

Norfolk Police Welcome Furry New Recruit

BY GRACE ALLEN

Norfolk Police now have an official community resource dog. “Mitch,” a golden retriever puppy, joined the force last month at just eight weeks old. He is the department’s first community resource dog.

Mitch lives and works with his handler, Officer Joseph Choiniere, Norfolk’s school resource officer.

“Every day that I am working at the Norfolk Police, he will be with me,” said Officer Joe, as he is known in the schools. “He will be with me inside my cruiser and inside the schools. I go everywhere with him and he goes everywhere with me.”

Mitch’s main job will be to enhance the Police Department’s outreach and engagement efforts with the public. Community resource dogs can make it more comfortable for some people, especially children, to talk to a police officer in uniform.

“We want them to feel comfortable and to be able to approach us,” explained Officer Joe. “A student is more apt to come up to us and pet the dog and then begin speaking with us. It can be a conversation starter and then from there we build a relationship with the student



Officer Joseph Choiniere with Mitch, Norfolk’s new community resource dog. (Photo courtesy of Norfolk Police Department.)

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Wrentham Gazebo Undergoes Renovation

Tri-County Students Take on Project

BY GRACE ALLEN

Visitors to Wrentham’s town common might notice the gazebo is looking a lot better these days. That’s because it’s undergoing a complete renovation, courtesy of carpentry students from Tri-County Regional Vocational Technical High School in Franklin.

The students have replaced the roof of the structure and will start on the rest of the gazebo once school starts up again next month.

Chad Lovett, Director of Facilities and Capital in Wrentham, reached out to the vocational school in hopes the students could take on the project.

“I am a graduate of a vocational school,” explained Lovett, who was hired in 2019. “That was where my education started so I have a great appreciation for vocational programs.”

Lovett estimates the town saved close to \$10,000 in labor costs by utilizing Tri-County to renovate the gazebo. The building materials were purchased with a grant from the Sweatt Memorial Fund, a local trust fund set up to cover expenditures for the care of the town common and its trees.

Jeremy Barstow, the Tri-County carpentry instructor overseeing the gazebo renovation, says the project is a win-win for everyone.

“The work the kids do is amazing and it’s wonderful when we get to do things for the communities that send kids to our school,” he said. “Our students absolutely get more out of projects when they are doing a real project out in the community

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RECRUIT

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and hopefully they feel comfortable coming up to us whether we have the dog or not.”

Officer Joe noted that Cruiser, Wrentham’s community resource dog, has been instrumental at calming down children in car accidents. He added that the COVID-19 pandemic has caused a lot of worry among children in the schools

and believes the new puppy will be helpful at alleviating some of that stress when school starts again next month.

“There was a lot of ‘first day of school jitters’ for these kids,” said the officer, who spends time at both elementary schools as well as the middle school in town. “One day they’re in person, and then the next day back into remote. The lack of routine caused a lot of anxiety. We can bring the dog around and that will hopefully help.”

Mitch is an English cream breed of golden retriever, known for its gentle and patient nature. He was bred and will be trained by Golden Opportunities for Independence, a non-profit in Walpole that pairs service and therapy dogs with individuals, and more recently with area police departments as community resource dogs.

Norfolk’s new puppy will attend training Monday through Thursday at Golden Opportunities for Independence. On Saturdays, Officer Joe will join him. Eventually, Mitch’s training will include socialization practice at community events and at area stores and malls.

The puppy will have to pass several national certification tests, including the Canine Good Citizen Test and the Public Access Test, to ensure his temperament is such that he listens to his handler and can respond appropriately to a student in crisis and can deescalate tense situations.

Mitch was named in honor of Mitchell Forsythe, the son of Bob Forsythe, a reserve police officer with the Norfolk Police Department. Mitchell died from injuries sustained in a motorcycle accident on June 30. He was 20 years old and wanted to become a police officer like his father. The Norfolk Police Department was planning to sponsor him for the police academy when he turned 21.

The Police Department had asked the community for suggestions on a name for the puppy. But in a July 15 Facebook post, the Police Department wrote, “It suddenly became clear to all of us at NPD what the name of our Community Resource Dog should be. After discussion with the Forsythe family, we have decided to name the Norfolk Com-



Mitch joined the force at only 8 weeks of age.
(Photo courtesy of Norfolk Police Department.)

munity Resource Dog ‘Mitch’ (or occasionally ‘Mitchell’ if he gets into any mischief). We felt this is a fitting tribute to a fine young man who would have continued to spend his life helping others, always treating people with care and compassion, as our Community Resource Dog will do as well.”

Community resource dogs are now in about a dozen towns in the state, courtesy of the Norfolk District Attorney’s Office, which offered a \$5,000 grant towards the purchase of the dog. However, the puppy’s training will cost another \$15,000, which was raised in a record amount of time, according to Officer Joe.

“We were so fortunate that the Lions Club, Norfolk Recre-

ation, and NCTV reached out to us and said, ‘how can we help?’ They came up huge for us. It was amazing. The whole community helped bring this dog to town with their donations. It would not have been possible without everyone’s help.”

In addition, Babson College Public Safety will be donating Mitch’s food for an entire year. This past winter, the school welcomed its own community resource dog—Roger—and it quickly became obvious how positively the dog had impacted the entire campus.

Fundraising efforts in town will continue to ensure the puppy’s vet bills and other needs are taken care of.

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Roth IRA for Kids. There is no age minimum, as long as they earn income. It's up to you to document that they had income earned from work, either W-2 or self-employment taxable wages. Recall a Roth IRA's tax treatment is most valuable when time horizons are long and current tax rates are low, both are true for kids.

Adult supervision. The account owner is the child, however, an adult maintains control and invests for the benefit of the child. Once a child becomes an

adult, usually 18 in most states, the account is transferred.

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

Some parents make contributions as a 'match reward' for money earned in a summer job. Remember, Roth IRA for Kids contributions count against the \$15,000 tax-free gifts per individual for 2021. So if you've funded \$15,000 for child's 529 Plan, find another individual (i.e. spouse, relative) who can make the contribution.

Introduction to personal investing. Have fun by letting your kid research an ETF or company to invest in, have them explain why and teach how they can follow. The next year, have them

choose a different investment with the new contribution. Over time, they have a mix of investments, outcomes and lessons learned.

Taxation of withdrawals before age 59 1/2. A Roth IRA allows for 100% of contributions to be taken out at any time and for any reason, with no taxes or penalties. Furthermore, if a Roth IRA withdrawal is for qualified education expenses, you avoid the 10% penalty on earnings but still pay income tax on the earnings. Thus, Roth IRA for Kids could supplement educational savings.

Impact on financial aid? Yes, in a great way. The "expected family contribution" or "EFC" formula has student-owned assets assessed at 20% with two notable exceptions: 529's at parent's 5.6% and retirement accounts owned by you or your child are

not counted or 0%. However, if a child takes money from a Roth IRA, even to pay for college, up to 50% of the withdrawal may be assessed.

Getting Started. Not all institutions offer Roth IRAs for Kids, but many do with no minimums, no fees and no commissions. Consult your advisor or seek a fee-only CFP to learn more.

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

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



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GAZEBO

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versus in school. Those are some of the best projects and the ones the kids enjoy the most because there is usually some sort of connection with them.”

It's not clear when the gazebo was originally built, but Barstow estimates the previous roof with its red cedar shingles was close to 40 years old. Red cedar shingles, considered one of the better roofing materials, have a longer lifespan than the asphalt shingles more commonly used today.

The gazebo renovation is a more involved project than usual, said Barstow. The roof had been leaking and the students had to complete structural repairs to the roof's framing system before installing new red cedar shingles. The exterior of the columns are rotted and Barstow is unsure what else they will find when the project is restarted in the fall.

“There's a lot of work to be done,” he said. “You might never see it just driving by. But that's a lot of what carpentry is. Unexpected things pop up and that's okay because part of carpentry is solving problems. I tell the kids that the details that no one can see are sometimes the ones that are going to matter the most.”

About six students at a time worked on the gazebo this past spring, a smaller number than usual due to COVID restrictions. The eligible carpentry students, all juniors and seniors, rotated weeks so that everyone had a chance to be part of the project. Barstow says the instructors try to replicate real job site conditions as much as possible during outside-of-school projects, including staging and safety-precautions.

“We teach them how to conduct themselves with responsibility and professionalism,” he noted, adding that graduates of the program are considered to be highly qualified, entry-level carpenters.

In FY 2021, sixty students from Wrentham and twenty-three from Norfolk attended Tri-

County, a regional school district which also serves Franklin, Medfield, Medway, Millis, North Attleboro, Plainville, Seekonk, Sherborn, and Walpole.

Although the Tri-County carpentry program was recently approved to do residential work, projects are primarily selected based on improving the skills of the students as well as giving back to the community. Last year alone, the program received upwards of 80 project requests.

Vocational high schools provide a hands-on environment for learning that prepares students for many good paying jobs, but students are also just as likely to attend a four-year college after graduating as they are to enter a trade apprentice program.

Barstow believes the value of vocational schools is a well-kept secret and references Howard Gardner, a developmental psychologist known for his theory of multiple intelligences.

“Some kids go through a typical school system and maybe feel they are not adequate,” Barstow explained. “But kids have all different kinds of abilities and here



they get the opportunity to apply their strengths and skills. You watch them turn into confident young people because whatever it is they are passionate about, it's celebrated here, it's encouraged here, and the opportunities are tremendous. It's awesome to watch.”

To be considered for a project by Tri-County students, visit <https://www.tri-county.us/career-programs/> and submit a work request. An instructor will be in touch if the project is considered a good fit for the students and if there is room in the schedule.”

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Support Group for Adoptive and Foster Families

The Friends of Adoption and Foster Care is a support group for adoptive and foster families. The group meets on the first Wednesday of every month in the rectory of St. Mary's Church in Wrentham. Anyone wishing to volunteer to help support foster/adoptive children are always welcome, as well. Please email Jane for more information at jsvel@yahoo.com.

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Dr. Rochelle Bien & Dr. Michael Goldstein

on a treatment plan including a restricted diet, NIS (neurological integration systems) sessions and supplements to detoxify and heal her gut. Today Stacey can confidently leave her home without fear of having an accident and is enjoying her life pain free.

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Guest Column

Ballot Box Brigade

By G. GREGORY TOOKER

Twenty-eight states in the U.S. have already enacted restrictive legislation that may well prevent some registered voters from casting their ballots. For example, in some locations the mail-in ballot option is under vigorous attack. This wave of legislation is primarily the result of unsubstantiated charges of election fraud. At the same time, redistricting initiatives are also in progress that will skew districts in a manner favoring certain parties and candidates. The impact of these movements will work to the distinct disadvantage of the democratic process.

To date, the voting rights standoff in Congress has prevented the enactment of counteracting measures restoring the right to vote to citizens who have,

in effect, been disenfranchised. Under current circumstances, new state election laws could discourage and prevent hundreds of thousands of legitimate voters from casting their ballots unless something is done to facilitate their ability to get to the polls.

President Biden recently announced he will approve funding which will support efforts to assist adversely impacted voters. In addition to funding, in this writer's opinion, it will take a massive, well-coordinated national volunteer effort to transport registered voters to the polls if mail-in and drop-off ballot options are no longer available in some states. Lacking the ability to counteract these illogical, restrictive voting measures, the election process in America ceases to be democratic.

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The Department will consider all written comments on this Waterways application received by within 30 days of the "Notification Date". Failure of any aggrieved person or group of ten citizens or more to submit written comments to the Waterways Regulation Program will result in the waiver of any right to an adjudicatory hearing in accordance with 310 CMR 9.13(4)(c). The group of citizens must include at least five citizens who are residents of the municipality in which the proposed project is located.

Project plans for this Waterways application are on file for public viewing electronically, by request to dep.waterways@mass.gov. If you do not have access to email, please leave a voicemail at (617) 292-5929 and you will be contacted with information on alternative options.

It is recommended that public comments be filed electronically with dep.waterways@mass.gov when possible. Alternatively, comments may be mailed to the Waterways Regulation Program at: 1 Winter Street, 5th Floor, Boston, MA 02108.

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CEO Matt Salmon welcomes SALMON at Medway's first resident Dottie Johnson to the community recently opened at 44 Willow Pond Circle.

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Save the Date! Norfolk Plans 151st Anniversary Parade for Sept. 18

Norfolk will hold a parade, fireworks, and other activities on Saturday, September 18 to mark the town's 151st anniversary. The sesquicentennial celebrations planned for 2020 were all cancelled due to the COVID-19 pandemic.

The parade will kick off at 3 p.m. from the Freeman Kennedy School, travel down Boardman Street, and take a left onto Main Street before ending at Dunkin'.

The planning committee is looking for groups to march in the parade and organizations to pull floats.

Additional activities are being planned by Norfolk Rec-



reation, as well as fireworks for later that night.

Donations to help fund the parade and the day's other activities are appreciated. All donations can be mailed to Town Hall, with the notation "150th Anniversary" on the memo line.

Contact Paul Terrio at phterrio@gmail.com or Donna Jones at NorfolkMA2020@gmail.com with any questions or if you are interested in helping with or marching in the parade.

**HAPPY
ANNIVERSARY**

Five Qualities We Look for in a Home Health or Hospice Nurse Applicant

We refer to our clinicians as "healthcare heroes" because the work they do truly is life-changing and enables patients to stay in their homes. Working directly with patients as a home health or hospice nurse requires a distinct set of qualities as they deliver care in our communities. To succeed in these roles, VNA Care looks for these characteristics in candidates for our home health and hospice nursing positions.

Independence and Critical Thinking: Home health and hospice nurses work at the top of their licensure in an environment unlike any other in healthcare. They must possess high levels of aptitude and autonomy to operate independently while caring for patients with a wide range of needs. Our nurses must possess the ability to independently communicate assessment findings and care needs of the patient. This requires keen assessment skills, critical thinking, creative problem-solving, and self-motivation to empower patients to meet their health care goals.

Teamwork: Although home health and hospice nursing require autonomy there is a community of support at VNA Care. Nurses draw on the expertise of, and learn new skills from, VNA Care's nurse specialists. They have support from clinical services managers and participate in interdisciplinary collaboration with other team members to provide the best possible patient care.

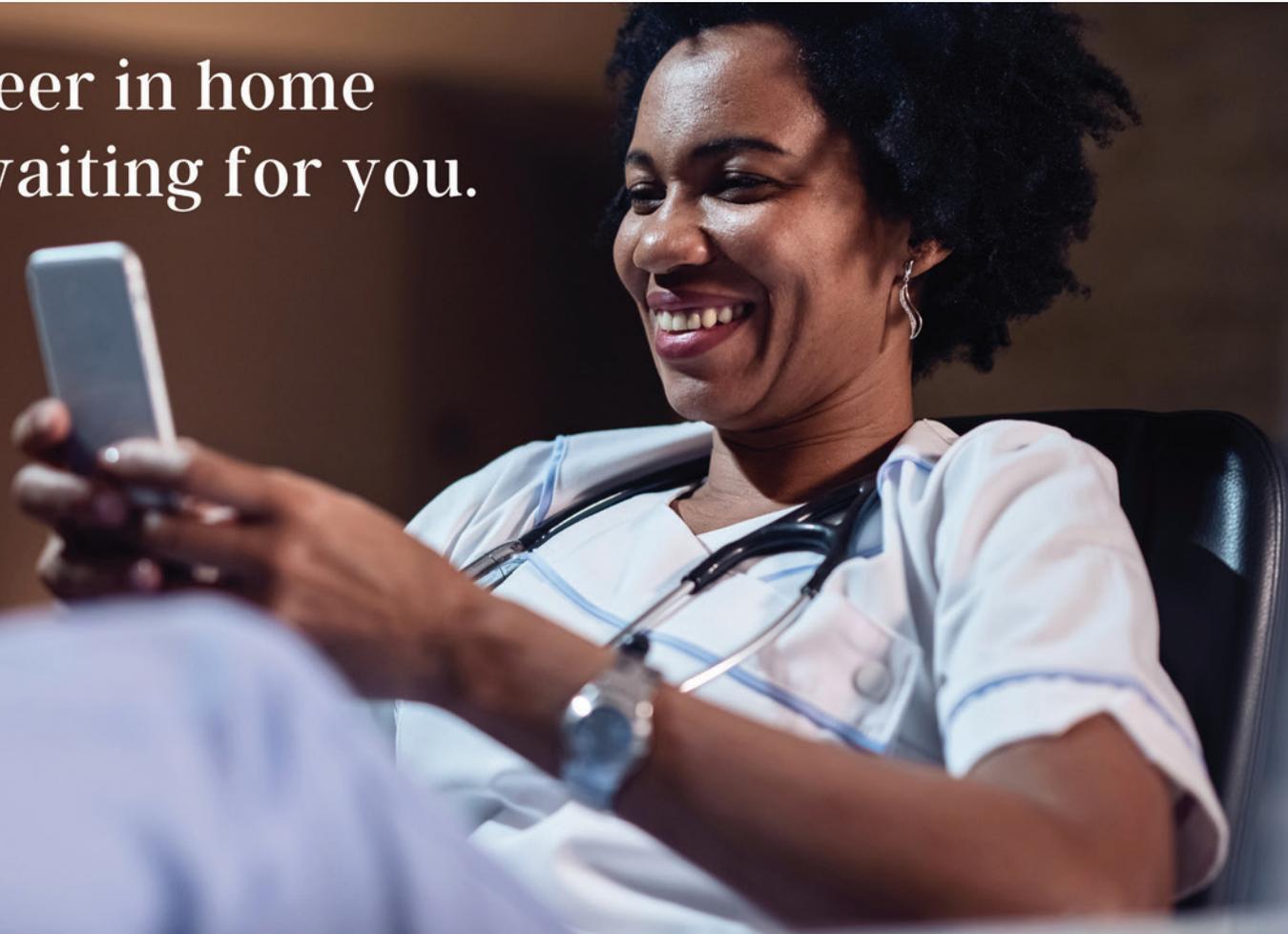
Organization: Organizational skills are critical in this role, particularly when working independently in the field. Our nurses visit with multiple patients per day with complex and unique needs. Organization helps them handle multiple priorities and adapt quickly to unforeseen changes if necessary.

Empathy and compassion: The people we serve may be recovering from surgery, managing an illness or other health conditions or they may be on their end-of-life journey. Empathy and compassion are important parts of support. An empathic and compassionate approach to care makes all the difference in creating that source of support.

Passion for the work we do: VNA Care nurses enjoy working face-to-face with patients and being an integral part of our communities. They build meaningful relationships with patients and families, becoming trusted partners to help live their best lives at home.

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 VNA Care

Paying Off Debt the Smart Way

Being in debt isn't necessarily a terrible thing. Between mortgages, car loans, credit cards, and student loans - most people are in debt. Being debt-free is a great goal, but you should focus on the management of debt, not just getting rid of it. It's likely to be there for most of your life - and, handled wisely, it won't be an albatross around your neck.

You don't need to shell out your hard-earned money for exorbitant interest rates, or always feel like you're on the verge of bankruptcy. You can pay off debt the smart way, while at the same time saving money to pay it off faster.

Know Where You Are

First, assess the depth of your debt. Write it down, using pencil and paper, a spreadsheet like Microsoft Excel, or a bookkeeping

program like Quicken. Include every financial situation where a company has given you something in advance of payment, including your mortgage, car payment(s), credit cards, tax liens, student loans, and payments on electronics or other household items through a store.

Record the day the debt began and when it will end (if possible), the interest rate you're paying, and what your payments typically are. Add it all up, painful as that might be. Try not to be discouraged! Remember, you're going to break this down into manageable chunks while finding extra money to help pay it down.

Identify High-Cost Debt

Yes, some debts are more expensive than others. Unless you're getting payday loans (which you shouldn't be), the

worst offenders are probably your credit cards. Here's how to deal with them.

- Don't use them. Don't cut them up, but put them in a drawer and only access them in an emergency.
- Identify the card with the highest interest and pay off as much as you can every month. Pay minimums on the others. When that one's paid off, work on the card with the next highest rate.
- Don't close existing cards or open any new ones. It won't help your credit rating.
- Pay on time, absolutely every time. One late payment these days can lower your FICO score.
- Go over your credit-card statements with a fine-tooth comb. Are you still being charged for that travel club you've never used? Look for line items you don't need.
- Call your credit card companies and ask them nicely if they would lower your interest rates. It does work sometimes!

Save, Save, Save

Do whatever you can to retire debt. Consider taking a second job and using that income only for higher payments on your financial obligations. Substitute free family activities for high-cost ones. Sell high-value items that you can live without.



Do Not Increase Debt Load

If you don't have the cash for it, you probably don't need it. You'll feel better about what you do have if you know it's owned free and clear.

Shop Wisely, and Use the Savings to Pay Down Your Debt

If your family is large enough to warrant it, invest \$50 or \$60 and join a store like BJ's or Costco. And use it. Shop there first, then at the grocery store. Change brands if you have to and swallow your pride. Use coupons religiously. Calculate the money you're saving and slap it on your debt.

Each of these steps, taken alone, probably doesn't seem like much. But if you adopt as many as you can, you'll watch your debt decrease every month. If you need help starting to set up your budget, reach out to me at the office for your free Budget Organizer.

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

Do Away with Unnecessary Items to Reduce Debt Load

Do you really need the 800-channel cable option or that dish on your roof? You'll be surprised at what you don't miss. How about magazine subscriptions? They're not terribly expensive, but every penny counts. It's nice to have a library of books, but consider visiting the public library or half-price bookstores until your debt is under control.

Never, Ever Miss a Payment

Not only are you retiring debt, but you're also building a stellar credit rating. If you ever move or buy another car, you'll want to get the lowest rate possible. A blemish-free payment record will help with that. Besides, credit card companies can be quick to raise interest rates because of one late payment. A completely missed one is even more serious.

Are you set up for smooth sailing with the end of Summer approaching? Check your finances

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Norfolk Native Chronicles Peace Corps Experience in Memoir

BY GRACE ALLEN

Graduation was looming but Adam Strubeck had not yet decided what he was going to do next.

The University of Miami senior was skeptical yet intrigued when a career center advisor suggested the Peace Corps. The advisor noted that Strubeck had studied environmental science and economics and liked to travel. It seemed to her a good option.

Strubeck applied, somewhat on a lark, and to his surprise was accepted. And so began a life-changing and even historic adventure that the Norfolk native and 2014 King Philip graduate details in his book “Rice and River Fish: A Peace Corps Memoir.”

Laced with dry humor, the book describes Strubeck’s stint in the West African nation of Senegal. In his role as an agroforestry extension agent, he worked with the local population to implement more sustainable agriculture resilient to climate change. Strubeck was also the first Peace Corps volunteer ever to serve in Koulari, his assigned village of 500 people, located in the south near Gambia.

Strubeck and the other volunteers attended three months of cross-cultural training when they arrived in Senegal, which helped prepare them for their experiences in the predominately Islamic country. The training included immersive language lessons. In addition to French, close to 40 different African languages are spoken in Senegal.

“It was definitely tough, trying to adapt to the culture,” said

Strubeck during a phone call. “These people have so little yet are so happy and grateful for what they do have. It gave me an appreciation for how lucky we are in the United States.”

Woven throughout the book are descriptions of Senegalese cuisine. Most meals center around fish, plentiful since the country has over 330 miles of coastline. Rice is a primary crop in the semi-arid interior. Strubeck, a self-described picky eater, grew to love the food, which was often eaten communally with his host family from the same bowl.

One of Strubeck’s most memorable experiences was using a fishing rod to catch a Tigerfish for the first time. Villagers in Koulari use nets to catch fish and had never seen a fishing rod before. Koulari is very near the Gambia River, a source of much of the small fish Strubeck ate daily. Tigerfish, however, are big fish, strong, fast, and fierce, with large protruding teeth. They are one of the most sought-after game fish in Africa. The experience of catching the fish left such an indelible impression on Strubeck that the book cover of his memoir includes a Tigerfish drawing.

While in Senegal, Strubeck kept in touch with family and friends as best he could. Cell reception was spotty but he kept a blog to journal many of his experiences. Two friends from home traveled to visit him, and one started a GoFundMe in anticipation of the trip. Strubeck had told him the village needed a new solar pump for a garden. Close to \$1,500 was raised and a new pump was installed while the friend was visiting.



Adam Strubeck with a Tigerfish.

Peace Corps stints are normally two years long, but about eighteen months into Strubeck’s commitment, a global pandemic was unfolding. Still, he could mostly ignore the worsening crisis until a COVID-19 case was confirmed in Dakar, the capital and largest city in Senegal.

On March 15, 2020, the Peace Corps made the difficult and unprecedented decision to suspend all operations and immediately evacuate the 7,300 volunteers stationed in 60 countries around the world. The organization did not want its volunteers stranded if travel became impossible.

Strubeck now lives in Hawaii with his girlfriend Amanda, another Peace Corps volunteer he met in Senegal. He currently works for Kupu, a non-profit partnered with AmeriCorps, doing forestry work and introducing native plants to the forest reserves. His memories of Koulari and Senegal will always stay with him he said, and he hopes to return someday. Although his commitment was shortened, he reflects in his memoir about his accomplishments:

“Quantitatively speaking, I had planted a few hundred trees, and with the help of my friend Sam installed a new solar



The village of Koulari.

pump. This work was nothing to sneeze at; however, Peace Corps service is much more than the number of projects a volunteer completes. If I had inspired one person to plant more trees, one person to incorporate more sus-

tainable practices, my service had been a success.”

Strubeck self-published “Rice and River Fish” through Amazon. The book is also available on e-readers at the Norfolk Public Library.



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The b.LUXE *beauty beat*

BY GINA WOELFEL

As a kid, summer always seemed like such a magical time with it's long, lazy days, beach trips and friend-filled afternoons. It was a time to kick off routines, close our school books and enjoy the sunnier side of the year. We stayed outside until dark with only the mosquitos forcing us indoors.

A summer job meant freedom and hard work, but money to save and spend. We babysat, picked vegetables, worked as clerks and mowed lawns. I watered plants in a hot, steamy greenhouse and hauled them outdoors for the customers to buy. I left work a damp and dreadful mess, but I had the money to afford my first car, a 1971 Triumph Spitfire convertible. Top down, with the sun on my face, I'd take the long way home. That was summer to me.

We didn't think much back then about the harmful effects of the sun or pool water or the not-so-healthy ingredients in our products.

I'm sure more than a few of us can wax nostalgic of those bygone beach days, (Nantasket was mine). Bodies slathered in baby oil and hair spritzed with *Sun In*, by the time the boardwalk lights flickered on, our skin was blistered and our hair was orange. All was right in the world, but what was it that made that time so special?

For me, it was the effortlessness of it all. We didn't have to

care so much about our health and beauty routines. My red, angry skin would eventually peel to reveal a sea of freckles and I'd box-dye my hair in the fall and return to school the hot mess that I was in 1989.

Now, at 50 years old, with my "freckles" redefined as age-spots and SPF my new best friend, I miss the effortlessness of it all... Don't you?

Let's throw it back to that uncomplicated time and talk a bit about the three salon services we feel can streamline your beauty routine, add more free time to your day and help you get your summer groove back!

1. Organic Spray Tanning - Go on, get your bronze on and love your healthy, sun-kissed, skin! From a pretty, all-over honey glow, to a deep, island tan, we have the perfect shade to make you look your bronzy-best. And best of all - No sun damage to your skin.
2. Lash Lift + Tint. Oh man, where were these when I was young? Imagine waking up to lashes that already look curled and coated with a hit of mascara...all before your feet hit the floor! Not only is it possible, it's magical and yields 6-8 weeks of beautiful, mascara-free lashes that appear thicker, darker, longer + have the *va-va-voom* factor we all crave.



hair • makeup • skincare • editorial

3. Waxing - Now here's a service that's been around the block! We've all endured the yearly, pre-summer bikini wax, (Ouch) but, it's time for you to revisit this hair removal option. Hit the beach with no shaving or fuss. Wax formulas have improved immensely in the past few years and this depilatory service is galaxies apart from its predecessors. Bikini, arms, legs, or wherever you don't want hair - wax it off!

Here's a few August specials from b.LUXE Hair + Makeup Studio to help you enjoy the rest of your summer. We'll see you next month with some back-to-school beauty and a September Giveaway you won't want to miss!

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This month's *beauty beat* was written by guest contributor, Gina Woelfel

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Living Healthy

Summer Eye Safety

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

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have

an increased risk of certain eye diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

Cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Extensive exposure to the sun is one of the major reasons why we develop cataracts. Cataract surgery is by far the most common surgery performed in the United States.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

- Wear sunglasses labeled "100% UV protection": Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.
- Choose wraparound styles so that the sun's rays can't enter from the side.
- If you wear UV-blocking contact lenses, you'll still need sunglasses.

- Wear a hat along with your sunglasses; broad-brimmed hats are best.
- Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.
- Know that clouds don't block UV light: The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.
- Be extra careful in UV-intense conditions: Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ... And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is

a major advancement in cataract treatment, is FDA approved and embraced by top ophthalmologists in the US and around the world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sun glasses. And if you need cataract surgery, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem as these implants can now be offered even if you have astigmatism thanks to bladeless laser surgery. Our percentage of complications



is one of the lowest in the nation and is measured by independent sources. We operate in a state-of-the-art surgery center with door to door concierge service. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and their risks and no need for stitches. With 16 years of established experience and thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care to our communities.

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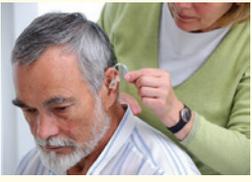
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“Indigenous Peoples” Poster Exhibit to be held at the Fiske Library

BY GRACE ALLEN

A collection of posters depicting indigenous peoples will be on display at the Fiske Library during the month of August. The exhibit includes posters about Native Americans as well as indigenous peoples in other countries.

The twenty-five posters in the exhibit challenge people to think about the immigration issues of today. August 9 is the International Day of the World’s Indigenous Peoples.

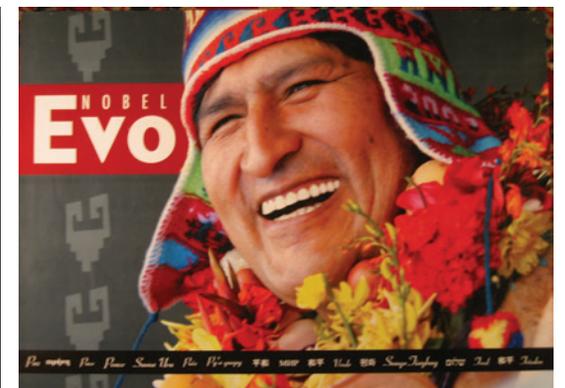
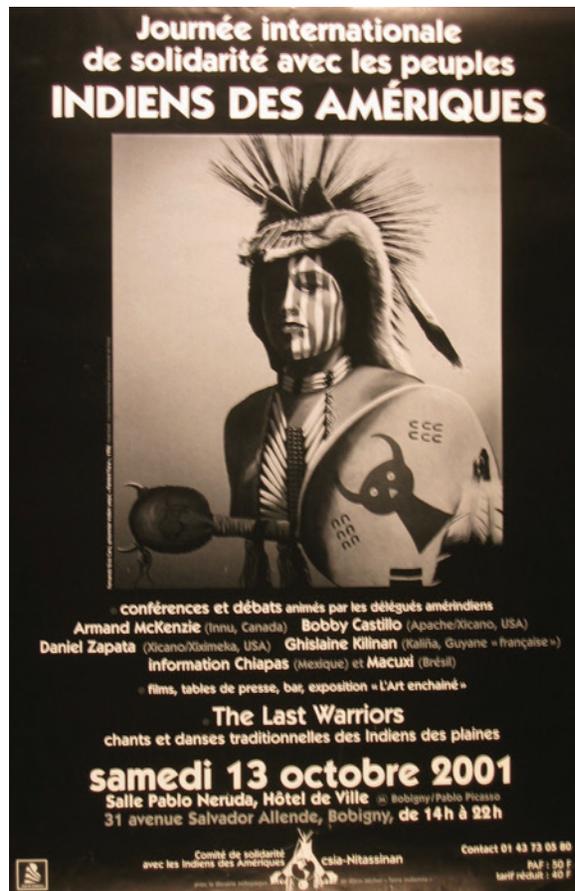
The posters belong to Stephen Lewis, a long-time activist and collector. Lewis has over 9,000 posters on various topics, accumulated during thirty-plus years of travel.

“Many people are very fortunate that their ancestors came to the United States years ago,” said Lewis. “Had they tried to emigrate here now, they would most likely be turned away.”

Posters are considered an easily accessible art form and a way to communicate ideas and educate the public or inspire action. Through the use of graphic art as well as words, posters convey ideas and messages in just seconds, unlike many other mediums.

Lewis has exhibited his collections in exhibits state-wide. He has presented at the National Council on Public History and has appeared on public television programs. For more information, contact him at Lewisposters@gmail.com.

The “Indigenous Peoples” exhibit is made possible by a grant from the Wrentham Cultural Council.



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Local Residents to Participate in the 2021 Pan-Mass Challenge

On Aug. 7 and 8, more than 6,000 riders, including eighteen participants from Norfolk and six from Wrentham, will take part in the Pan-Mass Challenge (PMC), a two-day 211-mile bike-a-thon across Massachusetts, with the goal of raising \$52 million for cancer research and patient care at Dana-Farber Cancer Institute (Dana-Farber).

The PMC is the nation's single most successful athletic fundraiser, donating 100 percent of every rider-raised dollar to Dana-Farber as its largest single contributor, accounting for 64 percent of its Jimmy Fund's an-

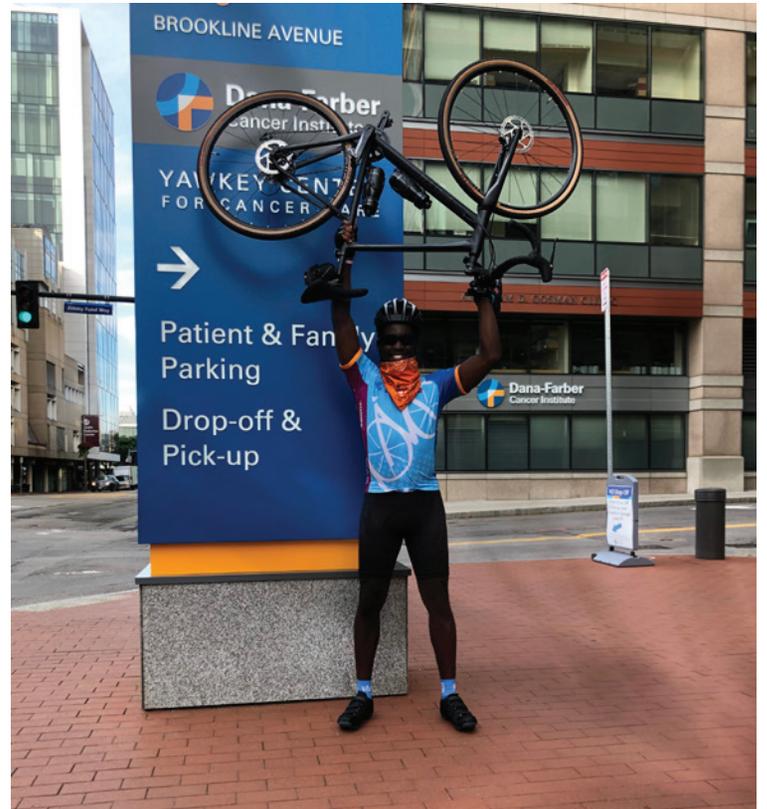
nual revenue. For the first time since 2019, more than 6,000 riders from 47 states and 11 countries will once again hit the road together during the first week-end of August with the common goal of making an impact in the fight against cancer. In 2020, the PMC raised an impressive \$50 million through its summer-long Reimagined campaign, bringing its 41-year contribution to \$767 million.

"We couldn't be more excited to bring our passionate PMC riders, volunteers, donors and sponsors back together in person for PMC Ride Weekend this year,"

said Billy Starr, founder and executive director of the PMC. "With fully supported routes and Reimagined options, everyone can customize their PMC experience to join us in the fight against cancer. Cancer doesn't stop for anything, even a global pandemic, and funding for research, treatment and care is as critical as ever."

PMC 2021 will include 16 routes – from 25 to 211 miles – designed to cater to all levels of cycling and fundraising ability, including Reimagined options for those who prefer to complete their PMC ride on their own. Most participate in honor of a family member or friend fighting cancer and more than 950 riders and volunteers are cancer survivors or current patients, considered "Living Proof" of the PMC mission. More than 150 Dana-Farber employees are committed to the cause as riders and volunteers as well, in some cases to fund their own cancer research.

The PMC is presented by the Red Sox Foundation. To make a financial contribution to a rider or to register as a rider, visit www.pmc.org, or call (800) WE-CY-CLE. Connect with #PMC2021



on Facebook, Twitter, Instagram and LinkedIn.

Thank you to the following participants:

Norfolk: Ray Angelone, Jessica Boulter, Andrew Cleverdon, Gabrielle Dias, Brian Donegan, Rob Duffy, David Dwyer, David Lawson, Paul Macrina, John Maheu, Vincent Manning, John Mccarron, Debra Overland, Frank Reilly, Aislynn Rodeghiero, Nancy Rose, Patrick Roy, and Andy Weitzman.

Wrentham: Nick Bourke, David Hennessey, Danielle Page, Joshua Person, Jeremiah Sullivan, and Bryan Doldt.

About the Pan-Mass Challenge

The Pan-Mass Challenge (PMC) is a bike-a-thon that today raises more money for charity than any other single athletic fundraising event in the world. The PMC was founded in 1980 by Billy Starr, who remains the organization's executive director, an annual cyclist and a fundraiser. The PMC has since raised \$767 million for adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute through the Jimmy Fund. The event donates 100 percent of every rider-raised dollar directly to the cause, generating 64 percent of the Jimmy Fund's annual revenue as Dana-Farber's single largest contributor. The PMC has successfully melded support from committed cyclists, volunteers, corporate sponsors and individual contributors, all of which are essential to the PMC's goal and model: to attain maximum fundraising efficiency while increasing its annual gift each year. The PMC's hope and aspiration is to provide Dana-Farber's doctors and researchers with the necessary resources to discover cures for all cancers. For more information on the Pan-Mass Challenge, visit www.pmc.org.

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St. John's Church to Host Virtual Silent Auction

St. John's Episcopal Church in Franklin is getting creative and initiating their first Virtual Silent Auction for the public from August 27 through September 10. People will have a chance to bid on merchandise from local and regional businesses. Select from a variety of goods and services: food, retail merchandise, electronics, kid and adult activities, sports, museums and outings.

Access the auction three ways: 1) the auction link at <https://www.32auctions.com/StJohnsFranklin> in your browser; 2) St. John's Church website at www.stjohnsfranklinma.org; 3) on Facebook at St. John's Episcopal Church.

Just register your name and contact details and the list of items will be displayed. It's easy to scroll through and make your bid. Check back often to update your bid! Bidding starts August 27 at 12:15 am and will end Friday, September 10 at noon. The highest bidder on each item will be contacted.

"Last year was tough on everyone," said Rev. Kathy McAdams. "We have continued to gather for

worship in whatever way possible. We have continued to serve the community by growing food for the Franklin Food Pantry, providing lunch for Common Cathedral and its unhoused congregation twice, and installing a handicap-accessible restroom."

Funds earned from the silent auction will help continue outreach to the area, Rev. McAdams added. "Please participate in our on-line auction, as well as the Pumpkin Patch in October, so that we can continue to have a positive impact in the Franklin community and beyond."

The Virtual Silent Auction and Pumpkin Patch replace the church's holiday fair this winter. The annual Christmas Fair has been a staple in Franklin and a source of income for St. John's Church.

Want more details? Contact Blanca DiGiacomo at 617-429-4676 or blancadigiacomo@verizon.net.

Follow St. John's Episcopal Church on Facebook. Visit www.stjohnsfranklinma.org or call 508-528-2387 for more information about the church.

Letter to the Editor

Poetry Night at the Old Fiske a Big Success

To the Editor:

The Wrentham Cultural Council held its summer poetry event at the Old Fiske Museum on Tuesday evening, July 6. Now in its third year, Poetry Night is drawing authors and poetry lovers from Eastern Massachusetts and beyond. The historic venue is perfect, indoors and out, and was enjoyed by all in attendance. WCC Chair Evelyn Zeph and former Council members Jeanie Mattila and Laurie Sammons did an outstanding job planning and managing the event.

Fourteen poets and readers presented their own work and that of well-known authors and composers, including Robert Frost, Maya Angelou and Carl Sandburg. Some of the lighter poems, as well extemporaneous banter by the presenters, prompted hearty laughter from the audience, destroying the myth that poetry readings can be boring. All enjoyed a post-reading social gathering and refreshments.

Wrentham Cable 8 filmed the event which will be broadcast later this month.

For those interested in participating in this WCC twice-annual event, there will be a fall poetry celebration in November, the date and time to be announced in September.

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Sen. Rausch Testifies in Favor of Community Immunity Act

Senator Becca Rausch (D-Needham) and Representative Paul Donato (D-Medford), lead sponsors of the Community Immunity Act, testified alongside healthcare providers, public health experts, and educators at a virtual Public Health Committee hearing on July 12 in favor of the Community Immunity Act (S.1517/H.2271).

This legislation seeks to prevent the spread of highly infectious diseases by promoting and supporting localized herd immunity statewide. The Community Immunity Act strengthens the Commonwealth's immunization policies by standardizing the immunization requirements

for all schools, daycare centers, and other covered programs and centralizing within the Department of Public Health (DPH) the processes for obtaining an exemption from those requirements.

Currently, Massachusetts does not have localized herd immunity across the state for many vaccine-preventable diseases. Of the kindergarten programs that submitted data to DPH in 2019-20, 145 kindergarten programs are below herd immunity rates for measles, 119 kindergarten programs are below herd immunity rates for pertussis, and 71 programs reported at least 10% of students are missing

one or more vaccines required for school, without an approved exemption.

Furthermore, DPH lacks complete data on immunization rates in daycare centers, K-12 schools, summer camps, and colleges because data reporting is voluntary. In the 2019-2020 school year, 451 middle schools, 520 kindergarten programs, and 1,677 daycares and preschools failed to report any immunization data to the MA Department of Public Health. Moreover, according to recently available data from DPH, in 2020 18.8% of kindergarten students in Suffolk County, 14.4% in Franklin County, and 8.6% in Hamden County are not meeting school vaccination requirements.

Under current statute, school and program administrators are charged with implementing certain immunization protocols, including vaccine exemption requests, rather than medical and public health professionals.

"As has become blatantly obvious over the last year and a half, every Bay Stater deserves

strong public health protections. COVID reminds us that our collective health and safety rises or falls together," said Senator Rausch. "If ever there were a time to advance the Community Immunity Act and its comprehensive immunization infrastructure, that time is now."

"Senator Rausch and I filed this bill long before COVID hit because even then Massachusetts had a serious immunization infrastructure problem, and we had already seen multiple outbreaks of measles and other illnesses that we can prevent with vaccines," said Representative Donato. "We all know a lot more about community immunity now. All of us are living through the consequences of what happens when we do not have strong public health infrastructure and herd immunity against infectious diseases."

More than 20 religious, educational, medical, and public health organizations support the Community Immunity Act, including American Federation of Teachers (MA Chapter),

Jewish Alliance for Law and Social Action (JALSA), Jewish Community Relations Council (JCRC), League of Women Voters, Massachusetts Association of Health Boards, Massachusetts Association of Health Offices, Massachusetts Association of School Committees, Massachusetts Association of School Superintendents, Massachusetts Coalition of Nurse Practitioners, Massachusetts Health Council, Massachusetts Health & Hospital Association, Massachusetts Independent Pharmacists Association, Massachusetts Infectious Diseases Society, Massachusetts Nurses Association, Massachusetts Medical Society, Massachusetts School Based Health Alliance, Massachusetts Teachers Association, National Association of Pediatric Nurse Practitioners (MA Chapter), National Association of Social Workers (MA Chapter), Progressive Mass, and American Federation of Teachers (MA Chapter)

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Local Residents Named to University of Maine Spring 2021 Dean's List

The University of Maine recognized 3,670 students for achieving Dean's List honors in the spring 2021 semester. Of the students who made the Dean's List, 2,392 are from Maine, 1,195 are from 39 other states and 83 are from 35 countries other than the U.S.

The following local students received Dean's List honors for Spring 2021:

Norfolk: Reid Casey, Nick Kania, Matt Shiels

Wrentham: Thomas Lacroix, Andrew Sprague

Due to the unusual and challenging circumstances faced this semester amid the global pandemic, the university has modified its Dean's List policy for the spring 2021 term. The requirement that students earn 12 calculable credits to be eligible for Dean's List has been waived. Instead, students will be eligible if they earned a minimum of nine letter-graded (A-F on the

transcript) credits for full-time students in addition to the criteria in the catalog. For part-time students to be eligible, they must have earned at least six letter-graded credits across the fall 2020 and spring 2021 semesters, in addition to the criteria in the catalog for Part-time Dean's List. Courses with P/F grades selected by the student will not count toward the total of nine (for full-time) or six (for part-time).

Sports

Correction

In our story last month titled "KP Youth Football Is Super, Again," it was stated that the 2021 eighth grade KP Chiefs was the only KP team to have won a Super Bowl three years in a row. We were made aware, however, that the KP High School graduating class of 2017 (the first to win a high school state championship in 2016) had won four Super Bowls from 2009-2012, also winning the New England region in 2009-2010.

We regret the error.



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Sports

KP Girls Soccer Coach Eager for Return to Normalcy

Pichel Likes Talent Level, Team Chemistry

By KEN HAMWEY
STAFF SPORTS WRITER

Gary Pichel, who's coached four soccer teams during the last 23 years, is extremely pleased that the 2021 season is on track for a return to normalcy.

Now in his 10th year at the helm of the girls squad at King Philip, the veteran coach won't have to deal with the changes interscholastic soccer was forced to adopt last year when COVID-19 disrupted the fall sports menu. Because of the pandemic, there was no tackling, no headers, and kick-ins replaced throw-ins. Restrictions on defense became the norm.

"Last year, most of the referees knew they couldn't impose all the changes regarding contact," the 63-year-old Pichel said. "Most of the time they let us play but when there was a need to curb aggressive play, they'd stop the match and instruct us to relax and just play soccer. The season actually became somewhat normal and enjoyable."

Pichel points to vaccinations as the key to eliminating all the restrictive measures that student-athletes had to adhere to — like wearing masks, social distancing and use of sanitizing lotion. "There aren't vaccination mandates for children but I believe many parents will get their kids vaccinated because they want to see them compete," he noted.

Pichel is eager to get pre-season practice underway on Aug. 23 and he's eager to return to an 18-game schedule. Last year, his Warriors finished 9-4, losing their final game of the season to Oliver Ames, 3-0, in the Hockomock Cup, a mini-playoff format that replaced the sectional tournament.

Before arriving at KP, Pichel previously coach at Nipmuc Regional, Hudson Catholic and Fitchburg State. His 2005 and 2006 contingents at Nipmuc won State championships. His career win total at the high school level is 212 and this year's edition of the Warriors should be adding to that number.

"We'll have a representative team by KP standards," Pichel

said. "We've got the talent and the team chemistry to contend for the Kelly-Rex Division championship but there's always pressure on the program because of our winning tradition. Our strengths are a strong defense, a productive offense, depth, experience, and above average skills."

Pichel has guided KP to the playoffs seven times in eight years. His 2017 team had the deepest tourney advance, losing to Westford Academy in the State semifinals, and his 2019 squad finished the regular season unbeaten at 18-0.

This year's team lost 11 players to graduation but there's 13 returnees with varying degrees of experience. "Our goals haven't changed," Pichel noted. "We want to win the Kelly-Rex Division, qualify for the tourney and keep improving week by week and be at our best when the playoffs arrive."

Four girls who'll definitely be ready for post-season play are the captains — seniors Paulina Baczowski (striker), Brooke Mullins (back) and Morgan Norrman (center-midfielder), and junior Ella Pisani (striker). Quality captains, they lead by example and by being vocal and encouraging.

"Paulina is a three-year veteran who's a vastly improved scorer," Pichel said. "She's determined on offense, very quick and instinctive. Brooke is another three-year player who's a hard-nosed defender. Tenacious and quick, her skill level has improved every year. She's also an adept passer."

"Morgan is a two-year varsity player who's our best passer. A play-maker, she's adjusted to her position well and she's strong in transition. Ella is a three-year veteran who's our most-gifted offensive player. Our top scorer last year, she has a tremendous work ethic and her footwork is so good she can score with either foot. Both have high soccer IQs."

Junior center-back Grace Lawler is another three-year veteran whom Pichel labels "one of the top three defenders in the Hockomock League." The coach also admires her speed, quickness



Gary Pichel is in his 10th year as KP's soccer coach.

and instinctive nature. "Grace's defensive skills are superb. She guards our opponents' top strikers and she shuts them down," Pichel said.

Two sophomores in their second varsity year who'll be key contributors are Eilish McGowen at left midfield and Rylie Wesley at right back.

"A left-footed competitor, Eilish dribbles and shoots from the left side, giving us more offense from that side," said Pichel. "Her shot is accurate and she dribbles effectively. Rylie is super quick, always first to the ball. A good passer, she's a tenacious defender."

Pichel rates Franklin, Mansfield and Oliver Ames as top-notch contenders for the Kelly-Rex Division title. "They're talented, well-coached, defensive-minded and traditionally strong," he said.

Acutely aware that soccer, or any sport for that matter, teaches players valuable life lessons, Pichel says he's delighted when his forces display leadership, a strong work ethic, and an ability to overcome adversity. "I also believe that athletics can teach kids that there's no guarantees in life for achievement. Hard work creates achievement. Sports also teach youths how to be good team players."

The Warriors will open their season on Sept. 9 at home against Foxboro and their schedule has 18 matches, including two non-league contests against powerful Bishop Feehan and Hingham.

COVID-19 should not dominate the fall sports season like it did last year. But, Pichel, nevertheless, has some valuable advice for his players.

"I hope the girls realize that the game can change in a moment's notice," he said. "Life is fragile, so never take anything for granted, and live your life one day at a time."

Gary Pichel's perspective is always worth hearing. He knows what winning and losing feels like. KP's been fortunate to have him guiding their girls soccer program for a decade.

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Woodside Montessori School Color Run Slated for October 16

The Woodside Color Fun Run is back and will take place on Saturday, October 16, at 3:30 pm at Oak Grove Farm in Millis.

Each of the previous three color runs have drawn over 150 participants and this year organizers hope to have 200 to 300 kids, teens, and adults join in the fun.

Attendees will enjoy music, complementary snacks, a splendid park environment, and of

course, the color run. There are different courses that runners can choose from ranging from 3/4 of a mile to 3 miles where they will pass through multiple color stations and be doused with brightly colored powder.

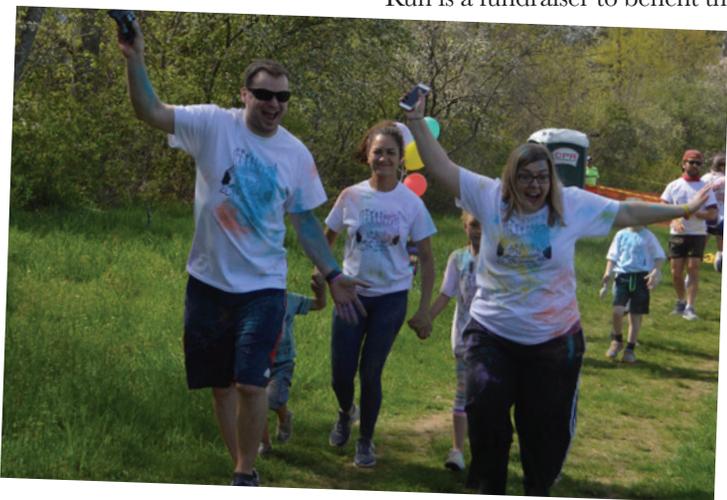
Registration is open now. For more details about the courses, schedule, activities, and to register, please visit www.milliscolor-run.com.

The Woodside Color Fun Run is a fundraiser to benefit the

Woodside Montessori Academy Parent Guild (a registered 501(c)(3) nonprofit organization). Proceeds from the event will be used to support a variety of enhancements to the learning environment as well as cultural and/or experiential enrichment for the children at Woodside Montessori Academy.

Woodside Montessori Academy is a regional Pre-K through 8th grade Montessori school in Millis. Its community consists of students from the surrounding Metro West area including Franklin, Medway, Millis, Medfield, Holliston, Norfolk, Bellingham, Milford and more.

Organizers would like to thank Clean Portable Restrooms for their support of the 2021 Woodside Color Fun Run. This event would not be possible without their generosity. Additional sponsorship opportunities are available. Please contact color-run@woodsideacademy.com for more information.



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FPAC to present Legally Blonde

The Franklin Performing Arts Company (FPAC) will present Legally Blonde the Musical August 11-15 at THE BLACK BOX in downtown Franklin. The production due to open in March of 2020, will finally get its run presented by FPAC. The show will feature the original Broadway choreography by Jerry Mitchell.

A fabulously fun award-winning musical based on the adored movie, Legally Blonde The Musical, follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams. Elle Woods appears to have it all. Her life is turned upside down when her boyfriend Warner dumps her so he can attend Harvard Law. Determined to get him back, Elle ingeniously charms her way into the prestigious law school. While there, she struggles with peers, professors, and her ex. With the support of some new friends, Elle quickly realizes her potential and sets out to prove herself to the world.

Starring as sorority girl turned Harvard Law student Elle Woods will be Ali Funkhouser. A NYC based actress, this will be Funkhouser's third production of Legally Blonde, having most recently appeared in The Lex's production directed by Broadway's original Elle, Laura Bell Bundy. Funkhouser has performed her solo show "I Only Wanna Laugh" at Don't Tell Mama in NYC. She has been seen in many FPAC productions including Newsies, Joseph, Little Shop of Horrors, and most recently #TappyXmasLIVE.

FPAC is excited to welcome Emily Koch back to Franklin as



Vivienne. She has appeared in the Broadway and touring companies of WICKED (starring as Elphaba) and Waitress. Koch has performed her solo show "eMul-bOy5" at Feinstein's/54 Below and other cabaret venues around NYC. She was last onstage at THE BLACK BOX for THE BLACK BOX Sings... Wicked.

Andrew Scott Holmes will join the cast as Warner Huntington III. Holmes has performed all over the world as a Resident Guest Entertainer with Princess Cruises. From Goodspeed Opera House to Great Lakes Theater and beyond, he has played leading roles and understudied Broadway stars. With FPAC, Holmes was most recently seen earlier this season in Matilda.

Also sharing the stage in Legally Blonde will be Ricky and Myrtle from William Berloni Theatrical Animals as Elle's canine friends. Berloni and his handlers have provided animals of all species and sizes, found in shelters, humane societies or rescue leagues, for Broadway, off-Broadway, national tours, regional theaters, special events, the New York City Ballet, motion pictures, television, and commercials.

For tickets and more information, visit www.THEBLACKBOXonline.com or call the box office at 508-528-3370.

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Norfolk Launches Financial Transparency Page

With the goal of improving citizen access and awareness of the town's financial information, Norfolk has contracted with Cleargov to offer a transparency tool that translates the town's financial information into infographics that help tell the story of how the town utilizes its resources.

The page provides information on demographics, revenues and expenditures, and debt. In the coming year, features will be added such as the capital and operating budgets, and pages dedicated to important town projects such as the Fire Station and the former Southwood Hospital Site.

Visit cleargov.com/Massachusetts/Norfolk/town/Norfolk for more information.

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FSPA Now Enrolling for the 21-22 School Year

The Franklin School for the Performing Arts (FSPA) is now enrolling for the 21-22 school year.

Proudly serving more than 500 students annually from 45

communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts is committed to quality education in the arts with exceptional curriculum, outstanding profes-

sional faculty, and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to their own potential.



taught me absolutely everything that I know. I owe the world to it. My teachers there taught me why I love the arts, and why I want to pursue it for the rest of my life."

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

Performance is an integral part of an FSPA education and the school offers unrivaled performing opportunities for students throughout the year. On the calendar annually are student recitals, concerts by faculty and guest artists, master classes, student showcases, holiday shows, the school's signature Spring Concert, and summer camps and intensives. In addition, for students whose level of interest is more focused, there are special performing ensemble opportunities available by audition.

Recent FSPA alumna Susana Wickstrom is currently attending the prestigious Musical Theater program at Carnegie Mellon University. Of her FSPA training Wickstrom notes, "FSPA has

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

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

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God is love. These three words summarize what constitutes the deepest desire and longing in all human beings – namely, to love and be loved by our Creator, and to claim that love as both our identity and the source of our human dignity. Yet so often it is our own distractions and unnatural attachments to things, substances or behaviors that prevent us from developing a true intimacy with our God and our fellows.

Join us on September 18th at 1:30pm at St. Jude Parish, 86 Main Street, Norfolk, MA, as we journey to discover our 'blockages' which prevent us from developing our own intimacy with God. We will explore how our Spiritual Ancestors struggled with their own disordered attachments and unruly desires. Then, using prayer, small group reflection, and Lectio Divina we will reflect upon our personal spiritual journeys and identify things in our lives that might distance us from God's abundant grace.

The goal of the retreat is for participants to recognize the distractions and attachments in each of their lives so that they might better understand the plight of our brothers and sisters who suffer from all sorts of addictions, and may better see the face of Christ in all who are sick and suffering.

All are welcome to attend this FREE event in honor of Recovery Awareness Month.
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 or bbudny@ejcatholic.org by September 11th.

Real Estate Corner

Register O'Donnell Promotes Foreclosure Assistance Programs

While there has been an increase in notices to foreclosure and foreclosure deeds, Norfolk County homeowners who are struggling to pay their mortgage or facing foreclosure can access consumer programs for help, according to Register of Deeds William P. O'Donnell.

"The COVID-19 pandemic has caused a great deal of upheaval in all our lives," said Register O'Donnell. "Some of our neighbors have been furloughed or lost their jobs all together due to the economic impact resulting from the COVID-19 pandemic. In the beginning of the pandemic, policy makers at the state and federal levels recognized the impact the pandemic was having on the ability of many to pay their mortgages and rents. A moratorium was put in effect which suspended foreclosure. However, this moratorium expired on October 17."

The Norfolk Registry of Deeds has been working in close cooperation with Attorney General Maura Healey's office monitoring protections afforded to homeowners affected by the COVID-19 state of emergency through Chapter 65 of the Acts of 2020, Act Providing for a Moratorium on Evictions and Foreclosures During the COVID-19 Emergency as well as protections put in place by the Coronavirus Aid, Relief, and Economic Security Act, Pub L. 116-136, (the "CARES Act").

To help those facing issues paying their mortgage, the Registry of Deeds has partnered with upstanding non-profit agencies by promoting their services when it comes to mortgage modification and foreclosure programs. Homeowners can contact Quincy Community Action Programs, (617) 479-8181 x-376 or NeighborWorks Housing Solutions at (508) 587-0950

x-46. Another option available is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at (617) 727-8400.

These agencies provide a range of assistance from helping with the mortgage modification process, providing legal services, and offering credit counseling. For more information on these and other support options, go to the Registry's website www.norfolkdeeds.org, click on the Support tab and then click on the subtab that mentions Foreclosure Assistance.

Register O'Donnell also warned homeowners against falling prey to for-profit companies who offer loan modification and credit counseling services but charge an exorbitant fee.

"There are important discussions ongoing at the State House surrounding the foreclosures," said O'Donnell. "Hopefully, state officials and stakeholders can come to a resolution that satisfies all parties. With the foreclosure moratorium rescinded, many individuals and families are faced with some very difficult decisions. It is truly tragic that so many are having issues paying their mortgages and facing foreclosure through no fault of their own. If you or a loved one are in this situation, it would be prudent to sit down with a reputable non-profit agency such as Quincy Community Action Programs, NeighborWorks Housing Solutions or the Massachusetts Attorney General's office to discuss what options are available. The Registry is always glad to help those facing a mortgage delinquency or foreclosure crisis by directing them to one of these fine agencies. Each of these organizations are there to serve your needs in a professional and honorable manner."

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 PANEPINTOREALTY.COM
 KELLY@PANEPINTOREALTY.COM




NextHome
 SOUNDINGS REALTY



146 Main St. Unit 2E
Norfolk, MA 02056
508-244-4448

Recent Home Sales in Wrentham

Date	Address	Amount
July 1	6 Earle Stewart Lane	\$791,000
July 2	30 Grant Avenue	\$780,000
July 8	43 Amber Drive	\$1.10 M
July 12	5 Foxboro Road	\$240,000
July 15	59 Franklin Street	\$500,000
July 15	340 Dedham Street	\$216,000
July 15	105 Summer Street	\$825,000
July 16	333 Shears Street	\$499,900
July 16	111 Walnut Road	\$650,000

Source: www.zillow.com Compiled by *Local Town Pages*

Looking to Buy or Sell? Hear What My Clients Are Saying...

“ WE CERTAINLY DID NOT THINK WE WOULD BE BUYING AND MOVING IN A PANDEMIC, SO IT WAS REALLY GREAT TO HAVE TAIESE RIGHT BY OUR SIDE (6 FT. AWAY) THROUGH THE PROCESS. ”

What My Clients Are Saying



BERKSHIRE HATHAWAY
 HomeServices
 Commonwealth Real Estate



Taiese (Tai) Hickman
 REALTOR®
 781-799-3194
 tai.hickman@commonmoves.com

Real Estate Corner

King Philip Middle School Announces Honor Roll for Trimester 3

7TH GRADE – HIGHEST HONORS

Adamos, Evgenia; Ajoy, Jaydon; Albert, Chloe; Amirineni, Srithika; Arun, Nakshatra; Basile, Justin; Beaupre, Lucy; Berry, Jillian; Berthiaume, Erin; Bourque, Louise; Brown, Ryan; Brutus, David; Buban, Ethan; Cady, Jacoby; Carew, Allie; Chatham, Lex; Ciuica, Alexander; Cleasby, Allison; Coen, Kieran; Coliflores, Isabella; Cory, Sean; Crisci, Nathan; Curry, Alexandra; Danson, Kyle; DeGuzman, Alexandra; DelVecchio, Christopher; Derfler-Murphy, Teaghan; DeVasto, Aidan; Dorcil, Kaitlynn; DoRosario, Riley; Dowling, Leo; Ford, Ryan; Fountain, Connor; Frazier, Thomas; Garland, Nora; Garvey, Faith; Gill, Alexandria; Gill, Ava; Graham, Bayley; Griffin, Lauren; Harmon, Lusia; Hasson, Noam; Hayes, Leah; Heffernan, Cian; Kananowicz, Miller; Keough, Madison; Khannouchi, Jinan; Kilroy, Cecelia; Kosar, Brooke; Kurtzer, Kathryn; LaPlante, Caitlin; Lawson, Daniel; LeBlanc, Halle; Lefebvre, Abigail; Lehan-Allen, Grace; Love, Michael; Lusier, Ella; Lutfy, Audrey; Lynch, Kelsey; MacKinnon, Damon; Manley, Gregory; Marrone, Matthew; Martin, Ethan; Mastroianni, Dominic; McManus, Ella; McNeil, Andrew; Mooney, Maura; Mullen, Zachary; Nerney, Thomas; O'Brien, Reilly; O'Connell, Colin; O'Neill, Patrick; O'Shea, Camryn; Obara, Lauren; Patola, Aarush; Pitman, Cole; Putt, Catherine; Ragan, JoHanna; Ramirez, Zayjiana; Rana, Anusha; Rawson, Freya; Redlitz, Danielle; Ricci, Ayla; Rose, Eve; Saraf, Michael; Schneider, Brenton; Shaughnessy, Aiden; Shore, Matthew; Shore, Caleigh; Shrivastava, Rivya; Stock, Christopher; Thomas, Kate; Torricelli, Samantha; Wehmeyer, Ella.

7TH GRADE – HIGH HONORS

Amorim, Marco; Anderson, Dylan; Andre, Annabelle; Astin, Amber; Bailer, Luke; Barker, Ryan; Beatty, Ella; Berthiaume, Violet; Bianculli, Sonny; Birenbaum, Jack; Bishop, Felicia; Blakesley, George; Booth, Jacob; Brady, Colin; Brundrett, Loren; Burns, Ryan; Byrne, Paul; Campbell, Rose; Campbell, Henry; Cannella, Olivia; Carone, Aidan; Casassa, Preston; Castro, William; Cates, Connor; Ceurvels, Kaitlyn; Chick, Jorja; Clancy, Sean; Cloutier, Brycen; Cochran, Joshua; Comendul, Duggan; Cotter, Julia; Cunningham, Finn; Cunningham, Andrea; Daley, Samantha; Davit, Chase; DeMedeiros, Isabella; Dubovsky, Ariana; Dugan, Shayne; Dugas, William; Feeley, Nolan; Feyler, Gavin; Flood, Brendan; Flynn, Leah; Follett, Madison; Francis, Mia; Francis, Adam; Gebhard, Zachary; Ghostlaw, Madelyn; Giancioppo, Sophia; Gordillo, Mariana; Gray, Lukas; Gresham, Jack; Haltom, Jack; Heinselmann, Bryce; Henney, Aubrey; Herlin, Brady; Hitchen, Brian; Honeycutt, Emma; Jaber, Audrina; Jacobson, Lily; Jones, Phoebe; Kanaabi, Rayhan; Kinahan, Jacob; LeBlanc, Thomas; LeBlanc, Katherine; Linehan, Meghan;

Love, Ryan; Lovell, Zoe; Maw, Dylan; McCormick, Mya; McCormick, Logan; McCree, Griffin; McDonald, Brendan; McDonald, Brodie; McDonald, Connor; McDonough, James; McFarlane, Catherine; McGowan, Mara; McGrath, Liam; McKenna, James; McKenna, Sara; Mick, Celia; Mischley, Greta; Monti, Matthew; Morrison, David; Moten, Serenity; Mullen, Cecelia; Musial, Elizabeth; Noonan, Kendall; O'Hara, Kaitlyn; Palsen, Madelyn; Perry, Malek; Persky, Jessica; Petrillo, James; Pfeiffer, Alden; Poulin, Isabella; Poynot, Asher; Quintal, Jackson; Riley, Logan C.; Rivera, Ignacio; Rufo, Claudia; Saad, Youssef; Schmier, Jacob; Seropian, Natalie; Sestito, Dylan; Shipala, Addison; Silva, Emma; Silva, Jason; Simas, Ryan; Simone, Liam; Small, Sophia; Sower, Emily;

Spak, Dylan; Sylvain, Georgiana; Sylvan, Cameron; Tobichuk, Nora; Vega, Christian; Walker, Marissa; Walker, Tyler; Walsh, McCoy; Warren, Daniel; Whitbread, Ashleigh; Wilson, Victoria.

7TH GRADE – HONORS

Canto-Osorio, Keigan; Cullen, Alexandra; Daley, Dylan; Goldman, Savannah; Losos, Noah; Lynch, Kelly; McGowan, Abigail; Murphy, Anthony; O'Connell, Mackenzie; Petrucci, Anthony; Regan, Evan; Sullivan, Julia.

8TH GRADE – HIGHEST HONORS

Arce, Jolie; Asprelli, Madison; Barletta, Sam; Barrett, Kendra; Baskar, Varsha; Boie, Megan; Bouffard, Skyler; Brideau, Lily; Burke, Megan; Calderone, Dante; Cannon, Austin; Caruso, Neela; Cohn, Julia; Collins, Brady; Cornell, Kayleigh; Crivello, Lucas; Daley, Thomas; Dang, Jaelyn; Doyle, Shannon; Duggan, James; Epuri, Ashrith; Epuri, Snigdha; Evans, Keira; Federico, Christopher; Feuer, Samantha; Ford, Brady; Fornash, Jackson; Gill, Ian; Glaser, Sarah; Hall, Rory; Hatami, Annie; Hedberg, Sarah; Herlin, Drew; Hickey, Gavin; James, Lillian; Jones, Makenna; Joy, Sarah; Keighley, Neva; Kelley, Cheyanne; King, Sierra; Kissell, Ciara; Kollu, Arjun; Labell, Ryan; LeBlanc, Morgan; Legge, Kayla; Lenox, Michael; Lerner, Noah; Lewis, Addison; Liousfi, Nadine; Lolos, Isabella; Lomuscio, Danielle; Mandel, Nicholas; Mason, Rhiana; McCally, Fiona; McCarthy, Aidan; McDevitt, Makenzie; McDonagh, Aidan; McDonnell, Meghan; McGourthy, Grace; Meier, Emma; Moynihan, Lindsey; Mui, Brianne; Mullen, Jacqueline; Newcom, Claire; O'Brien, Caitlin; Pauline, Alexandria; Pochay, Allyson; Poggi, Anna; Reda, Avery; Ricci, Haleigh; Siedel, Catherine; Skulte, Charlotte; Soares, Andrew; Sperling, Shea; Sullivan, Samantha; Sweeney, Margaret; Vinson, Anna; Weineck, Lucy.

8TH GRADE – HIGH HONORS

Anderson, Jack; Arsenault, Samantha; Astorino, Aiden; Bailey, Fiona; Ballantyne, Paige; Baskar, Pranav; Blakesley, Caroline;

Bourque, Nichole; Bowen, Andrew; Brundrett, Olivia; Burns, Keegan; Caldwell, Logan; Canavan, Dylan; Carreiro, Jayden; Cecere, Allison; Clarke, Tamanda; Coffin, Mikayla; Collins, Sophia; Collins, Eric; Conniff, Mary; Cook, Allison; Corcoran, Danielle; Cotter, Talia; Dangelo, Averi; DeBaggis, Jacob; Deveney, Caitlyn; Dickinson, Kyle; Dolan, Edward; Evans, Sophia; Evans, Ryan; Federico, Grace; Foley, Michael; Franz, Nolan; Gable, Noah; Gallagher, Nicholas; Giesler, Jillian; Gillis, Kevin; Gogineni, Veda; Grover, Nicholas; Guimaraes, Guilhermina; Gunning, Luke; Hagerty, Camryn; Hamilton, Amelia; Hanewich, Kylie; Hansen, Jessica; Harrison, Noah; Hayes, Sarah; Heine, Kevin; Hill, Madeline;

Hix, Isabella; Hogan, Alexandra; Host, Jordan; Hughey, Samantha; Hulslander, Henry; Ibrahim, Nicole; Jones, Natalie; Jordan, Gianna; Keays, Landon; Kennedy, Brooke; Khuc, Jordan; Kilroy, Thomas; Kinahan, Aidan; Konosky, Shelby; LaBerge, Alexandra; Laferriere, Brady; Lamothe-Vaughn, Addisyn; LaPlaca, Kate; Leclair, Henry; LePain, Andrew; LePain, Benjamin; Leveroni, Jackson; Lutfy, Alexander; MacDonald, Abigail; MacEachen, Mary; Mager, Emily; Marchette, Olivia; Masterson, Aeryn; McGrave, Martin; Menendez, Vincent; Miller, Halle; Moore, Christopher; Moore, Gavin; Morris, Charles; Murli, Aarshe; Murphy, Samuel; Murray, Callie; Nicastro, Brandon; Nolan, Colin; Norgren,

Emme; O'Donnell, Erin; Oliveira, Leonardo; Pacheco, Cole; Panda, Sayan; Parish, Kaitlyn; Patterson, Spencer; Peck, Sophie; Pennini, Nathaniel; Perchard, Jason; Petrillo, Olivia; Robinson, Zakk; Russell, Caroline; Sansoucy, Ava; Sheeran, Sean; St.Laurent, Joshua; Sullivan, Serenity; Sullivan, Sophia; Taylor, Isabelle; Thoren, Sydney; Weiblen, Patrick; Weir, Grady; Wiggin, Danica; Wilayah, Fadel.

8TH GRADE – HONORS

Avelino, Clarice; Donahue, Owen; Evans, Bethany; Gately, Thomas; Harlow, Alexis; Hill, Nathan; Quinn, David; Scarsciotti, Ethan; Sullivan, Patrick.



DATE	TIME	OPPONENT	W	L	SCORE
Preseason					
08/12	7:30 PM	WASHINGTON			
08/19	7:30 PM	at Philadelphia			
08/29	7:30 PM	at NY Giants			
Regular Season					
09/12	4:25 PM	MIAMI			
09/19	1:00 PM	at NY Jets			
09/26	1:00 PM	NEW ORLEANS			
10/03	8:20 PM	TAMPA BAY			
10/10	1:00 PM	at Houston			
10/17	4:25 PM	DALLAS			
10/24	1:00 PM	NY JETS			
10/31	4:05 PM	at LA Chargers			
11/07	1:00 PM	at Carolina			
11/14	1:00 PM	CLEVELAND			
11/18	8:20 PM	at Atlanta			
11/28	1:00 PM	TENNESSEE			
12/06	8:15 PM	at Buffalo			
12/19	TBA	at Indianapolis			
12/26	1:00 PM	BUFFALO			
01/02	1:00 PM	JACKSONVILLE			
01/09	1:00 PM	at Miami			

Opponents, dates and times subject to change without notice. All team and school names are the trademarks of their respective owners who do not provide, sponsor, endorse, or have any connection with this magnet.

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