

RELATIONSHIPS OF RESPECT

Lee-Grant Link: A Marvelous Football Tale of 4 Men and their KP-Walpole Ties

BY KEN HAMWEY
STAFF SPORTS WRITER

The names Lee and Grant in the same sentence would strongly suggest that either Civil War trivia is about to start or that an American history lesson is about to begin.

The Lee-Grant connection in this feature isn't about war and it isn't about two generals discussing surrender terms at a small courthouse in Virginia.

But, if football whets your appetite, then get prepared to learn what the Lees and the Grants have achieved on the gridirons at Walpole High and King Philip Regional. And, get ready to learn about an intriguing relationship that links four men in an unusual but marvelous way.

Call it relationships of respect with football as the common denominator.

The story begins with John Lee, who took the coaching



A FOOTBALL FAMILY: The Lees and the Grants have been terrific ambassadors for football and their passion for the sport not only spans the past, but also the present. From left, Brian Lee, John Lee, Chuck Grant, and Charlie Grant. Photo by Joe Gianni.

reins at Walpole High in 1968 and compiled an amazing record that spanned 25 seasons. Two other coaches play an integral role in the narrative — Lee's son Brian and Chuck Grant, who played for John Lee and succeeded him as head coach. The story is still unfolding because Grant's

son (Charlie), an 18-year-old senior quarterback/receiver/safety, has several more games remaining at KP.

Now, here's where it gets interesting and here's where the

RESPECT

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See Inside...
Our Holiday Guide



Norfolk Woman to Fight in Belles of the Brawl

BY GRACE ALLEN

On December 7, Dawne Galetta will lace up boxing gloves and step into the ring, hoping to deliver a knockout punch to cancer. The Norfolk woman will be taking on an opponent for three two-minute rounds in the all-female "Belles of the Brawl VIII" to be held at the House of Blues in Boston.

The annual charity event, hosted by the non-profit Haymakers for Hope foundation, raises money for cancer research at the Dana-Farber Cancer Institute.

Galetta will be one of twenty-eight women participating in fourteen boxing matches that night. At age 52, she will be the oldest competitor. Her age is a poignant milestone because her father passed



Dawne Galetta hopes to KO cancer on December 7.

FIGHT

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FIGHT

continued from page 1

away in 1994 at the same age from adrenal carcinoma, a rare cancer.

“I was not looking forward to turning 52,” she said. “So when Belles came up and I applied for it, I thought to myself, wouldn’t it be great if I could do this for a cause that my father died from when he was the same age as me? It just kind of came together.”

Galetta was looking for a new gym three years ago when she joined Elite Boxing & Fitness in North Attleborough. She had never boxed before but was intrigued when she saw women sparring one day. Her trainer, Paul Locke, saw her interest and predicted she would take up boxing.

“I said to him, ‘Are you crazy? No way am I going in that ring.’ And then three months later, I’m in the ring sparring,” she said, laughing. “So he must have seen something in me to think I could do this.”

Hundreds of Boston-area women applied to participate in the 2021 Belles of the Brawl VIII. In addition to Galetta, three other area women--Hannah Doyle, 24, Liz Ward, 36, and Lisa DeFrancesco, 46--were chosen from Elite Boxing & Fitness, which is unusual.

Participants train for four months leading up to the match. Like the other competitors, Galetta is athletic and physically fit. She had played softball and soccer in high school and tennis



Four women from Elite Boxing & Fitness will participate in Belles of the Brawl. From left, Hannah Doyle, Liz Ward, Dawne Galetta, and Lisa DeFrancesco.

in college and has run a marathon. Boxing, however, is different, she said.

“It’s hard. Really hard. Not only are you learning how to punch, but you’re also learning how to move your feet and head, all while anticipating where the punch is going to come from,” she explained. “It’s weight-lifting, running, sprinting, getting your cardio up. The first time I did a two-minute round in the ring, I felt like I had run five miles. I was exhausted.”

She credits her trainer, Paul Locke, for getting her to where she is now, ready to participate in a charity fight.

“He gives his heart and soul to this,” she said. “He is so dedicated, so knowledgeable. His technique is very focused on defensive training. He tells the four of us, you can punch as hard as hell but you have to be able to defend yourself too.”

Belles of the Brawl adheres to USA Boxing rules and regulations, so each boxer will face an opponent compatible in age and weight. Participants, especially those over 45—considered the Masters division--must have physical exams and tests such as an EKG to ensure they are physically healthy and ready to fight.

Although very rare, tragedy can still strike. In September, Leslie Johnson, a fellow boxer from Elite Boxing & Fitness, died after getting punched in the head while sparring at another gym. She had been training for a different charity fight.

The death stunned the four women from Elite training for Belles of the Brawl.

“Leslie was the strongest woman in the gym. She was our dear friend and we are still in shock.” Galetta paused. “But she would not want us to be worried. She would tell us, get in there and go get it. We are taking that attitude in honor of her, and we are determined. Because that is what she would want us to do.”

It has helped Galetta to keep her focus on why she is fighting on December 7—for her father, and for the other people she knows, too many she says, who are battling cancer, an unrelenting opponent.

“I think about friends and family who had cancer, or who are fighting cancer now,” she said. “A punch in the face is nothing, nothing, compared to what they’re going through. And that’s what keeps me grounded and keeps me going. It drives me.”

Galetta, who has committed to raising \$7,500, is riding a wave of support. Her three children are proud and excited for her, she says. Her siblings are proud, too. Her mother, although worried, understands why she is fighting.



Galetta with trainer Paul Locke.



happy if I get in that ring and know I couldn’t have done more to prepare and that I gave it my best.”

The fight takes place at the House of Blues, 15 Lansdowne Street, Boston, on Tuesday, December 7 at 7:30 p.m. For more information, or to make a donation to Galetta, visit www.haymakers-forhope.org. At press time, tickets to the event were still available.



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Your Money, Your Independence

Tax Loss Harvesting: Give Thanks And Slice Your Pie

Time to give thanks for family, health, pumpkin pie, and finding tax losses in portfolios.

How can you be thankful for selling something at a loss? Through a strategy called tax-loss harvesting, losing investments can offset realized profits as well as up to \$3,000 in non-investment income each year.

While IRS doesn't reference "tax-loss harvesting", there are plenty of rules for the strategy and need to be mindful of Form 8949, Schedule D, and these items:

Know your cost basis. Unless the entire investment was purchased at a single time without dividend reinvestment, then the price is varied. Good news is firms record cost basis and make available online to view before taking action.

Short-term and long-term capital gains. Short-term is sale of investment owned one year or less and taxed at your ordinary income rate (up to 37%); long-term is sale of investment held more than one year and taxed

at either 0%, 15%, or 20% for 2021.

Important note, it is highly unlikely capital gains rates will remain the same for 2022 as the President wants to raise and Congress has debated not on if, but by how much and for whom.

Should you solely act on what Congress may do? No, never. Still, if there is an outsized position in either gains or losses, this should be added incentive to take action.

Back to this year, short-term losses are deducted against short-term gains, next long-term against long-term, then remaining net losses of either type can be deducted against the other. If still more losses can deduct up to \$3,000 against income. Still more? Then carry to subsequent years against capital gains and/or \$3,000 of income.

Avoid a wash sale. A realized loss is disallowed if, within 30 days of selling the investment (either before or after) you or your spouse invests in something that is identical or "substantially simi-



Glenn Brown

lar" to the one you sold. This is across accounts as well, meaning if you sell something in taxable brokerage and buy it in an IRA, you can't use the realized loss.

Value of rebalancing. Have a diversified portfolio based on your risk level and goals in 2009, 2013 or even 2 years ago? If you practice "buy-and-hold", you're

out of whack. Rebalance back to your target allocation, or economic and market cycles will unmercifully rebalance for you.

Also, cutting losses allows you to reduce outsized winners in your taxable portfolio. And given the last 2 years, there are several large, commonly held names that are outsized.

More to consider beyond this limited space, including the role of your tax bracket, how to re-deploy cash to good use, and opportunity costs.

To learn more, talk with your tax professional or Certified Financial Planner.

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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Walk for Megan

Norfolk residents rallied around one of their own on October 9. The "Walk for Megan" was held in support of Megan Joughin, who is battling Stage 4 breast cancer.

Over 300 people participated in the 1.5 mile walk through town, raising over \$17,000 for Joughin and her family with the goal of alleviating some of the medical expenses associated with treatment.

Megan and her husband Michael have lived in Norfolk since 2006 and have three children: Will, Olivia, and Jake. Megan was diagnosed in March of 2020 at the age of 41.

Organized by the Norfolk Lions and Kelly Panepinto, a friend and neighbor of Joughin, the event was held during Breast Cancer Awareness month. In the

U.S., 1 out of 8 women will be diagnosed with breast cancer in her lifetime, and in 1 of 3 of those women the cancer will spread.

Donations for the Joughin family are still being accepted. Visit www.norfolkmalions.org/megan to donate.

The organizers would like to thank the following sponsors and donors for their support: Berkshire Hathaway Page Realty, C & K Custom Apparel, Just Better Beer, Personal Best Physical Therapy, Exhale Dance Studio, The Jowdy Group, Next Home Soundings Realty, Panepinto Realty Group, Edward Jones, Only Prettier Design, Scout & Cellar, Beauty Counter, Colleen's Crafts, Meggles Knits, The Gavel Public House, Park Lane, and Norfolk Town Pizza.



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Christmas Forest Fair to be held Nov. 20

The Original Congregational Church of Wrentham will hold a Christmas Forest Church Fair on Saturday, November 20, from 9 a.m. to 2 p.m.

Attendees can browse and shop the huge selection of items such as baked goods, crafts and sewing, plants, books, jewelry, gifts, Christmas decorations, and more. Attic Treasures, a fair favorite, is located in the Vestry and is brimming with a huge variety of gently used items.

The silent auction, held in the Sanctuary, has many exciting items to bid on including a Howard Miller Wall Clock donated from Simon's Furniture, a Red Sox baseball signed by infielder Bobby Dalbec, a Samsung Tablet, a Live Scribe Smart Pen, a Tascam DR-05 Linear PCM Recorder, theme gift

baskets, and a variety of restaurant, museum, store, Bed and Breakfast, and Proctor Mansion gift certificates, plus much, much more. Also, 50/50 raffle tickets will be sold throughout the day.

Children are invited to the activity-filled Children's Fair with Santa Claus, and the delicious brunch can't be beat!

After a year off, the church is pleased to host this annual holiday event, a longstanding community tradition. Please wear a mask for the safety of all. For more information, visit www.occhurch.net or call (508) 384-3110. The Original Congregational Church of Wrentham is located at 1 East St. in Wrentham

Local Student Named Rensselaer Medal Winner

Sheela Pandit of Norfolk has been named a 2021 Rensselaer Medal Winner, an award given by Rensselaer Polytechnic Institute to high school juniors who have distinguished themselves in mathematics and science. Sheela is a student at King Philip Regional High School.



Sheela Pandit

The Rensselaer Medal was first presented in 1916 with two purposes: to recognize the superlative academic achievement of young men and women, and to motivate students towards careers in science, technology, engineering, and mathematics (STEM) disciplines. Each participating high school is allowed to select one member of the junior class to be honored with the medal.

The merit scholarship, with a value of \$30,000 per year, is guaranteed for four years (five years for the Bachelor of Archi-

tecture program) for each medalist who is accepted and enrolls at RPI, located in Troy, N.Y.

"The Rensselaer Medal is a wonderful way to pay tribute to the high school students who have achieved excellence in math and science," said Karen Long, director of undergraduate admissions. "As we do so, we are aware that these early achievements, as impressive as they are, mark only one milestone on their future journeys of commitment to hard work, drive, focus, and collaborations. The Rensselaer Medal winners represent the next generation of leaders, scientists, innovators, artists, scholars, game designers, architects, humanitarians, and entrepreneurs."

Conservation Commission Seeks Volunteers to Report Trail Issues

Do you walk the trails around Wrentham? The town's Conservation Commission is looking for volunteers to be the "eyes" of the group and report issues such as blowdowns after storms, trash, and graffiti.

Specific areas in need of oversight are Birchwold Farm, Joe's Rock, Crocker Pond, Trout Pond/Knuckup Hill, and Wollomonopoag/Esker Woods.

Report any issues on the trails to Diane Desmarais at diannede@comcast.net.



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Enjoy Thanksgiving Dinner at the Norfolk Grange

The Norfolk Grange is holding its 5th annual Thanksgiving dinner from noon to 3 p.m. on Thanksgiving Day, November 25. A full Thanksgiving dinner with dessert and coffee will be served.

There is no cost for this event, however donations are accepted. Guests needing transportation, please provide an address and a volunteer will pick up between 11:30 a.m. and noon.

Please RSVP by emailing kevinr11000@yahoo.com or call the Grange at 508-507-8007 by Monday, November 22.

This event is sponsored by The Norfolk Grange. The Grange is located at 28 Rockwood Road, Rte. 115, in Norfolk.

Kevin Sweet Reappointed to Fifth Term on Governor's Local Government Advisory Commission

Wrentham Town Administrator Kevin Sweet has been reappointed to a fifth term on the Governor's Local Government Advisory Commission.

Sweet was sworn in on Friday, Oct. 1.

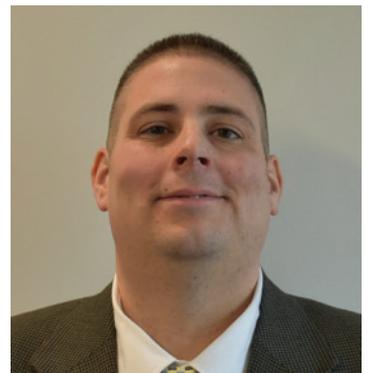
The Massachusetts Local Government Advisory Commission (LGAC) analyzes proposed legislation affecting cities and towns, acts as an advocate

for the interests of local governments and advises state officials on their needs.

The commission meets regularly with the lieutenant governor, secretariats and state legislative leaders.

The LGAC is a model that the rest of the nation has looked to as a major success in facilitating strong local-state relations.

In addition, Town Administrator Sweet serves as an Elected Director on the Massachusetts Municipal Association (MMA) Board of Directors and is the District 5 Representative on the Massachusetts Municipal Management Association Executive Committee.



Wrentham Town Administrator Kevin Sweet. (Photo Courtesy Town of Wrentham)

Community Event
The Grange 28 Rockwood Road (Rte 115) Norfolk

THANKSGIVING DAY DINNER
12 PM – 3 PM

A traditional Thanksgiving dinner will be served in the Norfolk Grange. All are welcome.

Please RSVP to 508-507-8007 or kevinr11000@yahoo.com

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Thanksgiving is Thursday, November 25, 2021

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NCL Seeks Nominations for Person of the Year

Do you know someone who makes Norfolk a better place? Someone who makes a significant, positive impact on the community? The Norfolk Community League is now accepting nominations for the 2022 Norfolk Person of the Year.

All nominations are due by January 21, 2022. Nominees must be at least 21 years of age and a resident of Norfolk. Three finalists will be selected by NCL's Board and posted by February 15. The community will then be able to vote for the 2022 Person

of the Year from those three finalists.

The winner will be honored at the Norfolk Community Gala on March 19, 2022.

Visit www.norfolkcl.org to submit a nomination.

Wrentham Cultural Council Seeks New Members

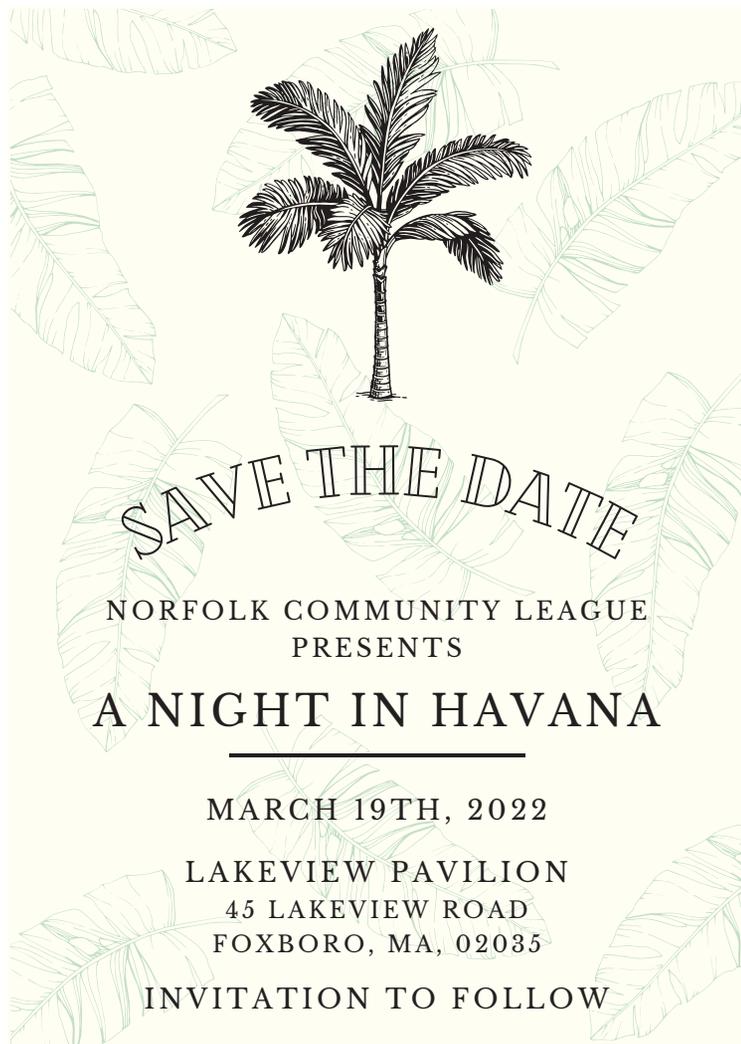
Do you love the arts and want to see more creative programming in Wrentham? Join the Wrentham Cultural Council! We are a fun-loving and creative group looking to make the arts accessible to Wrentham and the surrounding area. No experience necessary!

The main purpose of the Cultural Council, a local branch of the Mass Cultural Council, is

to review grant applications for local arts and humanities programs. We fund and develop many arts-related events around town, including at the library, the schools, senior center, and our annual sponsored event, Arts on the Common. We also curate exhibits at the Old Fiske Museum and organize quarterly Poetry Nights.

The Wrentham Cultural Council currently meets virtually via Zoom the second Tuesday of each month, September to June. The time commitment is not enormous, but the rewards of working to support the arts in our community are many.

For more information, visit the volunteer tab on the town website or email questions to ContactWCC@wrentham.ma.us.



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News from the Metacomet Public Health Alliance

Formerly Wrentham Public Health Nurses

Health & Wellness Fairs

The newly-formed Metacomet Public Health Alliance will hold two health and wellness vendor fairs this month. All are welcome.

On November 16, the fair will be held at the Wrentham Senior Center from 9 to 11 a.m. On November 17, the fair will be held at the Norfolk Senior Center, also from 9 to 11 a.m. At both fairs there will be a variety of vendors such as HESSCO, ramp and home modification specialists, home care companies, assisted living facilities, an elder law specialist, low vision and hearing

specialist, pharmacies, physical therapists, nutritionist, and more. A raffle will be held and food will be available.

Flu Shots

Flu shots are available in the Nurses' office at Town Hall on Mondays and Wednesdays from 9 a.m. to noon. Visit the Public Health Nurses' page on the town's website (<https://wrentham.ma.us>) to pre-register and secure a shot. Walk-ins are welcome.

Contact the Metacomet Public Health Alliance nurses at 508-384-5485 with any questions.

Q & A with Sen. Elizabeth Warren

By J.D. O'GARA

Massachusetts Senator Elizabeth Warren visited the town of Franklin for a meet-and-greet on Monday, August 30 at the Franklin town common. Warren, who was introduced by Senate President Karen Spilka, D-Ashland, was greeted by a group of about 100 people, with a mix of about two-thirds supporters and a third protesters, and she answered questions, drawn by number, from the crowd. State Sen. Becca Rausch, D-Needham and State Rep. Jeff Roy, D-Franklin were also in attendance.

Prior to her meet and greet, Local Town Pages was given the opportunity for a brief interview with Senator Warren. Here's how it went:

LTP: First of all, why are bills, say like the infrastructure bill, that passed, why is it they're always packed with what seems like so many partisan extras? Why is it always let's make a deal, with so many different points? Why can't it be, you know, the roads need to be fixed, let's fix the roads?

Warren: I wish we could do it that way. I wish we could take up bills that are basically a single issue, talk about them and vote. The problem is that the way the Senate is designed, holdouts get benefits. And so, because they're rewarded, they hold out until they get their special thing and once you add this special thing and that special thing, you look around and say, well, you know, he got something special and she got something special, I think I want something special, and that's how these things become huge packages. It's become the case that it is easier to pass something that has a whole lot of moving parts than it is to pass a single thing. I wish it were otherwise, and I'm not going to blame this on just one side or the other. It's a problem of how the Senate started functioning long before I got there and has gotten worse in the Mitch McConnell years. I believe it to be the case that long before I got there, the Senate was at least committed to doing something and that increased the odds that you could get a single bill through on a usually pretty bipartisan basis. But when McConnell announced back when Obama



was President that his job was to keep Obama from succeeding as President, gridlock and just locking the Senate down to pass nothing became the way the place functioned. And so now, it's almost as if we have to bribe the Republicans, one at a time, to cross Mitch McConnell and agree to move a package of anything forward. Mitch McConnell was opposed to this bipartisan package right up until the last minute after it was negotiated, and he said yes, but he wouldn't come to the negotiating table, and he's their leader in the Senate, so that's the kind of problem we've got now. The Senate has become a place for which many people on the Republican side are perfectly willing to say if nothing ever gets done, they'll be fine with it.

LTP: With everything so polarized, including our state, it seems there's such a rift between left and right, how do you breach that gap? How do you get anything accomplished?

Warren: What's so troubling to me is how hard it is to do the things that people want to see us do, and I'll give you some examples. Raising taxes on millionaires and billionaires is very popular across this country with Democrats and Republicans, and yet, it's a terrible fight within the Senate. The Republicans, across the board, say they will not increase taxes, and there are some Democrats who are squeamish about asking billionaires to pay even half of what middle class families are paying.

LTP: Does that have to do with their funding, their donations?

Warren: I think partly. It's about the corruption of the system that donors' voices are very loud in Washington, and the voices of people who are just trying to get on with their lives often don't get heard.

I'll give you another example around that and that is — childcare. Much of America would like to see us make an investment in childcare — Universal Pre-K — but there's not a single Republican who will vote for a childcare bill and it's not as if, when I say, well could we design it in a way that—

tell me what you don't like about it, and the answer is that they won't even talk about it. To me, what that says is our problem is people who worry more about the kind of public statement that's going to be made afterwards than about getting work done that the American people want to see us do. Raising the minimum wage—it's popular across the country and yet, we can't get a single Republican vote to raise the minimum wage. It's just wrong.

LTP: But how do you go about breaching the gap. What do you do?

Warren: Sometimes it's to try to work on things that jump the usual political channels. For example, I'm working on a bill about marijuana. Here's a perfect example. I am a co-sponsor on a Democratic bill to legalize marijuana. I support it; I think it's the right thing to do, nationwide, but it is very unlikely to get 60 votes in the Senate. So, I'm working on a second bill, and that's a bill that says whatever the state decides on marijuana, the federal government will defer to it, and this is important, because it not only says the federal government will not prosecute, it says that banks can accept money from marijuana businesses, and that the IRS can treat it as a legitimate business for tax purposes. It solves the other problems about marijuana without forcing the Republicans to have to say yes or no on nationwide legalization. I have Republican co-sponsors on that and some hope that once we get past infrastructure and voting bills that we'll be able to turn to this and actually put together more than 60 votes to get it done.

LTP: That's also states' rights?

Warren: It has a states' rights element, absolutely, but it's also just a very practical solution to the problem, and it says to every

WARREN

continued on page 9

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FPAC to host Gala and Telethon

The Franklin Performing Arts Company (FPAC) will hold a Gala and Telethon hosted by Broadway's Ben Cameron (original cast of *Wicked*) on Saturday, November 6 at 7 p.m. The evening will include live and silent auctions, a celebrity telethon, and great performances live at THE BLACK BOX or streamed to audience's homes. This year, Gala attendees are invited to choose their own way to celebrate the FPAC Gala. Tickets are available to enjoy the event in-person as a part of the Live Studio Audience complete with a Swag Bag, Hors d'oeuvres, and a toast, followed by dinner provided by 3 Restaurant. Or,

audiences can watch from home starting at 8 p.m. and enjoy a delicious dinner prepared and packaged by 3 Restaurant from the comfort of their own home.

Gala and Telethon proceeds will benefit the initiatives of FPAC and THE BLACK BOX. From the beginning, FPAC has followed a mission dedicated to promoting the performing arts with an emphasis on youth development. Through FPAC, THE BLACK BOX stage is graced by Broadway stars, professional artists, local performers, and students of the arts. Their performances feature live orchestras and professional artists, and they often provide a

Business spotlight

first glimpse into the world of theater for local youth.

At-home Gala and Telethon attendees can have their dinner delivered to their home by one of FPAC's celebrity guests, or can drive-through at THE BLACK BOX to pick it up. The online auction will be open prior to the November 6 event.

FPAC supporters are invited to call in to the Gala Telethon. Upon making a donation, call-



Ben Cameron

ers can chat it up with a celebrity guest of their choosing. And as always, the evening features top-notch FPAC Gala Entertainment featuring Broadway stars and FPAC Favorites whether attending in-person or at home.

Gala and Telethon host, and longtime FPAC friend, Ben Cameron has appeared on Broadway in *Aida* and the original casts of *Wicked* and *Footloose*. He has toured with Sweet Char-

ity, *Fame*, *Tommy*, *Footloose*, and *State Fair* and is currently the creator/host of Broadway Sessions at The Laurie Beechman Theater in New York City.

For tickets and more information, visit www.FPAConline.com or call 508-528-3370.

WARREN

continued from page 8

state that whatever you decide, whether it's recreational use is okay, medicinal use is okay, or nothing is okay, the federal government will respect your position, and for fed purposes, treat your laws as the laws that govern these businesses that are within your jurisdiction. It's a very specific issue; it doesn't have a lot of pieces hung onto it, and the idea is, I've reached out, I've talked to different Republicans about it, but we've gotten some commitments and expressions of interest and I'm hopeful that this could be a solution that both sides could sign onto. I don't think there ought to be Democrat vs. Republican positions on marijuana once the states have legalized it. I really do think the state should be the one to determine here. If Massachusetts has decided this is how far we're going to go on legality. I don't think that childcare should be an issue that divides Democrats and Republicans. These are our children, and we should be investing in all of them, because they are our collective future.

LTP: Talking about the infrastructure bill. That's an achievement. How did you work across the board?

Warren: The infrastructure bill, I think that one of the biggest challenges is that the need is so great. America has underinvested in infrastructure for decades. Roads, bridges, the power grid, our water supply, all of it re-

ceives a rating of D by the American Society of Civil Engineers.

In order to bring our infrastructure up to date costs a lot of money, and one of the biggest struggles in the back and forth was whether or not the Republicans could agree with the Democrats on how much we needed to spend. I tried to help to talk about ways we could raise the revenue so that there would be enough to pay for infrastructure. This was the advantage of doing two different infrastructure packages side by side – the bigger one, that would provide for childcare, home- and community-based care, fighting the climate crisis, expanding Medicare -- let the Republicans move forward on a narrower infrastructure package without forcing them to commit to that larger pack. Part of how the bipartisan deal came to be was because Democrats didn't have to put everything into the bipartisan bill. We knew that we had another opportunity and that was through the budget reconciliation, so kind of running the two tracks to keep it going forward.

LTP: So, it's a strategy, to put forward these two bills – here's one with all the extras?

Warren: That's right, it's a strategy.

LTP: And if you don't like this one with the extras...

Warren: You can at least vote on this one.

LTP: Afghanistan? Your basic position on should we be there shouldn't we be there? It feels like a hot mess ...

Warren: President Biden was right to end the war in Afghanistan...

LTP: Well, so would you say too, that maybe Trump was right, since he was the one who got it started?

Warren: That's right, and it is a reminder that President Trump negotiated the exit and dealt with the Taliban and brought them to the table to make them a part of our leaving Afghanistan. The American military is the finest on earth, and they do everything we ask them to do and far more, but the problem in Afghanistan could not be solved by our military. The Trump negotiation with the Taliban left President Biden in the position either of pulling out or putting more troops in to deal with an increasingly aggressive Taliban. He made the right decision. It was long past time for us to go.

I will say, in general – I sit on the Senate Armed Services Committee, and for years now, the generals would come in for hearings or briefings, and I've gone to Afghanistan, and I'd ask the same questions over and over about what success looks like, what metrics we're using, and over and over, the generals would concede that we had lost land, that there was more corruption than ever, that the heroin trade had increased, and yet they would claim, "but we're turning a corner," and over and over, they were wrong. It was time to leave years ago, and I'm glad that President Trump started us on this path to leave, and that President Biden followed through.

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Celebrate the Holidays with FPAC Holiday Productions

FPAC Holiday Productions will present two shows as part of its annual holiday season. December kicks off with the holiday classic: *The Nutcracker*, presented December 4 and 5 at the Franklin High School Auditorium. Experience all the festive magic and colorful splendor of *The Nutcracker* as FPAC stages its cherished annual production of the holiday classic with live orchestra, special guest artists and more than 100 area dancers. *The Nutcracker* remains a highly anticipated and treasured part of the FPAC season - a popular holiday tradition for more than 20 years. The world-famous ballet, set to Tchaikovsky's beloved score, delights the imaginations of audiences young and old with a professional production at a reasonable price.

The FPAC Holiday Productions December season continues with *Humbug!* an original musical running December 18 and 19 at the Franklin High School Auditorium. A family fa-



vorite since debuting as part of FPAC's 2008 season, *Humbug!* is an original musical retelling of Charles Dickens' *A Christmas Carol*, starring the script's writer, Nick Paone, as Ebenezer Scrooge. With musical hits of every genre and live accompaniment by a 10-piece band of professional musicians, *Humbug!* transports audiences from Dickensian England to contem-

porary America as the novel's iconic characters and storyline are cleverly reimagined with modern setting and dialogue. *Humbug!* delivers a holiday gift of hilarity with a timely – and timeless – message.

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

Thanksgiving Interfaith Service

Collection Earmarked for Gilly's House in Wrentham

The Franklin Interfaith Council announces its annual Interfaith Thanksgiving Service for the community. Everyone is welcome! Please join us on Sunday, November 21 at 7 p.m. at St. Mary's Catholic Parish, 1 Church Square (masks required) and live streamed at stmarys-franklin.org, then click Live-stream Masses.

This year, the service features preacher Rev. Dr. Marylayna Schmidt, Interim Minister at Franklin Federated Church, and live performance by the Interfaith Choir, directed by Mary Diehl of the Church of Jesus Christ of Latter-day Saints. The collection will benefit Gilly's House addiction treatment center in Wrentham (gillyshouse.com).

The Franklin Interfaith Council is an organization whose membership is composed of faith communities in the town of Franklin. It addresses the various needs of its community by recognizing the power of faith as defined by the individual spiritual traditions. However, it is these same traditions that unite us in the common goal to initiate and sponsor activities that enrich and challenge the citizens of Franklin.

The intent of the council is to sensitize the Franklin community to issues of deprivation and social injustice, and to promote tolerance

and understanding through shared worship, programs, performances, and publications, and to bring the understanding of our faith traditions to bear on these issues. Additionally, through these same devices, the council seeks to acknowledge and celebrate both the diversity and the common values existing within the community. The council is a nonprofit organization that has as its primary purpose the betterment of the community it serves.

Participating Houses of Worship:

- First Universalist Society in Franklin
- St. John's Episcopal Church
- Temple Etz Chaim
- St. Mary's Catholic Parish
- Franklin Federated Church
- Church of Jesus Christ of Latter-day Saints
- Franklin United Methodist Church

For more information, visit www.FranklinInterfaith.org or on Facebook: Franklin Interfaith Council.

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King Philip's Healthy KP Coalition Hosts Second Annual Family Meals Campaign

The Healthy KP Coalition has successfully hosted its second annual Family Meals Campaign, which encourages families to eat meals together.

Throughout the month of September, which is recognized as National Family Meals Month, the Coalition participated in its annual Family Sit-Down Meal Campaign alongside its community partners.

As part of this year's campaign, the Coalition partnered with 12 local restaurants and provided "Family Meals Matter" stickers to adhere to takeout containers at each restaurant. The sticker is a visual reminder to families of the importance of strengthening family connections through sit-down family meals.

A total of 1,450 stickers were distributed to 12 restaurants that partnered with the Coalition for the campaign. They include: Aroma Italian Pizza & Roast Beef, Boulevard Pizza, Eagle Brook Saloon, Plainville House of Pizza, Norfolk Town Pizza, South Street Pizza, Novatos Bar & Grill, James' Breakfast & More, Nicky's, Omega Pizza, Wrentham House of Pizza, and Wrentham Town Pizza.

At South Street Pizza in Plainville, sophomore Keira Barr placed 125 "Family Meals Matter" stickers on pizza boxes. Three other students also visited restaurants to place stickers on food containers, but due to the ongoing COVID-19 pandemic, the majority of the restaurants placed the stickers on food containers themselves.

In addition to the restaurant partnerships, the Coalition also partnered with local Big Y grocery stores and numerous churches in the area.

As part of the Big Y partnership, Healthy KP collaborated with Big Y's Living Well Eating Smart Program's Registered Dietician Andrea Luttrell to design a joint "Family Meals Matter" sign to be placed in various Big Y prepared food locations in their Franklin and Walpole stores. The partnership was formed to remind customers of the importance, as well as benefits, of establishing frequent, nutritious family sit-down meals.



Sophomore Keira Barr placed 125 "Family Meals Matter" stickers on pizza boxes at South Street Pizza in Plainville. (Photo courtesy King Philip Regional School District)

To assist the campaign, four churches in Norfolk, Plainville and Wrentham also placed information about Healthy KP's Family Meals Campaign in their weekly bulletins. Trinity Church in Wrentham also sent out emails to their congregation informing them of the program. Each church stressed the importance of families sharing regular sit-down meals together as well highlighting all of the benefits both parents and children reap from sharing that time together.

"It was a pleasure of ours to once again host this campaign to promote the importance of families sitting down and having meals with one another, and we thank our community partners for their assistance," Healthy KP Substance Use Prevention Coalition Chair Ann Barr said. "Throughout the campaign, we participate in meaningful dialogue about the importance and benefits of families sharing meals together and as a result we typically see families' bonds strengthen over the course of the month. We look forward to hopefully continuing to expand upon this campaign in the coming years."

Research shows that families who regularly dine together reap many health, social and emotional benefits such as enhancing behaviors that parents want for their children. These positive behaviors can include higher academic performance, resilience, and positive self-esteem. Additionally, family meals shared together are linked to lower rates of substance abuse, teen pregnancy, eating disorders and depression.

About Healthy KP

The Coalition began in October 2018 as a partnership between the King Philip Schools and interested community members. It aims to raise awareness around youth substance use in the Norfolk-Wrentham-Plainville communities while promoting protective factors that support healthy development and reduce the likelihood of negative decisions. The group's mission is to empower all youths throughout the three communities to live a healthy, substance-free life through youth leadership, education, training, policy and support.

Through local partnerships and collaboration in its first three years, the group accomplished a sticker shock campaign during prom season that reminded parents not to provide alcohol to their children along with the legal penalties associated with the Massachusetts Social Host



The Healthy KP and Big Y "Family Meals Matter" sign was placed in various Big Y prepared food locations in their Franklin and Walpole stores. (Photo courtesy King Philip Regional School District)

Law. The group also hosted a speaker event on substance use and strategies to support youth, and a Hidden in Plain Sight ex-

hibit to demonstrate the various ways that youth may hide substances and paraphernalia in their bedrooms.






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8 Estate Planning Mistakes to Avoid

Estate planning can be complicated, and it's not uncommon for people to make mistakes with their plans. But financial advisors make errors, too, so here are the most common mistakes I have encountered from other financial and estate planners.

1. Improper beneficiary designations

I frequently see advisors improperly completing beneficiary designations. Examples: not changing the beneficiary due to divorce or a death, or listing a special needs child or grandchild directly as a beneficiary, rather than a trust FBO (for benefit of), thereby affecting their eligibility for Social Security disability benefits.

2. Not changing asset titles to trusts

Incorporating revocable living trusts into a client's estate plan but forgetting to update all the account titling to the name of the trust. Not changing titles creates problems that include having to pay additional probate costs, losing the private nature of settling the estate, etc.

3. Incorrectly assuming clients' goals

Many advisors assume a client's main goal is to save estate taxes, for example. However, when really connecting with a client, we might find that taxes are only a small aspect of their objectives. Sometimes, in listening to the client, we realize that their



fears are more about their heirs' ability to manage the inheritance as well as decisions such as trustees, etc.

4. Naming minor children as account beneficiaries

Letting clients name minor children outright as primary or contingent beneficiaries of life insurance or retirement plans. When minor children inherit, a court must appoint a guardian who must be bonded and must file a laborious annual accounting with the local court.

5. Wrong choice of executors and trustees

Naming a financial institution as successor executor/trustee

after surviving spouse or instead of surviving spouse. In some cases, this is to the detriment of the spouse and other beneficiaries because large institutions usually follow their fiduciary responsibilities with a less personable approach than another trustee could provide.

6. Failure to address medical directives

Many attorneys will draft a health-care power of attorney (POA) and living will. If the two documents co-exist, they may conflict since the POA allows another to make decisions while the living will already states what is to be done. Absent statutory (or document) direction, health-care providers may experience a conflict in what to do.

7. Ignoring state estate and inheritance taxes

Many states follow the federal \$5 million-plus exemption for taxable estates, but the states do not always exempt this larger amount. For example, in Massachusetts, estates over \$1,000,000 that are not left to the surviving spouse are subject to a Massachusetts estate tax.

8. Failure to address asset protection

Most couples fear losing their assets to nursing homes. For couples nearing retirement, strategies that protect assets should be explored. Strategies include lifetime credit shelter trusts, life estate deeds, gifting and other techniques that make assets available for use but beyond the reach of creditors. We have a great FREE guide entitled "Planning Your Estate." Please feel free to contact me and I will send you a copy right away. My number is below.

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

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Guest Column

Reining in the Fringe

By G. GREGORY TOOKER

Last month, your writer offered thoughts about the ever-widening gap between our existing political parties and the growing improbability that gap might be bridged. In just a few short weeks, that space has become a chasm, as the rhetoric has grown ever more aggressive. Not only is the Biden agenda in jeopardy, so is the fragile, recovering economy as the national debt ceiling looms.

Several decades ago, as a college student, your writer had the benefit of a wonderful course in European Political Systems taught by a visiting professor at Boston University. It was in that

forum the term "lunatic fringe" was introduced, referring to extremist partisans at either end of the political spectrum. In Europe, those adherents were usually in the minority and the individual parties they formed did not often have a distorting impact in shaping national policies in a particular country. Unfortunately, such is not the case in the United States of America.

The lunatic fringe in America is holding the country hostage at the moment, playing Russian roulette with our country's future. Stubborn refusal to adjust thinking and policy to pragmatic compromise will potentially cause social and economic dam-

age that will require years to repair.

Rather than being forced right or left by unrealistic minority thinking, the majority of what I believe to be unselfish elected senators and representatives in both parties must build a coalition. Led by realists such as Senator Angus King, dedicated to creating and implementing practical solutions to problems now threatening the very existence of our democracy, progress can be achieved. We cannot allow this state of paralysis to exist much longer or the opportunity to escape the clutches of the fringe will be lost. The pendulum swings on relentlessly.

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Wrentham Master Plan 2030 Phase I Approved



Phase I of Wrentham's Master Plan has been approved by the Board of Selectmen and Planning Board.

Phase I of the plan includes the Community Vision, Housing chapter and Economic Development chapter. Phase II will now commence, and will focus on Transportation, as well as Open Space and Recreation.

Phase III is scheduled to begin this winter and will include Cultural and Historical Resources, Town Services and Facilities, Sustainability and Energy, Land Use and Zoning, and Implementation.

Phases II and III will follow a similar process as Phase I, identifying key challenges and opportunities based on data analysis, mapping and community engagement through surveys and public forums, as well as developing Goals and Strategies to guide the town's efforts.

Once completed, the Wrentham Master Plan 2030 document will guide the town's investments, policies and priorities for the next 10 years.

"We would like to thank the thousands of Wrentham residents who have been involved in the planning process of the Master Plan since early summer 2020," Town Administrator Kevin Sweet said in a statement. "Through surveys, public forums, focus groups and meetings we feel that this plan will be representative of our community, and we encourage residents to continue to make their voices heard so that this plan can be as useful and impactful as possible as we move into the future."

Phase I includes several important pieces of information about the town of Wrentham as identified through the planning phase, including a list of the town's greatest strengths, what

residents feel would most improve their quality of life, existing economic conditions and housing conditions, growth trends, a history of the Master Plan and more.

For more information and with questions about the project, contact Rachel Benson, Director of Planning and Economic Development for the town of Wrentham, at rbenson@wrentham.ma.us or 508-384-5441.

To learn more about the project and view video recordings of past Master Plan meetings, visit www.mapc.ma/WrenthamVision. Residents can also stay up to date with the progress of the Master Plan by signing up for an email list on that page.

The Master Plan is being completed in conjunction with the Metropolitan Area Planning Council (MAPC).

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FSPA Ballet Conservatory Alums Join Professional Ballet Companies

The Franklin School for the Performing Arts (FSPA) Ballet Conservatory celebrates its former students who are currently dancing in professional companies all around the world. 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.

Former FSPA Ballet Conservatory student Melissa Chapski is currently dancing with the Bavarian State Ballet in Munich after joining the company

in April. After training at FSPA until 2012, she graduated from the Ellison Ballet Professional Training Program in New York City. 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. She has appeared as a guest artist in galas in London, Spain, Mexico, Switzerland, China, America, and The Netherlands. 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.

Noura Sander was recently promoted to Studio Company with The Washington Ballet and

Jared Brouillette joined Kansas City Ballet II. Both studied in FSPA's Ballet Conservatory with Cheryl Madeux and faculty and were featured in the Franklin Performing Arts Company's Nutcracker. Colleen Megley, an FSPA Ballet Conservatory graduate, has been serving as Manager of School Programs at New York City Ballet since 2018. Megley received her Master's degree in Dance Education and Ballet Pedagogy from NYU Steinhardt and was on the ballet faculty at the Peridance Capezio Center in NYC for eight years.

In previous years, FSPA has presented its students for Examinations in the American Ballet Theatre National Training Curriculum at ABT's studios in New

York, NY. The Examination class was taught by Ms. Madeux. FSPA is proud to incorporate the American Ballet Theatre National Training Curriculum, a nine-level program that combines high quality artistic training with the basics of dancer health and child development for students of all ages and skill levels. Upon successful exam completion, Cheryl Madeux earned the distinction of ABT Affiliate Teacher.

FSPA also offers two additional tracks of Ballet study for students not on the pre-professional path and advanced dancers with limited time in their schedules.

For more information on Ballet at the Franklin School for the Performing Arts, visit www.FSPAonline.com, call 508-528-8668, or stop by the facility at 38 Main Street in Franklin, MA. Follow FSPA on Facebook, Instagram, and Twitter.

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The b.LUXE *beauty beat*

November Beauty Beat - Give the gift she really wants!

By GINA WOELFEL

It's hard to believe it's November already. Fall is in full swing with our steps bedecked with pumpkins and mums. Last month's foliage was a gift, bursting with bright pops of yellow, red and orange. Fall is a time of comfort, gatherings and warm evenings spent together. With just three weeks away from the holiday craziness, why not tuck in, relax and plan your enjoyment.

In last month's beauty beat we talked about the importance of scheduling and how time is more precious than ever before. What are some things you could do this month that would put more time in your pocket, time to regroup, visit family, support your community and breathe easier through this typically chaotic season?

We're sure you've all heard of the shopping crisis about to unfold. Holiday gift giving could be a nightmare with supply-chain backups, social distancing and perhaps the all-around exhaustion that comes with adding more "do's" to our "to-do" list.

bLUXE would like to offer a suggestion: choose easy this season.

You have 24 hours in a day:

- 7 hours to sleep (if you're lucky!)
- 8 hours of work (again, if you're lucky!)
- 3 hours with your kids, managing homework and their activities
- 2 hours of shopping, errands, calls and scheduling
- 2 hours of meal prep, cleaning and don't forget bedtime stories

That's 22 hours of "to-do's" a day...See where I'm going with this?

That's just two hours left of free, unscheduled time.

What can you do to stretch out your two hours? What can you ditch from your schedule for more "you" time and more family time? Because after almost two years of pandemic life, choose easy this season.

Here's a few suggestions:



Order in one (or two) meals a week. That's two hours you just gave yourself to pull family together, eat pizza and laugh about your day. It also supports your local food community!

Fifteen minutes before you drive your kids to school, take your coffee to your car, lock the doors and chill. Why? It's climate controlled, relatively sound-proof, and comes with a built-in entertainment system to play your favorite podcast or meditation. Start your day right and drive your littles freshly caffeinated and zenned for success.

And lastly, shopping! With so many online options, it's a no-brainer! Businesses are offering some of the best deals of the year this holiday season - especially local businesses!

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For November, and every month of the year, the bLUXE team is thankful for you, our community, and for the love and support you continue to show us. Wishing you peace, health and love. We'll see you soon at the studio.

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Living Healthy

Eyelid Margin Disease

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

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily particles and bacteria near the base of the eyelashes. This condition is very common and

unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

With eyelid margin disease the eyelids are inflamed. Symptoms include: Eye and eyelid irritation, a film in the eye, itchiness of the eye, redness of the eye and a burning sensation.

This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but sometimes bacteria thrive in the skin at the base of the eyelashes. Large amounts of bacteria around the eyelashes can cause dandruff-like scales and particles to form along the lashes and eyelid margins.

Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eyelids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea.”

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular rosacea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.



What is demodex blepharitis?

Some people with oily (seb-orrheic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum) and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such as rosacea and blepharitis. Another version of these mites (demodex brevis) can be found more generally in oil glands of the skin and eyelids, which also may contribute to blepharitis symptoms. While presence of these tiny mites is common in everyone, researchers speculate that some people develop demodex blepharitis due to unusual allergic or immune system reactions leading to inflammation.

EYES

continued on page 17

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Living Healthy

EYES

continued from page 16

What if I get a stye?

A stye develops from an eyelash follicle or an eyelid oil gland that becomes clogged from excess oil, debris or bacteria. Styes can be a complication of blepharitis. If you have a stye, treat it like you treat blepharitis, and if not better within two weeks, see your ophthalmologist.

How is blepharitis treated?

Blepharitis is often a chronic condition, but it can be controlled with the following treatment:

Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)-an enlarged lump caused by clogged oil secretions in the eyelid.

Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.

Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.

Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the "high" dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, 3 locations including a surgery center in Milford, our eye centers offer state-of-the art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of 7 providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

For more details, see our ad on page 16.

Is NET Right For Me?

The Triad of Health is a popular model used today by many professions to describe how a health condition can have structural, biochemical and/or emotional factors.

Stress has a role in each of those factors and can present itself in many ways.

Neuro Emotional Technique (NET) is an approach to finding and removing neurological imbalances related to the physiology of unresolved stress patterns. We call these unresolved patterns Neuro Emotional Complexes (NECs).

Emotional responses are naturally 'hard wired' in the body. A stimulus happens, we respond, and then the body should return to normal. Occasionally, however emotional trauma in the presence of a neurological or meridian deficit can cause a physiological pattern in the body.



Dr. Rochelle Bien & Dr. Michael Goldstein

NET seeks to normalize this pattern by a physiological change, a result of a physical intervention through skin and spinal access to the nervous system via touch. NET is a tool that can be used to help improve many behavioral and physical conditions.

Debbie was suffering from shoulder and scapula pain that had developed without any trauma for many months. She

had tried several medications to help ease her symptoms along with physical therapy and chiropractic intervention but her symptoms had not gone away. She was becoming increasingly frustrated. Upon our evaluation we determined that she had unresolved issues related to her sisters that she never had mentioned in our consultation. After working together and identifying the issues related to her sisters, along with some nutritional components her symptoms had slowly and eventually resolved.

If you are suffering from an unresolved health issue and would like to explore NET as a possible solution please call The Holistic Center at Bristol Square at (508)660-2722 and make an appointment with Dr. Michael Goldstein. The Center is located at 1426 Main Street Ste #6 Walpole.

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Living Healthy

Building Resilient Communities through Mental Health Education and Awareness

Mental Health Collaborative (MHC) is a local non-profit organization with an important message for communities: mental illness is treatable and nobody needs to suffer in silence.

MHC's mission is to build informed, resilient communities through education and awareness. We are dedicated to ending stigma and improving mental health literacy across communities by moving away from a cri-



Mental Health Collaborative

sis-based response and toward prevention through education and awareness.

To carry out our mission, we customize and deliver our men-

tal health curricula to school systems who in turn train middle school and high school students in the essentials of mental health. We also run parent and

community training programs led by licensed clinicians. All of our programs can be delivered virtually or in person.

By taking a community-wide approach, MHC helps to decrease stigma and open the door to conversations about mental health and mental illness. The past 18 months have been challenging for families and businesses and our resources are being stretched. We are looking

for support from individuals and businesses to help further our mission. Please consider helping us during this season of giving.

For more information about our community resources and programs, visit our website at: www.mentalhealthcollaborative.org or contact Abbie Rosenberg at: abbie@mentalhealthcollaborative.org.

Suits for Success Program Resarts

After taking a hiatus from collecting clothing donations during the COVID-19 pandemic, Norfolk County Register of Deeds William P. O'Donnell recently reaffirmed the Registry's 100% commitment to support the highly successful Suits for Success program in partnership with Interfaith Social Services of Quincy, Father Bill's & Main-Spring of Quincy and Brockton the Boston Veterans Administration's Healthcare System Voluntary Service Program and InnerCity Weightlifting.

"By just looking in your closet or bureau," noted Register O'Donnell, "you can make a world of difference in someone's life." Donations of business-appropriate clothing through the

Suits for Success program provides opportunities for men and women looking for employment.

"People who are attempting to re-enter the workforce need to make a good initial impression, whether it's attending an interview or their first day on the job," Register O'Donnell explained. "I hope local residents and businesses will consider making a clothing donation to this worthy endeavor. The program is truly needed, and it's a great resource in helping people enhance their opportunities in life."

Participating agencies have requested that all donations of business appropriate attire for men and women must be clean, no stains, in style, on hangers or neatly folded. The donation

may also be placed in either re-useable tote bags, or green plastic bags. Suggested donations include suits, dress shirts, pants and ties for men and dresses, suits, blouses, skirts and pants for women. Since the Registry started the Suits for Success program in February of 2009, it has collected more than 9,000 articles of clothing.

To contribute, individuals need to bring their donated clothes to the Norfolk County Registry of Deeds, 649 High Street in Dedham between the hours of 9:30 a.m. and 3:30 p.m., Monday through Friday. If you reside in the Quincy area, you can drop off clothing directly to the Interfaith Social Services office located at 105



Adams Street, Quincy between 8:30 a.m. and 3:30 p.m. Monday through Friday, and until 7 p.m. on Tuesdays.

"During the past decade, we know that Suits for Success works. The program has given many people the confidence to take the next step in their lives," said Register O'Donnell. "It can continue its successful mission with your generous help."

For more information about the Registry of Deeds' Suits for Success program, or to schedule a drop-off time, contact Alicia Gardner at (781) 461-6101 or by email customerservice@norfolkdeeds.org. Please prepare a list of the donated items along with your name and address so that we may provide you with a charitable tax-deductible receipt.

To learn more about these and other Registry of Deeds events and initiatives like us at [Facebook.com/NorfolkDeeds](https://www.facebook.com/NorfolkDeeds) or follow us on [Twitter.com/NorfolkDeeds](https://www.twitter.com/NorfolkDeeds) and [Instagram.com/NorfolkDeeds](https://www.instagram.com/NorfolkDeeds).

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101 or email us at register-odonnell@norfolkdeeds.org.

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High School Celebrates 2021 Homecoming Week

King Philip Regional High School celebrated the district's 2021 Homecoming football game with a week of spirit-filled events, hosted by the Student Council. Throughout the week students participated in numerous spirit days including USA, Hawaiian Shirt, Camo, Flannel and Green and Gold themed days.

Members of KP Cares and the Student Council also worked alongside other clubs in the school to decorate the school green and gold with streamers and balloons ahead of students' arrival to school on Friday, Sept. 24 in anticipation of the game.

"After having so many of our events affected by the ongoing COVID-19 pandemic, it was great to see our students filled with school pride and celebrating our Spirit Week events leading up to our Homecoming game together," KPHS Principal Lisa Mobley said.

King Philip Regional High School's Homecoming football game was played against North



The King Philip Regional High School 2021 Homecoming Court. Back left to right: Charlie Grant, Julia Marsden, Flynn Duffy, Adam Gousie, Lily Denholm and Mark Tagerman. Front: Peter Dadasis and Laura Gelsomini. (Photo courtesy King Philip Regional High School)

Attleboro High School on Saturday, Sept. 25 after being rescheduled from Friday night due to rain.

At halftime, the Homecoming Court was presented to the crowd at the game. King Philip's 2021 Homecoming Court in-

cludes Charlie Grant, Julia Marsden, Flynn Duffy, Adam Gousie, Lily Denholm, Mark Tagerman, Peter Dadasis and Laura Gelsomi-

mini. Of the court, Dadasis and Gelsomini were crowned Homecoming Royalty.

The Homecoming Dance was held outdoors later that night following the football game on the turf field. Over 750 students attended the dance.

"We would like to thank the parents who donated fall decorations, water and snacks; the grounds crew; the chaperones and all of the students who helped set up and clean up," Student Council Advisor Barbara Snead said. "All of these individuals helped our Homecoming Week events go off without a hitch and we thank them for their efforts. We couldn't have pulled this all together without them."

King Philip Regional High School would like to recognize senior Emma Murphy, chairperson of the Homecoming Committee, and the rest of the Student Council for all of their hard work in planning and coordinating Homecoming Week events.

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Sports

RESPECT

continued from page 1

dots get connected.

Charlie's father, Chuck Grant, played wide receiver and safety for John Lee during the 1979 and 1980 seasons. Chuck, who's currently the Millis High athletic director, later became an assistant coach for John, starting at age 19 while he was an undergraduate at Providence College. While working as an aide, Chuck became a mentor to John's son, Brian Lee, who played for Walpole on its offensive and defensive lines and at linebacker.

When Brian, who was a Bay State League (BSL) and Boston Globe all-star, graduated, he enrolled at Bridgewater State, got his degree and eventually became an assistant coach at Walpole and Curry College. For seven years, he was an aide to Chuck, who had succeeded his father in 1993. Brian's third stop was at KP, where he's been the head coach for the last 16 years. His current starting QB is

Chuck's son, Charlie Grant.

John Lee, Brian Lee and Chuck Grant all have been ultra successful coaches, they've all won league championships and they've all directed their squads to Super Bowl titles.

John, who's 88 and still resides in Walpole, was a legend and the numbers easily support that label. He coached the Rebels for 25 years and compiled a record of 211-32-7. His first season (1968) ended at 4-4-1, but for the next 24 campaigns Walpole High posted winning records.

John, who's a native of Newton, retired from coaching in 1992 with the following statistics — six Super Bowl appearances, four Super Bowl championships, 11 BSL championships, one BSL co-championship and a winning percentage of 85.8.

Chuck Grant's record at Walpole was 60-20 for a winning percentage of 75. He guided the Rebels to three Super Bowls and came away with two championships, beating Tewksbury and Lincoln-Sudbury. His teams won three BSL crowns.

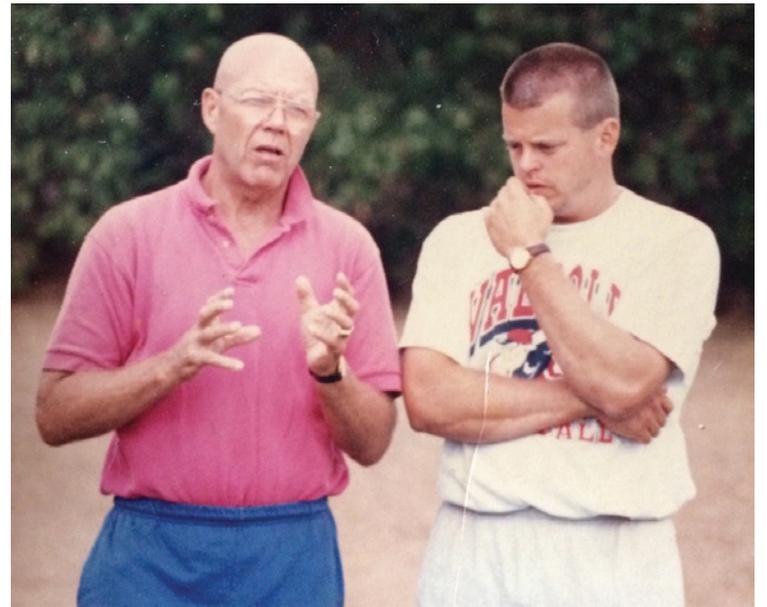
Brian Lee's record is 125-56 and his Warrior teams have been to three Super Bowls, winning two — against Reading and Lincoln-Sudbury. Brian has directed KP to three sectional crowns and five Hockomock League titles.

Feature stories in football usually are plentiful in November, probably because Thanksgiving Day still provides many memorable moments. This feature details the Lee-Grant link and what follows is how Chuck, Brian and Charlie view their relationships while emphasizing the respect that their links have created. Unfortunately, John was not available to participate.

CHUCK GRANT

Chuck was a three-sport athlete at Walpole. Besides football, he played baseball and hockey, excelling on the ice as the Rebels' goalie. He was the BSL's Most Valuable Player in hockey as a senior.

When he worked as an assistant to John, that's when he learned the formula for success.



John Lee, left, was on hand for Chuck Grant's first day on the job as Walpole High's football coach in 1993.

"Coach Lee's first bit of advice was to know the rule book," Chuck said. "I was shocked to hear that but he stressed that if you knew the rules thoroughly, you could have an advantage in a variety of situations. He also said to surround yourself with good people. Get those who want to try to outwork you and eventually want to take your job."

Now 57, Chuck calls his coach a "pillar in my life" and recalls how much John motivated him.

"He instilled a high level of confidence in me and he took risks with me that a father couldn't," Chuck said. "I understood that he was trying to make me better. John taught respect and accountability. I can only hope that Brian is as much of an influence on my son as his father was for me."

Chuck says that John's teaching and his motivational skills were exceptional and that "I felt he was grooming me to succeed him." And, that's exactly what occurred.

Chuck's relationship with Brian is also a strong bond. Brian was a water boy when Chuck

played, so their relationship was building before Brian played football and long before Brian assisted Chuck.

"When Brian played for his dad, he was driven," Chuck recalled. "He would get insulted if teammates didn't meet his expectations. He grew up with the game, thanks to his father, so he'd try to rally pride. Early on, he knew where a one-on-one matchup could be won. He had a penchant for leadership and he took pride in what he did and how he played."

Now that Brian is coaching Chuck's son, it would seem like their friendship could be affected. Not so, says Chuck, who sincerely emphasizes "it's up to Brian to coach Charlie in whatever way it will benefit KP."

"We're at a time where our relationship should never be impacted by decisions made that involve my son," Chuck said. "Our relationship has nothing to do with how much Charlie plays or where he plays."

RESPECT

continued on page 21



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Sports

RESPECT

continued from page 20

BRIAN LEE

When a son has a father who coached football teams to 24 consecutive winning seasons, he'd better listen when advice is offered. And, that's what Brian did. As Chuck said: "Brian grew up with the template for success."

"I knew what my dad expected of me and he treated me like any other player," said Brian. "I had to be the hardest worker when I played for him. Accountability was drilled. The two most important things he taught were to possess a strong work ethic and he taught me that a coach's success comes when he puts players in the right positions."

John also taught Brian that outworking opponents and being totally prepared are the keys to developing tradition. Three straight Super Bowl appearances for KP is proof enough that Brian, at age 49, has learned his lessons well.

When Brian coached as an aide to Chuck, he learned that relationships matter. Combining the rich gridiron philosophy he absorbed from his father with Chuck's ability to inspire players, Brian had a solid formula to get results.

"Football is hard, and it's inclusive not exclusive," Brian said. "The only requirement at KP is to do the work and do what everyone else does to produce success. Players have to be willing to work."

Brian says that coaching Charlie for the second year is "refreshing." Charlie started at quarterback last year and guided the team to a 4-3 record. His two-minute drive helped KP beat Franklin at the wire, enabling the Warriors to finish above .500.

"Charlie knows what a coach is looking for," Brian said. "He's mature and conscientious. He's a quarterback who knows that if someone else can do his job more effectively, he won't sulk if a change occurs. He won't like it but he'll work extra hard at wide receiver and safety."

Brian's coaching philosophy is to have fun by winning. He also stresses that character counts. "Kids have a tendency to listen more when they're winning," he emphasized.



Coach Brian Lee and quarterback Charlie Grant have enjoyed success this season at King Philip Regional. Photo by Joe Gianni.

CHARLIE GRANT

Charlie, who started playing football at age 8 at the Pop Warner level in Norfolk, has been surrounded by sharp coaches, and his father, Brian, and John head the list.

"My father has taught me some great life lessons," Charlie said. "The most important one is how to be a problem-solver. His famous quote is 'never be a problem-reporter, be a problem-solver.' I've carried that with me my whole life. As far as football goes, he's always drilled to respect my opponent. When I get a pregame talk or text from my dad before every game, both of those things are mentioned."

Charlie, at age 18, also knows that much of his dad's wisdom comes from his time with John, and that Brian's effect on him and the other KP players is tied to what Brian learned from his father.

"All three have different ways of coaching," Charlie offered. "My father has coached sports and he's coached me about life. He knows tough love, always being firm and truthful. He doesn't coach me like he's in charge athletically. He knows his boundaries and I rely on his advice, whether my dad knows it or not."

Charlie's respect for Brian and what he's achieved at KP is like a magnitude 10 on the Richter Scale.

"Coach Lee is a great leader who has a tremendous relationship with all the players," Charlie noted. "He's a superb motivator, able to get every ounce of effort out of us. Although he's in



Besides playing quarterback and wide receiver, Charlie Grant has been a dynamic safety for King Philip's football team.

charge, he defers to his assistants and lets them deal with their positions. He's the centerpiece of KP football and its culture, and his emphasis is on a strong work ethic."

Charlie, a National Honor Society student who has a 3.6 GPA, is acutely aware of how fortunate he's been to know John. The relationship dates back to elementary school. "I knew he was a legend, so I often asked him questions," said Charlie, who's helped KP compile a 5-1 record at Local Town Pages deadline. "I have the utmost respect for him. KP players, past and present, have heard about him from Brian and he means a lot to our program."

When the Lee-Grant relationship is mentioned, Charlie embraces what it is, what it means and why it's important.

"All three have developed respectful relationships with play-



Age difference has no effect on the respect that legendary coach John Lee and KP quarterback Charlie Grant have for one another. Photo by Joe Gianni.

ers, the media and parents," Charlie said. "And, if they met someone who didn't know about their success in football, they'd keep that private. They don't flaunt their success with those who don't know their backgrounds."

"The relationships we all have are special. I'm a lucky kid to grow up and learn from them. They've taught me how to mature off the field and ultimately how to strive for success on the field."

And, when Charlie is asked about special treatment from Brian, he tells it like it is. "There's no favoritism," Charlie said. "Coach Lee is all about getting the job done, no matter who's on the team. I'm just another football player."

FINAL THOUGHTS

Success is measured in a variety of ways and it often is linked to a variety of styles. The Lees and the Grants are dynamic in their approaches, their outlooks and their methods. They personify success.

A prime example of how meaningful the Lee-Grant relationship is can be found in a quote from Chuck on Brian's son (J.T.), who at 14 is four years younger than Charlie.

Chuck said: "I hope Charlie will continue the tradition of passing the formula for success to J.T."

That's a sign of respect, dignity and class. And, it's those attributes that define the Lee-Grant relationship.

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MassBay Community College Breaks Ground on New Framingham Campus Building

MassBay Community College broke ground on the first building constructed specifically for the College in its 60-year history. The building will be known as the MassBay Center for Health Sciences, Early Childhood, and Human Services, and will be located in the city of Framingham. The Center and the programs offered there will play a crucial role in the economic and workforce development of the MetroWest region.

“We are delighted that MassBay will have a building specifically designed to suit our needs at last,” said MassBay President Dr. David Podell. “This new facility will enable us to expand our partnerships, develop more

skilled employees for the regional workforce, and provide an affordable education in state-of-the-art labs and classrooms. We will now have a permanent home in the City of Framingham. It is a major step forward for our institution, for Framingham, and for the Commonwealth of Massachusetts.”

“Today’s groundbreaking is an exciting moment for MassBay Community College and for the entire Commonwealth,” said Governor Charlie Baker. “Our administration is proud to support this project through the Commonwealth’s capital budget and we look forward to the impact that this new campus will have on MassBay’s important

educational programming in key fields like health care and the health sciences.”

“With this new campus, MassBay will be able to expand its footprint and impact as it trains the next generation of workers in growing STEM fields like health care,” said Lt. Governor Karyn Polito. “We are grateful that our administration has been able to collaborate with MassBay and so many other partners to make this day possible.”

The 68,500 square foot, four-story Center has been designed as a net-zero building. The Center will be located at 490 Franklin Street at the corner of Mt. Wayte Avenue in Framingham and replaces MassBay’s currently leased building at the Farley School at 19 Flagg Drive in Framingham.

“MassBay provides much-needed, quality education and jobs training in critical fields like intergenerational care, health care and human services,” said Senate President Karen E. Spilka. “I have been proud to fight for this project and see it through to fruition. Going forward, this institution will serve as an asset to our region and will be placed to lead on innovat-



Groundbreaking was held on September 29 for the MassBay Center for Health Sciences, Early Childhood, and Human Services. Photo courtesy of MassBay Community College.



Rendering of the MassBay Community College Center for Health Sciences, Early Childhood, and Human Services, located at 490 Franklin Street, Framingham. Photo courtesy of Sasaki.

ing and developing solutions for sectors of our economy in need of high-skilled professionals. I am grateful to have MassBay in Framingham, and I look forward to our continued partnership.”

With the support of Massachusetts Governor Charlie Baker and Massachusetts Senate President Karen Spilka, the project has been approved and supported by the state. The construction phase will be supervised by the Commonwealth’s Division of Capital Asset Management and Maintenance (DCAMM). Watertown, MA architectural firm Sasaki Associates, Inc. are the designers, and construction

will be led by Lee Kennedy Co. of Quincy, MA.

“MassBay is uniquely positioned to prepare thousands of students for high-paying, in-demand jobs. The Center will be their training ground and their launching pad, offering them affordable opportunities to become the skilled professionals of tomorrow, meeting the needs of our employer partners,” said President Podell.

The building is scheduled to open in summer 2023, with students to begin classes in September 2023. To learn more about MassBay visit www.massbay.edu.

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Norfolk Named One of America's Safest Small Towns in 2021

Norfolk made the SafeWise list of "100 Safest Small Towns in America," coming in at number 31.

To rank the safest small towns in the United States, SafeWise analyzed the latest available violent and property crime data from the FBI. Towns with populations greater than 15,000 people and fewer than 5,000 people were excluded.

Key Stats:

- Among the 100 towns on the SafeWise list this year, there were 6 murders total, down from 9 the previous year—that's a 33% drop.
- There was a collective 38% rise in the violent crime rate among the safest small towns this year.
- But, there was a 17% decline in property crimes compared to the cities that made the list last year.

- For the second year in a row, the Northeast boasts the safest small towns. New Jersey leads the pack with 27, followed by New York with 17, Massachusetts with 13, and Pennsylvania with 8.

According to SafeWise, the 5 safest small towns in the US (all 5 reported zero violent crime and zero property crime incidents to the FBI):

1. Weiser, ID
2. Thetford Township, MI
3. Lewisboro Town, NY
4. Sleepy Hollow Village, NY
5. Luzerne Township, PA

To see the full report, visit <https://www.safewise.com/safest-towns-america/>.

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Real Estate Corner

Slowdown in Norfolk County Real Estate Numbers

There appears to be a slowing down in the real estate indicators tracked at Norfolk County Registry of Deeds in September 2021.

In Norfolk County there were 15,436 documents recorded at the Registry of Deeds, which is a 10% decrease over last year's September document volume. The numbers of mortgages recorded dropped from 4,639 to 3,761 representing a 19% decrease county-wide from last year's September numbers.

Although there were less mortgages recorded, the total amount of money borrowed for mortgages county-wide was well over 3 billion, a 75% increase compared to September 2020.

"While some of the mortgages are due to purchases and sales

of real estate, other mortgages are due to 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 William 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 available housing stock and historically low interest rates which could be motivating buyers to do what is necessary to secure housing.

One continuing cause for concern, however in Norfolk County,



was foreclosures. 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

September of 2021 there were 7 foreclosure deeds recorded as a result of foreclosure processes taking place in Norfolk County. Additionally, there were 10 Notices to Foreclosure Mortgages, the first step in the foreclosure process.

Homestead recordings by owners of homes and condominiums decreased this year at the Norfolk County Registry of Deeds in September. There was a 4% decrease in homestead recordings in September 2021 compared to September 2020. A Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000.

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-The Ridley Family



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Real Estate Corner

Wrentham Voter Registration to be held Nov. 5

A voter registration will take place on Friday, November 5, for the Special (Fall) Town Meeting. Town Meeting is scheduled for Monday, November 15.

The registration will be held from 9 a.m. to 8 p.m. at Town Hall, located at 79 South Street. Any Wrentham resident who is not registered or will become 16 years of age on or before November 15 may pre-register/register to vote.

Please call the Town Clerk's office at 508-384-5415 with any questions.



Senator Rausch Announces Virtual Fall Office Hours

Senator Rausch (D-Needham) will host her next virtual office hours on Friday, November 5 from 10 to 11 a.m. and Friday, December 10 from 10 to 11 a.m. In keeping with best practices and recommendations from public health officials, conversations with the Senator and her staff will take place via video conferencing and phone calls.

Residents from any part of the Norfolk, Bristol and Middlesex District are welcome to share their questions and opinions on state issues with Senator Rausch and her staff. Constituents may reserve

15-minute appointments in advance at www.beccarauschma.com/office-hours.

To subscribe to Senator Rausch's newsletter, please visit <https://beccarauschma.com/newsletter>. Constituents can still contact the Senator and her team at 617-722-1555 or email becca.rausch@masenate.gov to share their opinion on state issues, seek assistance, or schedule a call with the Senator or her staff. Residents can also get live updates from the Senator via Twitter (@BeccaRauschMA) and Facebook (@BeccaRauschMA).

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her second term, Senator Rausch serves as the Senate Chair of the Joint Committee on the Environment, Natural Resources, and Agriculture and the Senate Vice Chair of the Joint Committee on State Administration and Regulatory Oversight.

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Municipal Affordable Housing Office, 2nd Floor and the Town Clerk's Office 1st Floor

email contact: sjacobson@norfolk.ma.us

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|----------|---------------------|-----------|
| Sept. 17 | 3 Wellfleet Drive | \$765,000 |
| Sept. 23 | 6 Union Street | \$725,000 |
| Sept. 24 | 17 Berkshire Street | \$875,000 |
| Sept. 27 | 5 Audubon Trail | \$1.27M |
| Sept. 28 | 7 Hill Street | \$1.27M |
| Sept. 30 | 10 Fruit Street | \$1.15M |
| Oct. 1 | 100 Medway Street | \$1.15M |

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

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|----------|-----------------------------|-----------|
| Sept. 20 | 344 Thurston Street | \$518,000 |
| Sept. 21 | 20 Flannery Lane | \$755,000 |
| Sept. 21 | 105 Gilmore Road | \$1.02M |
| Sept. 24 | 35 Flannery Lane | \$1.20M |
| Sept. 28 | 495 Madison Street | \$542,500 |
| Sept. 29 | 484 Franklin Street | \$415,000 |
| Sept. 29 | 50 Lherault Drive | \$1.24M |
| Sept. 30 | 133 Creek Street. Apt. 1 | \$190,000 |
| Sept. 30 | 443 Taunton Street | \$685,000 |
| Sept. 30 | 175 Elysium Street | \$720,000 |
| Oct. 1 | 55 Caesar Chelor Drive | \$540,000 |
| Oct. 1 | 405 & 415 Washington Street | \$2.05M |
| Oct. 1 | 221 Chestnut Street | \$620,000 |
| Oct. 8 | 20 Rebecca Road | \$599,900 |
| Oct. 14 | 325 Thurston Street | \$225,500 |
| Oct. 14 | 245 Harvard Lane | \$630,000 |
| Oct. 15 | 28 Archer Street | \$525,000 |

Source: www.zillow.com
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