

See our
Camp Guide
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pages

On a Mission to Combat Veteran Suicide

BY GRACE ALLEN

After three military friends killed themselves in one month, David Campisano knew he had to do something. In April of 2020, the Army veteran and former Norfolk resident started 22Mohawks, a non-profit committed to raising awareness around veteran suicide.

Campisano served his country from 2001 to 2016, and after his honorable discharge he returned home and slipped back into civilian life. He was one of the lucky ones. Since the global War on Terror began in 2001, over 60,000 American soldiers have died in combat. While that number is stunning enough, it's eclipsed by the number of military veterans who have committed suicide in the same time frame. By some accounts, it's close to 120,000. On average, 22 veterans commit suicide each day.

"Veterans are trained not to ask for help. They're trained to suppress emotions and not show weakness because there's



From left, David Campisano, the founder and president of 22Mohawks, with Stacey Coyne, the organization's CEO, and Mike McGee, the first veteran to receive a dog through 22Mohawk's Pups for Vets program. Photo courtesy of 22Mohawks.

this stigma," said Campisano. "You're in the military, you get hurt and you're in pain but

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Community Read Kicks off this Month

BY GRACE ALLEN

Norfolk Public Library will host a Community Read during March with programming and events for all ages. "Just Mercy: A Story of Justice and Redemption" by Bryan Stevenson was chosen for its themes of race, social justice, equality, and incarceration.

The library is also partnering with King Philip High School for the Community Read. Students will be reading the book as part of the curriculum.

Libby O'Neill, the library director, says the Community Read project presents an opportunity for the community to celebrate literature while initiating conversation around the issues explored in the book.

"It has always been a library programming dream of mine to have a Community Read program that can truly make a positive impact on the community," said O'Neill. "There are so many important themes in the book to discuss and possibly learn from."

"Just Mercy" is the biographical account of the author's experiences defending the rights of the poor, the incarcerated, and the wrongly condemned. According to O'Neill, the book was chosen with input from Jessica Pepple, the Director of Diversity, Equity and Inclusion for the King Philip, Norfolk, Plainville, and Wrentham public schools.

Thirteen programs exploring the book's topics are planned throughout the month, with some to be held in person and some virtually.

The events include a screening of "True Justice: Bryan Stevenson's Fight for Equality," the Emmy Award-winning documentary focusing on the author's life and career; a workshop designed to help parents learn how to discuss social justice issues with their children; and a presentation by an attorney with the Equal Justice Initiative, the non-profit founded by Stevenson that provides legal representation

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Tax Preparation with Liberty Tax

Local tax professionals help navigate an increasingly complicated system

Winter brings two things to Massachusetts: snow, and tax preparation.

“Everyone can benefit from a tax professional’s help,” says Dawn Porthouse of Liberty Tax in Franklin. “This is true of individuals, but it’s even more true of small businesses.”

Tax professional and local small business owner, Dawn Porthouse opened the Franklin office of Liberty Tax in 2018 and has been helping Metrowest area families and businesses with their taxes ever since.

“It starts with a free consultation to determine a client’s needs,” says Porthouse. “Many individuals and small business owners come to me thinking we just fill out their forms, but then they realize all the other ways a tax professional can help them grow their business.”

For example, Liberty Tax can manage a business’s bookkeeping year-round, or handle payroll.

Porthouse says, “The tax code is not only complex but in the past few years it has undergone significant changes. Because of that, it’s not always apparent what a person or a business should do. Two clients can be similar in income and family size but have very different tax situations, which is why it’s so important to involve an expert.”

Liberty Tax in Franklin offers services that extend well beyond tax season such as IRS transcript monitoring, tax planning, and assistance with federal and

state tax issues.

Porthouse says, “When a small business reaches a certain point, the owner wants to focus on growing the business rather than ‘working in’ the business.” Most owners begin by handling the back end work themselves, acting as the bookkeeper and payroll manager. After the first couple of years, bringing in an expert frees up the owner to do what they do best, and follow their passion. That way, their time is spent on their area of expertise, which in turn brings in more income and allows the business to flourish.

Moreover, once a business had grown to the point of hiring employees, the owner needs a plan for handling payroll and dealing with the many regulations from both Massachusetts and the federal government. “Massachusetts makes it complicated,” says Porthouse. “We’ll keep you in compliance.”

Dawn Porthouse has an MBA, MPA, and has obtained her Enrolled Agent (EA) license from the IRS. The EA allows her to represent taxpayers before the IRS. “I worked in the research industry for a long time preparing and managing federally-funded projects but was looking for something more. While I completed my MBA at Babson College, I started to work for a tax office and found that I enjoyed preparing tax returns and learning about taxes. The main thing I realized is that it’s not just about taxes, it’s about giving individuals and small business



owners peace of mind when they fully understand their tax situation.”

When a taxpayer receives a letter from the IRS, before even opening the envelope, panic sets in. Porthouse says, “One of the first things I tell them when they call is to take a deep breath: we’re on their side. I will research the problem, discuss solutions, and then educate them on how to avoid similar issues in the future.”

Staying on the right side of the IRS is in every business’s best interests.

Keeping on top of changing regulations is a challenge in and of itself. “Last year, Congress altered the tax laws right in the middle of tax season. Moreover, those changes were retroactive, meaning anyone who’d already filed may have to go back and amend their returns. We handled all of that for our clients so they could rest easy. We may be looking at a similar situation this year if Congress passes legislation which includes retroactive provisions such as the Build Back Better bill.”

Since taxes are inevitable, it makes sense to have an ally who can provide a roadmap to help families and businesses navigate them. Porthouse says, “I educate my clients. I make sure they un-



derstand this year’s return and help them plan for next year’s. I’m passionate about helping clients achieve their financial goals.”

For more information, visit Liberty Tax at <https://www.libertytax.com/income-tax-preparation-locations/11369> or call the office at (508) 528-6000.

Norfolk Lions College Scholarships Announced

The Norfolk Lions Club will be awarding four \$2,000 college scholarships to high school seniors who are residents of Norfolk. The students may attend public or private schools or be home schooled.

The scholarships will be awarded to candidates who have been actively involved in community service. Academic performance and other extracurricular activities will also be factors in selection.

Scholarship applications will be available by March 1 and can be downloaded from www.norfolkmalions.org. Applications can also be obtained from the guidance office at King Philip Regional High School beginning March 11.

Completed applications with supporting documents must be emailed to the Norfolk Lions Scholarship Selection Committee at norfolkliionsssc@gmail.com. Submission due date is March 28.

Any questions can be emailed to the scholarship committee at norfolkliionsssc@gmail.com

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you're not going to tell anyone and you drive on. And that actually works very well when you're in the military. But when you get out, that doesn't work anymore. Some of the most A-type, hard-charging people I know took their own lives."

22Mohawks began with a few events to gather veterans together in an effort to provide support and create community over shared experiences. But after the chaotic withdrawal from Afghanistan last year, Campisano was inundated with calls from veterans having difficulty processing the end of the war. He decided to create a website to get more visibility for the organization, and also to announce that he would help veterans get emotional support dogs as quickly as possible. There is a two-year waiting list for a dog through the U.S. Department of Veterans Affairs (VA).

"The website went up and



A recipient of the Pups for Vets program with Campisano, Charlie Young (rear), and Patrick Martin. Young and Martin of Professional Canine Services provide life-time training for the dogs.

Photo courtesy of 22Mohawks.

within two days we got a phone call from a veteran asking for a dog," recounted Campisano. "He was in bad shape, so I went to the local shelter, bought a dog, and drove it to his house."

That veteran was Michael McGee.

"22Mohawks sprang into action after I reached out to them," said McGee, a Marine Corps veteran now living on Cape Cod. "The days were getting harder and harder to fight through, but because of their intervention, today I feel confident in my ability to keep fighting on. They helped me understand that it's okay to reach out for help and their generosity and selflessness

has given me a new outlook on life."

22Mohawks partners with Professional Canine Services in Middleboro to provide free life-time training for the dogs, which Campisano gets from area shelters. Since September of 2021, 22Mohawks has placed on average one dog a week with veterans through its Pups for Vets program. If a dog is available, any vet that needs one will get it at no cost within 24 hours. (There can be up to a three-week wait if dogs are not available.) Veterans are responsible for the dog's medical bills and food, although 22Mohawks provides the first week of food for free.



Coyne and Campisano, along with Allyson Shean, right, the Pups for Vets program's Lead Ambassador, with a pup recipient.

Photo courtesy of 22Mohawks.

Campisano and his team are working with local VA offices to become the first point of contact for veterans returning home after a tour of duty. Their goal is to provide support for vets in any way possible, although suicide awareness and prevention remains the organization's primary focus.

Rachel El Massih, the Public Relations Director for 22Mohawks, said Campisano is always taking phone calls from veterans he doesn't know, and often they simply want someone to talk to who understands what they're going through.

"Dave doesn't have a clinical background," said El Massih.

"He's just a fellow veteran and I think that makes a difference for people. And that's what we want veterans to know, that we're just a phone call away, providing peer-to-peer support."

22Mohawks will help veterans navigate the mental health system, too, if they want or need more support than the organization can provide. Vets are often referred to a direct contact at Home Base, a Red Sox Foundation and Massachusetts General Hospital program dedicated to healing the invisible wounds of

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Your Money, Your Independence

Book Travel Now - Time for Experience Spending

The financial industry, in particular investment management and financial planning, place limited emphasis on helping clients spend money.

There are reasons for this, advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) with default emphasis on saving more for distant goals, as spending now during windows of opportunity makes analysis harder and recommendation outcomes realized.

To be fair, there are individuals who spend too much and need help saving for their priorities.

That said, my PSA for those adhering to a financial plan: **Book your travel now.**

If you think inflation in autos, housing and materials are bad, wait a few months to see the surge of pent-up demand flooding the static availability within the travel and hospitality industry.

Evidence is already showing in summer rentals, airfares, hotels, and earnings reports.

For example, Disney's October-December quarter reported \$7.2B in Parks & Experiences division, \$1B more than expected

and double the prior-year quarter. And don't think The Mouse fails to understand its pricing power when demand surges.

Yes, the time has come for experience spending with family, friends, and loved ones.

What is Experience Spending?

A concept of having greater value for experiences versus things. Studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.



Glenn Brown

Experience Spending isn't limited to just travel.

Consider having many small pleasures over a few big ones. Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs,

memberships, kid's activities, and spa days?

In closing, it's important to treat yourself and those you love along the journey of financial independence, as those opportunities and their impact may not be present later. For many, now is the time to act, expect sticker shock or compromise, and enjoy making new memories.

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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war for service members and veterans of all wars. There is no cost for services provided by Home Base.

There is also no cost for the yearly events 22Mohawks holds for veterans, which include a NASCAR racing experience, a tandem parachute jump, and a firearm safety certification course. Veterans are chosen by lottery to attend.

The goal of the veteran-focused events, according to Stacey Coyne, 22Mohawks' CEO, is to create social connections and camaraderie while providing an outlet for veterans and their families to express themselves.

"We are family-based and we encourage veterans to bring their spouses and children," Coyne said. "Because it's not just about

the veteran. The spouse may not understand what the vet is going through and maybe these events will help them see the challenges their spouse is facing."

22Mohawks also holds fundraisers open to the public, with the proceeds going towards the organization's Pups for Vets program, as well as to the yearly veteran-focused events. Upcoming fundraisers include an open skate night on March 26 from 5 to 8 p.m. at the Skating Club of Boston in Norwood, as well as a trivia night on April 8 from 7 to 11 p.m. at the Norwood Elks.

Campisano and his senior leadership at 22Mohawks hail from Millis, Franklin, Walpole, Norwood, and Wrentham. And while the organization is currently Massachusetts-based, Campisano will try to help any veteran who needs support.

"We want veterans to know that there's a group of people

that can be there for them for anything," he said. "If they're having a bad day, they can call us and we'll have a conversation and maybe they'll realize it's not actually a weakness to reach out. We all get sad and we all get depressed. So let's talk, because we don't want anyone else dying by their own hand."

To contact 22Mohawks, call 1-617-680-9852 or 1-781-251-9212. Campisano can also be reached via email: dave@22mohawks.com.

Visit the group's website at <https://22mohawks.com> for more information about the organization, including upcoming fundraisers and events for veterans, or to make a donation. Their online shop has gear available for purchase to help raise awareness about the organization and veteran suicide.

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Guest Column

The Door is Closing

By G. GREGORY TOOKER

As politicians wrangle in the Capitol, dismantling President Biden's "Build Back Better" strategy, the climate change component of that plan idles in neutral, waiting for attention. Locked in with all of the other key provisions over which even Democrats cannot reach consensus, the critical climate change action item sits paralyzed.

Current projections are that the Republicans will retake the House of Representatives in the 2022 midterm elections. The Senate Republicans may well achieve a majority as well. When asked whether they would support the Build Back Better climate change provisions as currently proposed if a separate bill singularly addressed the issue, Senate Republicans expressed their opposition. It seems predictable then, that after 2022, prospects for meaningful action at the national level on this critical subject will dim, possibly for several years.

The world in general seems to be addressing climate change far more effectively than is the United States. But we are supposed to be a guiding light for the rest of the planet when it comes to science and technology. Neglecting the climate change challenge will surely cause other countries to do likewise. Why should they make the economic investment needed and be put at a financial disadvantage if we refuse to play ball?

The door is quickly closing on the opportunity to take needed action on climate change. Even if other nations support provisions set forth at COP26 in Glasgow last October, the climate changes already underway are expected to cause growing devastation. The U. S. Congress must act on a break-out bill before that door slams shut, perhaps locked for the foreseeable future.

Norfolk Police Department Announces Promotion of Sgt. Glen Eykel

Norfolk Police Chief Charles Stone announced the promotion of Glen Eykel to the rank of sergeant.

Sgt. Eykel was officially appointed to the rank of sergeant during the Norfolk Board of Selectmen meeting on Tuesday, Jan. 4. Sgt. Eykel was sworn in by Town Clerk Carol Greene and pinned by his father, Norm Eykel.

"Sgt. Eykel has had an extremely impactful career thus far with Norfolk Police having served in numerous capacities and as a mentor to our younger officers," Chief Stone said. "I'm extremely pleased to announce Sgt. Eykel as our newest sergeant and I look forward to how he will continue to serve our community in this capacity."

Sgt. Eykel has been with the Norfolk Police Department for over 30 years, beginning his career in 1988 as a part-time dispatcher. He then went on to serve as a full-time dispatcher and reserve police officer in 1990 until



Sgt. Eykel was sworn in by Town Clerk Carol Greene during the Norfolk Board of Selectmen meeting on Tuesday, Jan. 4.
Photo courtesy Norfolk Police Department.

being hired as a full-time officer in 1994.

Sgt. Eykel was promoted to the rank of detective in February 2004 and has served as the department's police prosecutor since October 2007. He also is an evidence officer, Firearms Instructor, a Less Lethal Instructor (tasers) and a Use of Force Instructor.

He has also served as a member of the Metropolitan Law En-

forcement Council (MetroLEC) since its inception in the mid-1990's, and has conducted training sessions and drills for town employees and the schools that are all designed to keep everyone safe.

Sgt. Eykel has received numerous awards and commendations over his career, including being named MADD Officer of the Year on several occasions.

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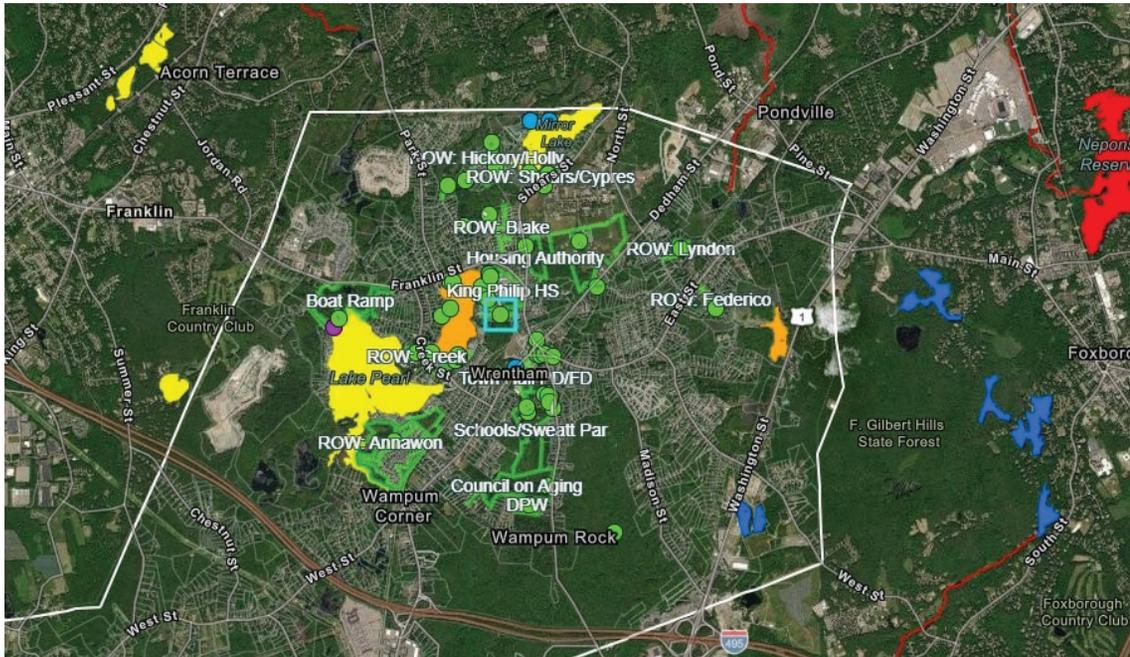
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Update on Municipal Climate Resilience Grant for Wrentham

Interactive Map Available



A Wrentham Municipal Vulnerability Preparedness Action Grant webpage has been created to give residents more information on the town's options as part of its municipal climate resilience grant. Photo courtesy Town of Wrentham.

Town Administrator Kevin Sweet recently provided Wrentham residents with an update on a grant the town received last year to build climate resilience in town, including ways residents can get involved in the process.

Last September the town learned it had received a \$113,344 municipal climate resilience grant for the Climate Resilience and Low Impact Development Regulatory Integration and town-wide Green Infrastructure Plan.

Awarded by the Baker-Polito Administration's Municipal Vulnerability Preparedness (MVP) program, which is administered by the Executive Office of Energy and Environmental Affairs (EEA), these competitive grants support cities and towns in identifying climate hazards, developing strategies to improve

resilience, and implementing priority actions to adapt to climate change.

A "Municipal Vulnerability Preparedness Action Grant" webpage has been created to give residents more information on the grant and provide a place for those interested to ask questions and make recommendations. To view the website and the interactive map, click on the link at the Town Administrator's website: <https://wrenthamtown-admin.org/>.

Once on the page, residents can view a map of areas in town that have been identified as potential locations for green infrastructure projects, such as ways to improve or prevent the pollution of stormwater runoff.

Grant Funding Background

Wrentham is one of 66 communities and regional

partnerships to have received action-grant funding in the latest round of applications.

Building on Wrentham's climate resilience planning process completed in 2018, these funds will allow Wrentham to update the local land use bylaws and regulations with the goal of increasing climate resilience with the implementation of stormwater green infrastructure, a green infrastructure assessment and community engagement targeting private property owners around the three major lakes in town.

Community members interested in getting further involved in the process can contact Director of Planning & Community Development Rachel Benson at planning@wrentham.am.us or by calling 508-384-5441.

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to prisoners and others who may have been wrongly convicted of crimes or denied a fair trial.

Book groups held in partnership with the library will also discuss "Just Mercy," including the teen book club. In addition, the library is planning a story hour introducing the book's themes in an age-appropriate way for younger patrons.

Community Read initiatives aim to promote engagement and build community through a common intellectual experience, not unlike book discussion groups but on a larger scale. O'Neill says her goals for Norfolk's Community Read include connecting residents through shared reading, sparking conversation within the community, and broadening perspectives on social justice and equity to create positive change.

When asked what makes a Community Read successful, O'Neill said she considers the overall engagement of patrons, including book checkouts, program participation, and positive feedback as markers of success.

"I think the whole idea of getting residents to read the same book, at the same time, is really special," said O'Neill. "It brings people together, sharing something in common to start conversations. I believe 'Just Mercy' will connect, as well as engage the community and make a positive impact."

Copies of "Just Mercy" are available at the Norfolk Public Library (regular print, large print, audiobooks, ebooks, kindle, and a young adult version). A full list of programs and events for the Community Read are listed on the library's website (<https://norfolkpl.org>). Registration is required for most of the programs.



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Norfolk Quill Offers Upcoming Workshop

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March Program Highlights at the Norfolk Senior Center

Tuesday, March 8 at 11:30 a.m. **MA Senior Circuit Breaker Tax Credit Seminar** State Representative Shawn Dooley

(R-Norfolk) will be hosting an informational seminar on the Senior Circuit Breaker Tax Credit. Seniors 65+ who own or rent res-

idential property in MA, as their principal residence, may be eligible for a refundable tax credit. The maximum credit amount for tax year 2021 is \$1,170. Find out if you qualify and how to apply.

Friday, March 18 at 1 p.m. **A Celtic Celebration** Celebrate St. Patrick's Day and the coming of spring! Davis Bates, award-winning singer and storyteller, will be performing songs and stories of the season. Davis will include traditional songs and tales from Ireland and other Celtic cultures, ghost stories and family tales. This performance is funded in part by a grant from the Norfolk Cultural Council, a local agency supported by the Massachusetts Cultural Council.

companionship, sweepstakes, charity, funeral, and grandparent scams.

Wednesday, March 23 at 4 p.m. **The Topless Towers of Ilium: Gods, Mortals, and the Trojan War** Presented by Artifactual Scholar, Paolo Di Gregorio. The epic story of the war between the Greeks and the Trojans is one of the great tales of world literature. A war sparked by jealousy and fueled by vengeance and pride, it saw warrior heroes and gods fight amongst themselves. This lecture will present the major actions, themes, and characters of the Trojan War. Light refreshments.

Pre-registration is required for all events. RSVP to 508-528-4430 or register at the Norfolk Senior Center, 28 Medway Branch Road, Norfolk.

Tuesday, March 22 at 11:30 a.m. **Senior SCAMS: What You Should Know** Presented by

Tri-County HS Legal & Protective Services Career Program and Norfolk Police Department's Det. Sam Webb, Officer Joe Choiniere and "Officer" Mitch. The presentation will focus on how to prevent scams and fraudulent practices that target the elderly. Topics include Phishing & Identity Theft, IRS, romantic/

Monday, March 14 from 1 to 3 p.m. **Need Help with Your Prescriptions?** The Metacomet Public Health Alliance along with the Mass. College of Pharmacy Outreach Program can help! There are so many questions and variables that can cause medications to be less effective or can cause side effects. It can be very confusing! Gather all your medication bottles and bring them to this program for an individualized half-hour session to learn more about your medications and the correct way to take them, and to see if there is a more cost-effective way to obtain them. They can also help you understand your Medicare Prescription Drug Plan. Limited slots are available, appointment necessary.





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Less Stress and More Success is College 101's Priority

Did you know that UCLA received 108,000 college applications in 2020 and only 15,000 students were admitted? Getting into college is more competitive than ever, and college debt concerns only add to that stress. College 101 Admissions Consultants are here to help!

Independent Educational Consultants (IEC's) Tracy Sullivan and Maryline Michel Kulewicz, self-described "college nerds," love every step of the college admissions process. They have made it their mission to help high school students and parents navigate the college application process to find the best-fit school so they can flourish in college.

Tracy and Maryline are firm believers that their college experiences changed their lives. From their perspective, a college education is an investment that will pay off for years to come, and it's important that young adults know the value they will be giving their future selves.

Tracy, a 25-year resident of Wrentham, discovered her passion for educational consulting eight years ago while helping guide her own two children through the process and has enjoyed working with students in her community ever since. Academics are, of course, the primary consideration in the college search process; however, Kulewicz and Sullivan work to ensure that a school is a good match for the student's social and emotional needs as well, which is more important today than ever. It's the combination of all three that makes for a successful transition into college. Interestingly, the number one reason that students transfer is because the social fit was not right for them.

Kulewicz, who is a former Associate Director of Admissions at The Ohio State University and spent the last 20 years as the Director of Admissions & Financial Aid at a private school in Colum-

bus, says that "affordability is a significant piece of the puzzle that we consider from the beginning." Understanding a family's financial circumstances and priorities is important for Sullivan and Kulewicz so that they can provide realistic and affordable college options. Merit scholarships can also play an important role in college financing. The awards can result in a private school being as affordable as the student's home state university.

"We want families to have a financial plan before students receive their acceptance letters. We don't want the families saying in the spring of their students' senior year, 'How can I afford this?' We want everyone to have realistic expectations early on," says Tracy.

The two consultants recommend beginning the journey of self-discovery early. They guide sophomores, juniors, and seniors to develop a personalized college application plan. They offer three main packages. The most popular is the "Comprehensive College Plan" which covers all aspects of the admission process, working with the student until a final college decision is made. As all families have different needs and circumstances, additional packages are available such as "The Best Fit College List Plan" and "The College Essay Plan."

"Our goal is to relieve stress for families and leave the worrying to us. The process can seem daunting at first, but if you take it one step at a time and celebrate the small accomplishments along the way, you are well prepared to finally hit that "Submit" button without "pulling an all-nighter," says Sullivan.



The consultants cover all aspects of the search and application process with the students. Check out their website to see all of their services! However, one of their favorite tools is the assessments. "Our assessments help a student realize what their natural aptitudes are as well as their personality profile. These tools help them narrow down their choice of a potential major along with possible career paths and projected earnings," says Maryline.

able with us and that's a really good thing," says Tracy, a self-described taskmaster who cheerfully keeps students ahead of their deadlines. "There is a lot of work to do, but you have to take time to say, 'You got your essay done on time, hooray! You got your resume done, yay!' Those are huge accomplishments that build their confidence!"

Finally, partnering with College 101 can free up families and students to enjoy that final year



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- Admissions Consultants LLC -



"Choosing the right major, one that they are really interested in, can open doors and pave their way to a fulfilling career."

"Our students are really comfortable with us and that's a really good thing," says Tracy, a self-described taskmaster who cheerfully keeps students ahead of their deadlines. "There is a lot of work to do, but you have to take time to say, 'You got your essay done on time, hooray! You got your resume done, yay!' Those are huge accomplishments that build their confidence!"

of high school as they deserve to. Contact them today, they are ready to support you and your student on their college search journey!

College 101 has two offices located in Columbus, OH and Wrentham, MA. They offer several packages, with varying levels of assistance. Visit www.mycollege101.com to learn more or reach out anytime via email at contact@mycollege101.com or by phone at (508) 380-3845.

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Tracy Sullivan and Maryline Michel Kulewicz,
Co-founders of College 101 Admissions Consultants, LLC

Sen. Rausch Earns Endorsements at Start of Re-Election Campaign

State Senator Becca Rausch (D-Needham) has earned the endorsements of nearly 50 state and local government officials for her re-election to the State Senate in the newly drawn Norfolk, Worcester and Middlesex District.

“Public service is a team effort,” said Senator Rausch. “I am truly honored and grateful to have this outpouring of early support from so many partners in our communities and the Legislature at large. I am eager to continue uplifting the people through personal and local service and policies that advance our shared values.”

Local government endorsers include eight of nine members of the Franklin Town Council, all seven members of the Franklin School Committee, Needham Select Board members Kevin Keane and Marcus Nelson, five members of the Needham School Committee, Norfolk Select Board members Kevin Kalkut and Anita Mecklenburg, and Norfolk School Committee member Shannon Meneses.

Legislative endorsers include Senate President Karen Spilka, Senate Ways and Means Chair Michael Rodriguez, Senate Pres-



ident Emerita Harriette Chandler, Senate Majority Leader Cindy Creem, and all three Assistant Majority Leaders Michael Barrett, Sal DiDomenico, and Joan Lovely, as well as regional partners Senators Paul Feeney, Michael Moore, and Anne Gobi and Representatives Denise Garlick, Jeff Roy, Brian Murray, Carolyn Dykema, David Linsky, Carmine Gentile, and Jim Hawkins.

A complete list of early endorsers is available at beccarausch.com/endorsements.

The Norfolk, Worcester and Middlesex District includes the towns of Bellingham, Dover, Franklin, Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham.

Kalkut Announces Campaign for State Representative

Norfolk resident Kevin Kalkut has announced his intention to run for State Representative of the 9th Norfolk district in Massachusetts. The seat, now held by Republican Shawn Dooley, includes the communities of Norfolk, Plainville, Wrentham, and parts of Medfield, Millis, and Walpole. Dooley is running for State Senate.

Kalkut, a Democrat, has served on the Norfolk Select Board for the last four years, two of them as its chairman.

If he is elected, Kalkut will focus on several issues, including ensuring state-funding commitments are kept to lessen the impact to taxpayers in residential-levy-heavy municipalities; prioritizing preservation of the rural appeal of these communities while responsibly planning for balanced growth; strengthening schools, which have been adversely impacted by the pandemic; increasing transparency at all levels of state and local government; and enhancing engagement with residents and businesses, regardless of perspective or opinion, to best represent the constituency as a whole and develop public-driven policy.



Kalkut also represents Norfolk on the Norfolk County Advisory Committee. Prior to his time on the Select Board, he was a member of the Planning Board as well as the B1 Zoning Working Committee. Within the community, he volunteers as a member of the Norfolk Lions, has coached Norfolk Youth Soccer as well as Millis Flag Football and currently coaches S.C. Norfolk soccer.

“It has been a privilege to serve my community of Norfolk and implement strategic initiatives that have directly impacted our town for the past two terms,” said Kevin Kalkut. “I’m eager to continue to make forward progress on several key district wide issues and ensure that all residents are proud to call the 9th district their home for years to come.”

For more information about Kalkut, visit <https://www.facebook.com/Kalkut4StateRep>.

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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

Steve Teehan Announces Run for State Representative

Medfield Democrat Steve Teehan announced a run for State Representative to fill the seat being vacated by State Rep. Shawn Dooley (R-Norfolk), who recently announced his intention to run for the State Senate.



Teehan, a lifelong resident of the district, is a Union Carpenter and a former State House Staffer, having served as Chief of Staff to Senator Walter Timilty during Timilty's tenure in the House of Representatives. During his time working in the State House, Teehan played an important role in drafting legislation and analyzing budgets.

In a statement, Teehan said, "Our district needs to continue to have strong advocacy at the State House. As a lifelong resident of the 9th Norfolk district, I am abundantly aware of the issues that are important to our communities. My lived experience working construction as a commercial carpenter has given me an intimate understanding of the needs and values of the working families of this district. As a former State House Staffer, I possess the skill set necessary to deliver on day one for our communities."

Teehan said his campaign will focus on improving early education and childcare, the opioid epidemic and senior housing. "I believe it's of paramount importance that the older adults in our district have every opportunity to continue living and flourishing in the communities that they have devoted themselves to," he noted.

A number of Massachusetts elected officials announced their endorsement of Teehan's candidacy, including Senator Walter F. Timilty, Representative Denise Garlick, Senator Paul Feeney, Representative John H. Rogers, Representative Edward R. Phillips, Representative Meghan Kilcoyne and Walpole School Committee Chair Bill Buckley.

Rep. Shawn Dooley Announces Run for State Senate

State Representative Shawn Dooley (R-Norfolk) will seek election to the Massachusetts State Senate this November for the newly created Norfolk, Worcester, and Middlesex District. He currently represents the 9th Norfolk District in the Massachusetts House of Representatives, and the new Senate district will encompass all but one precinct from his current House seat.



Representative Dooley was first elected to the 9th Norfolk in a special election in January of 2014 and has since been reelected four times.

"I am running to bring a common sense, people focused approach back to government. Over the past few years, some of our elected officials have been more focused on partisan posturing than serving the community. This has created a divisive environment more likely to be found in Washington than here in the Commonwealth. As State Senator, I will continue my mission of public service, putting people before politics, and helping them wherever and whenever I can - no matter what the issue may be."

The Dooley for Senate campaign launched their new campaign website www.Dooley4Senate.com, as well as a campaign kick-off video highlighting his message of constituent-focused service and the theme: "People Not Politics."

As in his past campaigns, the smiley face plays a prominent role on the website. When asked about this Representative Dooley said, "My mantra has always been 'Service with a Smile.' My belief being that if people can easily relate to an elected official, they will feel more comfortable reaching out when they need help."

He has tapped his former Chief of Staff, William Rigdon, to serve as campaign manager. Rigdon left the State House in 2019 after a nearly 3-year stint in the Representative's office. Prior to joining Representative Dooley, Mr. Rigdon served as Assistant Finance Director with Baker/Polito.

Dooley lives in Norfolk with his wife, CiCi Van Tine, a family law attorney who currently serves as the Chair of the Town of Norfolk's Select Board. They have 4 children: Caroline (25, who is currently serving on active duty in the United States Marine Corps), Emma (17), Jack (15), and William (14). He also serves as an on-call firefighter/EMT with the Plainville Fire Department.

The cities and towns of the newly formed Norfolk, Worcester, and Middlesex Senate District include Bellingham, Dover, Franklin, Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham.

Ash Wednesday and Ash Sunday at St John's

Join us for a traditional Ash Wednesday service on March 2 at 7 p.m. for imposition of ashes and the beginning of a holy Lent.

Or, for a family-friendly version, join us the following Sunday, March 6 at 10 a.m.

St John's Episcopal Church is located at 237 Pleasant Street in Franklin. For more information, call 508-528-2387 or email Admin@StJohnsFranklinMA.org.

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Stock Market Uncertainty? A Fixed Indexed Annuity Can Help Put You At Ease

A crystal ball into the investing world – wouldn't that be useful! Unfortunately, predicting market performance to-a-t is not exactly possible. When markets experience downs, it is important to ask yourself: What can I do to help protect my savings and ensure future gains?

Market Uncertainty Heightens

December of 2019 marked the worst decline for stocks since the financial crisis in 2008. Anxiety overcame many around this market uncertainty. While calm settled over the financial markets once the New Year hit, COVID hit the world and lives as we know it changed drastically. An uneasiness that 2022 may continue to be volatile still remains.

The potential of another government shutdown, trade wars, and increased interest rates all contribute to this uncertainty.

We Must Diversify!

When markets decline, financial portfolios ultimately go down in value. Get ahead of the curve by checking in on the risk tolerance of your financial portfolio and making sure to diversify accordingly.

Diversifying may be the most important part of retirement planning. While there is no one right answer – or guaranteed sure thing – having a balanced financial plan is a proven strategy for income growth and wealth protection. Diversifying can mean a mix of 401(k) funds, IRAs and

Roth IRAs, fixed indexed annuities (FIAs), mutual funds, stock investments, and more.

Protect Your Principal

With the stock market, there is no guarantee of upcoming returns. This is a continuous reminder to think about how we can continue to build our retirement income strategy. A smart first step is to evaluate savings vehicles that protect against market volatility. Enter a fixed indexed annuity (FIA).

An FIA helps protect your principal even in a negative market return. At the same time, it offers the opportunity to earn interest that is tied to the performance of a well-known index, such as the S&P 500, Dow Jones, NASDAQ, etc. The index is used as an external benchmark – you do not actually invest your funds in it. In all, FIAs are contracts



with insurance companies, where potential interest earned is linked to an external index. Expect a guaranteed minimum rate of return and tax-deferred growth as well.

What's Next?

What will happen in the stock market? Anything is possible.

Until a crystal ball can accurately tell us what we can expect, it is up to retirement savers to make decisions that will protect them from what lies ahead.

Adding an FIA to your retirement portfolio could be part of the answer. Talk with a financial professional at Northeast Financial Strategies to understand the specific product features and if the benefits ladder up to your goals.

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 to set up an appointment - www.nfsnet.com



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FSPA Ballet Conservatory to hold annual Summer Intensive

Franklin School for the Performing Arts (FSPA) Ballet Conservatory will hold its annual Summer Intensive. The intermediate/advanced Pre-Professional four week program will run June 27-July 21 for ages 12 and up. The three week Young Intensive will run July 5-21 for ages 8-11.

The pre-professional summer intensive offers a four-week program for the dedicated and serious ballet student wanting to further ballet training and performance skills. Both programs offer a rigorous schedule of classical ballet technique, pre-pointe/pointe, modern, jazz, pilates, acting, a professional dance photo shoot, and dance history. Students are divided by their current ballet level for technique, pointe, select variations, and choreography to ensure and maintain a challenging curriculum for every dancer all while enjoying camaraderie in a friendly environment.

FSPA's Ballet conservatory Program offers classical ballet education of the highest qual-



ity. 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.

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



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KPHS Mock Trial Team Members Prove They Can Argue

The King Philip Regional High School Mock Trial team has won two trials during the preliminary round of a statewide tournament and has qualified to compete in a tie-breaker trial.

The statewide mock trial tournament, organized by the Massachusetts Bar Association's High School Mock Trial Program for the 36th consecutive year, is being held virtually this year. The preliminary round of the competition, which began in January, includes three trials and is followed by knockout format rounds culminating with a state championship.

As part of the preliminary round, the King Philip Mock Trial Team defeated Foxborough Regional Charter School on Jan. 17 and Lowell Catholic High School on Jan. 23.

The KP Mock Trial Team will now go on to compete against The Winsor School in a tie-breaker trial on Monday, Feb. 14 (after Local Town Pages deadline).

As part of the competition, students from across the state have the opportunity to test their skills as lawyers and witnesses in a simulated courtroom competition. Throughout the competition, students learn about the fundamentals of the American judicial system and how it can impact their lives.

"Through this tournament, students gain a working knowledge of our judicial system and develop analytical and communication skills, which will benefit the students beyond high school," said Elizabeth Nowakowski, attorney coach for the team.

The team meets at least twice a week beginning in October to study the year's case and to practice roles. As part of the mock trials, students act as lawyers and witnesses, develop a legal strategy, learn about objections and court procedures, and create opening statements and closing arguments.

This year's King Philip Mock Trial team is comprised of seniors Andrew LaBerge, Jonathan Fornash, Lauren Greychuck and Samir Ihjul, juniors Liam Hickey, Philip Harmon, Alexander Stock, Helena Bekele, Katherine Quinn, Owen Klobucher, Abdi Mohamed and Marcello Madrazo, and freshman Ciara Kissell.

"The Mock Trial Team, which is still a relatively new team at our school as it's only in its third season, is a great opportunity for students who are interested in the law to practice mock scenarios," said the team's coach and science teacher, Joseph Gianoppoe. "While the Mock Trial Team is a lot of hard work for our students, it's incredible just how far they've come and how much they've grown their abilities in this short period of time."



The King Philip Regional High School Mock Trial Team. Photo courtesy King Philip Regional School District.

Nowakowski, a Professor of Paralegal & Legal Studies at Bristol Community College who has been working with the team since its creation in 2019, said that the students had been doing an "amazing job this season competing against great teams and performing extremely well under the pressure of the fast-moving action of a trial."

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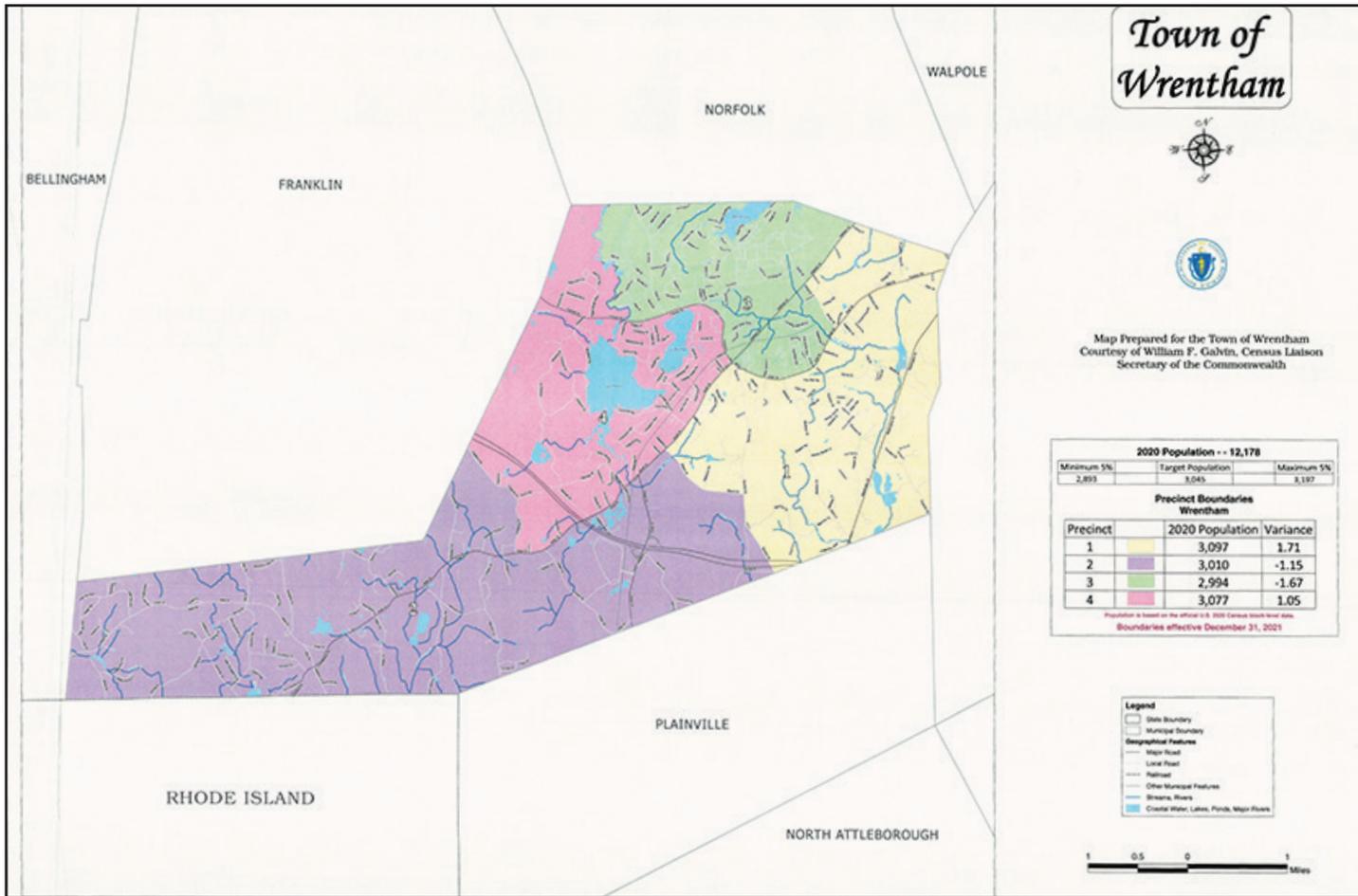
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Wrentham Re-Precincting Complete



Wrentham has finalized and approved its 2020 Federal Census Re-Precincting Map. The town is changing from three precincts to four due to the results of the census.

These new precincts will be in effect for the April 4 Annual Town Election.

Visit the homepage of the town's website (<https://wrentham.ma.us/>) to view the map in detail, as well as a color-coded street list of the new precincts.

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

LITERACY VOLUNTEERS NEEDED

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Tuesday, March 22, 2022
7:00 p.m. - 8:30 p.m.

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The b.LUXE *beauty beat*

Revive, Renew and Awaken!

By GINA WOELFEL

We've had some beautiful, spring-like days these past couple of weeks with the kind of weather that makes you want to ditch your winter clothes and get outside. New England's climate is fickle, though. Valentine's Day weekend was a gorgeous 60° for Saturday and a snowy, 32° for Super Bowl Sunday. That's a crazy temperature shift, even for the northeast! Now, I know there's a few of you out there who thrive in this sub-zero climate, strapping snowboards and skis to your feet, only to hurl yourselves down a mountain. To you I say, with a full heart of admiration, to each his own. I'll take my snow by the fire, curled up and cozy and leave the extreme winter sports to the hardier folks.

But as a Bostonian, I do admit, anything above 30° is practically summah, and 60° is downright balmy, so those few sunny days were a pleasant break from this particularly cold and dry season. I normally like to get out and walk, but with so many days in the single digits, I found myself spending much of my time indoors.

If you're like me, some days I don't look up from my computer till well past noon, only to grab a quick lunch, say hello to my family and sit back down again. This past season, those few days became most days and I was feeling

stuck and sluggish. It was time for a change, but, as we know, change is difficult. By the end of last year I was feeling uninspired and consciously didn't make any large New Year's resolutions knowing that, far too often, these grand modifications fall flat.

March has always felt like a healthy exhale to me. It's the month we wake from hibernation and feel the first hint of Spring. Each extra minute of sunlight slowly retakes the day and it's warmth nudges Earth into a time of renewal.

2022 felt like the perfect time to make some very small, but monumental changes in my life. I bought a watch. Not an old-school Timex watch, but one that gives me healthy reminders to stand, breath and take mindful minutes. You wouldn't think that this little device could get me out of my winter funk, but it helped. I took those mindful minutes, I stood and stretched and breathed deeply and oddly enough, I started to feel better. I also joined the YMCA and swim two days a week. I try for three, but my goal was two and I've stuck with it.

I've become more cognizant of my screen time and where my focus is. Working in social media and marketing has made this my most difficult resolution, but I'm trying to be more present and enjoy my life past the blue screen.

And lastly, I decided that I



scan for more info

want to experience something wonderful every day, every month and every year of my life. Perhaps, I've just been able to mine out a bit more gratitude for the things I already had? I'm not really sure, but I do know that something as simple as the smell of spring feels like a gift and I consider that a wonderful part of my day.

We'd love for you to experience something wonderful this month!

Check out our March Specials and book yourself some "ME" time!

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BY: ROGER M. KALDAWY, M.D.
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Many eye problems need an ophthalmologist's medical knowledge. But there are eye problems that you can treat safely at home, as long as they are simple. Here are a few problems that can respond to home treatment, with tried-and-true remedies.

Black eye

You can usually treat a black eye at home. But if there are more serious symptoms of black eye, see an ophthalmologist. These signs include: blurred/double vision; blood in the eye; or an inability to move the eye.

To reduce swelling and ease pain the first day, apply an ice pack to the eye for 15 to 20 minutes at a time, once every hour. If you don't have an ice pack, use a bag of frozen vegetables or ice cubes wrapped in cloth. The cloth protects your skin from freezing. Don't put a raw steak

or other raw meat on your eye. Despite what you've seen on television and in the movies, there's no scientific basis for this. In fact, the bacteria in raw meat poses a high risk of infection.

Pink eye (also known as conjunctivitis)

A virus causes most cases of pink eye. These cases don't respond to antibiotics. Viral conjunctivitis will disappear on its own. Have your ophthalmologist diagnose your particular case. Reduce the discomfort of conjunctivitis by applying cool compresses to the eye.

If your conjunctivitis is bacterial, follow your treatment plan. This usually involves antibiotic eye drops. In either case, you should take steps to reduce the chance of passing the problem on to someone else. Conjunctivitis is highly contagious. Follow these tips to prevent the spread: Don't share towels, handkerchiefs or cosmetics. Change pil-

lowcases frequently. Wash your hands often.

Eye allergy and seasonal allergy

Just as you can get nasal allergies, you can get eye allergies that leave your eye red, itchy and teary. Limiting your exposure to the source of your allergy — whether it's pollen, pets or mold — can help relieve symptoms. If you can't remove the source entirely, there are ways to reduce its effect with eye allergy treatments.

If pollen bothers you: Don't use a window fan, which can draw pollen into your house. Wear sunglasses when you go outside.

If dust is the problem: Use allergen-reducing covers for your bed. Use artificial tears, which temporarily wash allergens from your eyes. Use over-the-counter anti-allergy eye drops to lessen the symptoms.

Stye (also called hordeolum)

While a stye may look nasty,



it's usually harmless and goes away within a week. You can treat it at home by running a washcloth under warm water, wringing it out and placing it over your closed eye. When the washcloth cools, repeat the process several times, up to four times a day for at least a week. The heat will help unblock the pores in your eyelash area. Don't wear eye makeup or your contact lenses while you have a stye. And don't pop or squeeze the stye. Doing so can spread infection to surrounding areas of your eye. Shampooing with tea tree shampoo can also help.

Eye strain

Many people have symptoms of eye strain, because of long hours of computer use, reading and driving every day. In most cases, there are simple things you can do at home, work, and while driving to ease eye strain symptoms. These include: resting your eyes, using artificial tears, wearing computer glasses, and wearing sunglasses.

Bags under the Eyes

What we often call "bags under our eyes" is actually sagging skin under the eyes. It is a common complaint, and one that often accompanies the aging process. As we grow older, tissues around the eye gradually weaken and sag. This loss of skin tone allows fat to shift forward into the lower eyelids, making them look puffy and swollen. Fluid can also pool in this area and contribute to the puffy appearance.

Certain home remedies can help lessen or eliminate the puffiness of under-eye bags and the appearance of shadows. Wet a clean washcloth with cool water. Place the damp washcloth around your eyes for a few minutes, applying very gentle pressure. Do this while sitting

upright. Make sure you get enough sleep. Sleep with your head raised slightly. Try to avoid drinking fluids before bed, and limit salt in your diet. That can help reduce fluid retention overnight that can lead to bags under your eyes. Quit smoking. Try using makeup concealer to cover shadows under your eyes.

Use Common Sense for Your Eye Health

With any of these conditions, see your ophthalmologist right away if the symptoms worsen or don't go away, or if your vision is affected.

Some eye problems you should never treat on your own.

If you experience any of these, you should seek medical attention right away: Blurriness. Double vision. Pain in your eye. Serious eye injuries.

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Living Healthy

New Smoke Alarm PSAs Geared Toward Older Adults

Fire Departments, Caregivers, and Service Providers Invited to Use Them

Massachusetts State Fire Marshal Peter J. Ostroskey announced a new public service announcement campaign that encourages smoke alarm awareness among older adults, who are at greater risk of dying in a fire. The PSAs are available for distribution through the Department of Fire Services.

The “Dear Grandma / Querida Abuela” campaign started this month on television and radio stations in the Boston, Worcester, and Springfield media markets. Recorded in both English and Spanish, it features a granddaughter writing a letter to her grandmother about all the things she looks forward to doing together, interspersed with messages about the importance of having working smoke alarms and replacing alarms after 10 years.

“In Massachusetts and nationwide, people over 65 have a disproportionately high risk of dying in a fire,” said State Fire Marshal Ostroskey. “Everyone should have working smoke



alarms in their homes, but we developed this PSA to reach older adults in particular because of the higher statistical risk they face. Installing smoke alarms on every floor of the home, checking them regularly, and replacing them after 10 years can dramatically reduce that risk.”

Nationwide, about 60% of fatal fires occur in homes without working smoke alarms. And in Massachusetts, people 65 and

older comprise about 17% of the population but about 50% of last year’s fatal fire victims.

“Working smoke alarms are often the first line of defense against injury and tragedy in a fire,” said State Fire Marshal Ostroskey. “We invite our partners in the fire service, family members, caregivers, and social service providers to share these PSAs and emphasize the importance of working smoke alarms, especially among seniors.”

The PSAs are available for download at the Department of Fire Services web page and can be linked or shared from the DFS YouTube channel. They complement the DFS Senior SAFE program, which provides grant funding for local fire departments to provide fire and life safety education for older adults.



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Polina Paskaleva, DO

Dr. Paskaleva enjoys counseling patients and their families on a wide range of health and lifestyle changes. Board certified in family medicine, her special interests include preventive care and ongoing management of chronic medical conditions and acute illnesses. Dr. Paskaleva earned her Doctor of Osteopathic Medicine at the New York Institute of Technology College of Osteopathic Medicine and completed her family medicine residency at Westchester General Hospital in Miami, FL. She is fluent in English and Bulgarian, and is proficient in Spanish.



Kristina McCarthy, PA-C

Kristina has over 20 years of experience in a variety of clinical settings, including family medicine, emergency medicine and occupational health. Kristina earned her Physician Assistant certificate from Springfield College/Baystate Health System and currently enjoys teaching Tufts University Physician Assistant students.

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Living Healthy

ADD/ADHD: Try a Holistic Approach Before Turning To Medication

An estimated 11%(6.4million) of US school aged children have been diagnosed with ADHD in their lifetime. Additionally, 4.4% of adults have ADHD in the US. ADHD is a neurobehavioral disorder that is characterized by a persistent pattern of inattention and/or hyperactivity or impulsivity that interferes with function and development. Some of the symptoms include lack of focus, inability to complete tasks, and impulsive behavior. Many people choose to treat this disorder with medication and behavior modification, while others choose a more holistic approach which targets the cause and not just the symptoms.

Marla P, was frustrated dealing with her 6 yearold son. He had difficulty finishing his

schoolwork and difficulty completing his chores at home. She would ask him repeatedly to get dressed, brush his teeth and put his toys away. He would start but not finish these tasks because he became distracted easily. At first, she thought he was just lazy, but very quickly realized there was something wrong. The behavioral patterns of inability to focus, complete tasks or sit still for any length of time “set off bells” in her head. She realized that something was not right and he might have ADHD. She didn’t want to put him on meds and decided to take a holistic approach. A dear friend suggested she call The Holistic Center at Bristol Square in Walpole.

Within 2 weeks of beginning treatment, Marla noticed

that her son could sit to do his homework and complete the assignment without screaming, yelling and tears. Within 4 weeks, he was completing his chores at home and happy to do so. Within 2-3 months, her son was happy and more confident, because he was finishing his assignments in school as well as at home in a reasonable time frame.

If you or someone you love is suffering from ADD or ADHD don’t hesitate to contact Dr Rochelle Bien or Dr Michael Goldstein at the Holistic Center at Bristol Square, 1426 Main Street Ste#6 in Walpole.

CALL TODAY and get started on you journey back to health (508)660-2722.

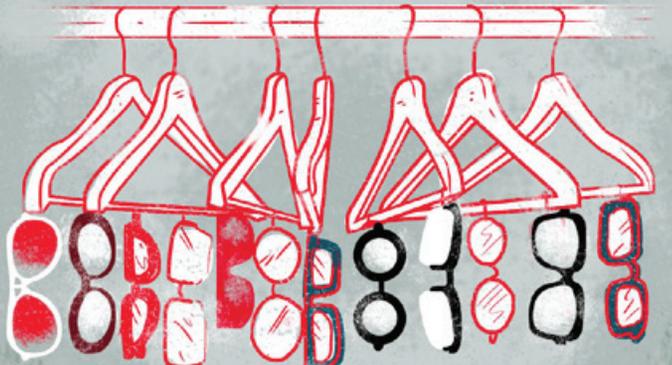


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2022 CAMP GUIDE

How to handle the summer camp questions in the pandemic era

Children make cherished memories at summer camp, where many youngsters first discover passions and hobbies they will enjoy for the rest of their lives.

Summer 2020 was a camp season unlike any other. Some camps closed their doors due to the COVID-19 pandemic, while others downsized their offerings in an effort to keep campers safe while still providing them with a much-needed outlet. As the 2021 summer camp season approaches,

parents may be a little less hesitant about sending their kids to camp than they were a year ago. The rollout of COVID-19 vaccines has helped millions of people return to some semblance of normalcy, and that rollout has put summer camp back in play for families.

Choosing a summer camp is not always so easy, and it might be especially tricky as the world slowly

continued on next page

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CAMP QUESTIONS

continued from previous page

emerges from the pandemic. The following are some tips for parents as they consider if camp is a good idea this summer.

- Consider your comfort level. It's understandable if parents are hesitant about sending their youngsters to camp this summer. In fact, some camps may still be closed while others may only offer limited day camps this summer. Parents should consider their comfort levels before enrolling kids in camp. Vaccines have proven effective, but COVID-19 hasn't gone away, and some regions have yet to vaccinate teenagers. Vaccines also have yet to be offered to children under 16. Parents can ask themselves how comfortable they are sending kids to camp, and if they're hesitant to do so they can explore their alternatives.
- Ask children if they want to go to camp. Everyone is experiencing some measure

of pandemic-related burn-out, and that includes kids. Kids may be sick of wearing masks at school all day and, even if they have loved camp in the past, may not be looking forward to wearing masks all day at camp this summer. Others might not be experiencing such burnout and may see camp as a way to quell boredom at a time when boredom has seemingly lingered over every day. Either way, solicit kids' input and let them know their feelings matter regardless of which side of the fence they're on.

- Inquire about safety protocols. When researching summer camps, ask about the safety protocols each camp will have in place. Will masks be mandatory for both campers and staff? How much direct interaction will campers have with each other? Have staff members been vaccinated? What measures are being taken to keep kids safe? Camps should have detailed protocols and share those protocols with parents upon request.



- Ask about alternatives. If parents and/or children are hesitant about attending camp in person, ask camp officials if there will be any virtual events or programs this summer. Some camps may be organizing activities like craft projects online, and that can help kids overcome the boredom of being stuck at home all summer.

Summer camps may not be fully back to normal in 2021. However, families likely won't have to go without access to summer camps for the second consecutive summer.

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5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days



of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be

spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less



familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving

the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want

to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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Norfolk Police Department Shares Winter Driving Safety Tips

Approximately 116,800 people are injured in cold weather driving situations, such as on icy or snowy roads, every year according to the Federal Highway Administration.

Snow and ice reduce pavement friction and vehicle maneuverability, causing slower speeds, reduced roadway capacity and increased crash risk. Heavy snow and sleet can also reduce visibility.

Police Chief Charles Stone and the Norfolk Police Department would like to share the following tips from the National Highway Traffic Safety Administration to help keep residents safe while driving this winter:

- Check the weather before you leave. Assess the road conditions and traffic.
- Always remain vigilant while driving.
- Drive slowly in the winter – it takes longer to slow your vehicle on an icy, wet or snowy surface.

- Allocate extra time for travel during the winter to compensate for driving more slowly. Do not rush or put yourself in a situation where you feel pressured to rush or speed.

- Always wear your seatbelt, and make sure your passengers do too.

- Either drive behind a snow plow or use caution whenever passing them. Never crowd a snow plow, and do not drive next to them other than for passing. Snow plows are slow, make wide turns, frequently stop, overlap lanes and exit the road often.

The Norfolk Police Department would also like to remind residents to make sure that their car is properly equipped with all the necessary safety measures prior to traveling during a storm:

Make sure your vehicle is fully stocked with “winter” windshield wiper fluid with de-icer. Check this regularly, as this fluid can be depleted significantly by even one snowstorm.

Make sure your defrosters and windshield wipers work and replace the blades if they have become worn.

Cold temperatures can cause the inflation pressure in your tires to drop. Check the inflation pressure of your tires and make sure they meet the manufacturer’s recommended inflation pressure. It is recommended that you check your tires once monthly regardless of the season, and tires that have uneven wear or insufficient tread should be replaced. Residents are also reminded to check their spare tire.

If you’re going to use snow tires, have them installed before the first snowfall.

Make sure you have enough coolant in your vehicle and that the coolant meets the specifications of the manufacturer.

Make sure your headlights, brake lights, turn signals, emergency flashers and interior lights are all in working order. Also, check your trailer brake lights and turn signals.

Stock your vehicle with the supplies you need to drive safely and stay warm in an emergency during the winter, including:

- Snow shovel and broom/ice scraper
- Sand or kitty litter; to be used in case your vehicle becomes stuck in snow.
- Flashlight
- Jumper cables
- Warning devices (i.e. flares, emergency markers)
- Blankets for warmth. Residents are also encouraged to keep extra hats, mittens, scarves, socks and other warm clothing items in their car, should their vehicle break down
- Cell phone charger
- Food/water
- Consider keeping a stock of any medicine you or a passenger relies on when going on a longer trip or driving in a rural area

In the event your car breaks down or stalls in the winter, residents are encouraged to stay in their vehicle with the interior dome light turned on. Residents should avoid running their vehicles for long periods of time while the windows are rolled up or in an enclosed space, as this is a carbon monoxide hazard. If you have to keep your vehicle running to stay warm, be sure to clear snow away from the exhaust pipe and run the vehicle only as long as needed to stay warm. Residents should also place bright markers on the antenna or windows while awaiting a tow.

For more winter driving tips from the NHTSA, visit <https://www.nhtsa.gov/winter-driving-tips>.

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KP DECA Recognized for Outstanding School-Based Enterprise

The KP Mini-Mall, the school-based enterprise at King Philip, was among 461 international school-based enterprises achieving gold certification for the 2021-2022 school year and will be recognized during DECA's International Career Development Conference in Atlanta, Georgia.

A school-based enterprise (SBE) is an entrepreneurial operation in a school setting that provides goods and services to meet the needs of the market. SBEs are managed and operated by students as hands-on learning laboratories that integrate National Curriculum Standards in marketing, finance, hospitality and management.

DECA advisors have utilized this effective educational tool for over four decades to provide their students with realistic and practical learning experiences that reinforce classroom instruction, enhance 21st-century skill development and prepare students for college and careers.

The King Philip DECA members who contributed to this year's certification were seniors Jared Curran and Finn Meroski with the assistance of

King Philip DECA chapter advisor James Dow. The SBE at King Philip has operated for five years and is to be commended for this achievement.

"DECA's School-based Enterprise Certification Program is a rigorous process designed to help DECA members demonstrate their classroom learning in a practical learning laboratory, and then translate into meaningful outcomes," said Christopher Young, CAE, Chief Program Officer at DECA Inc. "These DECA members are practicing important workplace readiness skills while preparing for college and careers."

DECA's School-based Enterprise Certification Program provides recognition for outstanding achievement by school-based enterprises and motivates SBEs to strive for excellence and growth. SBEs must submit extensive documentation that explains how the SBE demonstrates the practice of various marketing and retail standards. A review committee evaluates the documentation to determine which level of certification has been achieved. DECA's School-based Enterprise programs are sponsored by Intuit

and Otis Spunkmeyer

In addition to the international achievement, several KP DECA members were also awarded state honor for their DECA contest. The students that won the Mass-DECA Design contests are Emma Sheehan, senior, Mask Design; Laura Gelso-mini, senior, Video Contest; Jack McCreedy, sophomore, Pin Design; Trinjan Kaur, sophomore, T-shirt Design; and Luke Anderson, sophomore, Geo-Filter Design.

These students have also qualified to attend DECA ICDC in April in leadership academies.

"Every year, it's our DECA members' hard work and commitment that helps to ensure our KP Mini-Mall operates smoothly and effectively," Dow said. "I'm extremely pleased to see Jared and Finn be recognized for their outstanding work at our school-based enterprise and all other KP DECA chapter members who received accolades in the Mass-DECA Design contests."



KP DECA's SBE team Jared Curran (left) and Finn Meroski. Photo courtesy King Philip Regional School District.

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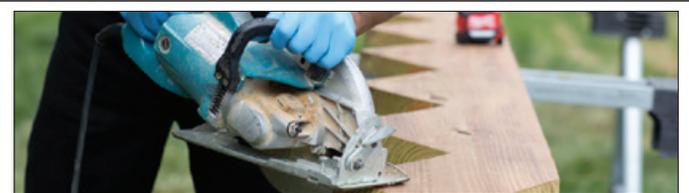
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Sports

Three KP Wrestlers Win Sectional Championships

Nine Warriors Advance to State Tourney

BY KEN HAMWEY
STAFF SPORTS WRITER

King Philip's wrestling team enjoyed a banner day when it competed in the Division 2 Central Sectional Tournament at Bellingham High on Feb. 12.

The Warriors, who finished third in the team standings behind Sharon and North Attleboro, ended the day with three champions, three second-place competitors, one third-place finisher and two placing fourth. Wrestlers who place 1-4 advance to the state tourney in Fitchburg.

KP's sectional champs include senior Michael Gorman in the 145-pound class; sophomore Colby Cloutier at 152 pounds; and senior Daniel Nineve at 285. The three Warriors who claimed runner-up honors were seniors Sam DeBaggis at 126; Will Conniff at 170 and Hunter Hastings at 195.

Freshman Loden Wells captured third place in the 113-pound category; and junior Eriksson Daveiga (106) and senior Amro Ismail (220) finished fourth. Senior Josh Raimer was fifth in the 160-pound class, giving him alternate status for the state tourney. At the end of the day, KP finished with nine wrestlers advancing to the state playoffs.

Warriors' coach John Adams, commenting after the tourney, said: "We're proud of what we accomplished at the sectional and we're always striving to perform at an optimal level."

Adams, who's in his eighth year as KP's head coach, mentioned several keys to the team's success at the sectional.

"Our senior leadership is a plus, the kids believe in them-



KP coach John Adams is in his eighth year as the Warriors head coach.

elves, we've got positive energy and good team chemistry," he emphasized. "We're in a solid position to keep moving forward. We had the most kids to ever come out for the team this season, we've got a staff of capable assistants, and for the first time KP now has a youth program for students in Grades 5-8."

KP's trio of sectional champs claimed their triumphs on one pin and two by decision. Gorman beat Robert Wingert of Boston Latin on a pin in the second period. Cloutier won by decision (8-4) over Aaron Cashton of Sharon, and Nineve defeated Keysun Wise of North Attleboro, 6-3.

All three were not only excited about their triumphs, but they're also eager for more success at the state tourney, scheduled for Feb. 18 and 19 (the tournament will occur after Local Town Pages deadline).

"I'm happy because this was my first title," said Gorman. "My match against Wingert was competitive. He had strength and ex-



The King Philip wrestling team finished third at the Division 2 Central Sectional and three of their competitors were crowned champions. Shown with their winning bracket posters are, from left, Colby Cloutier, Daniel Nineve and Michael Gorman.

perience. I got a bit lucky on the pin. I caught him in a moment of hesitation because he was in transition. I'm going to be super competitive at the states and I'll be bringing extra effort."

Cloutier said his victory provides optimism about his future. Only a sophomore, he's got two more years to wrestle. "My match against Cashton was tough," Cloutier said. "I lost to him earlier in the season, so this was an opportunity for some revenge. Mike Gorman helped me develop a game plan after we watched film to correct some flaws. I firmly believe that all nine of our wrestlers who placed have a good shot at winning at the states."

Nineve said he was "pumped" for his match. "Wise was ranked 7th in the state but I felt I had a chance to win," Nineve said. "He made a mistake trying to throw me and I took advantage of that and it led to five points — two for the takedown and three for back points. I was super pleased and now I can't wait for the states. I'm hoping for similar results."

Adams was upbeat about KP's success at the sectional because the placements fell in line with several of the team's goals that were set at the start of the 2021-22 campaign.

"One goal is to double our wins against our losses," he said. "We finished 16-5 in the dual-meet season and satisfied that

objective. Another goal is to improve the number of boys who get to the sectional final and the number who win titles. In the past we had four kids get to the final with two coming away as champions. This time we had six boys compete for the title and we had three winners. We also strive to have at least half of the 14 weight classes advance to the states. This time, we'll have nine boys in the states and one alternate."

All of the placement winners and the alternate deserve mention for a dynamic day at the sectional. Following are comments by Adams on the gang of 10.

Gorman — "Michael has grown as a competitor and uses his length to his advantage. He's strong, has excellent balance and can throw his opponent."

Cloutier — "A student of the sport, he's a technician who's in excellent condition. He's strong in all facets."

Nineve — "An intense competitor who relies on high expectations. Always involved, he's less about technique and more about using strong fundamentals in a consistent and highly aggressive way."

DeBaggis — "Sam is dedicated to wrestling and it shows by his hard work, his technical skills and his resiliency."

Conniff — "On the mat, he stays active from sequence to sequence. He's talented, has a high

wrestling IQ and he's technically sound. His positive mindset and intestinal fortitude make him special."

Hastings — "A strong athlete, Hunter is a finisher. He pins most of his opponents, he's got a positive attitude, he's aggressive and confident. And, he's having fun wrestling."

Wells — "Loden has excellent potential and he clearly appreciates and respects the sport. He's invested and determined to continue to work."

Daveiga — "Eriksson wrestled at the sectional the way he was seeded. He finished fourth and he was seeded fourth. He's very fast and he's a scrambler."

Ismail — "Amro is excellent at controlled aggression. He approaches matches with the determination of pinning his opponent."

Raimer — "Josh wrestled up at the sectional. He was lighter than the required 160 pounds. He's got fortitude and he's a grinder, always finding a way to win."

Adams, who previously was a head coach at Hopkinton and Norwood, has 186 dual-meet wins during his 22-year career that includes assistant positions at Bridgewater State and Natick High. He's got KP's wrestling program clicking and there's no doubt the Warriors are eager to replicate what they achieved in Bellingham at the state tourney.

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Sports

KP's Conniff Bows in Sectional Tourney to Familiar Foe

Warriors' Wrestler Now Aiming for Success in States

BY KEN HAMWEY
STAFF SPORTS WRITER

Will Conniff's goal at the start of the wrestling season was to win the Division 2 Central Sectional championship.

The King Philip senior, who compiled a team-best 25-1 record during the regular season in the 170-pound class, knew his primary obstacle would be a matchup against Mason Pellegri of Milton, who previously handed Conniff his only loss.

The 5-foot-5 Conniff breezed to victory over his first two opponents, pinning Evins MacKenzie of Concord-Carlisle in the first period then topping Jaad Ismail of North Attleboro by a 14-4 decision. Next up in the final was Pellegri, the No. 2 ranked wrestler in the state.

The matchup was a classic. The pair battled intensely and finished tied, 1-1, in regulation, but the 5-foot-11 Pellegri scored two points on a takedown in overtime and posted a razor-thin 3-1 victory.

"I gave 100 percent but it wasn't good enough," said Conniff, who entered the sectional at Bellingham High ranked No. 4 in the state. "I'm disappointed but finishing second qualifies me for the state tourney in Fitchburg where I could face Pellegri again. I'm excited for the opportunity and now my objective is to become a state champion."

If Conniff and Pellegri face off for a third clash, it will be must viewing. Pellegri defeated Conniff in the regular season by a 7-2 decision, then squeaked by in overtime at the Feb. 12 sectional. Before bowing in overtime, Conniff was close to getting a takedown that could have swung the outcome in his favor.

"My takedown attempt was close but it wasn't successful," Conniff said. "Where I lost was when I got behind Pellegri and had him around the waist. I tried pulling him down but I fell to the mat and he got on top of me for the takedown (2 points). He deserves credit for his triumph. He's very strong, is about six inches taller than me, and he's effective

at defending himself."

After posting a 2-1 record in the sectional, Conniff's overall record now is 27-2.

"Will outworked his opponent," said KP coach John Adams. "He was the aggressor and he launched a strong attack in overtime."

Conniff's career has had its share of ups and downs. Bumps and bruises have also played a role.

As a freshman, wrestling at 152 pounds, he posted an impressive 31-15 record. His sophomore campaign, however, was difficult. He fractured his right leg (fibula) in football and had six months of rehab ahead of him.

"My father (Shawn) suggested that I stay close to wrestling and attend practices," Conniff recalled. "I agreed. I wanted to help my teammates, especially freshmen who might need some advice. Coach Adams made me a volunteer coach. I'm glad I got to participate because it was a great learning experience. I learned that when you're down or dejected, you can still contribute."

Conniff wrestled during his junior year, but with COVID-19 on a rampage the wrestling season was abbreviated. He wrestled nine times, registering a 6-3 record. There was a tourney format in the Fall 2 season but KP opted to forgo any post-season action.

Always relying on a positive attitude and a team-first approach, Conniff was selected as a captain this year. His regular-season record was stunning and it included winning the prestigious Milford Tournament championship. He defeated Milford's Ryan Donovan, 11-1.

"Winning the Milford Tournament was a memorable effort," Conniff noted. "I went 3-0 overall. That was my first tourney since freshman year. Winning there meant a lot. It's a top-notch tournament and it showed that I can lead by example and be a strong wrestler."

Conniff's coach never had any doubts about his strength or his ability to lead.



Will Conniff displays the winning bracket after he won the Milford Tournament in the 170-pound weight class.

"Will is a quality kid who never stops wrestling," Adams said. "On the mat, he stays active from sequence to sequence. He's talented, has a high wrestling IQ and he's technically sound. His positive mindset and intestinal fortitude make him special."

At the start of the season, Conniff's team goal was for KP to win the Kelly-Rex Division title. The Warriors finished 16-5 but fell short.

As for his individual objectives, Conniff listed sectional and state crowns as No. 1 goals. But, he didn't stop there. "I'd like to qualify for the all-state tourney, do well there and advance to the New England," he said.

In spite of his setback at the sectional, he's still in position to meet his objectives at the state tourney and possibly beyond.

Conniff credits much of this season's success to Adams, who works intensely to keep the Warriors competitive. "Coach Adams is demanding but fair," Conniff

tough. Sam is both a vocal leader and a leader by example. And, he's willing to sacrifice. He went from 140 pounds to 126, just so he could compete at the lower weight."

Hastings and DeBaggis finished second at the sectional, both efforts enabling the pair to compete in the state playoffs.

A good student, Conniff has been accepted at Bridgewater State, UMass-Boston and the University of Rhode Island. He hasn't decided which venue he'll chose but collegiate wrestling likely will not be in his future. But, global business management probably will be his major.

Conniff says wrestling has taught him some valuable life lessons. "I've learned how to lead, how to be a quality teammate, to be resilient and to compete with a sense of urgency."

Calling his older brother (Shawn) his role model, Conniff admires the way his advice has paid dividends. "Shawn, who wrestles at Springfield Tech, was a sectional and state champ at KP, he placed third at all-states and was in the top-8 in the New England," Conniff noted. "He's taught me how to sharpen my technique and he's helped me with workouts."

As Will Conniff continues his trek through the post-season, he no doubt will rely on his brother's knowledge and suggestions.

Especially if Mason Pellegri is his opponent.

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King Philip Regional High School Term 1 Honor Roll

Grade 12 – High Honors

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phy, Diego Nieto, Christopher Norgren, Anette Nowakowski, Veronika Nowakowski, Molly O'Brien, Sophia O'Connor-Colbert, Sheela Pandit, Markus Paschke, Amelia Penny, Katharine Pepper, Lily Quagliozi, Abigail Quirke, Suzanne Sanford, Evelyn Sanford, Hunter Sedam, Niharika Sen, Grace Sherry, Margaret Sherwood, Zachary Sorel, Emma St. Clair, Joel St. Cyr, Brooke Stagg, Gabrielle Tartaglia, Daniel Tisdale, Jake Van Vaerenewyck, Nathan Vierkant, Anna Wolloff, Samuel Woodward and Taoran Ye.

Grade 11 – High Honors

Emerson Baker, Peyton Barrett, Allison Boie, Benson Bulloch, Kari Calderone, Melissa Canning, Gavin Croke, Aedan Derfler-Murphy, Camdyn Evans, Akachi Ezuma-Ngwu, Nathan Gebhard, Charlotte Griffin, Bastion Hamilton, Avery Hayes, Liam Hickey, Noah Ihley, Mallory Johnston, Finnuala Keefe, Ryan Kelley, Marcello Madrazo,

Zachary Matta, Ella McDonnell, Maxwell Miller, Flannery Miller, Andrew Obara, Ian O'Neill, Dilara Onur, Raadhay Patel, Charlotte Raymond, Melanie Redlitz, Nathan Rochon, Alea Shammas and Kevin Smith.

Grade 10 – High Honors

Madison Almeida, Malak Baloot, Isabel Becker, Ananya Boominathan, Ella Brown, Sarah Brown, Sydney Burch, Shaylee Cahoon, Dean Cardner, John Chisholm, Trevor Clyde, Grace Cory, Victoria Cosmo, Isabelle Crowley, Eliot Davis, Hannah Doherty, Meghan Dowling, Sariah Estime, Meghan Hessler, Lilli Hickey, Charlotte Holmes, Lakshya Jain, William Knott, Isabel Lafond, Parker Malagrifa, Cullen McCarthy, Isabella McFarlane, Shea Mellman, Andrew Morrison, Madison Paschke, Anna Li Quinn, Braedon Reilly, Molly Rogoff, Ryan Saenz, Beck Sawtelle, Caitlyn Sencaj, Arshley Simon, Allison Smith, Samarth Sreenath, Zunairah Syeda, Ryan Taylor, Ian Thompson and Jake Vanhoesen.

Grade 9 – High Honors

Jack Anderson, Jolie Arce, Madison Asprelli, Varsha Basakar, Megan Boie, Lily Brideau, Keegan Burns, Lucas Crivello, Jaelyn Dang, Sophia Evans, Samantha Feuer, Veda Gogineni, Sarah Hayes, Gavin Hickey, Madeline Hill, Nicole Ibrahim, Lillian James, Sydney Jones, Sarah Joy, Sierra King, Ciara Kissell, Arjun Kollu, Shelby Konosky, Morgan LeBlanc, Noah Lerner, Addison Lewis, Danielle Lomuscio, Lily Magnusson, Nicholas Mandel, Rhiana Mason, Aidan McCarthy, Makenzie McDevitt, Aidan McDonagh, Claire Newcom, Caitlin O'Brien, Cole Pacheco, Sayan Panda, Andrew Paulhus, Jacson Perchard, Allyson Pochay, Anna Poggi, Charlotte Skulte, Margaret Sweeney and Anna Vinson.

Grade 12 – Honors

Benjamin Abdou, Taylor Adams, Madylan Allis, Asherah Alpert, Rachael Anderson, Olivia Bailey, Emily Barrows, Matthew Beatty, Kip Bishop, Rasya Reddy Bollu, Katrina Bond, Gerard Bourque, Lily Brown, Remy Burch, John Campbell, Joseph Cannon, Crawford Cantave, Olivia Carey, John Carreiro, Ella Castellon, Abby Cates, Cate Col-

lins, Ryan Cook, Andrew Crowley, Jamie Cunningham, Jared Curran, Peter Dadasis, Christian Dadasis, Jennifer Daniels, Samantha D'Avignon, Joshua Day, Julia DeWitt, Katherine Dowling, Flynn Duffy, Rabih Elmasih, Adriana Esquelin Nieves, Nolan Feyler, Joseph Gianni, Aidan Gillis, Colin Gillis, Brendan Goff, Michael Gorman, Justin Guenette, Mia Hagerty, Sarah Harper, Hunter Hastings, Ian Hill, Lauren Hooper, Paige Horgan, Olivia Hurley, Samir Ihjul, Nolan Jackson, Haley Kellner, Andrew LaBerge, Marissa Lamperti, Christopher Leitao, Caroline Lenox, Julia Lespasio, Olivia MacDonald, Connor Markunas, Paige Marshall, Sean McCarthy, Gavin McCarthy, Kevin McCasland, Meredith Melanson, Frank Merritt, Elizabeth Molla, Cassidy Muldowney, Emma Murphy, Garrett Newhall, Colby Newman, Zachary Norton, Joseph O'Rourke, Meaghan O'Rourke, Sydney O'Shea, Alexandra Peterson, Luke Pfeiffer, John Pfeiffer, Emily Poggi, Jessica Porter, Keryn Quartarone, Samantha Quillen, Joshua Raimer, Aleza Rana, Joseph Rando, Reid Rhines, Margo Riley, Sophia Rock, Elizabeth Roy, Connor Sachleben, Oscar Schonbrod-Carmena, Nicholas Sekulski, Emma Sheehan, Braeden Sottile, Alexander Stavris, Samantha Taylor, Brayden Thompson, Annabelle Thompson, Sam Tobar-Fawley, Jack Tobichuk, Kurt Warnick, Brendan Weddleton and Darin Zullo.

Grade 11 – Honors

Ava Allen, Aleksia Andoni, Alexander Antinoro, William Astornio, Lauren Barriero, Hailley Beane, Kassia Beck, Helena Bekele, Adam Benredda, Grace Berry, Sean Bodensiek, Jaclyn Bonner, Lauren Brady, Troy Breen, Katelyn Buban, Andrew Bubluski, Joseph Burke, Leah Burke, Carlie Burns, Ella Butler, Trinity Calleaux-Bourque, Lauren Casper, Erika Cebrowski, Ashley Clemon, Sydney Cloutier, Matthew Crago, Sarah Cullen Callie Cummings, Jacquelyn DuBois, Hayden Emery, Ikechi Ezuma-Ngwu, Keagan Fletcher, Michaela Flood, Caroline Freese, Miles Gallagher, Luciana Galvez, Isabella Garofalo, Ryan Gately, Catharine Gebhard, Alison Gen-

drolis, Jason Gonatas, Lainey Grant, Danielle Gresham, Maggie Griffin, Katrina Groom, Jessica Guidice, Kiera Hagen, Ethan Hancock, Jackson Hom, April Hooper, Turag Ikbal, Norah Jackson, Ahunna James, Richard Jeanetti, Ava Jobity, Audrey Kelley, Matthew Kelley, Owen Kiss, Owen Klobucher, Thomas Laight, William Laplante, Grace Lawler, Amelia Lerner, Abigaël Lyons, Caitlin MacKay, Owen MacKenzie, Sydney Marland, Jake Mazur, Ryan McGill, Jack McKenna, Aidan McLaughlin, Thomas Meader, Carson Meier, Juliet Modena, Margaret Murphy, Michael Murphy, Luke Nixon, Brooke Noonan, Julia O'Donnell, Olivia O'Neil, Kevin O'Neill, Shantal Onur, Connor O'Reilly, Spencer Orzell, Kendall Parker, Collin, Peck, Gerald Pendergast, Merideth Pfeiffer, Ella Pisani, Laina Pizzi, Kathryn Quinn, Richard Rand, Matthew Rando, Leah Santoro, Emily Sawyer, Brendan Sencaj, Christopher Sesay, Samantha Shore, Kayla Simas, Samantha Simone, Benjamin Simmons, Luke Stehley, Samantha Sweetman, Sydney Tardanico, Molly Tharrett, Matthew Thompson, Alexander Viscusi, Libby Walsh, Ilah Weiblen and Elizabeth White.

Grade 10 – Honors

Dermott Amorim, Luke Anderson, Olivia Archambault, Nicholas Baccari, Rachel Bailer, Evan Barker, Keira Barr, Skyler Barry, Benjamin Berry, Mara Boldy, Ethan Bovaird, Evan Brangiforte, Lilianna Brenneis, Taylor Burns Ari Butler, Brayley Canto-Osorio Mercado, Peter Cataldo, Kaelyn Clancy, Madelyn Cleasby, Colby Cloutier, Gillian Comeau, Callie Connolly, Margaret Crisafi, Edward Crisci, Margaret Curran, John Curran, Anna Daniele, Stephen D'Arcy, Tyler Douglas, Nolan Eck, Liam Foley, Anthony Fraone, Nathaniel Garstka, Kaitlyn Goff, Brad Guden, Ashleigh Rose Guenette, Samantha Harkins, Lauren Harper, Joshua Hill, Jackson Hoitt, David Holland, Hannah Holster, Abigail Hoyt, Marisa Hughes, Chadi Isreb, Mason Jacobs, Ryan Jacques, Keanu Johnson, Marly Kananowicz,

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Grade 7

Highest Honors

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High Honors

Antonellis, Ryan; Arriaga, Andy; Babbitt, Pearl; Barry, Emmette; Beatty, Anna; Borden, Michael; Bostrom, Benjamin; Bourret, Elliott; Bowen, Alexander; Brunelli, Giovanni; Burke, Adrian; Bums, Braden; Cecere, Tyler; Charland, Avery; Chavers, Olivia; Chisholm, Harrison; Chmielewski, Shane; Colageo, Abriana; Collins, Natalie; Connolly, Kerin; Crosbie, Gavin; Da Silva, Laura Valentina;

Davis, Michael; Dawe, Amelia; DeCarteret, Ty; Donahue, Kelly; Donegan, Ellie; Duffy, Jake; Duggan, Jack; Edmunds, Max; Elpus, Samantha; Evans, Raymond; Fitzgerald, Elin; Flaherty, Michael; Freeman, Lilian; Gebhard, Alexandria; Giampa, Ava; Gomez, Adriana; Hall, Lea; Harlow, Katelyn; Hasson, Alida; Hedges, Matthew; Hegarty, Willow; Hull, Leah; Hunt, Hollis; Jacobs, Hadley; Joseph, Michael; Kavanah, Rowan; Keleher, Liam; Kelley, Katelyn; Kolluri, Tanmayee; Labell, Alex; Lamb, Matthew; Lawrence, Kiera; Leite, Christian; Loughlin, Rose; Luiz, Ava; Lynch, Mason; MacDonald, Brayden; MacDonald, Andrew; Magadie, Liliana; Maksakova, Arina; Marchand, John; Marchand, Ryan; Marshall, Luca; Mason, Oscar; McDuff, Tayla; McHugh, Grace; Medeiros, James; Michienzi, Rebecca; Mollica, Wesley; Montfort, Taj; Moore, Matthew; Morando, Francesca; Morgan, Ella; Morneau, Andrew; Morris, Emily; Mros, Leila; Murk, Cameron; Murphy, Benjamin; Murphy, Molly; Murphy, Lucy; Oliva, Adrien; O'Neil, Amie; O'Sullivan, Teagan; Parker, Brodie; Podzka, Kathryn; Pompei, Abigail; Purpura, Gus; Quinn, Caelan; Quinn, Dillon; Reza Bejarano, Mateo; Richard, Cooper; Rohrs, Donovan; Rosario, Julian; Rushlow, Adeline; Saenz, Alex; Schweitzer, Neila; Simmer, Brayden; Sisti, Olivia; Smith, Benjamin; Stierer, Kathryn; Sullivan, Caroline; Talat, Daania; Tammineni, Tanvi; Townsend, Adeline; Troutman, Chase; Uriaiie, Sophia; Van Hoesen, Max; Vasconcelos De Souza, Maria, Clara; Waldner, Ryleigh; Walker, Julia; Wells, Hunter; Wetmore, Julia; Winters, Brooke; Wolff, Ethan; Wolloff, Paige; Yanni, Mia.

Honors

Bergman, Ryan; Burns, Addison; Canavan, Rylee; Hollowell, Isla; Leskow, Olivia; McDonald, Ella; Moon, Charlie; Rausa, Anthony; Rettman, Zachaiy; Sullivan, Ryan; Wells, Sage.

Grades

Highest Honors

Adamos, Evgenia; Ajay, Jaydon; Albert, Chloe; Amirineni,

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Srithika; Andre, Annabelle; Arun, Nakshatra; Basile, Justin; Beatty, Ella; Beaupre, Lucy; Berry, Jillian; Berthiaume, Erin; Bishop, Felicia; Brown, Ryan; Brutus, David; Buban, Ethan; Cady, Jacoby; Carone, Aidan; Casassa, Preston; Chatham, Lex; Ciuica, Alexander; Cleasby, Allison; Cloutier, Brycen; Cole, Michaela; Coliflores, Isabella; Cory, Sean; Crisci, Nathan; Crotty, Matthew; Cunningham, Andrea; Curry, Alexandra; Daley, Dylan; Danson, Kyle; DeGuzman, Alexandra; DeMedeiros, Isabelle; Derfler Murphy, Teaghan; DeVasto, Aidan; Dorcil, Kaitlynn; DoRosario, Riley; Dowling, Leo; Flynn, Leah; Ford, Ryan; Fountain, Connor; Francis, Mia; Frazier, Thomas; Garland, Nora; Giancioppo, Sophia; Gill, Alexandria; Gill, Ava; Griffin, Lauren; Harmon, Lusia; Hasson, Noam; Izzo, Mia; Jacobson, Lily; Keough, Madison; Khanouchi, Jinan; Kosar, Brooke; Kmizer, Kathryn; LaPlante, Caitlin; Lawson, Daniel; LeBlanc, Halle; LeBlanc, Katherine; Lefebvre, Abigail; Lehan-Allen, Grace; Lussier, Ella; Lutfy, Audrey; Lynch, Kelsey; MacKinnon, Damon; Majer, Lauren; Marrone, Matthew; Martin, Ethan; Mastroianni, Dominic; McCormick, Mya; McCree, Griffin; McDonald, Brendan; McFarlane, Catherine; McGowan, Mara; McKenna, Sara; McManus, Ella; Milici, Molly; Mohamed, Sophia; Morrison, David; Mullen, Cecelia; Nerney, Thomas; Obara, Lauren; O'Brien, Reilly; O'Brien, Gavin; O'Hara, Kaitlyn; O'Shea,

Camryn; Patlola, Aarush; Peterson, Meghan; Putt, Catherine; Ragan, JoHanna; Ramirez, Zayjiana; Rawson, Freya; Redlitz, Danielle; Ricci, Ayla; Riley, Logan; Rose, Eve; Saraf, Michael; Schneider, Brenton; Sestito, Dylan; Shaughnessy, Aiden; Shore, Matthew; Shore, Caleigh; Shrivastava, Rivya; Silva, Jason; Simone, Liam; Small, Sophia; Spak, Dylan; Srinivasan, Pranav; Stanfield, Claire; Stock, Christopher; Torricelli, Samantha; Wehmeyer, Ella.

High Honors

Anderson, Dylan; Astin, Amber; Bailer, Luke; Barker, Ryan; Berthiaume, Violet; Bianculli, Sonny; Blakesley, George; Bobulis, Michael; Booth, Jacob; Bourque, Louise; Brady, Colin; Bresson, Rory; Brundrett, Loren; Burns, Ryan; Byrne, Paul; Camire, Isabelle; Campbell, Rose; Campbell, Henry; Cannella, Olivia; Carew, Allie; Castro, William; Cates, Connor; Ceurvels, Kaitlyn; Chick, J01ja; Clancy, Sean; Cochran, Joshua; Coen, Kieran; Comendul, Duggan; Covell, Reagan; Cunningham, Finn; Daley, Sean; Daley, Samantha; Davit, Chase; De Caires, Leonardo; DelVecchio, Christopher; Dubovsky, Ariana; Dunn, Ryleigh; Dwinell, James; Feeley, Nolan; Florindi, Marcus; Francis, Adam; Garvey, Faith; Gebhard, Zachary; Gendrolis, Michael; Ghostlaw, Madelyn; Graham, Bayley; Gray, Lukas; Gresham, Jack; Haltom, Jack; Hayes, Leah; Henney, Aubrey; Herlin, Brady; Hitchen, Brian; Holland, Courtney; Jasset, Sadie; Jones, Phoebe; Kanaabi, Ray-

han; Kananowicz, Miller; Kilroy, Cecelia; Kinahan, Jacob; King, Liam; Lawlor, Declan; LeBlanc, Thomas; Linehan, Meghan; Longobardi, Nicholas; Lopes, Peter; Love, Michael; Love, Ryan; Lovell, Thomas; Manley, Gregory; Maw, Dylan; McCormick, Logan; McDonald, Brodie; McDonald, Eric; McDonald, Connor; McGann, Katherine; McGrath, Liam; McKenna, James; Medeiros, Vander; Mick, Celia; Mischley, Greta; Monti, Matthew; Mooney, Maura; Moten, Serenity; Munsinger, Camron; Murphy, Anthony; Musial, Elizabeth; Neipris, Brandon; Noonan, Kendall; O'Connell, Colin; O'Connell, Mackenzie; O'Neill, Patrick; Panepinto, Emma; Perry, Malek; Petrakos, James; Petrillo, James; Pfeiffer, Alden; Pitman, Cole; Poulin, Isabella; Poynot, Asher; Prater, Johnny; Rana, Anusha; Regan, Evan; Rioux, Alexander; Rivera, Ignacio; Rufo, Claudia; Saad, Youssef; Santoro, Charles; Scarsciotti, Colby; Schmier, Jacob; Seropian, Natalie; Shipala, Addison; Silva, Emma; Simas, Ryan; Sower, Emily; Sullivan, Julia; Sylvain, Georgiana; Sylven, Cameron; Theberge, Elizabeth; Thomas, Kate; Thompson, Mason; Tobichuk, Nora; Walker, Marissa; Walker, Tyler; Wallick, Emma; Walsh, McCoy; Whitbread, Ashleigh; Wilson, Victoria.

Honors

Amorim, Marco; Heinselman, Bryce; Hurley, Jonathan; Springer, Jeremiah.

FPAC to present *The Drowsy Chaperone* starring Broadway's Ben Cameron and Emily Koch

The Franklin Performing Arts Company (FPAC), Franklin's own professional theater company, will present *The Drowsy Chaperone* starring Ben Cameron and Emily Koch March 12-20 at THE BLACK BOX.

Ben Cameron (Broadway's *WICKED* original cast, Footloose, Aida) stars as Man in Chair alongside Emily Koch (Broadway's *WICKED*, *Waitress*) as the title character. With choreography by Clay Rice-Thomson (Broadway's *Moulin Rouge*, *King Kong*, *Newsies*, *Matilda*), the star-studded production also features Nick Rehberger (Broadway's *Fiddler on the Roof*, *The Glass Menagerie*) as Robert, Sam Seferian (Broadway's *Pretty Woman*) as George, Ali Funkhouser as Janet, Nick Paone as Aldolpho, Paul Rescigno and Robbie Rescigno as The Gangsters, and Kaley Were as Kitty along with an ensemble of local talent including apprentices from the Franklin School for the Performing Arts. The production will be directed by Raye Lynn Mercer with musical direction by Hallie Wetzell.

Winner of five Tony Awards, including Best Book and Best Original Score, *The Drowsy Chaperone* is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another. With the house lights down, a



man in a chair appears on stage and puts on his favorite record: the cast recording of a fictitious 1928 musical. The recording comes to life and *The Drowsy Chaperone* begins as the man in the chair looks on. Mix in two lovers on the eve of their wedding, a bumbling best man, a desperate theatre producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan, and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight.

FPAC's *The Drowsy Chaperone* runs March 12-20 at THE BLACK BOX in Franklin, MA. Masks will be required for all patrons, regardless of vaccination status, except while actively eating or drinking. Tickets available at THEBLACKBOXonline.com or by calling the box office at (508) 528-3370. THE BLACK BOX is located at 15 W. Central St. in downtown Franklin, MA.

HS HONOR ROLL

continued from page 28

Nicholas Kansab, Trinjan Kaur, Brenny Keefe, Olivia Keough, Maria Kireyev, Hadley Kozola, Chloe Kuzmeskas, Camron Lehman-Allen, Gabriella Lombardi, Thomas Lomuscio, Selowa Lotfi, Ava Lutfy, Ryan Mahoney, Caroline Makuch, Jack McCreedy, Nicole McDonald, Neelam McGrath, Lily McNulty, Kylie Menendez, Noah Minkwitz, Delaney Muldowney, Timothy Mullen, Samuel Murphy, Samuel Naggar, Kyle Natan, Alexander Nathan, Liam Nolan, Katharine O'Neil, Shawn Pierce, Emily Piverger, Oran Rawson, Taylor Regan, Brady Ricci, Amelia Richter, Ava Rietz, Julia Rioux, Mason Sanford, James Soifer, Abigail Stierer, Meghan Sullivan, Matthew Terio, Abigail Thoren, Serena Vierkant, Savannah Vigevani, Stephen Viola, Kylie Watson, Rylie Wesley and Emily Zappala.

Grade 9 - Honors

Aidan Alvezi, Erik Archambault, Aiden Astorino, Fiona Bailey, Kendra Barrett, Pranav Baskar, Caroline Blakesley, Mellysa Botelho Godoi, Andrew Bowen, Megan Burke, Dante Calderone, Dylan Canavan, Jayden Carreiro, Neela Caruso, Allison Cecere, Tamanda Clarke, Samantha Cloutier, Julia Cohn, Ryan Collier, Brady Collins, Sophia Collins, Mary Conniff,

Tristan Cornell, Kaitlyn Cullen, Averi Dangelo, Kyle Dickinson, Edward Dolan, Owen Donahue, Ashrith Epuri, Keira Evans, Ryan Evans, Michael Foley, Jackson Fornash, Nicholas Gallagher, Celia Geoghegan, Jillian Giesler, Ian Gill, Sarah Glaser, Guilhermina Guimaraes, Luke Gunning, Camryn Hagerty, Amilia Hamilton, Jessica Hansen, Noah Harrison, Sarah Hedberg, Drew Herlin, Nathan Hill, Isabella Hix, Grace Hollowell, Samantha Hughey, Jack Jamgochian, Cormac Janssen, Davonte Johnson, Natalie Jones, Gianna Jordan, Neva Keighley, Cheyanne Kelley, Jordan Khuc, Thomas Kilroy, Anna Koungias, Ryan Labell, Alexandra LaBerge, Kate LaPlaca, Andrew Laplante, Henry Leclair, Andrew LePain, Nadine Liousfi, Isabella Lolos, Abigail MacDonald, Giovanni Madrazo, Olivia Marchette, Meghan McDonnell, Grace McGourthy, Vincent Menendez, Halle Miller, Adrian Mollica, Christopher Moore, Charles Morris, Brianne Mui, Brandon Nicaastro, Emme Norgren, Sydney Paquette, Kaitlyn Parish, Alexandria Pauline, Sophie Peck, Nathaniel Pennini, Olivia Petrillo, Avery Reda, Haileigh Ricci, Zakk Robinson, Benjamin Rosenthal, Ava Sansoucy, Maya Shapiro, Joshua St. Laurent, Patrick Sullivan, Isabelle Taylor, Sydney Thoren, Patrick Weiblen, Lucy Weineck, Danica Wiggen and Fadel Wilayah.

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Real Estate Corner

From First Step to Doorstep

Panepinto Realty Group Guides Sellers and Buyers Every Step of the Way

“The right home can be life-changing.”

Those are the words of Kelly Panepinto, explaining why she left a rock-solid career in banking to start Panepinto Realty Group, one of Norfolk’s fastest-growing real estate groups.

In the past seven years, Panepinto Realty Group has placed over a hundred families in their perfect home. And it all started with a dream.

“Working at the bank, I loved real estate, especially the lending piece,” says Panepinto. “It was an honor to help clients achieve their goal of owning a home, but from behind my desk, I wasn’t able to take them to the finish line.”

Panepinto took a leap of faith, leaving her steady paycheck to enter the world of real estate. Her business took off because she already knew the two most vital parts of home sales: the community, and the financing.

“I love Norfolk,” Panepinto says, “I’ve lived here for the past eight years and grown to appreciate the community. I’ve been a community league president, a member of the Norfolk Lions, a Brownie troop leader, a softball coach, a KP cheer coach, and this past October, I organized a breast cancer walk. I’ve learned all the ins and outs of this community and all the neighboring towns.”

She brings this knowledge to bear when someone wants to find the perfect place to plant their family or settle down for retirement.”

The real estate relationship begins with a phone call or an email. Panepinto sets up a meeting to discuss the client’s needs and their vision for their new home or the sale of their existing home. “If we can’t meet face-to-face because of the pandemic,” Panepinto says, “I’ll talk to them over video for an hour or longer. I explain why using an agent is so important in today’s market. We’ll cover every step of the process, start to finish, from the first phone call to keys or a check in their hand.”

Panepinto believes in creating a relationship centered around trust. “My clients and I need to be a good fit. They need to know the benefits of using my services.”

With sellers, Panepinto helps them stage their home, as well as suggesting improvements that will create value in the eyes of buyers. “My marketing strategy includes professional photos, videos, virtual tours, safe open houses, and ultimately an in-depth offer review process that helps sellers select the best of many competing offers.”

Panepinto also makes sure sellers know their next step. “I don’t want anyone to sell a house and discover they have nowhere to go. Because I’m with Re/Max, I can set them up with agents in other states—or even in other countries.”

Buyers in the current market have their own complex set of needs. “With buyers, I’ll ask as many questions as it takes to truly understand what they want in a house, that way I can pinpoint properties matching their specifications. When they find the perfect home, we’ll assess what their offer looks like in the current market conditions, and how I can make them shine.”

Once the offer’s accepted, then she calls on her other area of knowledge. “Thanks to banking, I’m fluent in the most complicated part of the process: the financing.”

Panepinto can stay on top of the entire loan process, managing the appraisals, attorneys, and inspections. She says, “Everyone’s heard—or lived—a mortgage horror story. I don’t want that for my buyers or for my sellers.”

As her business grew, Panepinto invited some of her former colleagues onboard. “I was very selective so that my clients would get the same level of service they’d get from me. My first two employees were former co-workers who’d impressed me with their work ethic.”



That also enhanced the team’s knowledge base. “My teammates live in different parts of the state. Geographically and strategically, we can cover all of Massachusetts and Rhode Island.”

“We’ve sold and bought homes for sixty-four families in the last year alone,” says Panepinto. “The right house makes someone’s life better. This is the most rewarding career I can imagine, and I feel honored to

be serving my community in this way.”

If you’re considering selling or buying a home, call Panepinto Realty Group at (781) 254-9489, or visit online at <https://www.panepintorealtygroup.com>

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“Taiese was amazing!! She was friendly, punctual and answered all of our Buying and selling a house at the same time is incredibly stressful, and buying a selling a house during the start of a global pandemic was absolutely insane but Taiese never skipped a beat. Taiese was professional, knowledgeable, flexible, always available, and incredibly well organized. She helped to ensure that we we got top dollar for the house we were selling and worked diligently to help us find our dream home. With Taiese’s advice and knowledge of the market trends our offer on our current house was accepted and we were able to close smoothly and on time despite it being March 2020. I highly recommend using Taiese and share her name frequently with anyone looking for a top notch agent.”

- Allison Choi



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Recent Home Sales in Norfolk

Date	Address	Amount
Jan.18	124 Boardman Street	\$851,000
Jan. 20	16 Lafayette Lane	\$600,000
Jan. 20	27 Sumner Street #16	\$676,415
Jan. 21	9 Overlea Road	\$600,000
Feb. 5	133 North Street	\$615,000
Feb. 11	2 Sumner Street #2	\$728,205

Source: www.zillow.com

Compiled by Local Town Pages

Recent Home Sales in Wrentham

Date	Address	Amount
Jan. 21	30 Chestnut Street	\$520,000
Feb. 3	15 Blackberry Hill Road	\$960,000
Feb. 4	24 Lake Street	\$277,500
Feb. 4	15 Weber Farm Road	\$706,025
Feb. 11	100 Ellery Street	\$710,000
Feb. 15	1344 West Street	\$410,000
Feb. 16	557 Dedham Street	\$475,000

Source: www.zillow.com

Compiled by Local Town Pages

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Real Estate Corner

“One of the Strongest Years in a Decade”

2021 Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that 2021 real estate numbers relative to Norfolk County real estate activity trended in a positive direction compared to the 2020 numbers.

“The 2021 Norfolk County real estate market was up over 2020 in a number of respects,” said Register O'Donnell, noting that there were 195,112 documents recorded at the Norfolk County Registry of Deeds, a 9% increase over 2021. “While many sectors of our economy were negatively affected by the continuing pandemic, Norfolk County real estate activity increased and was vibrant. In fact, 2021 was one of the strongest years in a decade.”

The number of deeds which evidence real estate sales and transfers, both commercial and residential, increased by 29% in 2021. In addition, the average sale price in 2021 was \$1,070,650, a 19% increase compared to 2020. Total dollar volume of commercial and residential sales also showed solid gains, increasing 29% to well over \$3 billion, according to the Register.

Overall lending activity increased in 2021. A total of 46,430 mortgages were recorded during the year, a modest 2% increase compared to 2020.

One positive metric for 2021 in Norfolk County relates to



foreclosures. A moratorium on foreclosures enacted on April 20, 2020 due to the COVID-19 pandemic expired on October 17, 2020. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. Despite the expiration of the moratorium, in 2021 there were 52 foreclosure deeds recorded in Norfolk County, a decrease of 23% from 2020 when there were 87 foreclosure deeds recorded. In addition, there were 141 Notices to Foreclosure Mortgages, the first step in the foreclosure process, recorded in Norfolk County in 2021, down from 183 Notices recorded in 2020.

“Without question 2021 was generally positive for real estate activity in Norfolk County,” said O'Donnell. “However, available real estate inventory continues to be a source of concern in Norfolk County. It's especially a problem for first-time homebuyers attempting to crack the market. Also, things may be slowing down compared to past real estate indicators.”

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January Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that January real estate numbers relative to Norfolk County real estate activity continue to trend down.

"The Norfolk County real estate market has continued to slow entering into 2022, which is not uncommon for this time of year," said O'Donnell. "January is typically one of the slowest months for real estate transactions."

There were 11,622 documents recorded at the Norfolk County Registry of Deeds in January, a 25% decrease over last year's January document volume and a 21% decrease from December.

The number of deeds for January 2022 which reflect real estate sales and transfers, both commercial and residential, decreased by 4% from January 2021 and by 30% from De-

ember. However, the average sales price during the month was \$1,439,472, an impressive 51% increase compared to January 2021 and only slightly down from December. Total dollar volume of commercial and residential sales also showed solid gains from one year ago, increasing 57% to over \$1.05 billion.

Overall lending activity showed a decrease again for the month of January. A total of

2,325 mortgages were recorded during the month, a 44% decrease compared to a year ago and a decrease of 22% from December's number. "It appears that many consumers have already refinanced given the past low interest rate environment," noted O'Donnell.

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Register O'Donnell stated, "If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

Homestead recordings by owners of homes and condominiums decreased slightly this year at the Norfolk County Registry of Deeds. There was a 1% decrease in homestead recordings in January 2022 compared to January 2021 but a decrease of 25% from December. A recorded Declaration of Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000. "It is great to see folks protecting the biggest asset most of us have, our homes," said O'Donnell. "I would urge anyone who has not availed themselves of this important consumer protection tool to

consider doing so. Please visit the Registry website at www.norfolkdeeds.org to get more information on homestead protection."

Register O'Donnell concluded, "January real estate activity slowed in Norfolk County but again, that is fairly typical for this time of year. We see available real estate inventory as continuing to be a source of concern in Norfolk County. It's especially a problem for first-time homebuyers attempting to crack the market. Nothing we see in the numbers indicates any change in that sector of the market."

The Registry of Deeds continues to be open to the public for business. Registry personnel are processing in-person recordings while vigilantly maintaining Covid related protocols. The drop-off box located at the main entrance of the Registry Building will continue to be available for use by those members of the public who may not be comfortable entering the Registry of Deeds Building.

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 registerodonnell@norfolkdeeds.org.



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Real Estate Corner

Sen. Becca Rausch to Receive Award at Progressive Mass Gala

State Senator Becca Rausch (D-Needham) will be among a handful of honorees at this year's Progressive Mass Gala on March 13 at 7:30 p.m.

Rausch represents the Norfolk, Worcester and Middlesex District which includes the towns of Bellingham, Dover, Franklin, Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham.

Progressive Massachusetts ("Progressive Mass") is a state-wide, member-driven grassroots organization committed to fighting for a vision of shared prosperity, racial and social justice, good government, and environmental sustainability in Massachusetts.

Keynote speakers at this year's virtual event will be U.S. Senator Elizabeth Warren, Boston Mayor Michelle Wu, and



Rev. Rahsaan Hall.

This year's honorees include Rausch, Boston City Councilor Julia Mejia, Worcester School Committee Member Tracy O'Connell Novick, and Massachusetts Voter Table Executive Director Beth Huang.

To register for the gala, visit <https://www.progressivemass.com/2022gala/>

For more information on Progressive Mass, visit www.progressivemass.com



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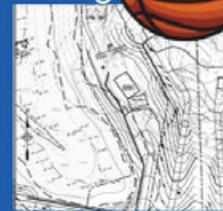
Amberfields-Lot 13 Wrentham



Amberfields-Lot 12 Wrentham



Amberfields-Lot 17 Wrentham



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