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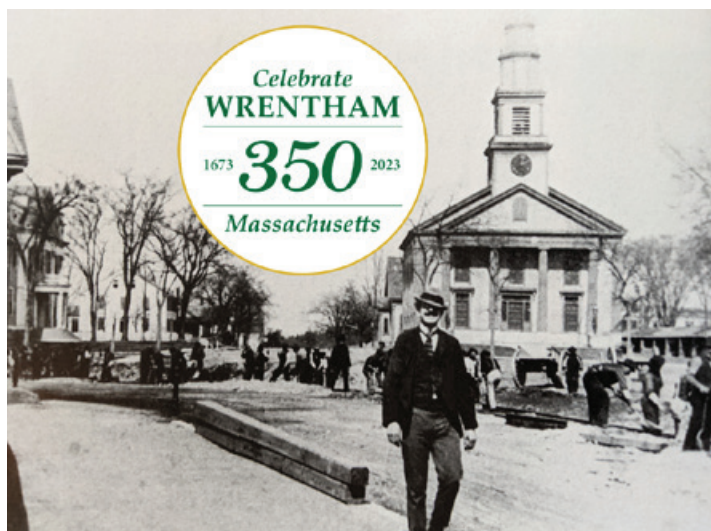
## Wrentham Starts Planning for 350th Anniversary

By GRACE ALLEN

It may be a year away, but planning has already begun for Wrentham's 350th anniversary. The town was founded in 1673 and January 2023 will usher in a year of festivities to commemorate and celebrate the historic milestone.

A specially formed committee has already set the dates for three major celebratory events to take place next year:

- To kick off the anniversary year, a breakfast honoring the town's oldest residents is scheduled for Sunday, January 8, 2023 at the Senior Center.
- "The Grand Parade" through town, replete with both local groups and professional marching bands, will take place on Saturday, September 16, 2023.
- The year's festivities will culminate in a gala ball on Saturday, December 2, 2023 at Lake Pearl Luciano's.



Other events are still in the planning stages, including fireworks and the ceremonial burying of a time capsule on the town's common.

E. Grey Almeida, one of the committee members tasked with planning and organizing the anniversary year's events and activities, says groups and organizations in town are invited to contact the committee with their own ideas on how to mark the anniversary.

"We're encouraging any group that wants to organize an event to reach out to us and we will help promote it," said Almeida. "This is the community's celebration, and we need as much input as possible. The more people are involved in the planning, the more they will enjoy the entire year."

**350th**

*continued on page 2*

See our  
Healthy Living Section  
Inside...



## Metacomet Greenway has First Annual Meeting

By MARJORIE TURNER HOLLMAN

For anyone who has ever visited a rail trail, or even a local trail that is well maintained, it is easy to take for granted the work that has gone into creating and maintaining even the most simple path through a park, garden, or woodland. The task of creating a new trail network, however, is pretty daunting, and the folks working on the proposed Metacomet Greenway have been very busy.

The group held their first annual meeting (they are nearly finished with their paperwork to be a 501c3 organization) November 17 at the Fiske Library in Wrentham. The scale of the project they are under-

taking is impressive. The proposed trail is planned to follow the path of a former rail line that ran from Walpole, through Norfolk, Wrentham, Plainville and North Attleboro.

Some towns, such as Walpole and Plainville, already have the rights to most of the proposed trail. Norfolk and Wrentham both have feasibility engineering studies underway, an important milestone in creating a new greenway. Community Preservation funds in Norfolk and Wrentham are being put to use to pay for the engineering studies. Plainville owns most of the land

**METACOMET**

*continued on page 2*



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**350th***continued from page 1*

Wrentham has a rich and varied history and was the home of Indigenous peoples for many hundreds of years. The town was considered part of Dedham before its incorporation on October 16, 1673. It was named after Wrentham, England, and is the only town named Wrentham in the United States.

The 350th anniversary committee hopes the year-long celebration will honor the town's history and celebrate its legacy while giving residents something to look forward to, especially after the last two years.

As for the pandemic and its ability to derail even the best-laid plans, Almeida said the committee is proceeding as if COVID will be in the rearview mirror next year. Members are cautiously optimistic events can be

held safely by then or altered in a way to make residents feel more comfortable.

"We are really hoping COVID will be gone by 2023, and then there will be no better way to come together as a community."

To contact the planning committee, or for more information, visit <https://wrentham350.com>. For updates, residents can subscribe to the planning committee's newsletter by signing up on the website or by following the group on Facebook (<https://www.facebook.com/wrentham350>) or Instagram (<https://www.instagram.com/wrentham350/>).

The 350th anniversary committee meets at the Fiske Library every Wednesday at 4 p.m. Any resident is welcome, and the agenda as well as meeting minutes are posted on the group's website.

Corporate, family, and resident sponsorships are available.

**METACOMET***continued from page 1*

along the proposed rail trail corridor. North Attleboro owns almost none of the land needed to build the trail through its town borders. Crossing Rt. 1A is a challenge that will need to be dealt with.

The group has a budget but has been constrained in fund-raising until it receives its non-profit status confirmation from the IRS. In the meantime, they are seeking new members, with the basic membership costing \$35 while other levels of membership are available as well.

Greenway president Zack McKeever, who led the meeting,

noted, "We're trying to get this project on the towns' radar."

One of the biggest challenges facing the group in these early planning stages is that there is no trail that is publicly accessible yet, so they lack pretty photos to help get folks excited about the project. McKeever commented, "It is difficult getting people excited when we don't have bridges or other great photos to share with people."

Indeed, at this early stage, it is a great challenge to help people visualize how this trail could transform the communities it will run through. A healthy dose of imagination helps. Perhaps some visits to other area rail trails can also help area residents picture what

it will be like to have a rail trail nearby, providing a way for individuals and families to get outside and travel by foot or bike along the path the Metacomet Greenway will someday cover.

Get in on the fun, hard work, and ground floor of planning to make this trail a reality in your community. The group's next public meeting is scheduled for Wednesday, January 26 at 7 p.m., tentatively at the Fiske Library.

To contact the group, visit their website ([www.metacomet-greenway.org](http://www.metacomet-greenway.org)) or Facebook page (<https://www.facebook.com/MetacometgreenwayMA>). Email them at [metacometgreenway@gmail.com](mailto:metacometgreenway@gmail.com).

## Fiske Public Library Offers Monthly Film Showings

BY BRENDAN ZIMMERMAN

Foreign films and documentaries are not the most popular of genres, yet they can often be the most profound. They lie just outside of the mainstream in American cinema, but they are genres rich with creativity, inspiration, and emotional stories of the human experience.

Most people are not normally exposed to these types of films. But fortunately, the Fiske Public Library in Wrentham offers a monthly movie program that focuses on both foreign films and documentaries. Run by the Chair of the Fiske Library Trustees, Maureen Osolnik, the

library's film program shows one foreign film and one documentary a month for any interested residents in the community.

The program has been running for around ten years according to Osolnik, and it all began with a showing of the classic Italian film, "The Bicycle Thief." Though that film in particular is a heavy, dramatic film, the program aims to show a wide range of stories from those that are uplifting and lighthearted to dramatic and emotional.

And, in order to keep things a little more interesting and relevant, the program shows movies recently released as well as classic films that are decades old. There usually isn't any group discussion regarding the film before or after the showing. Instead, it is meant to be just a viewing of the movie and a chance to see films that one would not normally encounter. For residents interested in attending a viewing, there are no virtual viewing options as they take place in person at the Fiske Public Library.

At press time, the films lined up for December included "Xmas Without China," a documentary about one family that tries to have Christmas without any Chinese-made products, and another family that struggles with what it means to be Chinese-American. The other film was "Rabbit-Proof Fence," a foreign film from Australia that follows three half-white, half-Aboriginal children in the 1930s that are taken from their families and sent to training camps in order to be reeducated and assimilated into white society. They promptly escape and try to find their way back home by following fencing that keeps rabbits out of settlements.

The next foreign film showing will be on January 26 at 7 p.m., while the next documentary showing will be on January 18, also at 7 p.m. Both films have yet to be decided at the time of the writing of this article.

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Your Money, Your Independence

# Resolutions Gone Bad: Rein In Your New Year

Making New Year's resolutions to improve your financial wellness in 2022?

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

**Bad Resolution:** *Need to start buying some "X" to make more money.*

Please, tell me more. If due to FOMO (Fear Of Missing Out) or based on this year's performance, give pause.

Yes, momentum, innovation, social & macro themes, niche' and/or value could be part of your investing strategy, but let's back up - do you have a strategy?

Is a core of low-cost, diversified index funds present to allow for explore ideas like X? How does X correlate with what is already owned? Impact on overall risk? Without mentioning performance, can you articulate why you own X and when wouldn't own X?

**Better Resolution:** *Need to save \_\_\_\_% and take \_\_\_\_ risk with investments to reach \_\_\_\_ goal.*

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured risks AND invest towards

your established goal, not an investment benchmark or The Joneses.

**Bad Resolution:** *Pay down debt.*  
Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, and depreciation ensure all debt is not equal.

**Better Resolution:** *Execute a debt reduction plan.*

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% of lower mortgage, 2% auto loans, and a MassSave at 0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing inflation.

An exception, if not at ~40% home equity ownership, can make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

**Bad Resolution:** *Do more for my retirement.*

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.



Glenn Brown

**Better Resolution:** *How do I retire at 55 or semi-retire in 5 years.*

Now you're analyzing cash flows, balance sheet, contribution rates, investment allocations, taxation, work benefits, college funding, planning for the unexpected and desired lifestyle with expenses in retirement. You'll establish a set of base facts, allowing to then create scenarios, see projections, reverse engineer action steps, and track goals within timelines.

Aggressive timelines creates urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

How to ensure resolutions are not misguided, outdated, or simply unrealistic?

Use common sense, socialize with your spouse, and/or leverage an accountability partner (i.e. Certified Financial Planner) to make your 2022 resolutions happen.

*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](http://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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## Norfolk Council on Aging Hosts Fall Prevention Program

By GRACE ALLEN

According to the Centers for Disease Control and Prevention (CDC), approximately 3 million older adults visit the emergency room each year for injuries resulting from a fall. Close to 300,000 of those falls result in hip fractures, and the potential adverse effects are numerous.

Aside from prolonged immobility and related complications (such as blood clots and loss of muscle mass), about half of those who sustain hip fractures never regain the same levels of independence that they may have had before.

On December 9, the Norfolk Council on Aging held a fall prevention program at the town's senior center. Allison Bloom, a



Physical therapist Allison Bloom led a fall prevention program at the Norfolk Senior Center on December 9.

Another factor in falls is sudden dizziness from changing positions too quickly. Bloom stressed that it's important to avoid going too quickly from lying to sitting or standing.

"Take a few extra moments to get your bearing. I like to say you're making sure your marbles are settled up there before moving to the next position," she explained.

Bloom also discussed in detail how to safely go up and down stairs or any hilly surface outdoors.

What if you do end up falling despite all your precautions? As long as you are not seriously injured, Bloom recommends trying to get into a kneeling position first. Then bring one foot in front of the other by getting into a half-kneeling stance before trying to rise to standing. If there is a sturdy object or chair next to you, try pushing down with your arms on the chair while pushing up to standing.

Fall mitigation strategies can include the use of aids such as canes, walkers, and rollators. Bloom discussed how to size and use these devices safely. Assisting Bloom was Kyle Martinis, the owner of Personal Best Physical Therapy, who demonstrated how to use each item correctly.

Public health nurse Jeanine Murphy, also at the presentation, said her office had an ample supply of these devices and other equipment to loan out and urged people to contact her for more information. Murphy can be reached at 508-384-5485 or by email at PHNurse@wrentham.ma.us.

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physical therapist at Personal Best Physical Therapy in Norfolk, discussed fall risk factors and presented ways seniors can try to prevent falls in the first place.

"There are some risk factors you can change, and others you cannot," she emphasized, noting that certain medications, eye impairments, balance issues, ill-fitting footwear, and multiple chronic conditions may make some seniors more at risk for a fall.

While the best way to prevent falls in the first place is to maintain physical activity and basic muscle strength, Bloom said there are practical steps seniors (and anyone) can take to make their homes safer. Her tips include:

- Remove excess clutter, including area rugs and cords. These present a tripping hazard. "A clean space is safer," noted Bloom.
- Raised thresholds between rooms should be removed, if possible.
- Bathrooms should have grab bars next to the toilet and in the shower. One of the most common places to fall is in the bathroom because floors can be slippery.
- Add night lights to rooms and hallways.
- Bed assist bars or rails can be used to make getting out of bed safer by providing balance and stability.



# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

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Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped

away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing

## Business spotlight



your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.take-awayjunk.com](http://www.take-awayjunk.com).



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## Guest Column

# An Exercise in Self-Annihilation

By G. GREGORY TOOKER

The twists and turns of the political chicanery infecting the governance of our weakened democracy have evolved to a ridiculous level. Recent statistical trending demonstrates that an overwhelming majority of the newly developed COVID infections are disproportionately occurring among the millions of Americans who have steadfastly refused vaccination. It has been reported that three times as many Republicans are getting infected as are Democrats and that so-called “red” states are experiencing double the infection rate compared with “blue” states.

Despite the fact that the data collected is carefully screened for accuracy and conclusions fall within accepted boundaries of statistical tests of significance, the veracity of these findings continues to be rejected or ignored by those methodically conditioned by social media during the last two years.

Astonishingly, the lemming-like lock step of these loyalists is leading them to the edge of a precipice from which there is no return. With each successive wave of variants, more and more of the deniers are falling victim to COVID-19.

Given these trends, it is rather obvious that the ranks of those who turn their backs on science and modern medicine are thinning at a far greater rate than those who choose immunization. In this era of hair-breadth political contests, it stands to reason that as a result, deniers may pluck defeat from the jaws of victory in some contests. In a long-term, uncontrolled pandemic, which the deniers may perpetuate, it is doubtful that state redistricting and restrictive voting legislation would be sufficient to cancel the effect of a diminished conspiracy-driven electorate; and therein perhaps lies the tragic irony.

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# King Philip DECA Holds Annual Breakfast and Installation Ceremony

On Thursday, Nov. 18, King Philip DECA, the school's business club, held its annual breakfast and installation ceremony. At the ceremony, 84 members and the new chapter officers were officially installed into the King Philip DECA chapter.

During the ceremony, King Philip Superintendent Paul Zinni spoke to members and their families about how honored he is to have DECA offered in his school district as it is such a rewarding program to take part in.

Also in attendance was First Lady of Massachusetts Lauren Baker who spoke about how proud she is to be involved with the King Philip DECA program.

Following the installation ceremony, members and their families enjoyed breakfast catered by the cafeteria before taking the annual chapter group photo on the turf field.



Photos courtesy King Philip Regional School District.




"We are pleased to have inducted 84 members, both returning and new members, into our DECA chapter," King Philip DECA Marketing Coordinator James Dow said. "I look forward

to another great year as we continue to grow upon our chapter's past achievements."

King Philip DECA then went on to attend the DECA Ultimate Power Trip conference that was

held in Boston from Nov. 19-21. At the conference, King Philip DECA members took part in several workshops covering topics such as career planning, college planning and leadership skills.

King Philip DECA members also took part in the mock role-play during the Power Trip conference with Emma Sheehan and Amelia Penny placing in the top 48 out of 1,400 participants.



2022

CAMP


GUIDE

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# Providing Support for Adoptive and Foster Families

BY GRACE ALLEN

It takes a great leap of faith to decide to adopt or foster a child. And while each family's situation is different, they all share one thing in common: a need for support. That's where a local group comes in.

The Friends of Adoption and Foster Care (FAFC) was started in 2018 by two Wrentham residents. Jane Williams, one of the group's founding members, said adoptive and foster families face many challenges, and support groups can provide ways to share information and resources, as well as opportunities for socialization and learning from other parents who have experienced the same issues.

"This group is so helpful for adoptive and foster parents because you often feel you're all alone in the struggle," said Williams, who is an adoptive parent herself. "These children can have difficult behaviors because of past traumas and they don't always adjust well."

In addition to providing peer and family support, the FAFC group has also held backpack drives to help children in the foster care system. Backpacks filled with essentials—such as pajamas, toiletries, school supplies, and stuffed animals—are collected and donated to the Arlington office of the Department of Children and Families (DCF). From there, the backpacks are distributed by social workers to children who are being removed from their homes to be taken to a safe place.

"These children are living through the worst day of their life and feel like no one cares about them," said Williams. "The social workers tell us that even the teens, when you give them a backpack, their faces light up. It makes the day a little bit easier for them. It really is a huge comfort for these kids."

KP Cares, a community service group at King Philip Regional High School, recently donated 27 filled backpacks to



the latest FAFC backpack drive. The high school group also collected and donated extra boxes of school supplies, toiletries, and stuffed animals to FAFC for later distribution.

Williams says FAFC has worked with social workers from DCF to help support families struggling to keep their own children at home. The group has collected gift cards, diapers, baby formula, and other necessary items for these families, as well as for families who suffer a financial burden when they open their homes to foster children.

While foster care is intended to be a short-term solution, with the ultimate goal of reuniting a child with his or her birth parents, the need for foster parents is acute. And yet nearly half of foster parents quit in their first year of fostering due to lack of support or feeling ill-equipped to deal with the challenges.

Adoption too can be fraught with issues, even with infants, who can suffer from reactive at-

tachment disorder as much as older children. The U.S. Department of Health and Human Services estimates that between 1 and 5 percent of adoptions end up being legally dissolved. Children put up for re-adoption will have their lives deeply disrupted, and the effects can last a lifetime.

Williams says it takes more than a big heart to open your home to an adoptive or foster child. It's important to be flexible and understand that children and teens express complex emotions and experiences through behaviors that might not make sense in the moment.

"I think you must be very open to learn, and you must be able to bounce back and not take things personally," she said. "These kids can have a lot of problems, and they know how to push your buttons. They've been through a lot. They were pulled out of their homes for a reason, whether it's neglect or abuse. Every adoption or foster care situation begins with a tragedy."

She added, "A foster or adoptive parent can read 1,000 books, but you won't really learn until you go through it. And you have to be willing to accept help and support from others who will listen to you without judgement."

The Friends of Adoption and Foster Care group meets twice a month. New families and volunteers meet on the first Wednesday of the month from 6:30 to 8 p.m. in the Teen Room of the rectory at St. Mary Catholic Church, 130 South Street in Wrentham. Current families meet on the third Wednesday of the month at 5:30 p.m., either at a member's home or in the Teen Room for a pizza or potluck supper. There are games available for the children.

While the church provides the meeting space, the group itself is not faith based. A Zoom option is available for the meetings.

People can still support the foster care community, even if they are unable to foster a child, noted Williams. Volunteers are needed to help with outreach, backpack and diaper drives, and activities for families. Donations for the drives can be dropped off at the bin in the rear of St. Mary's parking lot. Gift cards can be dropped off at the rectory.

For more information about FAFC or to come to a meeting, contact Williams at jsvel@yahoo.com. FAFC is open to adoptive and foster parents from any community.

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# Tri-County Students Work to Prevent Elder Fraud

*Juniors from the Legal and Protective Service Program Present to Local Senior Citizens*

Students from the class of 2023 in the Legal and Protective Services Career Program at Tri-County Regional Vocational Technical High School are bringing important public safety presentations to several local area senior citizen centers. The presentations are focused on how to prevent scams and fraudulent practices that target the elderly and become more prevalent during the holiday season.

These presentations will help seniors learn how to identify and respond to scammers. The stu-

dents aim to prevent the elderly community members from falling victim to illegal practices that could drain their savings, endanger, or frighten them.

The students enrolled in the Legal and Protective Services Program independently researched the information in their presentations, including interviewing local law enforcement officers. Topics include Phishing & Identity Theft, IRS, romantic/companionship, sweepstakes, charity, funeral, and grandparent scams. According to the local law



enforcement agencies, scams like this are prevalent, and residents of the immediate communities have been scammed out of tens of thousands of dollars. Through research, the students recognized that scammers rely on strong emotions to catch their victims off guard. They will emotionally manipulate their victims through fear, intimidation, excitement, exhaustion, sympathy, guilt, grief, embarrassment,

and love. This manipulation keeps intelligent, rational people from making sound financial decisions. Victims of financial scams rarely recover the money they lose and it can take years for victims of identity theft to undo the damage. After the first presentation in Franklin, an attendee expressed how grateful she was that these presentations were being provided to the community. After

losing her husband several years ago, she fell victim to a scam and understands first-hand how real and cruel these scammers are. The Elder Fraud Presentation was also held at the Wrentham Council on Aging on December 16. If you would like to have an elder fraud presentation in your area, contact Brenna Ferrick at (508) 528-5400 x201 or email [ferrick@tri-county.us](mailto:ferrick@tri-county.us).

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# 40,000th Book Printed at Registry of Deeds

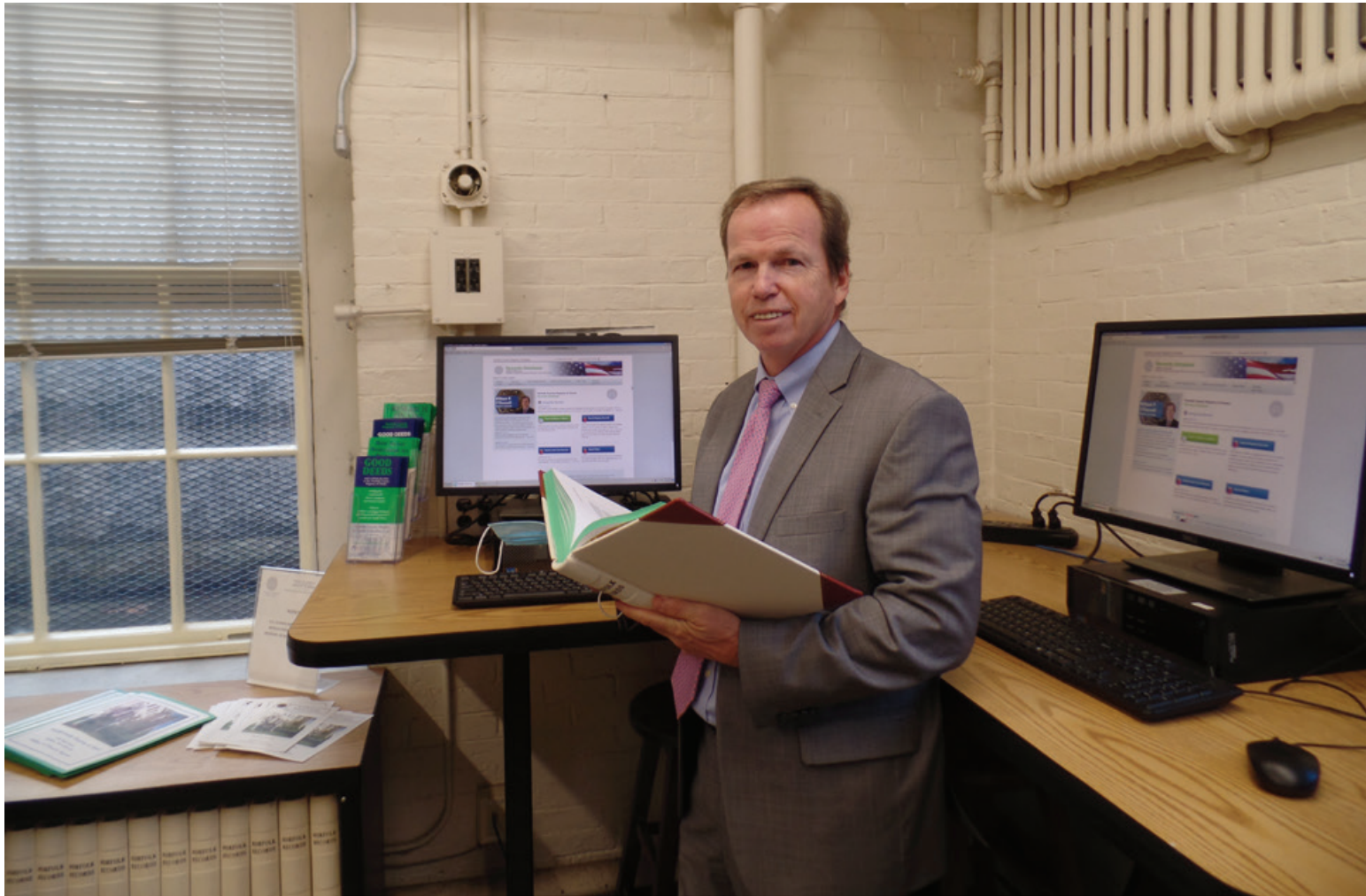
Celebrating a significant milestone at the Norfolk County Registry of Deeds, Register William P. O'Donnell recently announced the Registry completed printing its 40,000th book of recorded land documents.

"The printing of our 40,000th book, which includes land documents such as deeds, homesteads, mortgages and mortgage discharges, is a significant event in the life of the Registry and a testament to the volume of work completed each and every business day here at the Registry of Deeds," said O'Donnell. "The printing of Book 40,000 links us to the Registry's rich history that dates back to 1793."

While the printing of books is ongoing, it is important to note the Registry continues to embrace and utilize cutting edge technologies to record land documents instantaneously. Documents are scanned and available for viewing within 24 business hours of recording at [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

The Registry's computer systems are backed up on a nightly and weekly basis. This redundancy allows the Registry to maintain a permanent record of all land document recordings in the event of a disaster affecting the building. Additionally, the Registry also microfilms all recorded land documents and ships the microfilm off-site to a secure location where it can be retrieved in the event of a catastrophe.

Residents and those with an interest in Norfolk County property are encouraged to visit the Registry of Deeds. Users of the Registry have options to view land documents by which-ever means they are comfortable, either hard copy via books or on-line by one of the many computer workstations available



to the public or from the convenience of their home or work computer.

Register O'Donnell stated, "The core mission of the Registry of Deeds is to record land documents in a safe, secure and accessible manner. Part of this charge is to serve as a depository for over 9 million land documents recorded from the Registry's beginning in 1793 right up to the present day. While we have embraced the latest technologies to improve efficiencies, the printing of books allows us to maintain a permanent hard copy record of each recorded land document on-site."

To learn more about these and other Registry of Deeds events and initiatives, follow the

Registry at [Facebook.com/NorfolkDeeds](https://Facebook.com/NorfolkDeeds), [Twitter.com/NorfolkDeeds](https://Twitter.com/NorfolkDeeds) or [Instagram.com/NorfolkDeeds](https://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](http://www.norfolkdeeds.org). Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or by email at [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).



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# Too Late for 2021 Tax Planning? Guess again.

2021 is done, so 2021 tax planning is done too, right? Guess again. Although it's true that most tax planning strategies are limited after December 31st, there is still a lot you can do to make the tax-filing season cheaper and easier.

## Maximize Your Retirement Contributions

If you haven't already funded your retirement account for 2021, you still have time. Contributions to a Traditional IRA (whether deductible or not) and to a Roth IRA are available until April 15th, 2022. If you are self-employed and have a Keogh or SEP-IRA, you have until October 15th, 2022 if you submit an extension of time to file your tax return. Not only will making a deductible contribution lower your tax bill, but your investment will compound tax-deferred. There are specific requirements and limits for each type of account so check with a qualified tax advisor on your specific situation.

## Estimated Tax Payments

If you don't pay enough to the IRS during the year, you

may be looking at a hefty tax bill come April. It is possible that you might even owe penalties and interest on top of the tax. You could avoid any 2021 fourth quarter penalties on underpayment of tax if you submit a payment by January 15th 2022. Try not to over pay the tax however, because the IRS does not pay you any interest on the borrowed money called your refund. It is your money so plan accordingly.

## Organization of Your Records

Having your records organized may not save tax dollars, but will make your tax season less stressful. Start by keeping your prior year returns and tax documents in the same place. Collect all of your receipts and documents that may have piled up during the year (hopefully you already have a folder or file called "Taxes" to get you started). When your W2s, 1099s or other tax documents start arriving in the mail, put them all in the same folder and group them together in like categories. When beginning to prepare your return, work off a checklist or worksheet so you don't overlook anything.

## Take Every Deduction You Are Entitled To

Oftentimes, taxpayers overlook deductions or decide not to take certain deductions because they feel too they are being too aggressive. In order to minimize the amount of tax liability, take every deduction you are entitled to. If your qualified itemized deductions exceed your standard deduction, file with the higher amount. Some well known items that you can itemize are home mortgage interest, real estate taxes and charitable deductions. Other lesser known itemized deductions that you may be entitled to include job hunting expenses, unreimbursed employee expenses, and out of pocket medical expenses. If you are self employed, make sure you write off all of your expenses and be prepared to back these with receipts. One of the items self-employed individuals may be eligible for is the Office-In-Home Deduction. If you conduct business exclusively out of your home office, you may be eligible.

## File & Pay On-Time

If you can't finish your return on time, make sure you file Form 4868 by April 15th, 2022. You will get automatic six-month extension of the filing deadline until October 15th, 2022. On the form, you need to make a reasonable estimate of your tax liability



for 2021 and pay any balance due with your request. Requesting an extension in a timely manner is especially important if you end up owing tax to the IRS. If you file and pay late, the IRS can slap you with a late-filing penalty of 4.5 percent per month of the tax owed and a late-payment penalty of 0.5 percent a month of the tax due. The maximum late filing penalty is 22.5 percent and the penalty tops out at 25 percent. By filing Form 4868, you stop the clock running on the costly late-filing penalty.

That doesn't mean you have to wait until April 15 to visit your tax preparer's office, though.

In fact, the earlier you can prepare and file your tax returns, the better off you are. First, a new tax law effective last year requires the IRS to hold refunds for a few weeks for some early filers

who claim the Earned Income Tax Credit and the Additional Child Tax Credit. The IRS has to hold the entire refund, not just the portion associated with those credits, until at least February 15. Second, the rise in identity theft is causing the IRS and state tax authorities to spend additional review time to protect against fraud. Additional safeguards will be set in place for the upcoming 2022 filing season. Knowing these two important things, you should get a head start on the process. Even though the refund may be delayed, you should still file early to get ahead of the possible identity theft.

## Seek Help, If You Need It

Low cost, affordable options to prepare and file your returns exist. If you are comfortable doing your own return, go for it. If you become uncomfortable or get in a jam, call a professional for added confidence and peace of mind.

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

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# January Programs at the Norfolk Public Library

Visit the library’s website at <https://norfolkpl.org> to register for these programs and for a complete list of all adult and children’s programs

**Taste of Poetry** Tuesday, January 4 from 11:30 a.m. to 12:30 p.m. The poems of Claudia Rankine will be discussed. Poems will be provided. Bring your lunch.

Everyone is welcome and no registration is required.

**Using Overdrive/Libby and Hoopla** Tuesday, January 11 from 11 a.m. to noon. Instruction and guidance on using the library’s electronic resources. Registration required.

**Book to Film Classic Movie Series** Wednesday, January 12 from 4 to 6 p.m. “Of Mice and Men” will be shown.

**Planning Your Spring/Summer Garden** Tuesday, January 18 from 6:30 to 7:30 p.m. Part of the Garden-Ready Series, this presentation will be virtual. Registration is required.

**The Discovery of a Masterpiece** Wednesday, January 19 from 7 to 8 p.m. This virtual presentation by Mallory Mortillaro, the Curator of Collections for the Hartley Dodge Foundation in Madison, NJ, will tell the story of how she uncovered a masterpiece that had been lost to the art world since the 1930s. Registration required.

**Family Trivia Night** Saturday, January 22 from 7 to 8 p.m. Program will be virtual. Registration required.

**Developing Habits for Staying Organized** Tuesday, January 25 from 7 to 8 p.m. Susan McCarthy of a Less Cluttered Life will share how better habits can help you become more organized and more productive. Program will be virtual. Registration is required.

**Seed Swap: Winter Seeding Workshop** Saturday, January 29 from 1 to 3 p.m. Get a head start on your garden by making a mini greenhouse and starting some seeds. Bring an empty milk or water jug and seeds to swap or borrow seeds from the library’s Seed Library (you’ll need a library card). Email [salamandersue@comcast.net](mailto:salamandersue@comcast.net) for more information.

## Give Blood at the Gary Mirliss Memorial Blood Drive

The 18th annual Gary Mirliss Memorial Blood Drive will be held on Friday, January 7 from 11 a.m. to 5:30 p.m., and Saturday, January 8 from 8 a.m. to 3 p.m. at Lake Pearl Luciano’s, 299 Creek St., Wrentham.

The drive honors the memory of Gary Mirliss, who died of leukemia in 2001. Blood donations will be used for patients stricken with cancer at Brigham and Women’s Hospital, Dana-Farber Cancer Institute, and Children’s Hospital Boston.

While blood is always needed and there is generally a lull in donations around the holiday season, this year is especially dire. The American Red Cross recently issued a public call to action due to a plummeting national inventory of blood donations, forcing the cancellation of surgeries and other medical procedures.

To make an appointment to donate blood on January 7, visit <https://donor.kraft-familyblooddonorcenter.org/>

donor/schedules/drive\_schedule/2793.

To make an appointment to donate blood on January 8, visit [https://donor.kraft-familyblooddonorcenter.org/donor/schedules/drive\\_schedule/2774](https://donor.kraft-familyblooddonorcenter.org/donor/schedules/drive_schedule/2774).

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# A Warning from DA Morrissey: Don't use Gift Cards to Pay Debts

*(But if you did, here is how to freeze them)*

New guidance pushed out by the Federal Trade Commission recently says that telephone scammers are trying to dupe their targets into submitting payments using gift cards more than ever, and that overall losses continue to rise.

“We have seen these reports coming in to local police departments, substantiating what is being seen federally,” District Attorney Michael W. Morrissey said.

The FTC reported tracking \$148 million in fraud in the first 9 months of 2021 – more than the total for all of 2020.

“The scams involve callers targeting unwitting people by pretending to be from the IRS, the Social Security Administration, a judicial official or common bank or business,” District Attorney Morrissey said. “They claim that there is some immediate consequence, like an arrest warrant or fine, if payment is not made instantly – then they tell their target that the fastest way to pay is to buy gift cards and read those numbers over the phone.”

The catch, according to Morrissey and law enforcement nationwide, is that legitimate companies never do that.

“In the moment, if the caller’s threats make their adrenaline kick in and that warps their decision process, many have been tricked into complying,” he said.

Scammers are leaning hard on common brands like Target, Apple, Walmart, Google Play, and eBay gift cards.

While some companies, like eBay and Google Play need to be contacted through their online customer support mechanisms, some of the most commonly misused brands have toll free numbers for immediate help, including iTunes at 888-275-2273 (say “gift card” to connect to a live person), Target at 1-800-544-2943, and Amazon at 1-888-280-4331.

Even if a consumer realizes that they have been duped after they have read the gift card number to the person on the other end of the phone, if that consumer reaches the company before the card has been redeemed, the funds can often be frozen and eventually refunded to the consumer. Having the card and the original receipt is important in that process.



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# The b.LUXE *beauty beat*

## New Year • New You 2022 Giveaway!

By GINA WOELFEL

Different cultures from around the world welcome the change of the calendar with unique traditions all their own.

In Spain, it's customary to eat 12 grapes at midnight, one for each stroke of the clock. Each grape represents a wish of good luck for the coming months of the year.

In Denmark, plates and glasses are thrown at the front doors of close family and friends to banish bad spirits away.

In Scotland, the first person to cross the threshold of a home in the New Year should carry a gift for good luck.

And in Ireland, there's a beautiful tradition of opening the back door to the house just before midnight to "let the Old Year out" and opening the front door to "let the New Year in".

As many of you know, b.LUXE owner Heather Cohen is a true New Year's baby and was the first child born in Boston on January 1st, 1976!

"I love to travel somewhere warm and tranquil for my birthday. I don't go out or do much while I'm there, it's really my time to reflect, reset and look ahead. I love to read on the beach and watch the crystal blue waves crash over the sand. If I'm carrying any tension or stress from the previous year, I let it all go. I give everything I have to my business and love working with my team, but every once in a while, I need to take some personal time to regroup and set new goals. This time away let's me reboot and return filled with inspiration and a renewed sense of excitement for the coming year." - Heather Cohen

2021 was a remarkable year for b.LUXE. We achieved so many of our personal goals and worked collaboratively to push the studio to the top of the beauty industry! It's time to celebrate and start our own New Year's tradition with you!

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NEW OR EXISTING CLIENT?



# Living Healthy

## Glaucoma Treatment: DURYSTA

### Commonly Asked Questions

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

Glaucoma is a condition that can damage our field of vision. It affects us when the pressure in-

side the eye is higher than what the eye can tolerate. Glaucoma is treatable with drops targeted at lowering the eye pressure. There are patients who have problems

remembering to use the drops and sometimes the preservative in the drop cause irritation, redness and intolerance to the drops. In other instances, one can be traveling and forget to carry the eye drops during the trip. In those instances, a novel treatment

using DURYSTA glaucoma implants can help manage the pressure while reducing or eliminating the need for drops.



### What is Durysta?

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

### How does Durysta work?

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

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

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

### How long does Durysta last?

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

### Who is a candidate for Durysta?

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

### EYES

*continued on page 17*

the following circumstances:

- If you have an infection within or surrounding your eye
- If you have undergone a corneal transplant
- If you are diagnosed with corneal endothelial cell dystrophy
- If your posterior lens capsule is ruptured or absent
- If you are allergic to bimatoprost or to the components of the implant



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# Living Healthy

## EYES

continued from page 16

### What are the side effects of Durysta?

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

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

Some adverse events for Durysta patients can include:

- Eye redness
- Eye irritation
- Eye pain
- A foreign body sensation within the eye
- Light sensitivity (photophobia)
- Blurred vision
- Headache
- Conjunctival hemorrhage
- Iritis
- Increased intraocular pressure

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

### Is Durysta for me?

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

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# Living Healthy

## Health Experts, Legislators, and Community Organizations Urge Governor to Curb COVID-19 Transmission

On December 15, Senator Becca Rausch (D-Needham) and a dozen state legislative colleagues delivered a letter to Governor Baker urging the administration to adopt a slate of data-driven public health policies set forth in a Massachusetts COVID-19 Action Plan, crafted and endorsed by a coalition of over 100 public health and medical professionals and 36 community organizations, to curb the spread of COVID-19 in the Commonwealth.

This broad support comes amidst a winter surge of the Delta variant, detection of the Omicron variant in Massachusetts, and increasing virus transmission during the holiday season.

On December 13, Governor Baker announced an effort to distribute 2.1 million rapid COVID-19 tests to high-risk municipalities, but noted that his administration has no intention to reinstate Massachusetts' statewide mask mandate during a winter surge of the Delta variant, which has caused a doubling of COVID hospitalizations over the last month. Schools have experienced a notable spike in outbreaks, and stark racial and socioeconomic disparities of vaccination rates continue to persist

in Massachusetts, with the proportion of people with 2 doses ranging from 52.1% to over 95% across Massachusetts towns.

"Experts confirm that testing is not enough," the letter said. "Our constituents and communities need a multi-pronged approach to combat COVID-19 and protect public health, especially through these colder months."

The Massachusetts COVID-19 Action Plan provides a comprehensive public health policy proposal for the Commonwealth's schools, workplaces, health care providers, local health boards and frontline communities, drafted by Dr. Julia Koehler, Dr. Julia Raifman, and Dr. Regina LaRocque in partnership with numerous public health leaders and community organizations. To avoid crises of hospital resources, acute and chronic disease, deaths, long-term disability, and orphaning of children, the statewide coalition is encouraging the Baker Administration to:

- Establish a statewide indoor masking policy in line with CDC recommendations, mandating county-based mask wearing predicated on local COVID-19 transmission risk

- Fund and staff daily mobile vaccination clinics in frontline communities disproportionately represented in COVID-19 cases
- Curb viral spread in workplaces through statewide workplace safety standards as well as paid sick time for employees experiencing COVID-19 symptoms, potential exposures, or temporary adverse effects from vaccination
- Protect against foreclosures, evictions and rent increases to decrease home crowding
- Reduce in-school transmission through universal masking and providing sufficient funding and staffing for contact tracing, opt-out pool testing, and remote learning options for infected children
- Support frontline communities and local boards of public health through culturally relevant outreach, technical and infrastructural assistance to boards of health and community health centers, and financial support for struggling residents, regardless of immigration status

Protecting children from COVID-19 and answering parents' concerns about vaccines in a culturally appropriate way is critically important, because it's not true that children don't get very sick from COVID," said Dr. Julia Koehler, Pediatric Infectious Disease specialist and Assistant Professor of Pediatrics at Harvard Medical School. "Children also get long COVID, and there are now concerns that children might have more severe disease from Omicron than from previous variants."

"The omicron variant is projected to take over in Massachusetts by January," said Dr. Regina LaRocque, an infectious disease physician and associate professor of medicine at Harvard Medical School. "It's absolutely essential for everyone in the state to have boosted vaccination, but we can't rely on vaccines alone to control this surge. We must use all of the tools at our disposal to protect people."

"Mask policies are the opposite of lockdowns or school closures," said Dr. Julia Raifman, assistant professor at Boston University School of Public Health. "Mask policies help us continue to come together to reduce spread at work, in schools, and in public spaces more safely during surges. Mask policies are especially important while we continue to do the work to communicate about and deliver vaccines to the 11 Massachusetts Equity Communities with 40% or more of the population not yet vaccinated. I am so glad to see Governor Baker deliver free rapid tests to equity communities and hope he will also expand on the work Project N95 has done to deliver free, high-quality masks to essential workers and low-income schools."

"While I am pleased that the Baker Administration committed to free at-home rapid COVID-19 testing in our most vulnerable communities, we must go further," said Senator Becca Rausch. "Our Commonwealth's public health experts and frontline workers know exactly what we must do to safe-

guard our communities' health and curb COVID-19 transmission. We have the plan; now we need swift action to keep our kids in schools, our families safe, and our businesses open."

"The nurses and health-care professionals of the Massachusetts Nurses Association support a multi-pronged approach to combating the latest COVID-19 surge that ensures patients are able to safely use essential healthcare services," said Katie Murphy, practicing ICU nurse and Massachusetts Nurses Association president. "The Commonwealth must protect essential services such as behavioral health, hold hospitals accountable for improving conditions and staffing appropriately, and implement policy changes that reduce disparities in healthcare, education, food and housing access."

"COVID-19 devastated Chelsea a year and a half ago, due to lack of preparedness, action, and response to the pandemic as it arrived in Massachusetts," said Cristina Alonso, Health Equity Specialist for La Colaborativa. "We now have the data, information to prevent transmission, and capacity on-the-ground to save lives in our community as Omicron and the winter holidays approach. It is our responsibility to take action now to protect our most vulnerable communities."

In addition to the public health and medical experts who signed onto the Massachusetts COVID-19 Action Plan, 36 community organizations also endorsed the policy proposal.

*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. Senator Rausch serves as the Senate Chair of the Joint Committee on Environment, Natural Resources, and Agriculture and the Senate Vice Chair of the Joint Committee on State Administration and Regulatory Oversight.*



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## FSPA Continuing Enrollment and Presenting Student Productions

The Franklin School for the Performing Arts (FSPA) has ongoing enrollment throughout the school year. FSPA is a home for performing artists of all ages, abilities, and interests. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students can participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. FSPA offers programming for students as young as 18 months. Students are able to “discover their FSPA” and take class anywhere from one day a week to six.

Proudly serving more than 500 students annually from 45 communities in Massachusetts’ Metro West region, the Franklin School for the Performing Arts is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime.



FSPA’s faculty boasts outstanding professional artists, performers, and teachers. FSPA instructors strive to meet the individual needs of each student, working to develop each student’s abilities to their own potential. Violin Instructor Irina Fainkichen speaks of the school, “I see FSPA as a second home for many students. Besides all the opportunities this school provides, I love that everybody has so much fun together. Whether in the hallways or classrooms, you can hear music, dancing, singing, and laughter.”

Performance is an integral part of an FSPA education and the school offers unrivaled performing opportunities for

students throughout the year. Throughout winter and spring of 2022, FSPA will present all student productions of the hit musical *CATS*, the ballet *Alice in Wonderland*, a play to be announced, and “Excerpts from Great Operas and Choral Works.”

Students who wish to attend FSPA for academic classes as well have the option of FSPA Academy. FSPA Academy combines the flexibility of a virtual education with the practicality of a schoolroom, and can accommodate professional opportunities, rehearsal, and performance schedules. FSPA Academy partners with TECCA, a virtual Massachusetts Public School. The curriculum is taught by licensed, certified teachers through a combination of Live Lessons and individual assignments.

For more information about FSPA and its programs, visit [www.FSPAonline.com](http://www.FSPAonline.com), call 508-528-8668, or stop by 38 Main St. in Franklin. Follow FSPA on Facebook, Instagram (@fspaonline), and YouTube.



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## Sports

# KP Boys Quintet Aims for Success on Three Fronts

BY KEN HAMWEY  
STAFF SPORTS WRITER

The boys basketball team at King Philip Regional has the talent that could make the 2021-22 season a memorable campaign.

Coach Dave DeStefano, who's starting his third year at the helm, is optimistic his Warriors can achieve the three goals he's outlined. "We want to qualify for the tourney and make a successful run," he said. "We also want to contend for the Hockomock League's Kelley-Rex Division title and improve daily, whether it's at practice or at games."

The coach believes his goals are attainable because of the strengths his nucleus possesses. DeStefano likes their experience, the depth they provide, and their

high basketball IQs. He also admires their leadership and athleticism.

"The players worked hard in the offseason, competing at the AAU level and in summer leagues," he said. "There were a lot of newcomers last season and although the schedule was shortened due to COVID-19, the players gained experience. For us to be successful, we need to make a big commitment on defense. We want to make our opponents uncomfortable and focus on working together to get stops. On offense, we're looking to have a balanced attack and create scoring opportunities."

The Warriors will rely on an up-tempo style on offense but when a fast-break opportunity



KP's basketball captains are, from left, Will Laplante, Danny Clancy, and Charlie Grant.

doesn't materialize, DeStefano will instruct his forces to "spread the floor and read the defense." KP's athleticism allows the Warriors to be effective employing a man-to-man defense.

DeStefano estimates that KP is returning about 66 percent of its scoring from last season. That offense will come from two of the team's captains — junior guard Will Laplante (6-feet) and senior forward Danny Clancy (6-2). Laplante averaged 16.4 points and shot three-pointers at a 36 percent clip while Clancy averaged 12.2 points and 7.5 rebounds. Laplante was a Hockomock League all-star last year and Clancy was an honorable-mention choice.

"Will finished fourth in the league in scoring as a sophomore," DeStefano said. "An all-around player, he's our best pure shooter and he's at his best when spotting up or running off screens. Will does a great job of using screens to lose his man and create an open shot. Danny's physical presence enables him to get into the lane to score. He can knock down open shots or finish over defenders. He has a soft touch around the hoop and can be a matchup problem because of his shooting ability. Danny has a wide assortment of moves and has great body control to finish at the rim."

Senior Charlie Grant, a 6-foot guard, is KP's third captain. He relies on a combination of speed and explosiveness, making him a threat at both ends of the floor.

"Offensively, Charlie has the ability to score in the paint or on the perimeter," DeStefano said. "He's improved his shooting but

doesn't need to have the ball to make an impact. He's a skilled cutter and does a great job of finding open spaces on the floor. His hoop IQ is high and winning is his top priority."

Senior forward Braeden Sottile and senior guard Sean Sullivan are quality competitors who bank on a variety of skills. The 6-foot-3 Sottile has a high basketball IQ and the 5-foot-11 Sullivan is a top-notch decision-maker.

"Braeden has the ability to score at all three levels," DeStefano said. "He can finish over, through, or around defenders at the rim consistently. Braeden can cause matchup problems because of his ability to shoot from the perimeter. He can also be a factor on the defensive end, with his ability to alter opponents' shots in the paint. Sean is an excellent ball-handler in the open court. A scrappy on-ball defender, he's a smart playmaker who does a great job finding the open man. He focuses on making the right play."

Junior Grant Kinney (5-11) will likely get minutes at point guard and senior Matt Sullivan (6-feet) will get playing time on the wing.

"Grant's smooth shooting form makes him deadly from outside," DeStefano said. "He really came into his own at the end of last season at the jayvee level. He uses his ball-handling to create space or runs off screens for catch-and-shoot opportunities. He has great touch and likes to use it to open up other scoring possibilities. Matt is very skilled and sees the floor well regardless of the situation

he's in. He moves well off-ball by finding open spaces on the perimeter or cutting lanes for an easy lay-up. He has a consistent shooting form that makes him a threat spotting up."

A trio of forwards — seniors Will Martorano (6-3) and Drew Danson (6-3) and junior Collin Peck (6-2) — should grab a majority of KP's rebounds.

"Will sets solid screens and is a versatile scorer," DeStefano said. "He's got a nice touch around the basket and can be a factor on the glass. Collin can be a threat on the three-point line, but his biggest contributions will come in the paint. He's long and athletic, which should help us on the boards."

"One of Drew's most impactful parts of his game is rebounding. He's a great athlete who could be a double-double for points and rebounds. On both ends of the floor, he's incredibly active once the shot goes up. This creates a lot of easy put-back opportunities for him on offense. He also has the skills to initiate transition offense once he secures the defensive rebound."

Before taking the KP job, DeStefano previously was Foxboro's jayvee coach for three years. He also was a varsity assistant for seven years at Bishop Feehan. He played football and basketball at Feehan and during his four years there, he was on the Shamrocks' grid teams that won four Super Bowls.

Banking on an athletic philosophy that focuses on winning, reaching one's potential and having fun, DeStefano hopes his players learn valuable life lessons from basketball.

"Some life lessons that can be learned in sports are overcoming adversity, learning how to be good teammates and good learners, setting goals and being accountable," he emphasized.

This year's players, who competed last season when the pandemic was raging, know a thing or two about adversity — KP's squad was winless in nine games last year.

But, in spite of an 82-71 loss in their opener against Taunton, the Warriors should be very competitive against all teams on their 2021-22 schedule.



Dave DeStefano, who's in his third year as KP's basketball coach, is optimistic the Warriors will qualify for a state tournament berth.

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# Sports

## Courageous KP Football Team Bows to Catholic Memorial

### Division 2 Super Bowl

BY KEN HAMWEY  
STAFF SPORTS WRITER

Coach Brian Lee didn't call King Philip's road to a Super Bowl championship a Herculean task but he did put the challenge in perspective on Thanksgiving Day when his Warriors faced arch-rival Franklin in their annual November classic.

Before bowing to Franklin in a back-and-forth battle for the Kelley-Rex Division title, the veteran coach said: "It's hard enough playing one tough game (Milford in the Division 2 semifinals), then to come back and play for a league championship and then have to play one of the best teams (Catholic Memorial) in the state for the Super Bowl."

In a span of 13 days, KP defeated Milford, 31-16, to qualify for the Super Bowl, lost to Franklin six days later, 27-20, in a clash that decided the division champion, then seven days later faced undefeated Catholic Memorial in the Super Bowl where the underdog Warriors lost, 42-18.

The Warriors, who stopped CM on its first two possessions, stayed with the Knights for a half (down 14-3) but couldn't match their offensive firepower that was on full display at Gillette Stadium. A week before CM faced off against KP, the Knights unleashed their high-powered offense to defeat Boston College High on Thanksgiving, 57-34, registering 37 points in the first quarter.

"CM is the biggest challenge we've ever faced," Lee said. "And, they're the best team I've ever coached against. They've got so many explosive players and they can score points in a matter of minutes. They've got speed, they can run and pass and their linemen are big and fast."

CM quarterback JC Petrongolo threw three touchdown passes and Kole Osinubi scored three times, including a pick-6, as the Knights piled up 446 yards on offense, forcing the Warriors into a game of catch-up.

"When you try to match them, that's not our game," Lee said. "And that's when it got away from us. Mistakes occur or you force something that's not there.

When that happens, you get this kind of result."

The Knights, trailing 3-0 after KP's Matt Kelley drilled a field goal early in the second quarter, bounced back before the half ended. A TD pass from Petrongolo to Osinubi covered 51 yards and on the final possession of the half, Petrongolo's 15-yard toss to wideout Matt Rios enabled the Knights to take a 14-3 advantage.

A Datrell Jones three-yard run late in the third quarter capped off a 93-yard drive, giving CM a 21-3 cushion before the final stanza got underway.

KP built some momentum early in the final quarter, scoring on Rudy Gately's four-yard run. Trailing 21-10, the Warriors were unable to contain CM. A double-pass play that featured Drew DeLucia connecting with Jaedn Skeete for 66 yards gave the Knights a 28-10 lead. The Warriors' offense kept battling and scored when quarterback Charlie Grant reached the endzone on a five-yard run around the left side. Crawford Cantave followed with a two-point conversion on a Grant pass.

KP closed its gap to 28-18 but the Knights put the contest on ice when Osinubi scored twice — his first TD coming on a pass and the second on a pick-six. CM finished its season at 12-0 and the bowl triumph was their first since 1978 when they beat Chelmsford, 13-8.

"To play CM is a daunting task and to beat them takes perfection," Lee said. "That means protecting and controlling the ball, minimizing their possessions, slowing them down and playing solid defense. There can't be any missed assignments."

Unfortunately for KP, there were two key miscues that would have kept the game close in the early going. Before scoring on its field goal in the second quarter, Grant overthrew Tom Brewster who was open in the endzone. In the third quarter, trailing 14-3, a Grant pass was dropped that likely would have been a touchdown.



Coach Brian Lee and quarterback Charlie Grant were key components in King Philip's journey to the Super Bowl. Photo courtesy of Joe Gianni.

"I'd like to have that overthrown pass back," Grant said. "It's a play I should have made. It hurt to miss on that but we got a field goal. The dropped pass later was a missed opportunity but mistakes happen. We knew this game would be our hardest of the year but I'm proud of the way our team competed. We battled hard, never gave up and showed lots of heart and toughness."

Lee also liked what his players displayed.

"Going 9-3 with two losses to end the season might seem disappointing or even be viewed as a failure since we lost on Thanksgiving and also in the Super Bowl," Lee said. "But, I don't see it that way. The kids worked hard, won three playoff games and got back to Gillette Stadium. That alone makes it a great season. We've been to four Super Bowls in six years."

Lee also emphasized the courage his forces showed.

"People don't understand hard work," he said. "We had 11 seniors on our team. When they were freshmen, we started with 33 kids in that class but it dwindled down to 11. Two-thirds of their class left. Hard work comes with a price — commitment, mental and physical exhaustion, and tough practices. Then, they lend themselves to critiques and criticism. When we started our season, we knew we were not a Super Bowl team. But the kids took risks and that takes courage. Even after losing to CM, they're better off. Because they've learned a lot about themselves and they were willing to embrace the opportunity."

The Division 2 bowl was definitely a David vs. Goliath matchup. KP was the underdog — a decided underdog. And, their coach was acutely aware that his forces were matched against a juggernaut — CM entered the contest averaging 45 points a game. As Lee said: "Playing CM is like playing against an all-star team."

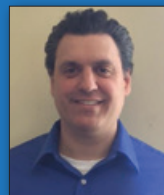
And, he wasn't joking when he said: "If we won, then that would have been the greatest upset in Massachusetts Super Bowl history."

**SIDELINE SLANTS:** For CM coach John DiBiasi, the triumph was his 14th Super Bowl championship ... Before taking the reins at CM four years ago, he coached at Everett for 26 years ... The total yards statistic at halftime was a positive omen for CM — the Knights outgained KP, 238 to 105 ... Lee's been on the job for 17 years at KP and he's got two Super Bowl titles (Reading and Lincoln-Sudbury) ... KP advanced to the 2021 Super Bowl by defeating Chelmsford, Mansfield and Milford ... CM earned its berth by defeating Woburn, Reading and Marshfield ... KP's defense, which yielded an average of 15 points a game, is the only team that shut out CM in the first quarter.

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# Electric Youth 2022 to Debut at THE BLACK BOX

Electric Youth 2022 will debut at THE BLACK BOX on January 8 with two shows at 4 and 8 pm. The 2022 group of talented young singers and dancers includes Hayley Driscoll, Tatiana McAlpine, Sami Goldman, Abby Settle, Audrey Miningham, Devin DeAngelis, Finley Doherty, John Fitzhenry, Madigan Wirkus, Abby Trombert, Anya Fox, Ashley Peppin, Erin Belger, and Tzintli Cerda. Electric Youth is scheduled to tour again this summer bringing timeless hits and non-stop entertainment to venues across Europe.

Electric Youth delivers high-energy, fully choreographed performances of classic rock, contemporary pop, Broadway, and country hits for audiences

of all ages. The American touring ensemble of talented singer-dancers, ages 14-18, is backed by the eight-piece Boston Show Band — world class musicians who’ve worked with music legends Tony Bennett, Aretha Franklin, Dizzy Gillespie, B.B. King, Diana Ross, The Temptations, Van Morrison and more. Electric Youth is trained at the Franklin School for the Performing Arts. The group has toured Europe performing in such renowned venues as Vienna’s Konzerthaus, Musikverein and Schonbrunn Palace; Sanremo’s Ariston Theatre; England’s Arundel Festival; Disneyland Paris; and professional theatres in Bristol, London and Windsor. EY has also headlined Fourth of July shows for U.S. troops sta-

tioned in Italy at Camp Ederle, Camp Darby, and Aviano Air Force Base. The ensemble has performed on Royal Caribbean’s Oasis of the Seas, on Fox-TV and WBZ Radio, and at Fenway Park, Gillette Stadium, the Smithsonian Museum Theater, the United Nations and the U.S. Embassy in Vienna. Electric Youth has released six albums, including 2014’s *Power Chord*, available on iTunes. Last year, EY recorded and released their a cappella single “Always Remember Us This Way” arranged and edited by Jim Hogan of a cappella sensation T.3 (available on all streaming platforms).

Collectively, the members of Electric Youth 2022 have performed with Broadway stars, sung the National Anthem for Boston sports teams, been selected to perform at “Broadway Sessions” in NYC, worked with choreographers from *So You*



*Think You Can Dance*, and more. Alumni of Electric Youth have gone on to appear on Broadway, in national and international tours, television, regional theater, feature film, professional dance companies, cruise ships, and more.

Tickets for the January 8 Debut shows are available at [www.theblackboxonline.com](http://www.theblackboxonline.com) or by calling the box office at 508-528-3370. You can follow Electric Youth on Facebook, Instagram, and YouTube.

THE COMMONWEALTH OF MASSACHUSETTS  
MASSACHUSETTS DEPARTMENT OF TRANSPORTATION – HIGHWAY DIVISION  
NOTICE OF A PUBLIC HEARING  
Project File No. 603739

A Live Virtual Design Public Hearing will be hosted on the MassDOT website below to present the design for the proposed of Route I-495/Route-1A Ramps Reconstruction project in Wrentham, MA.

WHEN: 6:30 PM, Wednesday, January 26, 2022

PURPOSE: The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Route I-495/Route-1A Ramps Reconstruction project. All views and comments submitted in response to the hearing will be reviewed and considered to the maximum extent possible.

PROPOSAL: The purpose of this project is to improve traffic safety and operation of Route 1A (in the area of Route I495), including I-495 Southbound (SB) off/on ramps. The project consists of construction of a new slip ramp (from Route-1A NB to Route-I-495 SB) and milling and repaving of the existing pavement. Pedestrian and bicycle accommodations consisting of 10-foot-wide paved, shared-use-paths are provided along both sides of Route 1A in accordance with applicable design guides.

A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. The Commonwealth of Massachusetts is responsible for acquiring all needed rights in private or public lands. MassDOT’s policy concerning land acquisitions will be presented in the hearing.

Project inquiries, written statements and other exhibits regarding the proposed undertaking may be submitted to Carrie E. Lavallee, P.E., Acting Chief Engineer, via e-mail to [MassDOTProjectManagement@dot.state.ma.us](mailto:MassDOTProjectManagement@dot.state.ma.us) or via US Mail to Suite 6340, 10 Park Plaza, Boston, MA 02116, Attention: Project Management, Project File No. 603739. Statements and exhibits intended for inclusion in the public hearing transcript must be emailed or postmarked no later than ten (10) business days (14 calendar days) after the hearing is hosted on the MassDOT website listed below.

This hearing is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (e.g interpreters in American Sign Language and languages other than English, live captioning, videos, assistive listening devices and alternate material formats), as available. For accommodation or language assistance, please contact MassDOT’s Chief Diversity and Civil Rights Officer by phone (857-368-8580), TTD/TTY at (857) 266-0603, fax (857) 368-0602 or by email ([MassDOT.CivilRights@dot.state.ma.us](mailto:MassDOT.CivilRights@dot.state.ma.us)). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten business days before the hearing.

This Live Virtual Design Public Hearing or a cancellation announcement will be hosted on the internet at [www.mass.gov/massdot-highway-design-public-hearings](http://www.mass.gov/massdot-highway-design-public-hearings).

JONATHAN GULLIVER HIGHWAY ADMINISTRATOR  
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# Real Estate Corner

## Recent Home Sales in Norfolk

Date	Address	Amount
Oct. 18	43 Wildwood Road	\$500,000
Oct. 18	3 Cress Brook Road	\$775,000
Oct. 20	80 Red Maple Run	\$655,000
Oct. 21	43 Cleary Circle	\$643,810
Oct. 21	62 Boydes Xing	\$757,500
Oct. 29	98 Union Street	\$570,000
Oct. 29	3 Cedar Street	\$349,900
Oct. 29	307 Main Street	\$575,000
Oct. 29	6 Old Mill Road	\$819,000
Nov. 3	39 Union Street	\$790,000
Nov. 5	3 Essex Street	\$850,000
Nov. 12	39 Cleary Circle	\$700,138
Nov. 12	1 Whites Pond Drive	\$670,000
Nov. 15	11 Medway Street	\$550,000
Nov. 15	17 Lake Street	\$799,900
Nov. 16	22 Village Green	\$657,000
Nov. 16	14 Stop River Road	\$1.12M
Nov. 19	15 Oak View Terrace	\$989,900
Nov. 19	152 North Street	\$620,000
Nov. 22	164 Seekonk Street	\$840,000
Dec. 1	37 Boydes Xing	\$724,760
Dec. 3	35 Sumner Street	\$679,105
Dec. 10	92 Seekonk Street	\$575,900
Dec. 15	8 Westfield Drive	\$778,500
Dec. 17	6 Bristol Pond Drive	\$969,900
Dec. 17	78 River Road	\$505,000

Source: [www.zillow.com](http://www.zillow.com)  
Compiled by Local Town Pages

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- Rebecca Thomas

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## Local Realtor® Awarded SRS Designation

Hillary Swenson Corner with Berkshire Hathaway HomeServices Commonwealth Real Estate has been awarded the Seller Representative Specialist (SRS) designation, the premier seller agency designation in the country. The SRS is conferred by the Real Estate Business Institute (REBI) and is an official cre-

dential of the National Association of REALTORS®. Hillary joins an elite group of real estate professionals from around the world who have earned the SRS designation. All were required to successfully complete comprehensive coursework in seller representation, demonstrate significant seller representation

experience and expertise, and subscribe to the REALTOR® Code of Ethics. Hillary is a long-time Norfolk resident and an award-level sales associate at Berkshire Hathaway HomeServices Commonwealth Real Estate. She was named a Top Producer by Boston Magazine in 2021. Her other accredi-

tations include Luxury Specialist, Relocation Specialist, and Accredited Buyer Representative. She is a hard-working fulltime agent who offers the highest quality service to all her clients. SRS is wholly owned by REBI and focuses specifically on representing the real estate seller. Formerly the Council of Real Estate

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While our “work” may be the foundation of RE/MAX Executive Realty, our heart of our organization is our people. We truly believe our agents and our employees are the heart and soul of our company. We are blessed with an amazing group

of people who create a culture and an environment of honesty, professionalism, collaboration, generosity, and fun! We are so grateful to have and support each other.

After researching and surveying over 80,000 employees in Massachusetts this past year, the Boston Globe along with Energage (an employee research and consulting company) compiled data and information to create a list of the Top Places to Work.

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was recognized as the BEST place to work in MA for mid-sized companies. WOW...this is a truly an amazing recognition for everyone at RE/MAX Executive Realty.

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# Real Estate Corner

## Recent Home Sales in Wrentham

Date	Address	Amount
Oct. 22	105 Warren Drive	\$850,000
Oct. 25	470 East Street	\$468,500
Oct. 29	9 Geordan Avenue	\$388,000
Oct. 29	1943 West Street	\$640,000
Nov. 1	1116 West Street	\$450,000
Nov. 1	40 Lisa Drive	\$905,000
Nov. 4	67 Hamilton Road	\$425,000
Nov. 10	101 Hamilton Road	\$445,000
Nov. 10	85 Nadeau Drive	\$496,000
Nov. 12	109 Circle Drive	\$457,900
Nov. 12	160 Walnut Road	\$525,000
Nov. 15	170 Cowell Road	\$347,500
Nov. 18	12 George Street	\$500,000
Nov. 18	32 Taunton Street	\$271,000
Nov. 18	186 Janice Circle	\$630,000
Nov. 22	70 Elysium Street	\$750,000
Nov. 22	1 High Meadow Road	\$1.05M
Nov. 22	685 South Street	\$395,000
Nov. 23	15 Arrowhead Road	\$750,000
Nov. 30	46 Weber Farm Road	\$738,252
Nov. 30	44 Weber Farm Road	\$721,981
Nov. 30	49 Weber Farm Road	\$684,345
Nov. 30	45 Riverside Drive	\$360,000
Nov. 30	36 Weber Farm Road	\$714,047
Dec. 3	40 Ray Road	\$629,900
Dec. 3	25 Cobb Road	\$371,000
Dec. 8	364 Forest Grove Avenue	\$410,000
Dec. 9	131 Creek Street, Apt. 10	\$193,000
Dec. 10	152 Thurston Street	\$1.08M
Dec. 10	492 Park Street	\$250,000
Dec. 15	100 Clark Road	\$291,000
Dec. 17	340 Dedham Street	\$410,000

Source: [www.zillow.com](http://www.zillow.com)  
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