike & Joe's Big Band

Aug. 15: BC & Company

Aug. 22: Southeastern Community Band

Aug. 29: Scott Brown and the Diplomats



Cultural Council to Host Poetry Night

The Wrentham Cultural Council will hold a Poetry Night on Tuesday, July 6, from 6:30 to 8:30 p.m. at the Old Fiske Museum, 55 East St., Wrentham, next to the Trinity Church. Rain date will be July 7.

Presenters from Wrentham and surrounding communities will read selected poems of Walt Whitman, Mary Oliver, Carl Sandburg and others, as well as their own work.

The event will take place on the side lawn of the museum. There is no charge and those attending are encouraged to bring their own lawn chairs.

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NW

Four Norfolk Residents Graduate from Ursuline Academy

On Sunday, June 6, the seventy-five members of the Class of 2021 received their diplomas from Ursuline Academy, becoming its 75th graduating class since the school's founding in 1946.

With a large number of the community vaccinated and Massachusetts COVID restrictions relaxing, Ursuline was able to hold an in-person graduation ceremony and Baccalaureate Mass, with both ceremonies held outdoors on campus. Just prior to the ceremony, the graduates assembled for a formal photo on the staircase leading up to the Ursuline Convent, framed by rhododendron shrubs in full bloom.

The valedictory address was delivered by Nicole Olson and the two salutatory addresses were delivered by Brooke DeLucia and Greta Wyers.

All of the graduates are to be commended for successfully completing Ursuline Academy's challenging academic curriculum and for being accepted to some of the nation's finest colleges and universities.

The graduating class includes the following residents of Norfolk:

Kara Bobroff, daughter of Mr. and Mrs. Alec Bobroff, will be attending Virginia Polytechnic Institute.

Meghan Hobbs, daughter of Mr. and Mrs. Joseph Hobbs, will be attending the College of the Holy Cross. Meghan was awarded the Liberty Mutual Scholarship Foundation Award, the Campus Ministry Service Award, and the MIAA Pillar



Kara Bobroff



Meghan Hobbs



Mairead Stack



Jayne McGuire

Award for Community Service at graduation.

Jayne McGuire, daughter of Mr. and Mrs. Jay D. McGuire, will be attending Boston College. Jayne was awarded the MIAA Pillar Award for Sportsmanship at graduation.

Mairead Stack, daughter of Mr. and Mrs. David W. Stack, will be attending the College of William and Mary. Mairead was awarded the English Prize at graduation.

Ursuline Academy, an independent Catholic school for young women in grades 7 to 12 located on 28 acres in Dedham, MA, inspires students to grow in faith, explore their academic potential, lead with confidence, and help those in need. Ursuline offers a diverse college-preparatory curriculum complemented by robust programs in athletics, the arts, and technology. Learn more at ursulineacademy.net.

Faith Formation Registration Now Open

The Catholic Parishes of Medfield and Norfolk: St. Edward and St. Jude

Online registration for faith formation for the 2021-2022 school year (grades 1-10) is open. Register at ejcatholic.org/registration-1.

All who are new to town or have a child entering the first grade in the fall are invited to register now. Students need to complete both the 1st and 2nd grades of faith formation classes to receive the Sacraments of Reconciliation and Eucharist.

We invite you to contact the St. Edward Faith Formation Office (stedwardff@ejcatholic.org) or St. Jude Faith Formation Office (stjudeff@ejcatholic.org) with any questions. Thank you to all who have already registered!

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Sports

KP Girls Tennis Team Captures 4th Straight Kelly-Rex Title

BY KEN HAMWEY
STAFF SPORTS WRITER

The 2020 girls tennis team at King Philip was unable to reach a dynamic milestone last year by becoming the first squad in the program's history to win four straight Kelly-Rex Division championships. COVID-19 ended that dream when all sports last spring were canceled, but the long wait to achieve the four-for-four accolade ended last month when coach Bob Goldberg's current contingent posted an unbeaten 14-0 record.

Goldberg, who's in his 49th year as the program's coach and has 756 career victories, felt strongly that the 2020 team likely would have been the first group to achieve that mark because "everyone was back."

"You don't win championships on paper," he said. "You have to play the matches, but the odds of us winning the crown last year were heavily in our favor. We had Erin Regnier back at first singles and Katie Welch and Grace Ely back at first doubles."

The 79-year-old Goldberg, however, is delighted this year's team finished the job and he gives all the credit to a group whose dedication and passion for tennis ruled the day.

"The girls had confidence in their ability," he emphasized. "They got momentum early and rode it to the finish. Our players basically felt they could match up favorably with all opponents. Winning four straight championships is like climbing a mountain and reaching the peak. But, it's the players who did all the work."



An old-time movie, "The Magnificent Seven," could easily be the motto of this year's champs. The team featured senior co-captains Katarina Schneider and Mia Valencia at first and second singles, respectively. Junior Sammie Taylor played third singles. The first doubles lineup included sophomore Ahunna James and freshman Shea Mellman, and junior Resha Ajoy and senior Amanda van Roon competed at second doubles.

"Katarina had a 14-0 record during the regular season," Goldberg noted. "A left-hander, she puts natural top spin on the ball. She could go to the net and put the volley away. Her serve is consistent and she hits at sharp angles. A finesse player, she hits good placements and she's a leader by example."

Valencia also had a superb record, going 14-0. "Also an



excellent leader, Mia hits hard, has a consistent serve and rarely beats herself," Goldberg said. "Another lefty, Mia learned to go to the net more on a short ball. She knows how to move her opponent from side to side."

At third singles, Taylor had a 10-1 record and she managed to go 3-0 at second doubles. "The virus cost Sammie a year of experience," Goldberg said. "She probably could have started at second doubles last year as a sophomore. She hits hard, displays good ground strokes, and her serve is effective."

James and Mellman at first doubles were 14-0, complementing one another very well.

"Ahunna is an unbelievable volleyer who's strong on her lobs and serves," Goldberg offered. "Shea is a textbook player, always playing the game the way it should be played. She's gained

confidence and her ground strokes are good. This team improved every match."

Ajoy and van Roon rounded out the starting lineup. "Resha listens intensely and follows advice soundly," Goldberg said. "Her placements are very good and she's always thinking about her next move. She rarely beats herself. Amanda is a very aggressive competitor, a tiger at the net. She's consistent from the backcourt and at the net she puts the ball away."

The Warriors were preparing for the tourney, which got underway after Local Town Pages deadline. The program has been a playoff participant 43 times in Goldberg's 49 years at the helm.

No matter how far the Warriors advance in the playoffs, the team's strengths were high-octane assets. "The girls were coachable, committed to the program, had a high tennis IQ and were mentally tough," Goldberg said. "We also relied on experience and had technically sound players."

Goldberg, who taught history at the KP Middle School for 39 years, experienced a wide range of emotions when last season was canceled, then re-started this spring. He was disappointed at first, felt upbeat when 2021 spring sports were approved, then fully realized what the key priority was.

"I was down when we couldn't compete last year," he said. "Then I felt fantastic when I learned in March we'd have a season this year. Happiness returned but, even though as coaches we love to teach and have our players compete, it's important to realize the main focus should always be on the health and safety of everyone."

During his 49 years, Goldberg emphasizes that his coaching career has always been positive. He says disappointments never occurred, even in defeat. "Coaches learn early on that teams win and teams lose," he said. "You have good days and bad days. But, I've never felt disappointed."

Goldberg, however, can easily point to his top coaching thrill. "From mid-May 2007 to mid-May 2011, we won 61 regular season matches in a row," he recalled. "We got to a point where we felt we wouldn't lose. At times we banked on adrenaline. I never enter a match thinking we'll lose. But, we got to a point where we'd face an opponent who had better personnel than us, but somehow we knew we were going to win."

The streak ended when KP faced North Attleboro without its second and third singles players who were out because of injury.

Another plus that Goldberg experienced was coaching the Dean College women for nine years. His teams won six junior college titles from 1982 to 1990 — results that earned him a place in the school's athletic hall of fame.

There's been some major milestones for the KP girls tennis program. A long winning streak, four straight division crowns and a coach approaching 800 career triumphs.

Bob Goldberg, who goes year to year when deciding if he'll continue coaching, emphasizes that any glory the program gets belongs to the girls.

As he says: "KP's success in tennis is because of good players, coachable competitors and excellent team chemistry."

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Sports

KP Youth Football Is Super, Again

BY GRACE ALLEN

The eighth grade KP Chiefs cruised to their third straight Super Bowl Championship this spring despite the challenges of the pandemic. With players from Norfolk, Wrentham, and Plainville, the team was led by head coach Steve Astorino.

As was the case in their first two Super Bowl seasons, the eighth-grade squad dominated the opposition. They raced to a 5-0 regular season, outscoring their opponents 141-6. The run to the Super Bowl proved no different as they combined to win the two matches by a 70-14 margin. The only difference between this Super Bowl season and the previous two was the lack of a state championship, and that was only because the pandemic resulted in the cancellation of that game this year.

This year's Super Bowl odyssey started with a 34-6 rout of Medway. That was followed by a 36-8 thumping of arch-rival North Attleboro in the Super Bowl. In that match, North Attleboro jumped ahead to an 8-0 lead. Unfazed, KP roared back, reeling off 36 consecutive points to salt the game away and capture their third consecutive Super Bowl title.

Balance on both sides of the ball was a key to KP's success. On defense, exceptional team speed and the ability to recognize formations and personnel, and then use that recognition to check to different defensive coverages, resulted in a unit that gave up few first downs the entire season. The offense, traditionally run-based, continued to be a strength as running backs Aiden Astorino, Chris Sanchez, and Jack Jamgochian all recorded multiple touchdowns. Not happy being one-dimensional on offense, KP decided to emphasize and expand their passing attack this season. Despite poor weather that hampered that goal during the season, it shone brightly in the Super Bowl. In that game quarterback Tommy Kilroy threw for 177 yards, including a 62-yard touchdown to Drew Laplante and a 90-yard strike to



Taylor Cotton, the latter coming on the last offensive play of the season.

The eighth-grade team set the bar high during their three-year span with the KP Chiefs program, a level that will be hard to match. This includes an overall record of 30-1, three Super Bowls, and two state championships. They ended this season with an impressive 25-game winning streak. The rest of the league, and the state, will no doubt be glad to see this group move along to high school.

The 2020 football season was moved to Fall II (spring), similar to the high school program. In addition to challenges like masks for both players and coaches, health checks, and limited spectators, the switch to Fall II meant a shortened preseason because of weather concerns, which impacted new players, Astorino pointed out.

"It was definitely an interesting experience," he said. "Normally you go from it being warm to getting colder and darker earlier. Instead it was like, hey, we don't need the lights on anymore to practice at night because it's brighter and warmer out. It was

a weird situation to be in."

One positive to come out of all the changes, however, was the chance to play a few games on the KP High School turf instead of the grass home field at Wrentham State School.

"It was great for the kids," said Astorino, who is also the King Philip Youth Football and Cheer (KPYFC) president. "We were also trying to make sure our home field is in great shape for the fall." He noted KPYFC helps with the maintenance of the grass fields at the state school, paying for the fertilizer and water.

In 2018, the tri-town youth football organization switched from Pop Warner to Eastern Mass American Youth Football. In Pop Warner, players are grouped by a combination of age and weight, while in AYF players are grouped strictly by age.

"The kids get to meet their classmates and form some of those bonds that can take them all the way through high school," the coach said.

Along with Astorino, the Chiefs were led by four volunteer coaches: Brian Gunning (defensive coordinator), Rob Kilroy

(offensive coordinator), Andy Robertson (offensive and defensive line coach), and Bill Laplante (offensive and defensive backs coach).

KPYFC also fielded a sixth-grade team, which won its Super Bowl, and a seventh-grade team, which lost in the first round of the playoffs.

It's clear the future looks bright for the KP high school football team, thanks to the tri-town feeder program which teaches the fundamentals of football while learning and winning as a team. The mix of players, some with football experience and others new to the sport, meant the coaching staff had to be able to teach to both.

"It was really fortunate that

we had outstanding coaches that really wanted to teach and also hold the kids to a certain level of performance," said Astorino. "We had kids who've never played football before join the team. Some may never play again. There were all levels of ability and yet everybody was able to make some contribution through the course of the season that helped us get to where we wanted to go."

He added, "From a KP youth football perspective, we're the only team that's won three years in a row. I joke that even the high school hasn't won three years in a row. So that's one thing that won't be taken away from us. We won the last game we'll ever have. It's a nice way to go out."

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Outdoor Summer Concert Series at THE BLACK BOX

THE BLACK BOX, the region's premier concert, theater, and event venue, will present an outdoor summer concert series.

The summer kicks off with local favorites the Zajac Brothers on June 25th at 8:00 pm. Brothers Matt and Tyler have been playing music for years but only recently began collaborating and performing together when Tyler moved back east from California after attending the Musician's Institute. Matt graduated Berklee College of Music in 2018 and has since been performing, re-cording, and teaching. The band is composed of a revolving cast of session players with the core members being the brothers and longtime bass player and collaborator Ryan Philipps. "Changing guitar players and having different personnel in and out of the group really keeps things fresh and interesting by allowing dif-



ferent tones and colors and tendencies to shine through on different nights," says Matt. On the 25th, they will be joined by Luke Okerlund on guitar. Luke is a local musician hailing from Worcester, MA.

No Static returns to THE BLACK BOX on June 27th at 2:00 pm. One of the few Steely Dan tribute bands in the country, No Static is made up of 10 musicians from around the Boston area. They specialize in expertly performing the music of Steely Dan. Re-creating that bluesy jazz-rock sound that sprung from the fertile imaginations of Don-

ald Fagen and Walter Becker is no small feat. As Dan-Fans know, the tunes are convoluted and complex, spanning many genres; very precise, with time changes and key changes popping up where sometimes least expected. Vocally and musically challenging, this is not an easy band to pay tribute to. No Static has been doing it for over 10 years now and their sold-out shows tell the tale.

Shows and events are frequently added to the TBB calendar. Audiences are encouraged to follow THE BLACK BOX on social media and to visit www.THEBLACKBOXonline.com to learn about upcoming performances. THE BLACK BOX is located at 15 W. Central Street in Franklin, MA. For tickets and more information, visit www.THEBLACKBOXonline.com or call the box office at 508-528-3370.

Fiske Library News

Wrentham's Fiske Public Library is now fully open with no restrictions. Masks are not required but unvaccinated patrons and children are strongly encouraged to wear one inside the library.

Curbside Pickup

Curbside pickup will still be offered. Place a hold by using the SAILS e-catalog on the library website or call the library at 508-384-5440 x 2 with requests. Library cards are necessary to check out materials at the time of pickup.

Friends Scholarship

The Friends of the Fiske scholarship was awarded to three King Philip Regional High School seniors from Wrentham: Brooke Lunch, Peyton Mellman, and Andrew Pham. Applicants were asked to submit an essay about a book that resonated with them.

Help Support the Summer Reading Program

The Fiske will once again be participating in the statewide summer library program, Tails & Tales, and reading incentive prizes are needed. Library patrons, local businesses, banks, and civic groups are asked to donate to encourage Wrentham families to read together. Donor names will be listed at the library and on its website, in the monthly newsletter, and posted on social media.

Showcase Cinema Tickets

You can now purchase discounted Showcase Cinema tickets at the library, thanks to the Friends of the Fiske. Tickets are \$10 each and good at any Showcase Cinema location in the U.S. (Lux level, 3-D movies and other special cinema events are subject to an additional fee at the theatre.) There is no limit for Wrentham residents; limit of 2 tickets for non-Wrentham residents.

Finish at the 50 Road Race Returns to Patriot Place Friday, Sept. 3

The Harvard Pilgrim Finish at the 50 Road Race will return to Patriot Place on Friday, Sept. 3.

The popular annual race that finishes with fanfare at the 50-yard line of Gillette Stadium returns for the 11th time after COVID-19 forced the cancellation of last year's event. Interested participants should sign up for the Finish at the 50 newsletter

at www.finishatthe50.com/newsletter to be the first to be notified when registration opens for this year's event.

The Finish at the 50 is managed by DMSE Sports, a leader in sports event management that also helps to manage the Boston Marathon and assisted in COVID-19 vaccination efforts at Gillette Stadium this spring.

"We are excited to welcome



runners back to Patriot Place for our annual Finish at the 50 Road Race," said Rick O'Connor, Chief Marketing Officer at the combined organization of Tufts

Health Plan and Harvard Pilgrim Health Care. "After the cancellation of road races and marathons over the past year, I cannot think of a better way to kick-off the Labor Day weekend."

"We are thrilled to once again host the Harvard Pilgrim Finish at the 50 after last year's cancellation," said Brian Earley, Vice President and General Manager of Patriot Place. "The Commonwealth of Massachusetts has made incredible progress through the reopening process and we look forward to safely welcoming our runners back to this exciting annual event in 2021 and for years to come."

"I've been saying a lot lately that the comeback is always stronger than the setback," stated

Dave McGillivray, President of DMSE Sports, Inc. "Such will be the case with our Harvard Pilgrim Finish at the 50 Road Race on September 3. DMSE Sports is excited and ready to work alongside Patriot Place once again on bringing back this unique race that finishes on the home field of the 6-time Super Bowl Champions New England Patriots."

Participants will once again run in a 5K race culminating with crossing the finish line at the 50-yard line of Gillette Stadium. Registration fees and additional details will be announced at a later date. Sign up for the Finish at the 50 newsletter and follow @HarvardPilgrimFinishatthe50 on Facebook and Instagram for the latest updates.



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Real Estate Corner



Positive Real Estate Activity in Norfolk County Continues

While the weather in May was starting to get warmer, so too was the Norfolk County real estate market, according to Register of Deeds William P. O'Donnell.

The Register noted that a noticeable uptick in both real estate sales and lending transactions happened last month. During the month of May, Norfolk County real estate sales, both residential and commercial, totaled 1,767, a healthy 48% increase year over year from 2020 to 2021.

"The Norfolk County real estate market continues to be strong," said Register O'Donnell. "There were 16,367 documents recorded at the Norfolk County Registry of Deeds in May which is a 30% increase over last year's May document volume. Average sale price, again including both residential and commercial sales, increased 2% over 2020 to \$1,005,765.93. 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. It is pleasing to see that the real es-

tate market has been solid and steady."

In addition to real estate sales, the Norfolk County lending market was very busy in May. There were 3,832 mortgages recorded during the month which is an 8% increase over 2020. Total amount of money borrowed for mortgages county wide was almost 2 billion, a 41% increase compared to May 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 expenditures," said Register O'Donnell.

Register O'Donnell noted that there has been a strong demand for housing, single family housing in particular, coupled with a limited supply of avail-

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able 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. This moratorium was in place due to the COVID-19 pandemic. During May of 2021 there were 6 foreclosure deeds recorded as a result of foreclosure processes taking place in Norfolk County. Additionally, there were 14 Notices to Foreclosure Mortgages, the first step in the foreclosure process.

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.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lend-

ers, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in

need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101 or email at registerodonnell@norfolkdeeds.org.

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Nexthome Announces New Massachusetts Brokerage

NextHome is pleased to announce the newest addition to the franchise, NextHome Soundings Realty, based in Norfolk. The brokerage represents the 11th office location opened in Massachusetts for the NextHome franchise and the 581st NextHome office opened nationally.

NextHome Soundings Realty will serve clients across Milis, Medfield, Medway, Franklin, North Attleboro, and the remainder of Norfolk, Bristol, and Middlesex counties. NextHome Soundings Realty connects with the area's deep nautical roots, providing a trusted source where buyers and sellers can measure the depth of their local market and get reliable guidance

on how to navigate the often-choppy waters of home buying and selling.

NextHome Soundings Realty is owned by Dave Matthews, an experienced REALTOR® who brings an exceptional leadership and mentoring background to his new brokerage.

Dave spent many years as a CPA as well as teaching as adjunct faculty at various area colleges. After his employer went out of business, Dave took the opportunity to go into real estate. Dave started his real estate career with Century 21 Commonwealth before opening his



Dave Matthews
CPA, Broker, REALTOR
NextHome Soundings Realty

NEXTHOME
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[NextHome] SOUNDINGS REALTY



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NEXT HOME

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own independent brokerage: Soundings Realty.

Throughout his years in real estate, Dave has developed expertise in investment properties, specifically flipping homes. He has completed several successful flips himself and looks forward to sharing that expertise with clients.

As an independent broker/owner, Dave kept his office small for several years. However, as agents began to express increased interest in working with him, Dave knew it was time to partner with the right franchise.

"I need to give my agents all the training and tools and marketing they could need to be really successful," Dave said. "I started thinking about building all of these systems myself as an independent, but quickly realized that NextHome already had these things down to a science. I had seen the marketing around town, and it was love at first sight."

In addition to the back-office support that NextHome provided, Dave was impressed by the company's culture.

"Everyone has such a positive and excited attitude toward the industry and each other," Dave said of NextHome's corporate culture. "The enthusiasm is visible from everyone. When you combine that enthusiasm with the company's technologies and marketing products, NextHome is unparalleled."

Today, Dave is building NextHome Soundings Realty the same way he built his real estate sales business: by being consistently available and attentive to both agents and clients.

"I am going to be actively involved with all the agents in my office," Dave said. "For any agent who is thinking they need a change from their existing brokerage, I would want to listen to what is making an agent unhappy, then point to what this franchise can do with its toolbox to remedy that."

Outside the office, Dave has built a legacy of serving in his community. He is a member of the Norfolk Lions Club and volunteers his time and expertise in accounting to other nonprofits. Over the past years, the Norfolk Lions Club has sponsored community clean up drives, Christmas tree sale fundraisers, and helped numerous people with home projects - or even moving boxes and furniture into a new house.

Dave also volunteers his time with his town's local community theater.

Dave will be celebrating 29 years of marriage to his wife Gina in September, and he is the father of three adult children: Ian, Rachel, and Justin.

Please join us in congratulating Dave on the opening of NextHome Soundings Realty in Norfolk!

Interested in being a part of the NextHome Real Estate Franchise? Contact VP of Sales Charis Moreno at Charis@NextHome.com.

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About NextHome, Inc.

NextHome, Inc. is an independently owned national franchisor with a focus on changing the way consumers work with local agents and shop for real estate online. Recently ranked as the No. 1 franchise in the country in owner satisfaction, the NextHome franchise has

495+ offices and 4,600+ members across 48 states. The company closes over 29,500 transactions annually

worth over \$8.3B in volume.

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