

Person of the Year Honored at NCL Gala

By GRACE ALLEN

A life-long Norfolk resident was recently honored as the 2022 Person of the Year by the Norfolk Community League. Kevin Roche was recognized during NCL's gala celebration, held on Saturday, March 19 at Lakeview Pavilion in Foxborough.

Roche was recognized for his outstanding volunteer work in town.

"He is not only helpful and kind but also pours his heart and soul into our beloved community," said NCL Gala Chair Kendra Bixby.

Roche, 57, is the owner of Norfolk Auto and a member of the Norfolk Lions Club and the Norfolk Grange, organizations known for their community service. But his penchant for helping others started when he was a teenager, after participating in a cycling fundraiser to raise money for multiple sclerosis research. A friend's father suffered from the disease and Roche wanted to do something to help.



Kevin Roche is the Person of the Year. (Photo courtesy Mike Lemenager)

He went on to raise money for cancer research, participating in Jimmy Fund walks, American Cancer Society walks, and a total of 32 Susan G. Komen walks for breast cancer.

It's in Norfolk, however, where Roche probably makes the biggest impact. He's well-known as the "go-to guy" and an example of the adage "If

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See our
Spring Home & Garden Guide
Inside ...



Time to Vote in Wrentham's Annual Town Election

By GRACE ALLEN

Wrentham voters will head to the polls on Monday, April 4 to elect municipal officials.

There are 9,468 registered voters in town, but Town Clerk Cindy Thompson expects a typical turnout, somewhere around 9% or 10%.

"There are some contested races which may bump up the percentage a bit," said Thompson, who is running unopposed for another three-year term.

Voters will decide between Joe Botaish, Julie Garland, and William Harrington for two three-year seats on the Board of Selectmen.

Two three-year seats are available on the Planning Board, with James Lawrence, Michael McKnight, and Spencer Dickinson run-

ning.

Four candidates are vying for a single three-year seat on the School Committee. They are Lauryn Blakesly, Cynthia Foley, Cynthia Fuller, and Paul Lashway.

Also on the ballot are Peter Roman for a three-year Board of Health seat; Michael Abril, Michael Galasso, and Stephen Hamlin for three three-year seats as Constable; Suzanne Bove and Lori Yarworth for two three-year seats as Fiske Library Trustees; Carol Mollica for a five-year Housing Authority seat; and Edward Goddard for a one-year term as Moderator.

The results from the 2020 Federal Census and Wrentham's yearly Town Census means the number

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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 book-

keeping 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 so-

lutions, 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 understand 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.

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Locals to Run in the 2022 Boston Marathon

By GRACE ALLEN

On April 18, twelve Norfolk and Wrentham residents will join thousands of others and set off from Hopkinton to run 26.2 miles to Boston in the 126th Boston Marathon.

The marathon will be held on the traditional Patriot's Day date for the first time since 2019. In 2020, because of the pandemic, the race was held virtually. In October of 2021, the race was held with a smaller field than usual, after being postponed from April.

This year's marathon will include a field size of 30,000 participants and all athletes must be fully vaccinated against COVID-19. Runners get a bib by entering with a qualifying time or by running for a charity.

The following residents will be running on April 18:

Norfolk entrants: Allary Braitsch, 41; Brian Curran, 40; Katherine Day, 33; Brandon Doherty, 34; Brook Doire, 43; Jonathan Gavin, 37; Meghan Hamilton, 48; Taiese Hickman, 38; Kara Lightowler, 31; and Timothy Mcdonough, 43.

Wrentham entrants: Paula Verderber, 54, and Marc Waxman, 49.

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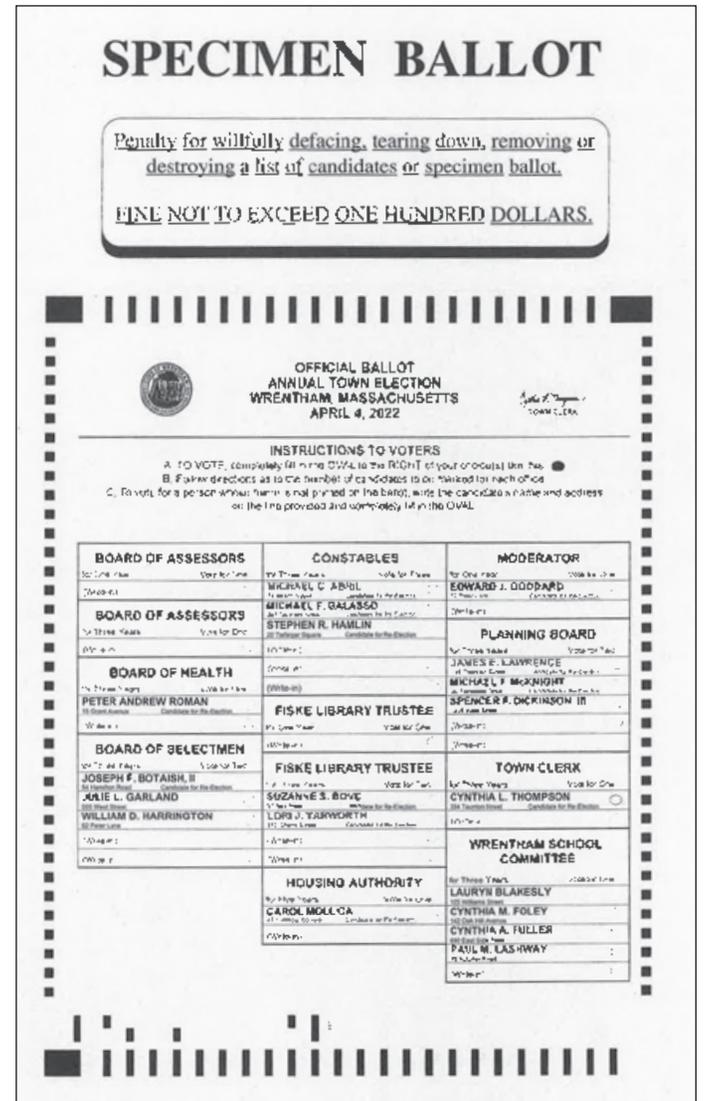
of precincts in town has changed from three to four to more evenly distribute residents. Wrentham's population is now over 12,000 residents, and Massachusetts General Law stipulates that no precinct can have more than 4,000 inhabitants, explained Thompson.

But that should have little to no impact on the voter, Thompson noted. Residents can view the new precinct map and accompanying street list on the town's website: www.wrentham.ma.us. There will also be a poster board with the street list at the polls.

COVID restrictions, such as the mask mandate, have been lifted in town, but standard cleaning and safety measures will be in place on Election Day, said Thompson, noting residents should feel free to wear masks if they prefer.

Polls will be open from 7 a.m. to 8 p.m. at the Delaney Elementary School on Taunton Street.

The ballot for Wrentham's annual town election, scheduled for April 4. Polling hours will be from 7 a.m. to 8 p.m. at the Delaney Elementary School, 120 Taunton Street.



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you want something done, ask a busy person.”

“I cannot think of a person in this town more deserving of this award,” said Shawn Simpson, one of several residents who nominated Roche.

“There is never a fundraiser in town that Kevin does not participate in,” said Deb Gursha, another person who nominated Roche. “He is always eager to help and has a huge smile on his face when he shows up. He is often the first one to arrive and the last one to leave. He is truly Mr. Norfolk.”

Other people who nominated Roche pointed out that every Monday he cooks meals in his own kitchen for ten elderly people in town, and then delivers them himself. He started during the initial COVID lockdown, when it was difficult for seniors to leave their homes, and he continues his efforts to this day.

“I’ve been asked when am I going to stop but I’m pretty sure they still need to eat. And the socialization, when I deliver the meal, is good for them,” explained Roche.



Photo courtesy Mike Lemenager

About six years ago, Roche started hosting a Thanksgiving dinner at the Norfolk Grange for people alone on the holiday. That first year, eight people showed up. Last year, the number had risen to 45 people partaking of the meal, with the option of home delivery or in person at the Grange. Roche is assisted by members of the Grange and Lions Club, as well as friends from the Medfield Sportsman’s Club, of which he is a member.

Roche has served as the president of the Norfolk Lions Club and is currently its membership chair. The Lions organize and plan several large annual events, including the Haunted Train Ride/Car Crawl, Community Day, Making Spirits Bright drive-thru, and Chili Fest. The small

business owner often brings his own equipment—generators, electrical cords—to the events to help keep the costs down for the organization.

Last September, the town held a parade to commemorate Norfolk’s 150th anniversary and Roche was involved with the organization of the big event. He also provided fifteen antique cars.

Roche graduated from Tri-County Regional Vocational School’s automotive technology program and now runs Norfolk Auto along with his son Adam. He has a daughter, Julia, and three grandchildren, Hayden, Mia, and Aria. Paul Roche, Kevin’s father, founded Norfolk Auto in 1977. Paul passed away last year.

This is the fourth time the Norfolk Community League has selected a Person of the Year. The Person of the Year is nominated by residents and then the NCL board chooses 3 to 4 candidates for residents to vote on. This year’s candidates were Roche, Jennifer Wynn, and Bill Hawkins.

The Norfolk Community League has about 200 family memberships. Formed in 1974 as NOVA (Norfolk Organization for Various Activities), the organization’s goal is to enhance the quality of life for Norfolk residents by providing social, family-based, and fundraising activities to strengthen community spirit. All monies raised through NCL activities and fundraisers are dispersed to various Norfolk groups through its grants program, as well as to scholarships for graduating seniors at King Philip High School.

NCL welcomes new members. The organization is especially looking for new board members to help plan and jumpstart its yearly activities, many of which had paused due to the pandemic. For more information, visit norfolkcl.org.



Roche prepares Thanksgiving dinner at the Norfolk Grange for anyone needing a meal on the holiday.
(Photo courtesy Mike Lemenager)

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Your Money, Your Independence

April Brings Spring, Baseball and Tax... Squirrel!

Time for the annual, “You know, we should be doing more to pay less taxes”.

Then like a dog seeing a squirrel, you get distracted, run in another direction and think “It’s ok, we’ll pay a lot less taxes in retirement.”

Let me share a secret, if your wealth is mostly in tax deferred retirement accounts (i.e. 401(k)s, 403(b)s and Traditional IRAs), your taxes will be much more than you realize.

Income Sources

Retirees receive income from a variety of sources, including distributions from tax deferred retirement accounts; payouts from company pensions and annuities; rental income; savings and earnings from investments.

Tax deferred retirement accounts enjoyed tax-deferred growth on contributions and investments; but when distributions are taken, these are fully taxable as earned income and added to your adjusted gross income (AGI).

What if you don’t need the funds? Don’t worry the government wants its taxes, so starting at age 72 you have Required Minimum Distributions (RMDs).

For example, at age 62 your spouse and you retire with

\$1.25M across all tax deferred retirement accounts. You live within your means, don’t take from these accounts and grow 7.2% annually. By age 72, the accounts total \$2.5M and time for RMDs. Per IRS Table III divide by 25.6 at age 72 for \$97,656 taken as RMD, taxed as earned income and added to your AGI.

Social Security

Factors such as your total income and marital status determine what/if a portion of your Social Security benefits are taxable. If your AGI plus any tax-free interest exceeds \$34K for individuals or \$44K for married filing jointly, then up to 85% of Social Security benefits are taxable.

Ways To Minimize Taxes

Taxes are inevitable with retirement savings or pension income, but there are many strategies to reduce amounts owed, here are a few:

During Retirement - Distribute funds in certain years of claiming large deductions, such as the breaks for medical expenses or charitable gifts, temporarily lower your tax rate.

Before Retirement - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 1/2 and owned for at least 5 years,



Glenn Brown

withdrawals are completely tax free. Added bonus is RMDs don’t exist for Roth accounts nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts.

Before or During - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits listed in the prior paragraph. Consider greater amounts in years of lower income if self-employed, change jobs and/or take away from work. Also, 20% (or more) market corrections provide an opportunity to convert invest-

ments over to Roth, pay less in taxes and let them rebound inside the Roth.

There are many more strategies to consider beyond this limited space. Bottom line, plan now for the tax implications of your retirement income.

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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The *Five Star Wealth Manager* award is annually given to an elite group of financial managers who are identified through research conducted with peers and firms. The program analyzes internal and external research data, including a survey to more than 3,000 registered financial services professionals and all local financial service companies registered with FINRA or the SEC, to select each year's winners. Nominated wealth managers who satisfied a total of ten objective eligibility and evaluation criteria are awarded this prestigious title.

Barry attended the University of New Hampshire undergrad, earned his MBA from Boston University and is a resident of Norfolk.

"Barry has earned the prestigious designation of Five Star Wealth Manager for his exemplary client service and knowledge of the financial services industry," states Seth Medalie, CLU®, ChFC®, President of The Bulfinch Group. "The Five Star designation is a true testament to Barry's character and professionalism," he concludes.

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Demystifying the College Financial Aid Award Letter

Arriving in mailboxes now are the students' financial aid award letters! Getting into college is an exciting time; however, the award letters can often cause confusion. Colleges tend to use different jargon to relay the same message which can affect making an informed decision. College 101 recommends reviewing the financial aid award letters as a family, jotting down any questions, and creating a spreadsheet to compare ALL the costs the student will incur for the full year of school. Once in place, the family can contact the college's Financial Aid Office if any clarification is needed

Award letters are prepared by each college detailing the student's financial aid package such as need-based grants, work-study opportunities, merit scholarships, and eligible federal student loans. The letters are sent after a family has submitted the FAFSA, federal need-based aid, and depending on the college the CSS Profile, institutional need-based aid.

A few things to note when reviewing the award letters:

- Create a cost comparison spreadsheet to compare all schools - it is critical that you are comparing apples to apples. **FREE RESOURCE:** If you would like a copy of our cost comparison spreadsheet - email us!
- If your child is living on-campus, make sure the "Room & Board" is included in the Cost of Attendance (COA). Recently one of our students received a letter from a local college and the cost of room and board was not included. That is a significant expense that cannot be ignored. Every college has a page that includes the COA.
- The award letter includes direct costs (tuition, room & board, and fees) in addition to indirect costs, such as personal expenses, books, and transportation. The indirect costs are often estimated low. Families should develop expense projections based on the student's needs. For example, if the student is attending a major city college, the lifestyle will be more expensive (restaurants, music venues, ball games) than at-

tending a college in a rural area where the student's free time is mostly spent on campus. Transportation costs are also a factor if the student is attending a college not close to home.

- Scholarships and loans are often combined in the same section which can cause confusion as to what is free money and what needs to be paid back. Be sure to separate the award types on your spreadsheet. Loans are either unsubsidized loans (interest starts to accrue in college) or subsidized loans (interest starts to accrue 6 months after the student leaves school).
- Loans don't need to be scary. Over a four-year period, the student can borrow \$27,000 in FAFSA loans and at the lowest possible interest rate available, which can be affordable. If a student chooses a school where the tuition is significantly higher than the family's resources, it could result in the student incurring significant debt to be repaid after graduation. Families need to consider the impact of such a costly decision. **FREE RE-**

SOURCE: Go to studentaid.gov (valuable website!) and use the loan simulator. Walk your child through how much they would need to pay each month based on the loan amount, coincide this with a budget, and let the facts speak for themselves!

- If there are scholarships, does the letter state it is for all 4 years? What requirements are needed to retain the scholarship? The acceptance letter should clarify the terms of the scholarships. What if your child transfers, this is usually not stated in the letter, but would they need to pay the scholarship back? If there is any ambiguity - call the college's Financial Aid Office.
- Don't forget the value of state colleges! Massachusetts has competitive state colleges which often cost less than private colleges. They provide a great education, too. A name brand school does not equate to a better education!

Fully understanding the financial aid package is a critical piece in the college process. Congratu-



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

lations to your student! Take your time reviewing all options, and make sure all of your questions are answered before making any decisions!

College 101 Admissions Consultants LLC has two offices located in Columbus, OH and Wrentham, MA.

They are ready to support you and your child on their college search journey! Reach out anytime via email at tracy@mycollege101.com or by phone at 508-380-3845. Services are also located on their website, www.mycollege101.com.

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FSPA Summer 2022 Enrollment Open

Franklin School for the Performing Arts (FSPA) is now enrolling for Summer 2022. In addition to summer weekly classes, FSPA will hold one week camps including Creative Kids, Acting, Broadway, Little Music School Experience, Rock Out!, and Voice.

FSPA will also offer 5 weeks of Summer Theater. Students can sign up for one or more of the offerings. The more students participate, the more they save. June 27-29 for grades 5-12 is Broadway Boot Camp. Broadway Boot Camp brings Broadway's brightest talents to FSPA for song and dance master classes and coaching on individual per-

formance skills. July 26-29 is the Cabaret Show for grades 5-12. Students will hone their skills and tap into their potential with a focus on performance skills, including repertoire choices, song interpretation, and presentation. The week concludes with a cabaret-style revue at THE BLACK BOX, showcasing solo and small ensemble pieces that have been workshopped during the week.

Week 3, August 2-6 is a one week intensive for grades 4-8 and 8-12 that will focus on the rehearsal and preparation of a play that will be performed at THE BLACK BOX. The plays will be selected for each age group based on enrollment.

Weeks 4 and 5, August 8-19, culminate with the production of a book musical staged at THE BLACK BOX. Auditions for placements occur in May or early June. Grades 4-8 and 8-12.

The FSPA Ballet Conservatory will offer two intensives. The pre-professional summer intensive offers a four-week program for the dedicated and serious ballet student wanting to further ballet training and performance skills. A rigorous schedule of classical ballet technique, pointe, modern, dance history, and character is provided. Students will be divided by their current ballet level for technique, pointe, select variations and choreography to ensure and maintain a challenging curriculum for every dancer. Additional disciplines may vary depending on enrollment and teacher availability. This intensive is for FSPA Conservatory Levels III/IV/V/VI, or by audition for ages 12+. It runs June 27-July 21 (4 weeks) Monday-Friday 9:30-3:00.



The three-week "Young Intensive" program is designed to challenge and motivate the young dancer. Instruction in classical ballet technique, pre-pointe, character, modern and dance history is offered. Additional disciplines may vary depending upon enrollment and teacher availability. The Young Dancers

Program caters to FSPA Conservatory Levels I (2nd year)/II/III, or by audition ages 8-11. It runs July 5-21 (3 weeks) Monday-Thursday 9:30-3:00.

FSPA is located at 38 Main Street, Franklin MA. To register or learn more, visit www.FSPA-online.com or call 508-528-8668.

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Family Legal Partners Co-Founders Selected for Prestigious Lists

Jason M. Carrozza has been selected to the 2021 Massachusetts Super Lawyers list and Amy M. Antonellis has been selected to the 2021 Massachusetts Rising Stars list; both are co-founders of Family Legal Partners, P.C., a Franklin estate planning and probate firm. Each year, no more than five percent of the lawyers in the state are selected by the research team at Super Lawyers to receive this honor. Super Lawyers, part of Thomson Reuters, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The annual selec-

tions are made using a patented multiphase process that includes a statewide survey of lawyers, an independent research evaluation of candidates and peer reviews by practice area. The result is a credible, comprehensive and diverse listing of exceptional attorneys. The Super Lawyers lists are published nationwide in Super Lawyers Magazines and in leading city and regional magazines and newspapers across the country. Super Lawyers Magazines also feature editorial profiles of attorneys who embody excellence in the practice of law. For more information about these attorneys please visit www.familylegalpartners.com

NOTABLE PEOPLE OF WRENTHAM

As part of Wrentham's 350th anniversary celebration in 2023, the committee planning next year's events has asked residents to submit memories of significant people in the town's history. Following is a submission the anniversary committee shared with Local Town Pages.

David G. Binney, King Philip Class of 1958

David Binney might have reached the height of his career, when in November of 1989, he was appointed Assistant Director of the FBI. It was the realization of a goal that Dave had set for himself years ago and the result of steadfast dedication and determination.

There was little in those early years to indicate that Dave Binney was destined to achieve the success that he did. The family moved to Park Street in Wrentham when he was about eight years old, and Dave entered the second grade at the Vogel School. He was the second oldest in a large family, eight boys and four girls, in which competition was an everyday event, and where sports were a vital component in the life of each one of them. It wasn't until high school, though, and Dave's senior year at King Philip High School (his was the first graduating class from the new regional high school), that we began to glimpse his potential. Gaining a reputation as a fierce opponent, Dave would be a four-year starter on both the basketball and baseball teams, selected as co-captain for both in his senior year.

He may have inherited this drive from his grandfather, Henry M. Binney, himself a semi-pro baseball player and boxer in his youth. His intensity, especially on the golf course, would have a profound impact on Dave and his brothers who often caddied for him. Henry would distinguish himself as Wrentham Town Moderator and was a key figure

in town politics for over 20 years.

West Point, 1964

After graduation from King Philip, Dave set his sights on the West Point Military Academy. A year of study at Columbia Prep would lead to a coveted appointment from the then-Senator from Massachusetts, John F Kennedy. It would, however, be JFK's last appointment and in that fateful assassination year of 1963, Dave was invited to join the Kennedy family at JFK's funeral ceremonies.

Upon graduation from West Point in 1964, with the Vietnam conflict in its infancy, Dave was assigned as an artillery officer, tasked initially with training recruits for deployment to Vietnam. He would later be thrown into the thick of the war, and in March of 1966, in a battle with the Viet Cong in the Iron Triangle, his actions would result in his receiving both the Bronze Star for Bravery and the Army Commendation Medal.

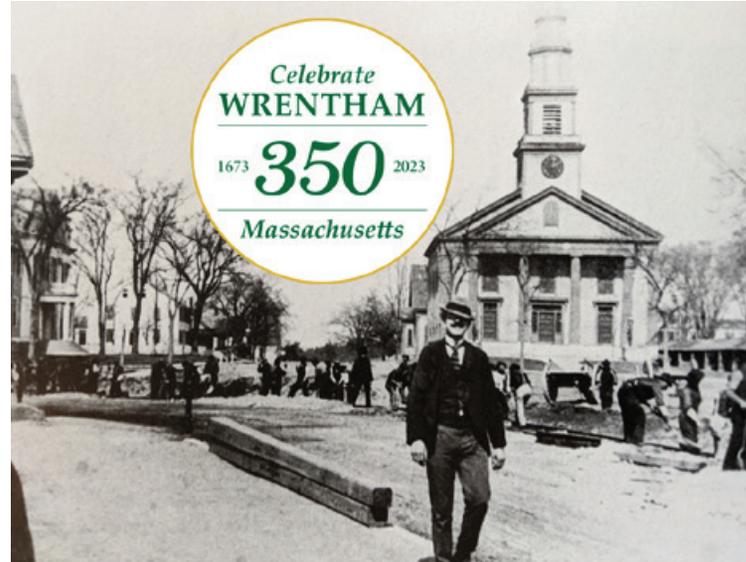
During his tour, Dave would be instrumental in the formation of the Lightning Ambush Academy, whose objective was preparing the newly arrived recruits for survival in this challenging war setting. The success of the school invited the famous newscaster, Walter Cronkite, to broadcast a segment on this innovative and lifesaving tactical approach to the war.

After completing his military commitment, Dave fulfilled his long-imagined ambition of becoming an FBI agent and he would go on to serve in a num-



DAVID BINNEY

ber of locations over the next few years, honing his skills as an investigator and administrator. His promotion to the New York office, though, would thrust him into the world of organized crime and the use of every skill he possessed. In March 1985, the country was captivated by news that Federal indictments had been served against all of the major New York Mafia crime bosses, including those representing the notorious Columbo and Genovese families. The culmination of the investigation--six dedicated years in the making--was also a pivotal moment in the career of FBI agent David Binney, who had guided this relentless effort from its earliest days. The case, often referred to as the "Pizza Connection," also focused a spotlight on two associates of Dave, prosecution attorneys who would later achieve fame and notoriety in their respective positions: Rudy Giuliani as Mayor



of New York and Louis Freeh as Director of the FBI.

Dave was next assigned as Agent in Charge of the St. Louis Field Office. While Dave would say that St. Louis was a relatively less stressful post, mortal danger in law enforcement is always a possibility, and it was while attempting to arrest a wanted fugitive that Dave would be involved in and survive a deadly shootout.

His next transfer was to the Washington Metropolitan Field Office, and later at the FBI headquarters, to head the Criminal Division. His efforts here, particularly in gang warfare and narcotics, would result in his ultimate promotion to Assistant Director of the FBI, reuniting him, once again, with Louis Freeh, soon to be appointed Director of the FBI.

In 1994, after four years as an Assistant Director, Dave retired from the FBI, joining IBM, the computer services giant, with

responsibility for World Wide Security. There were benefits--the Olympics in Sopor, Japan and Sydney, Australia--but years of high stress had begun to take their toll. He retired from IBM in 2004, settling in Charleston SC, and a long-deserved respite.

It was from here, in 2008, that he was to return to Wrentham for his 50th high school reunion, eager to see old classmates again. It was not to be, though, for the night before his departure, Dave suffered a fatal heart seizure. He would be returned to West Point, where some 44 years previously, he had begun his journey. He was interred in the West Point cemetery with full military honors, his life celebrated at ceremonies attended by his many relatives and a multitude of his lifelong friends and colleagues.

Submitted by Dave Binney's long-time friend, Al Smith (aka Coach Smith)

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Last-Minute Tax Tips for Procrastinators

It's April already. Are your taxes done? If your answer to the question is no, you are not alone. The Internal Revenue Service says as many as 25 percent of taxpayers file their returns the final two weeks before the filing deadline. And with the recent COVID-19 coronavirus pandemic that we have been experiencing as well as the multiple stimulus programs offered, that percentage is probably quite higher.

If you have not completed your taxes yet, here are some stress-relieving ideas:

Don't Procrastinate Anymore

Resist the temptation to put off your taxes until the very last minute. Your return takes time to prepare and your preparer may need to request certain documents from you, which will take additional time.

Don't Panic If You Can't Pay

If you can't immediately pay the taxes you owe, consider some alternatives. You can apply for an IRS installment agreement, suggesting your own monthly payment amount and due date, and

getting a reduced late-payment penalty rate. You also have various options for charging your balance on a credit card. There is no IRS fee for credit card payments, however the processing companies charge a convenience fee. Electronic filers with a balance due can file early and authorize the government's financial agent to take the money directly from their checking or savings account on the April due date, with no fee.

Request an Extension of Time to File,- But Pay on Time

If the clock runs out, you can get an automatic six-month extension, bringing the filing date to October 15, 2022. The extension itself does not give you more time to pay any taxes due. You will owe interest on any amount not paid by the April deadline, plus a late-payment penalty if you have not paid at least 90 percent of your total tax by that date (normally, but see exception above). Contact your tax professional for a variety of easy ways to apply for an extension.

To get an estimate of what you owe, you generally have to



do a dry run of your tax return—which probably means you will have almost everything you need to file anyway. If they're 90 percent done, it's really in your best interest to just get it done and file by April 15th (and for this current tax season, you have until April 19th if you live in Massachusetts or Maine).

Contribute to (or Open) an IRA Account or HSA Account

You can make previous-year contributions to a Traditional or Roth IRA, or SEP-IRA through the filing deadline. If you still need to open an account, be warned that some companies' processes are not instantaneous. If you are under 50, you can contribute up to \$6,000 into your Traditional or Roth IRA accounts and add an additional \$1,000 if you are over age 50. SEP-IRA contributions can not exceed \$58,000 but the actual amount depends on your specific situation. Best to seek professional advice on this.

If you're covered by a high-deductible health plan—defined as a minimum deductible of \$1,400 for an individual or \$2,800 for a family—you can also deduct contributions made to a Health Savings Account (HSA). You have until the tax filing deadline to make a deductible contribution. For 2021, you can contribute up to \$3,600 to an HSA if you have self-only coverage or \$7,200 for family coverage. People aged 55 or older can make an additional \$1,000 "catch-up" contribution.

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

Norfolk Lions to Pay Tribute to Veterans with "Field of Flags" on Town Hill

The Norfolk Lions Club is raising money in memory of our veterans by selling 12" x 18" American flags. The flags will be placed in a grid on Town Hill for viewing from May 21 through June 4, 2022. A formal ceremony – and possible flyover – will be held on Saturday, May 28 to dedicate the field and remember those brave men and women who have served in the armed forces and made the ultimate sacrifice in service to our country.



vides a home away from home for our military families (active duty and veterans) who are receiving treatment either at the VA Boston Healthcare System in West Roxbury, or at one of our world renown Boston hospitals. There is no charge for any family to stay at The Fisher House or hotel provided by Fisher House.

The Lions ask the community of Norfolk and surrounding towns to rally around this commemorative in support of the men and women who have sacrificed so much, by buying a flag. Please return the remittance envelope you receive in the mail or send a check with your name and dedication to Norfolk Lions Club/Fisher House, P.O. Box 608, Norfolk, MA 02056. Donations and flag purchases will also be accepted on the Norfolk Lions website, www.norfolkmalions.org.

For further information, please call Lion Mark Conley at 508-740-7451 or Jen Deluca from the Fisher House Boston at 508-728-8781.



Norfolk residents will receive a package in the mail from the Norfolk Lions requesting support for the Field of Flags on Town Hill. Residents of surrounding towns are also welcome to participate in this tribute to our veterans. The flags cost \$10 each and may be dedicated to the memory of a veteran. Donor's names and dedications will be on display on the Norfolk Lions website, www.norfolkmalions.org. What an inspirational sight – 1,000 flags on Town Hill – proudly commemorating our veterans!

The net proceeds from this "Field of Flags" will be donated to The Fisher House Boston, a non-profit charity that pro-

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Vote for Julie Garland

To the Editor:

Wrentham's election on April 4 has a number of contested seats, notably the Board of Selectmen, which has two open seats and three candidates. I'm voting for Julie Garland for Selectman. I've worked with Julie repeatedly over the past 10 years on Town initiatives and I've found her to be smart, level-headed, good at balancing competing demands, and best of all, she gets things done. It's not about her; it's about Wrentham. Polls are open from 7 a.m. to 8 p.m. on Monday, April 4.

Sincerely,
Joe Stewart

Local Band Copilot Returns to the Music Scene

By BRENDAN ZIMMERMAN

Copilot has been gigging around the New England music scene for several years now. And now, after the pandemic has sidelined many bands, they're coming back with live shows and new music.

Formed several years ago, Copilot features two King Philip Regional alumni from the class of 2010: Ry McDonald and Maggie Quealy. While they both knew each other during their time at KP, they didn't play music together until several years later when they formed a duo. And after that, Copilot officially formed in 2017 when McDonald, Quealy, and another fellow singer, Jake Machell, were all living together in New Hampshire.

The band's current lineup has six members: McDonald, a Norfolk native, who plays rhythm guitar and sings; Quealy, a Plainville native, who sings; Austin Beveridge, who plays bass guitar; Dylan Allwine, who plays the drums; Machell, who sings; and Jack Snow, who plays lead guitar. Together, their combined sound is a powerful, soulful take that mixes beautiful harmonies and gentle acoustics. The band is based primarily in Boston as of now, and they usually play shows across New England and in New York. From 2017 to 2019, the group released two albums and several singles.

McDonald elaborated on where his inspiration to play music came from, along with the



From left, Copilot band members Ry McDonald, Dylan Allwine, Maggie Quealy, Austin Beveridge, and Jake Machell.

name for the band.

"It came from my dad basically. When I was a kid, he would drive to Florida every year and he would let me stay up late when everyone else would fall asleep in the car and I would get to sit and be his co-pilot for the night. He would show me really good music. That's where I started listening to the Beatles and all this awesome old classic rock. Then I was like, 'Oh, I want to do that. I want to be coming out of the radio,'" said McDonald.

The pandemic had an impact on the band's momentum according to McDonald. Once the pandemic started, the local music scene took a huge hit as venues closed and tours were canceled. They did perform through streaming but found the experience to be jarring compared to the live experience; gone was the electric transfer of energy between performer and audience.

"The live stream concerts were tough. It's tough to, it's just tough to play to a screen. You finish a song and it's just the most awkward silence in the world," said McDonald.

Now, as local venues are slowly reopening and admitting larger audiences, the band is looking to continue playing live again and is excited to restore that in-person connection with their fans.

Copilot's sound is a great combination of influences. Listen closely and you can hear the variety seep through: a little bit of indie, some folk, and it's all put together in a seamless mixture across their discography. Each member of the band brings their own individual influences as well (for example, the indie band Bahamas was mentioned in conversation with McDonald; other artists mentioned include Jade Bird, Jack Johnson, and Jacob Collier). With multiple vocalists

in the band, they're able to mix voices well to create harmonies that soar above the instrumentation. This all lends itself well to live performances especially; they have a beautiful, soulful sound that resonates.

Recently the band has gotten back into the studio to work on new material and record again. They went up to Maine to begin recording a new album for this year. McDonald also mentioned that they were going to work with a producer known for collaborating with several folk and pop-rock groups, including Lake Street Dive.

"Everyone has brought their best material to the table. I think everyone's really excited to do the record and it shows everyone's just excited. I think our biggest goal is to put the best album we can together," said McDonald.

When it comes to recording and songwriting, the process is very collaborative for Copilot. Each member is usually working on something ahead of recording, and the process of putting together their songs is one of ex-

perimentation and fleshing out each other's ideas.

For upcoming shows, Copilot will be playing for the Secret Sounds Boston series on April 2, as well as playing at the Rockwood Music Hall in New York on April 30. They also have one show coming up in Vermont on May 6. On July 3, they will appear on the Hazy Little Stage for the group Nathaniel Rateliff & the Nightsweats. Their music can be found across all streaming platforms, from Spotify to Apple Music, and they are active on Instagram and Tik Tok for social media platforms as well.

Keep your ears open for music releases coming soon; their first new single is expected to be released either late April or early May. Moving forward, the group is excited and grateful for their fans and everyone who supports them in this time.

"I would say just a big thank you to everyone who is from our hometown, who has supported us and made it possible for us to do this stuff, from all of our hometowns," said McDonald.

Norfolk Police Department Shares Information on Vehicle Safety Recalls

Vehicle Safety Recalls Week was held March 7-13

The National Highway Traffic Safety Administration administered over 1,000 safety recalls affecting nearly 35 million vehicles and other equipment in 2021. Yet, millions of vehicle recalls go unrepaired or unaddressed every year.

Vehicle Safety Recalls Week, which coincided with the week leading up to daylight saving time, began on March 7. Norfolk Police suggested residents use this week as a reminder to check for safety recalls for each of their vehicles.

Every vehicle recall is serious and affects a driver's safety. That's why Vehicle Safety Recalls Week focuses on the importance of getting recalls fixed immediately and checking for recalls at least twice a year (the NHTSA also recommends checking for recalls in the week leading up to the end of daylight savings time in the fall).

Norfolk Police urged residents to take the following three steps to check if there has been a recall for their vehicle.

- Find the Vehicle Identification Number (VIN). Look for the 17-character VIN on the lower left of a car's windshield, or on the label inside the driver side door jamb. You might also find the VIN on the vehicle's registration or on insurance documents.

RECALLS

continued on page 17



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EMASS Senior Softball League Opens Registration for 2022 Season

Plans Expansion with Two New Divisions

Eastern Massachusetts Senior Softball (EMASS) is opening its annual registration campaign for slow-pitch softball players ages 50 and over. With over 400 members, the league attracts players from towns across Eastern Massachusetts with games played on fields in Wayland, Medfield, and Framingham. The EMASS season opens in early May with 18 weeks of regular season games scheduled through Labor Day and year-end playoffs completed in early October.

"We are preparing for growth by rebalancing our Saturday divisions and adding a new weekday division to expand from 35 teams to over 40 teams," said Walker Royce, Commissioner of EMASS. "EMASS Senior Softball was a welcome outdoor escape from the lifestyle disruptions of the COVID pandemic over the last two years. We had 70 new players last year and with more seniors looking for a healthy outlet, we feel confident we will see similar growth in 2022."

EMASS Senior Softball Offers Flexible Playing Time

"In 2022, we are restructuring our younger Saturday division where the average age across 5 teams will be around 60," explained Dan Jolly, the new Colonial division coordinator. "With 5 teams, we can use shorter rosters so players get more playing time, and more at-bats. Our Saturday players prefer an occasional bye week for summer holidays."

"Our most popular weekday division is being split primarily to offer more opportunity for players who want to play multiple times per week," said Jeff Allan, the new Monday division coordinator. "The Atlantic division had grown to 12 teams. To accommodate more growth, we decided to split into a six-team Monday division and an eight-team Thursday division."

"The weekday division scheduling supports a day off between play dates for players who choose to play in multiple divisions," said Bill Cerrato, the new Thursday



division coordinator. "It will help us better balance the skills, improve safety and provide more flexibility for those who want to play more than one day a week."

"EMASS shuffles up team rosters in every division each year to enhance connections across our large softball-loving community," said Don Gould, the National division coordinator. "Our members enjoy competing with and against their friends."

Nothing Like a Team Sport to Make You Feel Young Again

EMASS players cherish their weekly double-headers playing with their softball-loving buddies. EMASS has many younger seniors in their fifties and sixties who can still hit a ball over the 300-foot fences or run down a deep line drive in the outfield. They are also inspired by elder players who can still play ball into their late seventies and eighties. That three-hour escape is a weekly high point of camaraderie, teamwork and healthy outdoor competition. When they are out on the field, players feel and act 20 years younger, and when they get home, those stiff joints and sore muscles are mostly perceived as joyful pain.

EMASS will open the 2022 season with over 40 teams competing in 6 different divisions. The league employs paid umpires and has recently invested in team manager training, umpire clinics/certification, new equipment and a rich website to ensure a safe, well-managed and competitive league.

"Our board members, team managers and division coordinators do a very professional and collaborative job of operating this league. Our players appreciate the fun and camaraderie enabled by our volunteer leadership team," said Royce.

About EMASS Senior Softball League

EMASS was founded in 1995 and offers active seniors of all skill levels a safe, well-organized opportunity to play competitive slow-pitch softball. EMASS members range in age from 50 to 90. Skill levels range from casual recreational players to those who play on nationally competitive tournament teams. Players of any skill level will find a spot with teams of similar abilities in one or more of EMASS's six divisions. There are two Saturday divisions and four weekday divisions. All divisions play a double-header each week and many members play on different teams in multiple divisions. For more information about EMASS Senior Softball League, visit www.emass.org.



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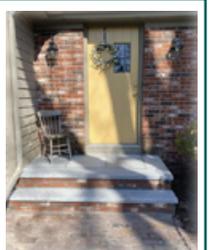
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The b.LUXE *beauty beat*

Community Counts

By GINA WOELFEL

On March 10th, b.LUXE Hair and Makeup Studio enjoyed a wonderful evening of networking when we hosted Shop Medway's "Headshots and Handshakes," a community-based event designed to bring local business people together. Guests received hair and makeup services, relaxed with refreshments and mingled about while photographer, Wendy Shea, updated their headshots in our new editorial space.

Working with our community to ensure stronger, more long-lasting relationships is a key part of who b.LUXE is as a small business. Our doors have always been open to organizations that provide a source of betterment and support to our surrounding towns.

On a regular basis, we work with the Franklin food pantry raising money and participating in their holiday meal drives and helping with their weekend backpack program which provides weekend meals and snacks to children in need through a partnership with the Franklin Public Schools.

b.LUXE owner, Heather Cohen, is a resident of Franklin, MA and also works with their senior center. She, and the other b.LUXE hairstylists, offer the guests of the Franklin Senior Center complimentary, bi-monthly haircuts at the salon. These visits are also a nice time for our staff to listen and share stories with an older generation they might not normally have the opportunity to socialize with.

These seniors keep us laughing and their visits are always a highlight of our month! We also proudly work with the Medway House, Medway Parks and Recreation, OUTMetrowest, the Hummingbird Foundation, PAWS New England, Medway Pride Day and the Martello Beauty Institute, Cancun, Mexico.

You're probably wondering why the b.LUXE Beauty Beat, a column about beauty, is writing about civic duty and what it means to give back? Well, the answer to that is simple: To feel beautiful on the outside, you need to feel beautiful on the inside and helping others, straight-up, makes you feel great!

Volunteering pulls you out of your comfort zone and keeps you in regular contact with people from your community. It feels good to get out there and contribute to projects and organizations that are close to your heart. These initiatives can help you develop a solid support system of new friends, which in turn can help you guard against stress, loneliness and anxiety. And if you're volunteering with pets or other animals, there's solid research that shows this type of outreach can improve mood and elevate happiness. And what's more beautiful than a smiling, happy face? Exactly.

We have officially entered the spring season, folks, with warmer, more light-filled days to look forward to! Finger's crossed, it looks like this summer might serve us up a little slice of normal, with venues fully open and people



enjoying the company of family and friends. We're certainly excited to see this shift at the salon and have some wonderful specials planned for the next couple of months! It's time to treat yourself to a day of spa services and relaxation!

If you have an organization that you work with and you're looking to network or fundraise, reach out to b.LUXE Hair and Makeup Studio! We set aside a number of evenings throughout the year that we host our "Nights of Beauty." These complementary events can host up to 30 people at a time and are a great way to socialize for a cause! Feel free to email us at heather@bluxe.comcastbiz.net for full details.

Wishing you all a fun-filled April.

The b.LUXE Beauty Team

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by whom. Here are the specific questions to ask when it's time to have the surgery:

1. Why are you referring me to this surgeon? Your optometrist may ask you to travel miles and hours away from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home. Ask your provider why they want you to travel hours and miles away. Unfortunately, if you dig enough, you will find the only reason for this remote referral is financial and business-re-

lated interest your provider has with the far-away surgeon. Beware referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

2. What is my cost? Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance will be higher at a hospital? If this is happening to you, we are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford with potential cost savings to you.
3. What type of anesthesia am I going to get? With modern cataract surgery,



most surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being ask to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

5. What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!
7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials,



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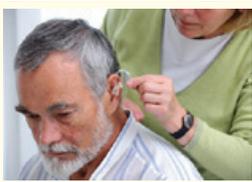
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Living Healthy

Seasonal Allergies

SPRING! The birds are chirping, the flowers are blooming, the sun is shining and the scent of cut grass is in the air. What could be better you might ask? For many people, this season boosts energy levels with increased light exposure, warmer temperatures and those familiar fragrances, but those suffering from recurring allergies react to the season very differently. Spring allergies affect 20% of the popu-

lation who will experience itchy watery eyes, sneezing, runny nose and even rashes. Airborne pollen is the most common cause of seasonal allergies.

There are, however, resources to combat those allergies other than medication. Eighty percent of your immune health is located in your gut, so supporting your digestive health is essential to sustaining a healthy immune system. When your immune system



Dr. Rochelle Bien & Dr. Michael Goldstein

is compromised, symptoms such as allergies emerge.

Tom G suffered for 10 years with seasonal allergies, complaining of congestion, runny nose, sneezing and cough until

his colleague at work suggested he visit The Holistic Center at Bristol Square. We identified his specific allergies and started Tom on a program which was geared toward rebuilding his immune system. Removing stressors to the immune system such as processed foods, preservatives, and cleaning products, as well as creating a healthy eating plan, boosted his nervous system function and added supportive supplements. Within several weeks Tom noticed a significant difference. He was less congested,

his nose stopped running and the cough was greatly reduced. Tom is not worried the SPRING HAS SPRUNG as he is feeling so much better and is planning on enjoying all the outdoor activities he had to miss out on for so many years.

If you are suffering with allergies call THE HOLISTIC CENTER AT BRISTOL SQUARE located at 1426 Main Street, Walpole. Call (508) 660-2722 to schedule your appointment today.

EYES

continued from page 14

quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependence on glasses.

8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider

about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.

9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.
10. What will be my vision on day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider

about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and Vivivity lens implants. We offer bladeless laser cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! You do not even have to travel to Attleboro!

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Sports

Legere's Top Priority for KP Nine — Deep Playoff Run

By KEN HAMWEY
STAFF SPORTS WRITER

Shawn Legere is serious about a variety of things.

Take academics. The King Philip senior has a 4.6 GPA, is a two-time National Honor Society student, and he's interested in studying mechanical engineering at Vanderbilt, Miami or the University of Virginia.

The 18-year-old Wrentham native is also serious about baseball. Very serious.

The 5-foot-9, 185-pound Legere plays shortstop and he's the Warriors' captain. Last year, his .373 batting average, .484 on-base percentage and his smooth fielding earned him all-star recognition in the Hockomock League.

When it comes to setting goals, Legere is both serious and focused — his objectives are all team-oriented.

"We want to have a winning record and upset some of the strong teams on our schedule," he said. "But, the top priority is to qualify for the tourney and make a deep run. The key will be to stay healthy and rise to the occasion. We've got depth and experience. And, if we get some luck along the way, we'll achieve more than just making a cameo appearance. It's all about building momentum and getting on a roll."

When Legere was a sophomore, there were no playoffs because spring sports were canceled due to the COVID-19 pandemic. As a junior last year, KP, which finished with a 7-7 record, downed Quincy in the playoffs but was eliminated in the next round by Xaverian. "I'm confident about our tourney prospects," he emphasized. "We've got young talent that can impact our squad and our team chemistry is excellent."

KP coach Jeff Plympton will be counting heavily on Legere, both in the field and at the plate.

"Shawn brings lots of energy day-in and day out," Plympton offered. "He demands excellence

of himself, he gives 100 percent all the time, he's never afraid to speak up and he hates to lose. He's got quick hands and great range at shortstop. A contact hitter who also has power, Shawn rarely strikes out."

Legere relies on assets that win games. He's quick and he's got speed, especially on the basepaths. And, he takes pride in a high baseball IQ that leads to instinctive decision-making.

"I like the challenges at shortstop," he said. "There are lots of different plays to turn. I like going over the middle and making a force-out with a flip to second base. The toughest play at shortstop is going deep in the hole, pivoting, then making a back-handed throw. Being aggressive is the key. It's about charging the ball."

Confidence is an attribute that helps Legere on offense. "I hit hard and often go for the first pitch," he noted. "I don't strike out much because I'm patient and selective. The key is to have a good mental approach."

Legere had a fantastic approach in a victory last year against Stoughton. "It was senior night," he recalled. "I made three infield plays in the first inning and later hit a home run. It was a memorable triumph. Our playoff win over Quincy was also thrilling. I got two hits and was pleased with my contributions."

Legere, who's played club baseball for five years, intends to be a captain who'll lead by example and by being vocal. "I'll work hard and when we're trailing, I'll strive to get my teammates upbeat and involved," he said. "Being supportive and encouraging is also important."

Two teammates Legere ad-



A Hockomock League all-star, Shawn Legere will play shortstop and provide leadership in his role as a KP captain.

mires for their competitive ability are junior pitcher Rudy Gately and senior centerfielder Eli Reed. "Rudy throws strikes and has great control," Legere said. "He's very consistent. Eli is a hard-worker and a good teammate who's got passion for baseball."

Plympton also gets high marks from Legere. "Coach Plympton is a terrific motivator," Legere noted. "He holds us accountable. He's also solid with his strategy and insights. He's not super vocal

but he's effective at making his point."

Relying on a competitive philosophy that focuses on winning, Legere believes that "reaching

one's potential leads to winning and winning creates fun." He enjoys being in an environment where everyone shares common goals.

"There's valuable life lessons that sports teach and for me I've been able to improve my work ethic and to sharpen and develop leadership skills," he said. "Baseball also helps with developing mental toughness. If a player is mentally tough, then he'll be resilient."

A very resilient player that Legere calls "my favorite pro," is former New York Yankee shortstop Derek Jeter. "He was so consistent and had a great desire to win," Legere said. "He also was a quality role model on and off the field."

Calling his parents (Jason and Karen) his role models for their support and encouragement, Legere notes that his father often provides tips and advice.

In his role as a captain, Legere will be fully committed to provide beneficial advice and offer support when the need arises.

Serious about academics and KP baseball, Legere shouldn't have many concerns about his leadership style. His work ethic is off the charts and no doubt will be contagious.

Shawn Legere has all the attributes that should help the Warriors' baseball team experience an enjoyable season.

Visit Our Website for Sports Updates!

For updates on area wrestlers who competed in the State, All-State and New England tourneys, and for basketball and hockey teams that advanced deep into the State Tournament, go to www.norfolkwrenthamnews.com.

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April 2022 Program Highlights at the Norfolk Senior Center

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

Thursday, April 7 at 11 a.m. **Decluttering Your Home** Presented by Heather Aiello, founder, The Organized You, and Lyssa Phillips, RN, realtor, Suburban Lifestyle Real Estate. Would you like to be able to find things quickly and easily? Have you thought you could never get organized? Heather, a professional organizer, will provide systems and solutions that will magically transform your cluttered space to one that is organized and simple to maintain. She will share practices on how to make those difficult decisions on what to keep, donate or sell. Thinking of downsizing (or “rightsizing”)? If your current home no longer fits your lifestyle, Lyssa, a certified senior real estate specialist, can help make

a stressful process much easier. Lyssa will talk about the health and safety benefits of downsizing and give a market update.

Wednesday, April 13 at 1:30 p.m. **What is the REAL ID and Do I Need It?** Presented by Katie Nolan, District Manager for AAA Northeast, Franklin office. Effective May 2, 2023, a new federal law will go into effect requiring a new type of identification – REAL ID – for anyone 18 years and older flying within the United States or entering a federal building that requires identification. A standard license will NOT be acceptable to pass through domestic airport security checkpoints. You will need a REAL ID or another acceptable form of identification, such as a valid passport, federal government PIV card or US military ID. Learn how REAL ID applications can be processed and what documents you will need.



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RECALLS

continued from page 11

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- Act quickly. If there is an open recall, immediately get the vehicle repaired for free at a local dealership. Follow the steps indicated by the response to the VIN search. The vehicle’s manufacturer is required by law to address the recall for free.

Recalls are also issued for child car seats, tires and vehicle-related equipment such as bike

racks. If any of these items are recalled, manufacturers are required to fix the problem by repairing it, replacing it or offering a refund.

With NHTSA’s free SaferCar app, drivers can get recall information sent to their phone. Download SaferCar, for Android and iOS, add the vehicle and equipment, and the app will send an alert if a safety recall is issued.

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The Culinary and Performing Arts Come Together for “Culinary Cabaret”

On Friday, April 8 at 7 pm, the Franklin Performing Arts Company (FPAC) will unite the culinary and performing arts for an inspired evening of fabulous food, drink, and entertainment. The \$75 all-inclusive ticket delivers a delicious and entertaining evening at THE BLACK BOX, Franklin’s premier entertainment venue.

The 10th annual Culinary Cabaret spotlights this region’s outstanding culinary talent, showcasing fine wines, craft beer,

delectable spirits, flavorful dishes, and mouth-watering desserts by partners including The Gavel, Raillery, Curry House, Teddy Gallagher’s, Parker’s Pub, Salty Days Fish Market, Pour Richard’s, Bakeshack, and more. This special evening has been a celebrated part of FPAC’s yearly performance calendar for a decade.

Featuring entertainment by Electric Youth and special guest artists of the Franklin Performing Arts Company, Culinary Cabaret supports Electric Youth’s 2022

European tour. Franklin Performing Arts Company is Franklin’s own professional theater company.

THE BLACK BOX is located at 15 W. Central St. in downtown Franklin, MA. For tickets and more information on Culinary Cabaret, visit THEBLACKBOXonline.com or call the box office at (508) 528-3370. Follow Franklin Performing Arts Company and THE BLACK BOX on Facebook and Instagram for updates on programming.

Clean and Green Campaign Set for April 9

Annual Event Seeks to Beautify Norfolk

By GRACE ALLEN

Grab your work gloves and pickers, as Norfolk’s annual Clean and Green campaign returns this month in celebration of Earth Day.

Volunteers of all ages are encouraged to pick up litter from any roadside or public area any day of the week up to and including Saturday, April 9. Bagged trash and recyclables can be dropped off at the Norfolk Grange Hall, 28 Rockwood Road, from 11 a.m. to 3 p.m. on April 9. Residents are asked to attest that the trash is not from a household.

Alternatively, residents can request that collected litter or large items be picked up at a cleanup site on April 9. Contact Kevin Roche at 508-328-5604 if you would like pickup on the 9th by Lions Club volunteers.

Residents are asked to follow any applicable Massachusetts COVID-safety guidelines during the town-wide cleanup.

Community service volunteer certificates can be picked up at the Grange during litter drop-off times.

Norfolk’s annual Clean and Green campaign was started by Norfolk Grange member Robin Biscaia in 2010. Close to a ton of unsightly litter is removed from the town’s streets each year during the event.

More than 1 billion people participate in Earth Day activities each year, making it the largest civic observance in the world. The theme for Earth Day 2022 is “Invest in our planet,” with a goal of building support to tackle urgent climate challenges.

For more information about the Clean and Green campaign, visit the Grange Facebook page at www.facebook.com/NorfolkGrange or contact Robin Biscaia at 508-740-2777.

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Guest Column

ONE, Among Billions

By G. GREGORY TOOKER

The New England farmer of old was ever wary of a spoiled fruit when harvest time rolled around, lest an entire barrel of apples fall victim to rot before it got to market. Mankind on the whole has been far less cautious when it comes to examining world leaders for signs of imperfections in the form of selfish intentions at odds with the needs of civilization as a whole.

A half dozen or more leaders who favor the autocratic approach can be identified by plainly visible soft spots, but one in particular is badly afflicted, aggressively attempting to spread the spoil among those who favor the democratic alternative to governing.

It is more than perplexing to this writer that one fruit has been allowed for more than two decades to contaminate the global barrel nearly

without restraint. The unfortunate habit of democratic nations to overlook or completely ignore human rights violations if they do not directly threaten their interests has given free rein to despotic leadership. The United Nations, a world body established to confront and seek solutions to such challenges, has been less than successful in doing so. Major structural changes in the framework of that organization need to be accomplished if it is to function effectively.

In the meantime, the blight spreads relentlessly. Eventually, the original diseased fruit will disintegrate into harmless waste. But what of the damage it leaves in its wake? Better that the world devises a system that works far more effectively in identifying the risk early in the game and finding ways to neutralize it before it metastasizes.

Real Estate Corner

Model UN Team Attends B.C. High School's Annual Model United Nations Conference

Last month, King Philip High School's Model UN delegates attended their first in-person conference since the beginning of the pandemic.

Delegates from the KP Model UN Team attended Boston College High School's 30th annual Model United Nations Conference on Saturday, March 5. At the conference, 11 KP delegates joined students from 38 other schools to participate in a United Nations committee conference simulation. The goal of the conference is for delegates to experience and gain insight from the operations of the United Nations through collaboration to solve global issues.

Prior to attending the conference, delegates were responsible for researching a country's or individual's perspective on their assigned committee. At the conference, delegates then advocated for their position's interest in the debate, which tested their public speaking, negotiating and critical thinking skills.

KP delegates engaged in simulations of a wide variety of topics, ranging from illegal poaching to the impact of climate change on the City of Boston.

"Our entire delegation's preparation, participation and conduct were a testament to the exceptional instruction and support they have received from across our school community," said Tim O'Connor, the Model UN Team advisor. "Each delegate performed exceptionally well at the conference and I ask that community members join me in congratulating them for their hard work and achievements."

The following KP delegates participated in debates at the conference:

Andrew LaBerge (senior) - position of Martin Green for Birmingham School Board; Critical Race Theory; Lakshya Jain (sophomore) - position of the country of Cameroon for Illegal Poaching; Miles Gallagher (junior) - position of the country of

the Democratic Republic of the Congo for Illegal Poaching; Jared Ali (junior) - position of the country of Chad for African Union; Sudanese War; Charlotte Griffin (junior) - position of the country of Nigeria for African Union; Sudanese War; Lauren Grachuk (senior) - position of U.S. Rep. Steven Lynch (D, MA-08) for Boston City Council: Flooding; Jonathan Fornash (senior) - position of Peng Zhen for CPPCC: Chinese Economic Reform; Gina Brown (senior) - position of Qi Benyu for CPPCC: Chinese Economic Reform; Abby Jones (senior) - position of the country of the United Kingdom for Prisoners of War: Human Experimentation; Rabih Elmassih (senior) - position of editor of the Boston Globe Brian McGrory for Boston City Council: Flooding; and Frank Merritt (senior) - position of Lin Ligu for CPPCC:



The King Philip Regional High School Model UN Team at Boston College High School's 30th Annual Model United Nations Conference on Saturday, March 5. (Photo courtesy King Philip Regional School District)

Chinese Economic Reform.

At the conference, senior Gina Brown won a Best Position Paper award and senior Frank Merritt and sophomore Lakshya Jain won the People's Choice awards in their respective committees.

The KP Model UN Team was founded in 2015 by students who were interested in bringing the program to the school. Typically, the team has 20-30 students who attend weekly meetings that are student-led and discussion-based

regarding issues such as the War in Ukraine, global economic inequality, climate change and more. Weekly meetings are open to all King Philip Regional High School students and all students are welcomed regardless of prior knowledge or experience.

The KP Model UN Team typically attends three conferences per year and will go on to attend Sandwich High School's 22nd Annual Conference in the beginning of May.

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Feb. 18	340 Eastside Road	\$128,462
Feb. 25	51 Weber Farm Road	\$828,734
Feb. 25	1346 West Street	\$225,000
Feb. 28	34 Weber Farm Road	\$855,410
Mar. 7	281 South Street	\$505,000
Mar. 7	221 Madison Street	\$417,500
Mar. 8	109 Hamilton Road	\$485,000
Mar. 10	9 Field Circle	\$949,900
Mar. 11	55 Nadeau Drive	\$350,000

Source: www.zillow.com

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Real Estate Corner

February Real Estate Activity in Norfolk County



Norfolk County Register of Deeds William P. O'Donnell reported that February's numbers relative to Norfolk County real estate activity show a fairly sharp drop as compared to February 2021 and January's numbers.

"Our data indicates that the Norfolk County real estate market in February was sluggish when compared not only to February 2021 but also to January," noted Register O'Donnell. There were 10,291 documents recorded at the Norfolk County Registry of Deeds in February, a 34% decrease over last year's February document volume and an 11% decrease from January.

The number of deeds for February 2022, which reflect real estate sales and transfers both commercial and residential, decreased by 19% from February 2021 and by 32% from January. Sale prices increased significantly compared to last year but now appear to be leveling off, noted O'Donnell. February's average sales price was \$1,218,942, an impressive 42% increase compared to February 2021 but down 15% from January. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 14% but are down 42% from January.

Overall lending activity showed a decrease again for the month of February. A total of 1,940 mortgages were recorded during the month, a 56% decrease compared to a year ago and a decrease of 17% from January. "It appears that many consumers have already refinanced given the past low interest rate environment," said O'Donnell.

A continuing cause for concern in Norfolk County, however,

is the increase in foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During February, there were 8 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County. In addition, there were 27 Notices to Foreclose, the first step in the foreclosure process, recorded in February, up from 18 recorded in January. In February 2021 there was only 1 Foreclosure Deed and 6 Notices to Foreclosure Mortgages filed. "The sharp increase in these numbers remind us that even more of our neighbors are now facing financial challenges," said O'Donnell. "We will continue to monitor these numbers."

Homestead recordings by owners of homes and condominiums decreased this month at the Norfolk County Registry of Deeds. There was a 17% decrease in homestead recordings in February 2022 compared to February 2021 and a decrease of 20% from January. "These figures are not too surprising where the sales of homes has decreased, but all homeowners, not just new purchasers, should keep in mind that 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," noted O'Donnell. "We want to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. The recording fee is only \$36. Feel free to visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and to make sure you have taken advantage of this protection."

Register O'Donnell concluded, "February real estate activity showed a decline in Nor-

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Norfolk Police Department Meets Future Law Enforcement Professionals at Fitchburg State's Career Fair

Members of the Norfolk Police Department attended Fitchburg State University's Careers In Law Enforcement Fair last month to meet and network with students pursuing careers in law enforcement and policing.

On Tuesday, March 1, Norfolk Police Lt. Timothy Heinz, Sgt. Eric VanNess and Sgt. Mi-

chelle Palladini met students from Fitchburg State's Police Program at its Careers In Law Enforcement Fair. The fair, which was attended by all freshmen through senior students participating in the police program and also open to members of the general public, gathered police departments from throughout New England

to discuss internship and career opportunities.

"We are always looking to network with potential candidates who are passionate about the law enforcement profession," Norfolk Police Chief Charles Stone said. "With career fairs such as this one, we are given the opportunity to meet with diverse candidates



Members of the Norfolk Police Department attended Fitchburg State's Careers In Law Enforcement Fair on March 1 to meet students and discuss career opportunities. (Photo courtesy Norfolk Police Department)

from all walks of life and discuss what they may be looking for and how the Norfolk Police Department may be able to assist them on their career path."

At the event, Norfolk Police spoke to numerous students about internship opportunities with the department. As part of an internship experience with Norfolk Police, interns are given a variety of tasks in order to give

them real-world experience with many facets of the department's operations.

Interns will have the opportunity to go on ride-alongs with patrolmen and detectives, attend court proceedings with the department's court prosecutor, work with dispatchers, observe the booking process and learn how to write reports.

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Real Estate Corner

Recent Home Sales in Norfolk

Date	Address	Amount
Feb. 18	6 Fruit Street	\$610,000
Feb. 23	40 Meetinghouse Road #40	\$690,000
Feb. 23	1 Eric Road	\$830,000
Feb. 24	51 Boydes Crossing #32	\$775,000
Feb. 28	97 Medway Street	\$807,500
Mar. 2	5 Sumer Street #10	\$639,900
Mar. 14	10 Norway Farms Drive	\$1.2M

Source: www.zillow.com
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ACTIVITY

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Norfolk County which is not unusual for this time of year however, there has been a drop in numbers in 2022 over 2021. We still see available real estate inventory as continuing to be a source of concern in Norfolk County but it does appear that the market is not as hot as last year. Whether this translates into more and better opportunities for buyers, particularly first time buyers, remains to be seen.”

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.

I’ve Joined Gibson Sotheby’s International Realty



Kim Williams doesn’t just sell houses — she works with her buyers and sellers as if they were members of her own family. A real estate agent and helm of the Kim Williams Team, Kim has brought her people-focused energy to every project. She and her team specialize in residential real estate in the Massachusetts areas of Medfield, Westwood, Wrentham, Walpole and Norfolk, where Kim has been a 25-year resident. Kim is also licensed to practice in Rhode Island.

Kim counts home staging, digital marketing, pricing strategies, negotiations and market analysis among her many complementary skills. Her talented team members include professional stagers, videographers, drone operators, and professional photographers to maximize the potential of every listing. Collaboration with an experienced team of mortgage professionals, home repair professionals and marketing strategists strengthens this solid foundation even further, and Kim employs an aggressive and proven “30 Day Marketing Plan” to get all her listings sold lightning-fast and for the best possible price.

With all these tools in her arsenal, along with the power of the Sotheby's International Realty brand, it’s not surprising to learn Kim has been named America’s Best and member of Institute for Luxury Marketing, named one of the “Best of Zillow,” and was recognized in Boston Magazine as a Top Producer. Kim’s professional manner and calm, intelligent personality have won her rave reviews from her clients, and she prides herself on establishing bonds of trust with everyone who walks through the door. Her excellent listening skills never fail to produce strategic, outstanding results, and she is committed to working as an advocate and ally for her clients throughout the complex process of buying or selling a home.



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