

## Arts on the Common Returns

Wrentham's Celebration of the Arts Set for June 4

BY GRACE ALLEN

After a two-year hiatus, Arts on the Common returns to Wrentham on Saturday, June 4. The juried art show is the Wrentham Cultural Council's premiere annual event and will run from 10 a.m. to 4 p.m., rain or shine.

Evelyn Zepf, chair of the Cultural Council, anticipates close to 35 artists will exhibit and sell their works on Wrentham's town common, with some demonstrating the artistic process throughout the day.

The free, family-friendly festival will also include performances by local dance troupes, live music, and "Chalk the Walk" on the closed road through the common.

The Old Fiske Museum, the town's historical museum located right next to the common, will hold a special exhibit on its origins as the town's library. Also on display will be the Historical Commission's artifacts and documents from its archives. The museum will be open throughout the day in conjunction with the festival.



Drawing several hundred visitors, the annual Arts on the Common returns next month on Wrentham's town common.

In early April, the Wrentham Cultural Council was the recipient of a 2022 Mass Cultural Council Festivals Grant. The grant will allow Arts on the Common organizers to expand the entertainment op-

tions currently planned for the festival, noted Zepf, but details were not available at press time.

**ARTS**

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## Community Workshop Planned for Proposed Rail Trail

Norfolk Residents, Abutters Invited to May 26 Meeting

BY GRACE ALLEN

Norfolk residents are invited to a community workshop discussing the town's portion of the new trail network known as the Metacomet Greenway. The workshop will be held on Thursday, May 26 at 7 p.m., location to be determined with a possible Zoom option.

Organizers hope residents will attend to give input on the proposed multi-use trail. Abutters, especially, are encouraged to attend since they will be directly impacted. Feedback from the community workshop will be incorporated into the feasibility study currently underway. This is the second community workshop for Norfolk; the first one was held on February 17.

"This forum is for anyone to come, voice concerns, ask questions, and be a part of the process to make this trail a reality in our town," said Zach McKeever of

Norfolk, president of the Metacomet Greenway Association. "This is a great opportunity, especially for trail neighbors, to learn what's going on and have any worries, such as privacy, addressed."

The proposed 17-mile trail will be built on an abandoned rail line and will run from Walpole through Norfolk, past the Rice Complex in Wrentham, then south into Plainville and North Attleboro.

The stretch through Norfolk is 1.5 miles, while Wrentham will host 6 miles of trail. Community workshops for Wrentham's feasibility study have not yet been announced.

Norfolk has hired the engineering firm BETA Group to conduct the feasibility study, which is funded by Norfolk's Community Preservation Fund. The feasibility

**WORKSHOP**

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## ARTS

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Arts on the Common provides a venue for both full and part-time artists to showcase and sell their work. The Cultural Council tries to select a wide variety of artists to participate, with considerations like price point and originality factoring into the council's selections.

"We are looking for artisans," explained Zepf, who noted the participants come from all over New England. "Things like paintings and fine arts, of course, but any crafts have to show some artistry and be handmade."

The Arts on the Common festival began several years ago in a quest to promote arts in the community and highlight area talent. Organizers believe the benefits of the arts are integral to healthy, vital communities. The Massachusetts Cultural Council states on its website that "Culture is intrinsically valuable and unique in its ability to lift the human spirit."

After two years of a worldwide pandemic, people can certainly use a lift. And as for artists themselves, Zepf believes they have embodied a certain resiliency throughout the pan-



dem. Art, after all, tends to be a solitary pursuit, but artists now have many ways to display and sell their goods online, via Etsy or other e-marketplaces, despite the shutdowns and disruptions of COVID-19.

The Wrentham Cultural Council hopes to become more active as the pandemic recedes. Zepf pointed out the newly-renovated Sweatt Park as a possible location for some of the council's activities in the future.

"We have electricity down there now and I'm thinking storytellers or poetry slams might lend themselves to that venue," she mused. "It's nice because it's below the street and not nearly as noisy as the common can be with the traffic noise around it. We're always looking for new ideas."

Zepf says currently there is one open position on the Cultural Council board and anyone with a desire to encourage and support the arts and culture in Wrentham is welcome to apply.

In addition to annual events like Arts on the Common and quarterly poetry readings, the Cultural Council also awards grants addressing cultural needs specific to the community, following state guidelines. The state provides an annual appropriation to the Massachusetts Cultural Council, which then allocates funds to each community.

For more information about the Wrentham Cultural Council or about the open board position, email [contactwcc@wrentham.ma.us](mailto:contactwcc@wrentham.ma.us).

## A Call for Artists

BY GRACE ALLEN

Area artists still have time to participate in Wrentham's Arts on the Common, scheduled for June 4. Artisan booth applications will be accepted until May 20. The fee for a booth is \$75.

Entries, which are juried based on creativity and workmanship, can be made in the following categories:

- Fine Arts (including painting, drawing, sculpture, print-making, photography)
- Fine Crafts (pottery, glass, woodwork, metal work, etc.)
- Jewelry (must have some handmade component)
- Fiber Arts (weaving, quilt making, clothing, etc.)

Demonstrations of the artistic process are also welcome.

For more information, or for an application, visit [wrentham.ma.us](http://wrentham.ma.us). The application form as well as exhibition details are available on the Cultural Council's page, located in the drop-down menu under Boards & Committees.

Email the Wrentham Cultural Council at [contactwcc@wrentham.ma.us](mailto:contactwcc@wrentham.ma.us) with any questions, or if you'd like an application mailed to you.

### Guest Column

## Strongmen

BY G. GREGORY TOOKER

Have we evolved to a time where might makes right? Perhaps that is the case. The human race, in the majority, seems to be dangerously trending toward that end. Economic and in many cases, physical survival itself is threatening mankind as disease, dwindling resources, climate change and war become a part of our daily existence.

Knowledge is the most effective weapon with which to combat these threats but access to and affordability of an adequate education is becoming out of reach to a large proportion of the world's population. It is sadly ironic that in an environment saturated with technology that facilitates nearly instantaneous access to learning on most any subject, millions of people are trapped on a communication treadmill spinning falsehoods. Out of this deepening quagmire of ignorance crawl the Strongmen, those who would control the masses of struggling humanity and the resources needed for their survival.

When children feel threatened due to innocence and inexperience, their natural tendency is to run to the protection of their parents and guardians. This usually provides the temporary shelter needed until they are older, smarter and physically capable of survival on their own. But broken families, crumbling schools, and the grossly disproportionate distribution of wealth breed insecurity, even at the adult level.

The Strongmen have germinated in the fertile soil of despair that has been plowed in many areas of the globe. Their growth is nurtured by those who dutifully follow their dictates, sharing in the illicit profits gained. It has taken the sinful invasion of an independent democratic country to jar the attention of freedom-loving people. But as the naive have vacillated, the Strongmen have been working hard to gain the power needed to achieve world domination. And Strongmen have the ultimate weapons to do so.

It will require diplomacy exercised with the utmost surgical skill to extricate civilization from this perilous state of affairs. The Strongmen and the oligarchs who support them must be removed from their pedestals.

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**WORKSHOP**

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study will address both technical and community challenges in the construction of the trail, as well as environmental issues with the goal of minimizing any impact in sensitive areas.

Some specific considerations to be addressed by the feasibility study include the types of road crossings at Hill and Pine Streets in Norfolk, as well as access points, parking, lighting, signage, and public safety requirements.

Trail surface types are also under discussion, but McKeever says the current preference is for a paved, twelve-foot-wide surface to meet Department of Transportation requirements.

“The cost and funding (and town vote) will play into what type of surface is eventually placed,” noted McKeever. “It could be different in different towns, but the goal of the Metacomet Greenway Association is to try to keep the surface consistent and keep a unified path.”

Visitors to other area multi-use trails, like the Upper Charles Rail Trail in Holliston, for example, might notice trail enhancements such as historical markers and signage, memorial benches, play and exercise areas, picnic tables, bike pump stations, and dog waste station bag dispensers. McKeever says it’s never too

early to talk about some of those details for the Metacomet Greenway and suggests the community workshop on May 26 might be a good place to start.

“If people want to see those kinds of things sooner rather than later, they can bring them to the table now and potentially they can be incorporated into our design and construction plan,” he said.

The Metacomet Greenway has the potential to transform the communities it will run through by providing family-friendly options for walking, running, biking, snowshoeing, cross country skiing, and birding. Rail trails can also host large events that help bring a community together. In Holliston, the Upper Charles Rail Trail holds an annual First Night Trail Walk complete with bonfires and food, a 5K/10K trail run, and a story walk. The Southern New England Trunkline Trail (SNETT) in Franklin hosts monthly group and guided walks.

Follow the Metacomet Greenway on Facebook or visit the group’s website at <https://metacometgreenway.org> for finalized details on the May 26 meeting. There may be an opportunity for residents to submit questions for the workshop ahead of time.

Contact McKeever at [metacometgreenway@gmail.com](mailto:metacometgreenway@gmail.com) for more information.



**On March 18, Norfolk County Sheriff Patrick McDermott, joined by members of the Wrentham Board of Selectmen, met with staff and program participants at Gilly’s House to discuss challenges and triumphs of recovery, and NCSO’s commitment to helping those with substance issues get the help they need. Danielle Frane, the new Superintendent for Norfolk County House of Corrections, Steve Spiewakowski, Wrentham District Court Probation Officer and past board member of Gilly’s House, and Joanne and Lenny Hansas, board members of Gilly’s House, were also in attendance.**



## A “Clean and Green” Thank You

*To the Editor:*

The Norfolk Grange would like to thank all who helped make Norfolk’s recent 13th annual Clean and Green event happen this year. Despite a few brief showers, we had a good turnout in the celebration of Earth Day and the town-wide cleanup which took place on Saturday, April 9.

Participants collected litter from the streets and public places in Norfolk and brought their collections of trash and recycling to the parking lot of the historic Grange Hall. Located there was a large dumpster provided by the town for trash disposal as well as a dumpster provided by E. L. Harvey of Westborough for single-stream recycling. Participants also received volunteer recognition certificates for their community service.

Thank you to all participants who volunteered to clean the streets and public places in Norfolk this year, including Scouts and the Lions Club of Norfolk! We also would like to thank the Norfolk Select Board, the Norfolk Department of Public Works, Freeman-Kennedy School, and E. L. Harvey Waste and Recycling Services for their support of our event. Again, thank you to everyone for helping beautify Norfolk and for making a positive difference for our environment!

*Sincerely,*

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# Save the Dates for these 22Mohawks Fundraising Events

The non-profit organization known as 22Mohawks has several events planned for this month. 22Mohawks supports area veterans and their families while raising awareness around veteran suicide and prevention. Visit 22Mohawks.com for more information on these events and to purchase tickets or to enter the lottery for the NASCAR experience.

## Beat the Heat Chili Fest and Raffles

Professional Canine Services and 22Mohawks fundraiser will take place on Sunday, May 1 from noon to 4 p.m. at the Sandwich Taverna. Come down for an afternoon of chili tasting, raffles and lots of fun! Open to all.

## Pups for Vets Fundraiser

This fundraiser takes place on Friday, May 6 from 7 to 11 p.m. at the Hilltop Athletic Club in Kingston, MA. A night of music, dancing, raffles, and auction. All proceeds from the night support 22Mohawks' Pups for Vets program through Professional Canine Services. The Pups for Vets program aims to end veteran suicide by providing emotional support dogs to veterans. The free dogs come with a lifetime of training.

Admission is \$20. If interested in making donations for raffles or auction please email: Stacey at stacey@22mohawks.com. Open to all.

## 22-K9 Motorcycle Ride - "Saving a Life, to Save a Life"

The 22-K9 Motorcycle Ride takes off on Saturday, May 21 at 9 a.m. from Sandwich High School to raise money for the Pups for Vets program, which supports not only veterans in need but also saves the life of each dog partnered with a veteran.

This is a 31-mile ride with police escort, starting at Sandwich High School and ending at the Sand Dollar restaurant in Dennis with an after-party (music, food, drinks, raffles). Cost to ride is \$22 per person. Pre-register at 22mohawks.com/events-calendar. Email stacey@22mohawks.com with any questions. Open to all.

## NASCAR Racing Experience: Drive a NASCAR Race Car Solo

An event to remember! Ten veterans are chosen by lottery to drive a NASCAR race car for free. The event takes place on Saturday, May 28 from 9 a.m. to 5 p.m. at New Hampshire Motor Speedway in Loudon, NH.

The event provides a day of training and instruction for veterans to get behind the wheel and drive a NASCAR race car for timed solo racing sessions on the famous oval speedway.

Registration for veterans to enter the lottery for the event is required. Email stacey@22mohawks.com with any questions.

*22Mohawks was profiled in our March edition. Visit norfolkwrenthamnews.com and click on the Archives tab at the top of the page to read the story.*



# 11th Annual Norfolk Community Day Youth Art Show

Promoting Our Community through the Arts

The Norfolk Lions are sponsoring a Youth Art Show open to all Norfolk residents in Grades 1 through 6. The artwork submitted should represent what your community looks like to you. The Youth Art Show will be held at Community Day on June 11 at the Holmes Complex, 22 Myrtle St., Norfolk.

This show is free to all participants, with one entry per person. Artwork should be drawn or painted on paper no larger than 11" x 17" using pencils, pens, crayons, paint, markers and fabric, or 3D no larger than 17" x 17" x 12". Each entry must include an entry form taped to the backside of the art. Entry forms have already been given to children in the Norfolk public schools and additional forms can be found in each classroom. There are also forms available in the main lobby of the Norfolk Public Library.

Entries will be judged by a panel appointed by the Norfolk Lions in three age groups: Grades 1 and 2, Grades 3 and 4, and Grades 5 and 6. Winners will be selected based on artistic creativity, neatness and originality. All entries will receive an award and winners in each age group will be awarded 1st, 2nd and 3rd place and honorable mention ribbons. The 1st place winners in each age group and one Grand Prize winner will also each receive gift certificates.

The winning entries will be displayed at the Norfolk Library for two weeks after Community Day.

The contest entry deadline is 5 p.m. on Friday, June 3. All artwork can be placed in the collection boxes at the Freeman Kennedy School, H. Olive Day School or the Norfolk Public Library.

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Medfield Public Schools' Food and Nutrition Department is looking for friendly employees who like working with kids to work in the school lunch program.

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# Teaching Kids about Savings and Investing

Momma, can I take the \$40 from grandma and grandpa to the Dollar Store?

Dada, how much does a dog cost?

Yes, a third grader and kindergarten can be curious and money conversations become more difficult as they grow older. Making kids understand how money works is a start, however financial literacy doesn't equate to understanding value or making good, responsible decisions.

A book to help create financial decisions as teaching opportunities is "The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money" by Ron Lieber.

Let me share the central strategy: Allowance & Three Jars.

**No allowance for chores.** Lieber argues when parents tie allowance to completion of chores, they make work the primary focus, not money. Kids should do chores for the same reason we do - because they need to be done. If done poorly, there are plenty of privileges we can take away.

**Allowance as a teaching tool.** If your child can count and ask to buy things, start an allowance. Consider 50 cents or \$1 a week per year of age, raised each year



Glenn Brown

on birthdays. Your focus is to have them learn patience, strive for a goal and make decisions with defined resources.

**Three jars: spend, save & give.** They divide allowance into three clear jars each week: spending now, saving for later and giving to those who may need it more - an introduction to budgeting.

Now here is where I've come to differ from Lieber.

He pays an unrealistic interest rate each week (i.e. 20%) for "save jar" to help kids visibly see the power of savings and com-

pounding. Once spent, less interest is paid, helping teach selective spending decisions and building of savings.

**Thinking like an investor.** I want them curious if something can be invested in, think why (or why not) it is a good investment and participate in risk/reward.

To execute, some investment firms allow buying slices of shares, up to 5 companies for \$50 total. Can be in a child's name via custodial account (beneficial capital gains rules) and viewed as a teaching tool rather than education savings since they'll be spending on their larger wants.

As a holiday gift, we started three companies they knew and two I educated why they own it. Monthly we review values, if dividends were paid, total account value, if they want to add more and/or if there's a new company they want to invest in.

I've explained their favorite pizza shop is a small business that doesn't have shares. Also explained who makes a game they like, which they decided to take from their "save jar" to buy. It's down ~15% in a short time but I asked if the reason they bought is still true, if they want to buy more, still hold or sell.

Remember, it's about learning and making mistakes now, to benefit when they're older with their real earnings.

*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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## Employment spotlight

or to continue their education. We understand that our nurses have their own responsibilities and obligations outside of work, and providing adaptable schedules makes finding that balance easier.

### Independence and Autonomy

Home health and hospice nurses work independently in coordination with their multidisciplinary teams and clinical service manager as they care for patients. It's a challenging and rewarding field that allows nurses to practice at the top of their license. Seeing patients in the home setting enables VNA Care's clinicians to personalize care and develop strong relationships with each of their patients and their families.

### Learning and Growing Opportunities

Our nurses are never alone throughout their learning process. VNA Care's nurse specialists provide their expertise to



help their colleagues learn new skills such as wound care and IVs. Nurses are also supported by their clinical service manager and collaborate with other members of the team (such as rehab therapists, social workers, etc.) to provide the best possible patient care.

Along with exceptional team support, VNA Care's healthcare professionals also enjoy competitive benefits including HMO and PPO health insurance plans with a company-sponsored health reimbursement arrangement to offset deductible expenses, dental plans, vision plans, and much



more. We encourage a manageable work-life balance and incorporate additional benefits to help you outside of your careers such as pet insurance and auto and homeowners' insurance. Compensation, including signing bonuses for certain positions, is just one side of the coin – room for professional growth is a priority at VNA Care, and our career opportunities aim to provide the necessary support and resources to help you meet your personal and professional goals. Founded by Massachusetts' most established home care organizations, VNA Care Network, VNA of Boston and VNA Hospice & Palliative Care, VNA Care has built a company culture of mutual trust and support that enables clinicians to deliver exceptional care.

### For More Information

Interested in pursuing a career in home health or hospice nursing? Visit our website at [vncare.org/careers](http://vncare.org/careers) or email us at [HumanResources@vncare.org](mailto:HumanResources@vncare.org). We are here to answer any questions as you explore the next opportunity in your healthcare career.

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

## Business spotlight

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

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

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything

else is fair game for them to take away.

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

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

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

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

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.



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

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

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

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# 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.

## Cesar Chelor

Cesar Chelor was a slave who earned his freedom in 1753 by way of his talent as a craftsman of wood planes, possibly being the first free black tradesman in the colonies. And he lived in Wrentham!

Cesar Chelor was an African-American woodworker, toolmaker, plane-maker and was enslaved by colonial entrepreneur and the earliest documented American plane maker, Francis Nicholson (1683-1753). Francis Nicholson moved from Rehoboth to Wrentham, Massachusetts in 1728. In colonial times, Wrentham was a small, growing town that was on the main road to Boston. As a result, there were plenty of travelers and plenty of business. It was a good place for an ambitious tradesman. Nicholson was married four times and was a deacon of his church. Among the other businesses he had, Nicholson also owned a mill.



Stamped Cesar Chelor plane

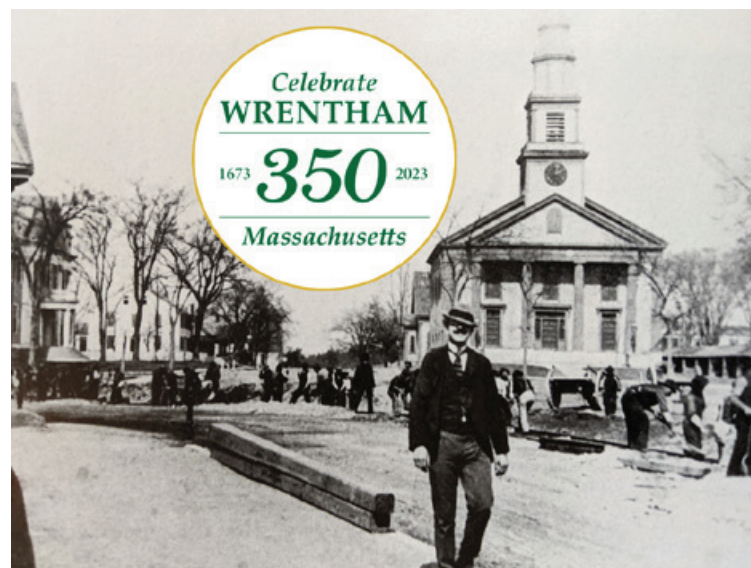
Chelor is thought to have been born in 1720. He was enslaved by Nicholson as early as 1736. In 1741, Chelor was admitted as a member to the Congregational Church in Wrentham Center, when he was supposedly 21. Chelor would become a freeman when Nicholson died in 1753. Along with freedom, Nicholson willed Chelor a workshop, 10 acres of land, tools, and materials to continue on independently:

*"As to my Negroman Caesar Chelo[r] considering his faithful service, his tender care, & kind & Christian carriage I do set him free to act for himself in the world & I do will and bequeath unto him his bed and bedding, his shift and clothing, his bench & common bench tools, a set of chisels, one vice, one sithe & tackling & ten acres of land to be set of to him at the end of my woodland... | & one third part of my timber."*

Chelor is the earliest documented free black tradesman / plane maker in North America. A plane is an indispensable tool for smoothing and shaping wood. Planes are used to "shave" thin, uniform strips from a piece of wood, creating a smooth, level surface by removing "high spots." Knowing how to plane wood is a vital skill for all woodworkers.

Chelor continued making planes, stamping them with his own name. Today, these rare planes are among the best known and most valuable antique wooden planes on the market. A single plane can be worth thousands of dollars.

Chelor was married to Juda Russell in 1758. In 1784, Chelor died without a will with an estate inventory valued at 88 pounds 2 shillings. The inventory of Chelor's estate included "armor" and



"books," indicating a relatively high degree of stature in the community. According to some sources, he had nine children, six of whom he buried himself before he died.

The remnants of the Chelor farmstead and shop, which could have been an important archaeological site, are believed to have been obliterated during construction of a large mall in the Wrentham area.

## Woodworking Legacy

Cesar Chelor's legacy has survived because of a small group of tool collectors dedicated not only to finding interesting tools but also to researching the men who made them. In addition to recovering extant tools, research-

ers have gone back to these New England towns and looked up court registries, church lists, cemetery records, and census records in a quest for the worth of men's estates and their birth and death dates. In the United States, the Early American Industries Association is the source of most research on the history of tools and industrial practice. Much of the information for the Association's online exhibit comes from consulting members and researching publications of the EAIA. We thank them for the information to create this bio of Cesar Chelor.

SUBMITTED BY PAULA SULLIVAN

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**Saturday, June 18th 1:00 – 3:00 "After"**  
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# Tips For Year-Round Tax Planning

Tax planning isn't a once-a-year-activity. In fact, thoughtful planning year-round can help you reduce your tax liabilities come April, even though tax season just ended.

Being proactive can help you maximize your benefits and minimize any surprises. Following are six ways to plan for tax season throughout the year – so you'll be in good shape when you file.

## Conduct an income tax projection to prevent surprises at tax time

One of the most important steps to take is figuring out where your taxes stand before it's too late to make changes.

Having a projection of your potential income tax ahead of time gives you more breathing room. It can help you plan more effectively for the upcoming tax season and find ways to reduce your tax burden. Ask your wealth management professional to do the projection and go over the results with you.

## Find ways to reduce income tax

One of the easiest ways to reduce your income tax liability is to reduce your taxable income. You can defer your tax liability

or eliminate it entirely when you make qualifying contributions to specific financial vehicles, such as:

- Retirement accounts and plans: You can make tax-deductible contributions to a 401(k) plan, 403(b) plan or traditional IRA.
- HSAs: Health savings accounts (HSAs) give you the triple tax benefit of tax-deductible contributions, tax-free earnings and tax-free withdrawals for qualified medical expenses.
- FSAs and DCFsAs: Flexible spending accounts (FSA) and Dependent Care FSAs (DCFSA) let you bypass taxes to save for healthcare costs and dependent care, respectively.
- 529 plans: A 529 plan allows you to make contributions while enjoying tax-free earnings and withdrawals for approved educational expenses.

All 401(k) contributions must be made by December 31. You can make contributions to IRAs and HSAs up to the tax deadline each year.

## Minimize capital gains tax on investments

A capital gain refers to selling something for more than you spent on it, such as stocks. The federal government charges you for this profit with what are called "capital gain taxes." There are several techniques you can use to reduce your tax burden on your investments, including:

- Spread your sale over two years. If it's practical for you, sell only a portion of your appreciated assets this year and the remainder the following year.
- Transfer appreciated assets to a child. If your child is not a dependent and is in a lower tax bracket, they might see significantly less tax for the capital gains.
- Transfer appreciated assets to a charity. You'll avoid the capital gains tax entirely and, in most cases, be able to claim a deduction for the fair market value of those assets. Read what to consider when gifting stock.
- Take advantage of tax loss harvesting. Defer taxes by using your market losses to offset some of the gains your assets see over the course of the year.
- Invest your gains in Opportunity Zone funds. By shifting your money to qualified funds for disadvantaged communities, you get to defer and even reduce the tax you owe.

## Take advantage of current gift and estate tax rates

Make the most of the annual gift tax exclusion, which is the amount of money you can gift to an individual per year, tax free. You can transfer \$16,000 to an individual each year without any gift tax implication, and you don't have to be related. A cou-

ple can also collectively gift up to \$32,000 to an individual each year, and you're free to make gifts year after year to multiple people.

The Tax Cuts and Jobs Act (TCJA) more than doubled the gift tax lifetime exemption, which is the total amount of money you're allowed to gift over your lifetime, tax-free. The exemption is currently \$12.06 million per individual and \$24.12 million for a married couple filing jointly.

Congress and the White House are currently debating proposals covering a wide range of tax laws, and significant changes to gift and estate taxes could be on the horizon. Read more about potential tax law changes and how they could affect you.

## Re-examine your charitable giving

Tax deductible donations can reduce your taxable income, which is one tangible benefit of charitable giving. To claim these donations, you'll need to itemize your deductions at tax time. However, the current standard deduction may cause you to think twice about donating to your favorite causes.

To make the most of your donations and increase your tax savings, you may want to use a "bunching" strategy. With bunching, you replace several years of smaller donations with a large donation in a single tax year. This allows you to benefit from itemizing your deductions and claiming the tax benefit of your contribution.

Another option to consider is setting up a donor-advised fund. You can make a single, "bunched" donation while instructing the fund to spread your contribution to a charity of your choice over a period of several years. Note that you only get a tax deduction for the year in which you make the gift.



If you're taking required minimum distributions on retirement funds, you have an option available to you in the form of qualified charitable contributions (QCDs). Instead of taking those distributions as cash, funnel some or all of that distribution directly to a charitable organization. You'll get to enjoy both the high standard deduction and have your donated distribution taken directly off the top of your taxable income. Read more about QCDs.

## Work closely with a financial professional

A financial professional can help you see how different aspects of your finances, e.g., taxes, investments, and charitable giving, can work together to help you work toward your goals.

Share your vision and take full advantage of their expertise. With a little preparation, you can be more strategic about your taxes year-round.

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



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# Have Fun...While Avoiding that Summer Slide!

If you don't use it, you lose it? In a recent study published in the *American Educational Research Journal*, "the average student lost 17-34% of the prior year's learning gains during summer break." The summer slide can affect all students, but for high school students it is most worrisome. They are juggling ACT, SAT, AP exams plus AP and IB courses. They can not afford to start their junior or senior year behind.

At the same time, we all need to recognize that learning is not linear. The learning process will change, slow down, speed up, and take adventuresome scenic routes. So it is true that a student shouldn't spend their summer gaming or binging Netflix, but equally important is to not spend their summer days only studying. It is all about balance, and understanding that learning can come in many different forms. We all need time to recharge and find relaxing ways to keep learning. Here are a few summer ideas for students:

- **Reading:** Try to mix up your assigned reading with some of your favorites - classics (*Pride & Prejudice*), novels (*The House in the Cerulean Sea*), and magazines (*The*

*Sun or even People*). Just a few ideas. Since the SAT Reading section focuses on reading and comprehension, you can increase your scores by reading books that you enjoy!

- **Journaling:** It can help you with college applications. It is a great way to record your adventures and why they matter to you (essay content). Writing about yourself is a great way to improve self awareness (college preferences), and keeping track of your successes is very important (activity resume).
- **Get a job:** Involvement is one of the top 5 things colleges look for in a prospective student. It can also be fun- such as working at your favorite ice cream spot with your friends. You could also ask a local business if they need a savvy young intern, or if you are passionate about a cause then you could volunteer at your favorite non-profit. Holding down any job conveys a good work ethic, maturity, and character.
- **Test Prep:** Time management can be tricky once the

fall comes, but doing test prep during the summer can be less overwhelming. Here are a few resources:

- Using eprep.com is a good tool for the self motivated student.
- Improving your vocabulary can be easy utilizing apps, such as SAT Word of the Day or SAT Word Slam.
- Recently we learned about Freerice.com - a fantastic website that with every right answer, they give 20 grains of rice to the United Nations' World Food Program.

Message for rising seniors: Get as much done over the summer, so you can enjoy your senior year!

- Touring campuses when school is in session is ideal, but that is not always possible - so hit the road during the summer.
- Finalize your college list with 8 to 10 schools.
- Continue your test prep if you are planning on taking



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

a fall SAT or ACT exam.

- Finish your personal statement essay by the end of July.
- Finish your activity resume by the end of July.
- Be ready to start working on the Common Application once available - August 1st.
- Create an essay tracker for your college supplemental essays and check if there are

any essay overlaps. This will cut down on the number of essays you will need to write.

Remember, play hard...but don't forget to work hard!

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CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304

In the matter of: Charles Robinson Of: Norfolk, MA  
 RESPONDENT Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by Department of correction of Norfolk, MA in the above captioned matter alleging that Charles Robinson is in need of a Guardian and requesting that Department of correction of Norfolk, MA (or some other suitable person) be appointed as Guardian to serve on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 05/25/2022. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition: If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

**IMPORTANT NOTICE**  
 The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court. Date: April 21, 2022  
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## Coexisting with Wildlife

BY GRACE ALLEN

Spring has sprung and along with the nicer weather comes more opportunities to spend time outdoors. While outdoors, it's highly likely you'll see some wildlife in these parts. A recent program at the Norfolk Public Library detailed the many animals residents might come across, their habits, and what to do if they appear injured or diseased.

Presented by Norfolk Animal Control Officer (ACO) Hilary Cohen along with Millis/Medway Animal Control Officer and Certified Wildlife Rehabilitator Erin Mallette, the program "Our Wildlife Neighbors and How to Coexist with Them" discussed what the public can do to help area wildlife thrive, as well as when to call in the experts.

"We have interactions daily with everything from racoons to fishers," said ACO Cohen. "You name it, it's all out there. We try

to take a balanced approach as to wildlife rehabilitation efforts and what's in each and every animal's best interest in each and every instance."

ACO Mallette, a wildlife rehabilitator for the past five years, discussed the complex laws in the state around which nuisance animals can be trapped and relocated and which ones cannot, as well as various situations homeowners might encounter and what to do in each instance.

A chimney, for example, might make an appealing home for animals, especially when not in use, as does the space under a deck or porch. When a homeowner discovers evidence of the animal, they will often call animal control.

"You have to fix the problem," said ACO Mallette. "You can't just remove the animal. If you don't put a cap on your chimney, something else will try to get in. If you have skunks living

underneath your deck and you take those skunks out but don't put any lattice around the opening, something else will move in there."

ACO Cohen emphasized all animals have a place in the local ecology and homeowners have to adapt.

"If you take one racoon out of your property, it's going to be replaced by another," said Cohen. "The onus is on us. If you don't want wildlife on your property, you have to make your property not friendly to wildlife. Whether it's fencing, whether it's deterrence, whether it's lattice or chicken wire under your shed or deck, that is on the homeowner."

ACO Mallette, as a wildlife rehabilitator, will intervene if wildlife is injured, but notes that even then, many animals should be left alone.

"You can't save everything," said Mallette. "In my opinion, I find it cruel. You have to consider

what is humane and what is not humane. Seventy-five percent of wildlife brought to rehabilitation does not need to be rehabbed."

Cohen and Mallette said the rise of social media has contributed to the desire to "save" animals as well as to the increase in instances of people picking up baby animals, especially in the spring, in a misguided effort to help them. Often, babies are left alone while the mother searches for food, they said, noting that the mother will return.

"It's just desensitization" explained Cohen. "If you see random people on social media saying, 'Oh look, I found this bunny and I nursed it back to health,' people think it's okay. But the bunny can end up with capture myopathy from being anywhere near humans. This is the time of year when my call volume gets incredibly busy. People genuinely want to help but the best help when the animal is not

injured is to leave it be."

Both officers said that in many situations, homeowners should call animal control and ask for assistance if they are unsure if an animal is injured, sick, or abandoned.

"Call and ask our opinion," said ACO Mallette.

ACO Cohen added, "If I don't know, I'll ask Erin and we'll come up with a plan."

"Our Wildlife Neighbors and How to Coexist with Them" was held on April 11 and filmed by Norfolk Community Television. The program can be viewed in its entirety on the station's YouTube channel, accessible via [www.norfolkcable.com](http://www.norfolkcable.com).

ACO Cohen can be contacted by calling 508-528-3206 x 7 or by email at [hcohen@norfolk.ma.us](mailto:hcohen@norfolk.ma.us).

ACO Mallette can be contacted by calling 508-533-3251 or by email at [emallette@townofmedway.org](mailto:emallette@townofmedway.org).

## Empty Calories Fill Cupboards Program

BY LILY LUSKIN

*The Empty Calories Fill Cupboards Program was developed as my community service project for King Philip Regional High School's Graduation Distinction Program in Liberal Arts.*

Can a program designed to awaken food pantry donors to the poor quality of their own

food purchases cause them to think more critically about the quality and quantity of their donations to local food banks?

Working with the Living Bread Food Pantry located in Plainville, Empty Calories Fill Cupboards Program participants can make this possible. Participants are prompted to become

aware of the kind of foods they are purchasing, especially what is known as "empty calories." Empty calories leave your wallet and your stomach — empty. The program highlights the poor nutritional and financial habits of buying nutritionally useless — though perhaps sweet, tasty and attractive — products, so

that consumers in the community can find a way to serve their own household while also serving their neighbors' households. Everyone learns; everyone benefits.

The E.C.F.C Program's website promotes healthy eating for local food pantry beneficiaries and their donors. The website features the E.C.F.C Program's three steps:

- Look at what you buy for your own pantry and see how much of your grocery order is "empty calorie" or junk food.
- Add up the cost of the empty calorie foods and decide how much of that total expenditure you would like to cut back to leave room in your budget for more nutritious food. Of course, not all of the junk food. Everybody likes to have fun food too!

- Decide on a percentage of that reduced empty calorie food expenditure and use the money to buy nutritious foods for not only your pantry, but also to donate to the local food pantry. We learn; we give; we all eat better food!

Also found on the E.C.F.C Program's website are helpful articles on selecting foods with beneficial versus empty calories, information about the Living Bread Food Pantry in Plainville, and more.

Visit the website at: <https://sites.google.com/westwood.k12.ma.us/emptycaloriesfillcupboardsprog/home>.



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# The b.LUXE *beauty beat*

## Idea to Execution: Starting our own beauty brand

By GINA WOELFEL

b.LUXE is thrilled to announce the launch of our first ever beauty product! We took our idea (and a leap of faith) for a much-needed hair treatment and made it a reality.

Enter b.LUXE BEFORE Oil! We dreamt of creating our own retail brand for a long time. Our hair salon carries some of the most well-made and targeted hair and skin care products in the industry. So while we weren't lacking in luxury products, we did see a niche in the market that wasn't filled. Most products get to work after you shampoo and condition, but we believe hair protection starts before you cleanse.

b.LUXE BEFORE Oil is a preventative, pre-shampoo, treatment oil that's designed to be your first line of defense against hair damage. It's made with organic sunflower and prickly pear oil and our powerhouse ingredient - broccoli seed oil, an essential element that protects like nothing you've ever used before!

Hair is porous and can be easily stripped of its moisture and vitality. Even the best shampoos that are formulated to remove oil, dirt and buildup can, sometimes, rob hair of bounce and shine. Here's where we felt our industry was lacking.

A few summers ago, we were researching a blog post about blonde hair and how copper found in hard water reacts with the chlorine from swimming pools. Your hair takes in whatever it comes in contact with and

when copper is absorbed into your hair, the chemical reaction with chlorine can give your hair a greenish hue. We learned that by applying a thin coat of olive oil to your hair before swimming, it creates a barrier that blocks chemicals and hard metals from being absorbed. This research inspired us to create a more preventative oil, packed with nutrients to protect your hair and support scalp health.

Using our BEFORE Oil, pre-shampoo, allows you to wash and clean your hair without drying it out or stripping away sebum, the natural oil your scalp produces to lubricate the hair follicle. Our BEFORE Oil penetrates the hair shaft and scalp, depositing just the right amount of hydration to keep hair smooth, healthy and well protected.

BEFORE Oil also feeds your hair AND scalp the nutrition it needs! Broccoli seed oil (BSO), is rich in calming antioxidants, like vitamin A, a key component to all cell growth. Chemically derived vitamin A has a reputation for being irritating. The natural version in broccoli seed oil is anything but! In fact, the BSO in our BEFORE OIL can deliver many of the same benefits a topical retinol cream can, like accelerated cell turnover, minus the irritation. With its collagen-boosting benefits, it's one veggie you'll never avoid again! It has a huge 62.5% Omega-9 content and is gentle, hydrating and easily absorbed into your scalp and hair shaft. As an antioxidant, vitamin A neutralizes free radicals, the



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pollution particles created by industrial emissions that can harm skin cells (and remember, your scalp is your skin)! Broccoli seed oil's essential fatty acids deliver intense hydration without clogging pores and has been shown to help calm inflammatory scalp conditions like eczema, dandruff and dry skin.

Right now, while supplies last, we're offering a 2 ounce trial size for just \$39. That's 30 shampoos! Once these samples are gone, they're gone! And for those of you who would like to try before you buy, grab a single shampoo BEFORE Oil sample at our Medway studio. Our new 1 oz. packaging will be available this June/2022.

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# No Contested Seats in Norfolk's May 3 Town Election

BY GRACE ALLEN

Norfolk voters will head to the polls on Tuesday, May 3 to elect municipal officials. And while there are no contested races, Town Clerk Carol Greene is urging residents to show up and vote.

On the ballot are Carolyn C. Van Tine for a three-year term on the Select Board; Deborah J. Robbins for a three-year term on the Board of Assessors; Mark E. Flaherty for a three-year term as Constable; Elizabeth A. Gebhard for a three-year Board of Health seat; Kenneth W. Nelson for a three-year term as Library Trustee; Jason Talerman for a three-year stint as Moderator; Lisa J. Sheldon for a three-year seat on the Norfolk School Committee; Gary W. Sullivan II for a three-year term on the Planning Board; and Jill E. Hindley-Lawrence for a three-year seat on the Recreation Commission.

Town Clerk Greene commented on the importance of voting in every election, noting the right to vote is an important part of a democracy.

“Even in an uncontested race you have the option to vote for a given candidate, write in someone of your own choosing, or leave that particular race blank if you are against that candidate,” she explained. “A big enough group of people that band together on a write-in can change an election, especially in a low turnout race.”

Greene noted that last year the town election had an abysmal 3.76% voter turnout, which was 275 voters out of a possible 7,304. Choosing not to vote fosters an apathy that has become all too prevalent, she believes.

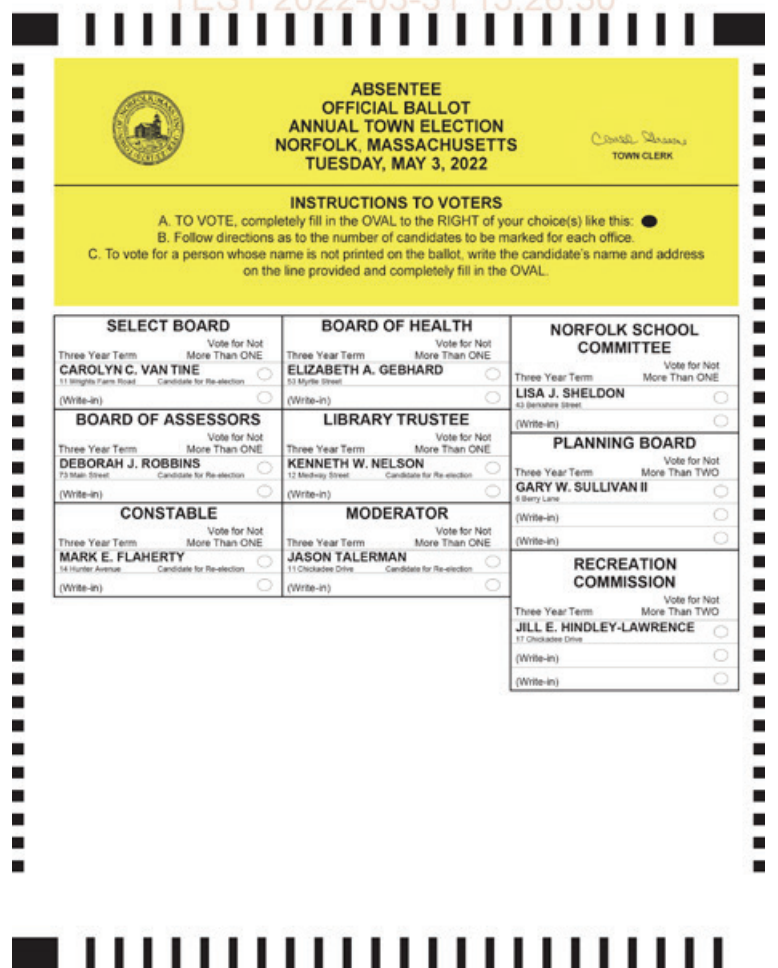
“People rush out to vote for a president or governor, but those are the races that you have the least control over,” she said. “Local elections are where you live, where you raise a family, and where day-to-day happenings are the most important to you. These candidates are people from your community, friends and neighbors who volunteer their time to serve you, the residents.”

Greene added, “So show up, use your voice, and vote. Don’t send the message that these volunteers aren’t worth your time, effort, or energy. They deserve better than that.”

Polls will be open on May 3 from 7 a.m. to 8 p.m. at the Freeman Kennedy School on Boardman Street.

At press time, COVID restrictions, such as the mask mandate, had been lifted in town but residents should feel free to wear masks if they prefer, said Greene.

A sample ballot for Norfolk's annual town election, scheduled for May 3 at the Freeman Kennedy School.



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# FSPA Summer 2022 and Fall 2022-23 Enrollment Open

Franklin School for the Performing Arts (FSPA) is now enrolling for Summer 2022 and Fall 2022-23. The school encourages new families to explore their options for both Summer and Fall.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts (FSPA) is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional

artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to his or her own potential.

In addition to the Summer Session 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 performance 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 Musical Theater Scenes staged at THE BLACK BOX. 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 tech-

nique, 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](http://www.FSPA-online.com) or call 508-528-8668.

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- Saturday: 9 am - 3 pm
- Sunday: Closed

# KP Middle and High School Music Programs Earn Honors at Statewide Festival

The King Philip middle school and high school band, chorus and concert band programs took home several top honors at the recent Massachusetts Instrumental and Choral Conductors Association (MICCA) Choral and Concert Festivals.

The statewide festival was held on April 1-3 at various high schools across the state, including King Philip Regional High School. Approximately 100 bands and orchestra school ensembles and 80 chorus ensembles participated in this year's event.

Of those that participated, 75 King Philip Regional High School students competed in the band, 20 KPRHS students participated in the percussion ensemble, 30 KPRHS students participated in the choir, 90 King

Philip Regional Middle School students participated in the band and 45 KPRMS students participated in the chorus.

As part of the festival, the different student groups from King Philip performed different pieces. The high school percussion ensemble performed Bailando la Soca by Julie Davila, Letter from Home by Pat Metheny and "Little" Fugue in G Minor by J.S. Bach; the high school band performed First Suite in Eb Mvt III by Gustav Holst, Variations on America by Charles Ives and Of Our New Day Begun by Omar Thomas; and the high school chorus performed Elijah Rock by Jester Hairston, A Gaelic Blessing by John Rutter and Nelly Bly by Stephen Foster.



Students from the King Philip Regional School District participated and earned honors at the Massachusetts Instrumental and Choral Conductors Association (MICCA) Choral and Concert Festivals last month. (Photo courtesy King Philip Regional School District)

## Mass General Brigham Newton-Wellesley Hospital



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The middle school choral program performed Dodi Li arranged by Doreen Rao, Natsu No Yo Wa by Ruth Morris Gray and Exultate by Mark Burrows; and the middle school band performed March of the Irish Guard by James Ployhar, All the Pretty Little Horses by Anne McGinty and Cascade Festival Overture by Mark Williams.

The King Philip groups received the following honors for their performances:

- KPRHS Concert Band - Gold Medal
- KPRHS Concert Choir - Silver Medal
- KPRHS Percussion Ensemble - Gold Medal
- KPRMS Chorus - Gold Medal
- KPRMS Band - Gold Medal

In addition to performing, numerous KP students volunteered at the MICCA festival on both Friday and Saturday to

help other bands from around the state with their performances.

MICCA encourages and supports the development of elementary, middle and high school performing ensembles. The festival also included marching band, solo and ensemble performances, all of which were judged by highly qualified adjudicators. The King Philip Regional High School band and percussion ensemble have been participating in the concert festival since 1990 and the chorus since 1998. The middle school band has been participating since 1998 and the chorus has been participating since 2005.

The KP Winter Guard also capped off their undefeated season after they received first place in their Division at the New England Scholastic Band Association (NESBA) Winter Guard Finals held at Salem High School on Saturday, April 2.



# Franklin Senior Center Partners with Mass. Association for the Blind

## Low-Vision Program Welcomes Seniors from Area Towns

By JUDITH DORATO O'GARA

The Franklin Senior Center will now be working with The Mass. Association for the Blind to run its low-vision program. The program and its services are available to blind and visually impaired seniors in Franklin and surrounding towns, including Norfolk and Wrentham.

It is made possible through a grant from the Greater Milford Community Health Network (CHNA-6). This same program has been established and is successful in Natick, Brookline, Worcester, Pittsfield, and Harwich.

“We laid a good foundation,” said Maggie Gundersen, Social Services Coordinator at Franklin Senior Center, who has been a coordinator for The Stella Jeon Assistive Technology Center, or “Low Vision Center,” for about five years, teaching seniors with vision loss about assistive technology there to help them. “We’d taken the program as far as we could, but what I’ve come to find is that with Mass. Association for the Blind has known all along, visually impaired individuals need to learn technology. Many are resistant, which is understandable, because they didn’t grow up with it, but if they don’t learn it they will get left behind.”

In March, the Franklin Senior Center welcomed Jerry Feliz, of the Mass. Association for the Blind, who will be an active participant in the new partnership, directly working with seniors who have vision loss.

“Imagine if you’re totally blind, you’ve never used a smart phone before, and you’re just new to vision loss. You can’t imagine how you’re going to be able to read something,” said Feliz. “There is help to navigate those challenging, stormy waters. This is a vibrant, welcoming community, and it’s also a platform for persons with visual impairments to learn from people that have visual impair-

ments,” said Feliz. “A lot of our volunteer trainers are people who are either totally blind or have some kind of visual impairment.” This creates a safe environment for people just experiencing vision loss, he says.

“A lot of times, people will come into this environment, and there’s a lack of hope, because they’ve lost the ability to read, to write, to navigate their world,” said Feliz. “They walk outside, they feel lost, but we give them a lot of hope. If you’re willing to learn how to do something a different way, you’re able to regain some of the independence you lost.”

Assistive technology plays a huge role in transitioning to vision loss, says Feliz. “If you can learn how to use it, it’s going to help you to gain a bit more quality of life, in terms of how you access the world,” says Feliz.

The educator describes Apple’s innovation in this area as revolutionary to the blindness community “without hyperbole,” he says. “We’ve taught people how to use GPS to navigate in their communities, communicate efficiently with their devices via text, to make phone calls and access email with their smart devices, how to use optical character recognition, an app that will read a physical document to you.”

At least 90% of this training is iOS-based, he says. Clients can also learn how to use gesture-based commands with audio, speech to text and magnification.

“I will be here to provide training for folks,” says Feliz, who says he usually begins with some simple questions and a low vision and CCTV assessment. “We measure the distance you are from the screen as you’re reading, what level magnification you’re using and check the contrast that you’re using, what your functional vision is. (The assessment) is a really helpful tool.”

Feliz will be at the Franklin Senior Center from 10 a.m. to 2 p.m. each Thursday for one-on-one appointments, and he will conduct a Zoom presentation on assistive technology each Thursday from 2 to 3 p.m. Call the Franklin Senior Center at (508) 520-4945 to get his contact information to schedule an appointment.

“Jerry will be here as frequently as possible, but we’re going to add a peer support group once a month, led by a mental health counselor, so you can deal with some of the emotional pieces of vision loss, and we will have a guest speaker program every other Thursday,” says Gundersen. “We’re putting you in a position where you’ll know that every Thursday, (seniors with vision impairment) can come here for something.”

Individual and group adjustment counseling is also available



The Low-Vision Program at the Franklin Senior Center is made stronger by a partnership with the Mass. Association for the Blind. Shown, left, is Maggie Gundersen, of the Franklin Senior Center, and Jerry Feliz, of Mass. Association for the Blind.

through the Massachusetts Association for the Blind for people struggling with the emotions that can accompany vision loss. Appointments can be conducted by

phone, usually with counselors who are also visually impaired. Additional information can also be found on the MABVI web site at [www.mabvi.org](http://www.mabvi.org).






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# KPHS Affinity Group Hosts Entrepreneur Monique Garcia

On Monday, March 28, the King Philip Regional High School Affinity Group hosted entrepreneur Monique Garcia. Over 30 students joined the Affinity Group in the high school's library media center to meet and speak with Garcia.

Garcia is an entrepreneur who moved to Massachusetts five years ago and built a successful business from scratch as a cosmetic tattoo artist. Her company, Browstetics, has serviced thousands of clients throughout the New England region and recently launched a training academy. She is a first-generation college graduate who believes in conquering fears, taking risks and creating the life you dream of.

As part of their discussion, Garcia spoke about living your dream, believing in yourself and walking into a room as if you own it. Students also had the opportunity to ask questions during her visit.

"Monique's visit to our school and discussion with the Affinity Group provided valuable in-



Entrepreneur Monique Garcia, the owner of Browstetics, met with King Philip's Affinity Group on March 28. (Photo courtesy King Philip Regional School District)

sight into what it takes to achieve your dreams, regardless of any obstacle or barrier that students

believe will hinder their success," King Philip Director of Diversity, Equity and Inclusion Jessica Peple said. "Her story is extremely admirable and we hope that the students will use it as a guide on their own path to success."

King Philip's Affinity Group is composed of students who self-

identify as people of color (Black, Indigenous, people of color, etc.) with the intention of finding connection, support and inspiration throughout the group.

As part of their mission, the group provides a time and space for students of shared identities from different classrooms to

come together in an environment where they make up the majority.

Garcia's visit coincided with the group's mission as it provided strategies for students to help develop healthy self-identity strategies and to build networks within and beyond the group through sharing experiences.

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## May Program Highlights at the Norfolk Senior Center

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

Friday, May 13 at 2 p.m. **Myths & Miracles of Victorian Medicine** Presented by Historical Portrayals by Lady J. Advancements and misconceptions that earmark 19th-century healthcare. Topics include "cures" and the rash of discoveries that moved medical care forward, as the 19th century gave way to the 20th century.

Tuesday, May 17 at 1 p.m. **Jordan Marsh: New England's Largest Store** Presented by Anthony Sammarco, known as "The Balzac of Boston History." Anthony will present his illustrated lecture on the history of Jordan Marsh. Jordan Marsh opened its

first store in 1851 on Milk Street in Boston, selling assorted dry goods. By the 1970s it had become a regional New England icon and the largest department store chain in the nation.

Thursday, May 19 from 10 a.m. to 1 p.m. **Shredding Event** Norfolk District Attorney Michael W. Morrissey is sponsoring a secure document shredding event in the parking lot of the Norfolk Senior Center. Dispose of sensitive papers in a secure and safe way. The documents will be shredded on site while you watch on a large screen TV.

Tuesday, May 24 at 1 p.m. **Following the Trail of Shared Matches** Presented by Seema Kenney, President, MA Society of Genealogists, Inc. DNA test results can be overwhelming. The case study will show how Seema

used the shared matches within her DNA test results to narrow in on her maternal grandfather and fill in many holes in her family tree. This presentation is suitable for beginning and intermediate level researchers and is one hour in length. Includes handouts and a Q & A section.

Wed. May 25 at 1 p.m. **Cannabis Presentation** Cannabis, Pot, Weed, MaryJane, Marijuana, CBD. It goes by many names and with many new recreational dispensaries opening in Massachusetts, there are many misunderstandings regarding this plant. Enter NurseMark - NurseMark is a registered nurse who specializes in cannabis. Join us for this very intriguing program and get all of your questions answered regarding marijuana and CBD.

# KP District Superintendent Paul Zinni Honored with State Leadership Award

King Philip Superintendent Paul Zinni has been honored as the recipient of the State Leadership Award by the National Association of Federal Education Program Administrators (NAFEPA).

On Monday, March 21, NAFEPA President Kimberly Glass presented Superintendent Zinni with the NAFEPA State Leadership Award at a NAFEPA Awards Ceremony in Washington, D.C. The award recognizes individuals who have assumed significant roles in the support and promotion of activities and goals of the NAFEPA.

Superintendent Zinni is one of only three educators in Massachusetts who have received this award twice. He previously received the award in 2000. He was nominated for the award by the Massachusetts NAFEPA chapter, the Council of Administrators of Compensatory Education (CACE).

“This is an amazing achievement as the NAFEPA award reflects years and years of dedicated service to Title I programs,” Assistant Superintendent Dr. Susan Gilson said. “Superintendent Zinni has excelled in his commitment to the CACE cause and could not be more deserving of this recognition.”

Superintendent Zinni, a longtime member of NAFEPA, has served on the Board of Directors for almost 25 years. During his time on the board, he’s served on just about every committee including the membership, confer-



Superintendent Paul Zinni has been honored as the recipient of the State Leadership Award by the National Association of Federal Education Program Administrators. (Photo courtesy King Philip Regional School District)

ence, communications, by-laws, and policy and advocacy committees. Currently, he serves as the co-chair of the finance committee and as CACE’s federal liaison to NAFEPA.

Superintendent Zinni also has held numerous leadership positions in state, national and international education organizations including: the Council

for Exceptional Children, CEC; the Massachusetts Council for Exceptional Children, MCEC; Phi Delta Kappa, PDK; and the National Superintendents Roundtable.

Professionally, Superintendent Zinni has served as the Superintendent of Schools for the King Philip Regional School District since 2018. During his impressive

35-year career in education, he has held the positions of elementary teacher, special education teacher and secondary mathematics teacher. He has most recently served in administrator capacities for the past 27 years in the roles of principal, Title I Director, Director of Pupil Services, Assistant Superintendent and Superintendent.

The NAFEPA Award Ceremony was hosted during NAFEPA’s annual conference, which was hosted in Washington, D.C. from March 20-23. At the conference, educators from across the country come together for three days to attend workshops and professional development opportunities about educational leadership and federal education programs.

About the Council of Administrators of Compensatory Education (CACE)

CACE is the Massachusetts organization of local Title I administrators. The CACE organization works with its members

to obtain and share information about federal and state regulations. CACE also provides its members with a forum to address common issues and programming questions.

## About the National Association of Federal Education Program Administrators (NAFEPA)

The National Association of Federal Education Programs (NAFEPA) is a support organization for educators who work with federally funded programs in their local school districts and in their states. The non-profit organization has been in existence since 1974 and presently has more than 3,000 members from across the nation. An annual conference is held once a year in Washington DC so that members can hear from leaders in the field of education as well as staff members from the U. S. Department of Education.

## Local Students Named to Honor Roll at St. Sebastian’s School

St. Sebastian’s School is proud to announce the Honor Roll recipients for the Third Quarter of the 2021-2022 school year on Wednesday, March 30, 2022. Recipients of these academic awards fall into three categories: High Honors, maintains an A- or above in all subjects; Honors with Distinction, maintains a B or above in all subjects; and Honors, maintains a B- or above in all subjects.

### Norfolk Students

- Neal R. Carlson, Grade 10, High Honors
- Matthew P. Cataldo, Grade 10, Honors with Distinction
- Quinn B. Feyler, Grade 10, Honors with Distinction

### Wrentham Students

- Kyle M. Bilezerian, Grade 11, Honors with Distinction
- Karson M. Bilezerian, Grade 9, Honors with Distinction



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# KPMS Math League Students Attend February Math Competitions

The King Philip Middle School Math League competed in two math league competitions in February. The group participated in the New England Math League (NEML) competition on Feb. 15 and the Mathcounts Competition on Feb. 17. At each competition, numerous KP students received high scores.

The NEML competition is part of an international math contest given every year. The competition, which includes separate middle school contests for sixth through eighth-grade students, consists of 35 multiple-choice questions for students to complete in 30 minutes. As part of the NEML competition, individual schools award Certificates of Merit to the three highest-scoring students in each grade.

At King Philip Middle School, multiple students tied for the top two scores this year. In eighth grade, Thomas Nerney was named as the top scorer with Alex Ciuica and Rivya Shrivastava



From left, KP Math League seventh-grade students Cole Soifer, Rihanna Alexandropoulos and Swathi Sreenath

tying as the second-highest scorers. In seventh grade, Tanmayee Kolluri was named as the top scorer with Rihanna Alexandropoulos, Cole Soifer and Swathi Sreenath all tying as the second-highest scorers.

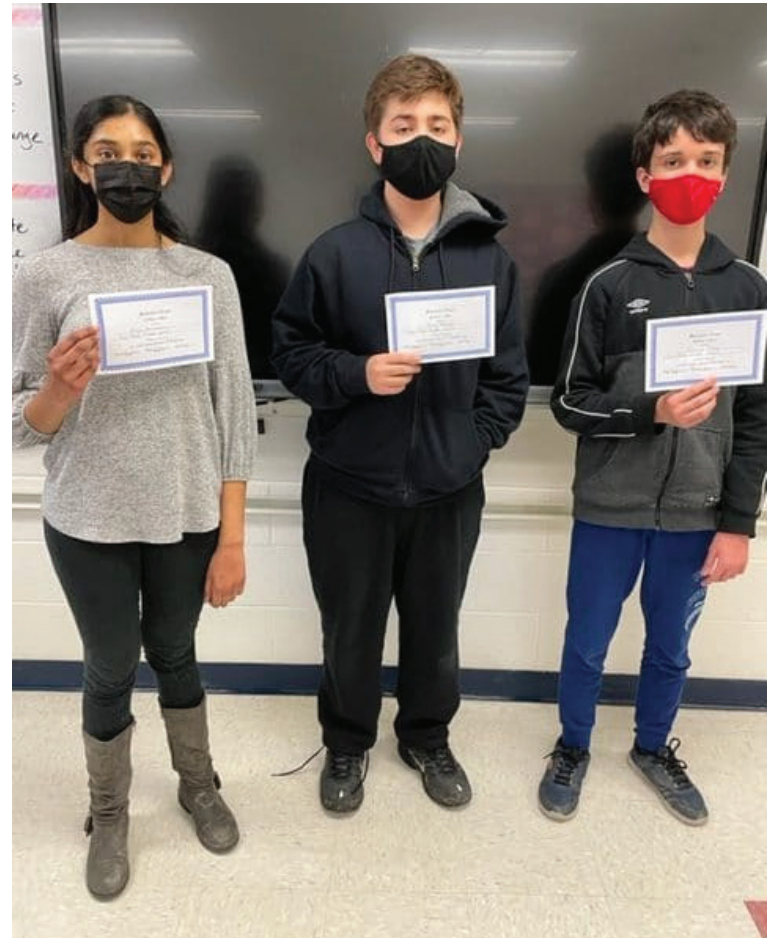
Shortly after the NEML competition, King Philip Middle School Math League stu-



KP Math League seventh-grade student Tanmayee Kolluri was named as the top scorer in the NEML competition.

dents also participated in the Mathcounts Competition. The Mathcounts Competition, a nationwide math contest, has four levels (school, chapter, state and national) and consists of four rounds (Sprint, Target, Team and Countdown Rounds).

In the Sprint Round, students have 40 minutes to complete 30 math problems without a calculator. Then, students receive four pairs of problems and have six minutes to complete each pair (calculators are permitted) in the Target Round. For the



From left, KP Math League eighth-grade students Rivya Shrivastava, Thomas Nerney, and Alex Ciuica. (Photos courtesy King Philip Regional Public Schools)

Team Round, four students work together to solve 10 math problems in 20 minutes (calculators are permitted). The Countdown Round, which is an optional round at every level but national, focuses on speed and accuracy where students have a maximum of 45 seconds to solve a problem without using a calculator.

During this year's chapter level competition on Feb. 17, King Philip Middle School Math League students Alexandropoulos, Ciuica, Bobby Ford, Kolluri, Molly Milici, Nerney, Sangeetha Senthil Kumar, Aarit Shrivastava, Rivya Shrivastava, Sreenath, Chase Troutman and Ella Wehmeyer competed in three rounds.

Of those who competed, Alexandropoulos and Kolluri

scored greater than 23. According to the Mathcounts website, "Coaches and students should view an Individual Score of 23 (out of a possible 46) as highly commendable."

"I'm extremely proud of all the hard work and effort that our Math League students put into both competitions this past February," Meryl Kriegsman, seventh-grade math teacher and KP Math League coach said. "I ask that everyone joins me in congratulating them on their success."

Added Principal Michelle Kreuzer, "Competitions such as these give our students practical, hands-on experience that allows them to compete with and expand on the skills they are being taught inside our classrooms."

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# Senator Rausch Announces Creation of Small Business Advisory Council

*Council is comprised of local business owners to inform economic recovery policies on Beacon Hill*

On March 24, Senator Rausch hosted the inaugural meeting of her Small Business Advisory Council, consisting of eleven small business from across the Norfolk, Bristol, and Middlesex District. Spurred by the unique challenges small businesses face during the wake of the COVID-19 pandemic, the Council's mission is to create a consistent dialogue about issues facing small businesses from across the district to inform economic policy on Beacon Hill.

The Massachusetts legislative session ends at the end of July, and the Senate will be de-

bating the fiscal year 2023 budget in May. The four remaining months of the legislative session are a critical period to pass bills and allocate funding for Massachusetts communities and local projects across the state.

"Small businesses have always been the backbones of our communities," said Senator Becca Rausch (D-Needham). "Our local business owners have faced countless challenges through this pandemic, but in my district, I have seen so much innovation and persistence from these local leaders. I am excited to give our communities' businesses a seat at

the table to inform my work on Beacon Hill and meet the diverse needs of our local economy."

The Senator's Small Business Advisory Council currently consists of the following 11 businesses:

- 67 Degrees Brewing, Franklin
- Althea's Beauty Depot, North Attleboro
- Choc-Allure, Needham
- Crosby's Coffeehouse, Wrentham
- French Press, Needham

- La Cantina, Franklin
- Nutty Bird Granola, Sherborn
- Quality Cleaners, Millis
- Todos, Natick
- An Unlikely Story, Plainville
- Wesleaf, Needham

Last year, the Massachusetts Legislature approved \$75 million in grant funding for small businesses grants through the Massachusetts Growth Capital Corporation, which administered the largest state-sponsored business relief program in the na-

tion during the COVID-19 pandemic. Applications for MGCC grants were due by April 4, 2022.

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

## Seasonal Safety Reminder: Be Aware of Mulch Fire Hazards

*Advice for Residents, Property Managers, Landscapers, and Nurseries*

State Fire Marshal Peter J. Ostroskey offered a fire safety reminder to homeowners and others who plan on using mulch in upcoming landscaping projects.

"Every spring, firefighters across Massachusetts respond to mulch fires on commercial and residential properties," State Fire Marshal Ostroskey said. "These include fires that start with cigarettes and other smoking materials. Remember that mulch is combustible and can easily catch fire."

The hazard is especially significant around residential structures because fires that start on the exterior of buildings are usually not detected early. By the time smoke and heat enter the building to trigger a fire or smoke alarm or sprinkler system, the fire is already large. Fortunately, many mulch fires are noticed and extinguished before spreading to a building or motor vehicle.

### Provide Proper Smoking Receptacles

Smokers should never toss their cigarettes into mulch, dried leaves, or other debris, and mulch should not be placed in a designated smoking area. To help reduce this unsafe behavior, businesses and homeowners using mulch to spruce up their

landscaping should also provide and maintain safe receptacles for disposing of smoking materials. Metal containers with sand are best.

### Keep Mulch at Least 18 Inches Away from Buildings

Don't place mulch directly against the side of a building. The Massachusetts Comprehensive Fire Safety Code (527 CMR 1.00, section 10.13.10.4.1) prohibits the new application of mulch within 18" around combustible exteriors of buildings, such as wood or vinyl but not brick or concrete. Residential buildings with six units or fewer are exempted from this regulation, but all homeowners may wish to adopt these safety practices voluntarily. The regulation applies to all other buildings, including commercial properties.

### Keep Mulch Piles at Least 30 Feet Apart

The heat generated by large piles of mulch can cause them to ignite, so it is important to maintain a safe distance between piles. This can help prevent a fire in one pile from spreading to another pile or to a building. The Fire Code (527 CMR 1.00, sections 31.3.6.3.2.2 & 31.3.6.4.3) limits the size of mulch piles and requires distances of 30 feet be-

tween piles and 25 feet from the property line.

### Permits Required to Store 300+ Cubic Yards of Mulch

Permits from the local fire department are required wherever more than 300 cubic yards of mulch are produced or stored.

### Call 9-1-1 to Report Smoldering Mulch Beds

Mulch can generate heat, and a smoldering pile of mulch can ignite. If you see a smoldering mulch bed, please call 9-1-1 so the fire department can make sure it is truly extinguished. Mulch can smolder for a long time before erupting into flames.

### Educate Your Staff: Mulch Safety Pamphlet

DFS provides an educational pamphlet in English and Spanish on our Mulch Fire Safety Page: <https://www.mass.gov/service-details/mulch-fire-safety>. It provides information that building managers, landscapers, and distributors can use to educate their staff. Local fire departments are encouraged to make it available as well.

### Major Mulch Fires

Including preliminary data from 2021, there have been more than 400 fires in the past 10 years that started in mulch but spread

to buildings. These fires caused five civilian injuries, 30 fire service injuries, two civilian deaths, and almost \$15 million in damages.

Among these fires were a July 10, 2018, fire in Boston that caused an estimated \$250,000 in

damage to a six-unit apartment building and a May 5, 2015, fire in Arlington that claimed one person's life and destroyed 36 apartments and six vehicles. Both fires were caused by smoking materials that had been discarded into mulch beds.

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# Living Healthy

## iStent Inject and Microgoniomy for Glaucoma

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

### What is glaucoma and how is it treated?

Glaucoma is a chronic disease defined by characteristic optic nerve damage. It is a multi-factorial disease with over 300 different anatomic variations and affects over 40,000,000 people worldwide. Glaucoma is a slowly progressive and irreversible disease and, in most cases, causes a painless loss of eyesight. It is, in short, “the silent sneak thief of sight”. The damage to the optic nerve is commonly caused by a fluid imbalance, or pressure, in the eye, as well as possible alterations in the blood flow to the optic nerve. It is well established that lowering the intraocular pressure can slow the process of optic nerve damage. The degree of pressure lowering necessary to prevent optic nerve damage is individualized for each person and

each optic nerve. The greater the optic nerve damage, the lower the intraocular pressure is needed to achieve stability and prevent further optic nerve damage and further visual field loss.

If glaucoma is left untreated you may experience vision loss and eventual blindness. Treatment strategies for glaucoma are individualized to achieve the greatest lowering of the intraocular pressure with the least amount of risk to the individual’s eyesight and well-being. Commonly, in the United States, topical medications are used as a first line of treatment. In many situations, multiple medications are tried to achieve the desired pressure level. Unfortunately, there can be difficulties with compliance, cost and side effects with many of these medications and laser therapy is commonly substituted as a first line of therapy.

### What is the iStent® trabecular micro-bypass stent?

Minimally invasive glaucoma surgical procedures, so-called MIGS involve alterations of the drainage area that are performed inside the eye. The iStent® trabecular micro-bypass stent is a surgical therapy for patients who have mild to moderate open angle glaucoma and have been tried possibly on topical medications or laser therapy. It is designed to improve the aqueous outflow to better lower the intraocular pressure and reduce the need for medications. The iStent® is the smallest medical device approved by the FDA to date. It is placed in the eye into the drainage area, so-called Schlemm’s Canal through the trabecular meshwork. The iStent® is an elective procedure. The iStent® is potentially beneficial in helping to reduce the number of glaucoma medications and drops needed to control this condition.



### What is microgoniomy surgery?

Microgoniomy surgery (using the iAccess trabecular trephine device from Glaukos) is another type of MIGS. This procedure provides control of the eye pressure at lower risk than more traditional glaucoma surgeries. It alters the eye’s drainage system to lower the eye pressure and reduce the need for medications. Microgoniomy can be done standalone or combined with iStents during cataract surgery in a tissue sparing fashion to improve resistance to outflow

in glaucoma. This tissue-sparing procedure can help lower the pressure even more compared to implanting iStent alone. During this procedure and ophthalmologist (Eye MD/ surgeon) will make 3 trephination cuts in a part of the eye’s drainage system called the trabecular meshwork. This will allow fluid to leave the eye much easier.

**EYES**

*continued on page 23*



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# Living Healthy

## Holistic Answers For Reflux

### EYES

*continued from page 22*

#### Benefits (how the surgery can help)

The goal of the iStent and microgoniotomy surgery is to lower your eye pressure and help preserve vision. It will not bring back vision already lost from glaucoma. After implantation, many patients are able to better control their eye pressure with fewer medications.

#### Risks

As with any surgery, there are risks with the iStent and microgoniotomy procedure. The surgery may not lower the eye pressure or control the glaucoma even when it is properly performed. In addition, sometimes there can be complications that do not appear in the early post operative period but may develop days, months or years later. Further treatment or surgery to treat those complications may be needed. As with any intraocular surgery, there may be loss of vision, blindness, loss of the eye, as well as bleeding, infection and injury to the eye or nearby body parts.

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens. We also offer laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. Are you still being directed to go to Waltham and Attleboro for your eye surgery? Call us for a second opinion! We were among the first surgeons in New England to introduce this new technology and we offer stellar outcomes closer to home. With 20 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care and now the iStent inject /microgoniotomy for treatment of glaucoma closer to home than ever before.

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Gastroesophageal Reflux Disease (GERD) is a common disorder that affects the lower esophageal sphincter, which is the ring of muscles that lies between the esophagus and the stomach. The most common symptoms of GERD are heartburn or acid indigestion. These occur when the lower esophageal sphincter is weak, and even though it opens to allow food to pass into the stomach it doesn't close properly so food and acidic juices reflux or return back up into the esophagus.

The most common symptoms associated with GERD are dyspepsia(indigestion), gas and bloating, sore throat from acid reflux, chronic dry cough, hoarse voice, breathing issues, and vomiting; all occurring principally after eating.

Dorothy M visited The Holistic Center at Bristol Square complaining of chronic indigestion, gas, bloating after meals, and headaches. She was diagnosed with GERD by her primary care doctor but did not want to go on the suggested prescription Omeprazole. She had heard through a friend that symptoms of GERD could be managed holistically and wanted to explore that route before going on medication.

Dorothy was put on a therapeutic diet, which removed the stressors that were aggravating her situation. Digestive enzymes were added with each meal to help rest the stomach so it could heal, and specific manual adjust-



**Dr. Rochelle Bien & Dr. Michael Goldstein**

ments were performed to aide in closing the valve. After several weeks, Dorothy was already seeing significant results and noticed that her symptoms had decreased in frequency and intensity.

If you are experiencing the symptoms from GERD and are

looking for a holistic approach and solution, call THE HOLISTIC CENTER AT BRISTOL SQUARE, (508) 660-2722, 1426 Main Street, Walpole, and make an appointment with Dr. Michael Goldstein or Dr. Rochelle Bien today.

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# Sports

## Goldberg Reaches 50th Year as KP Girls Tennis Coach

### 18 Hockomock Titles Won in 5 Decades

By KEN HAMWEY  
STAFF SPORTS WRITER

Bob Goldberg is in his 50th year as coach of the King Philip girls tennis team.

Some would think that's unique; others might say it's rare that one would coach a specific team for such a long period at the same school.

Before this season got underway, the 80-year-old Goldberg, who played tennis in high school and at the University of Maine, had 758 career victories and guided the Warriors to 43 tourney appearances in 49 years. His KP squads have won 18 Hockomock League championships and that includes the last four (Kelley-Rex Division titles).

A native of Portland, Maine, Goldberg isn't entertaining any thoughts of retiring.

"I love coaching tennis," he said, "and I've had good kids whose eyes light up when they're on a court. The longer I'm at KP, the more I bleed green and gold."

For whatever reasons, coaches sometimes change their venues. Maybe it's moving on to greener pastures because the cupboard is bare, or perhaps it involves coaching a larger program, possibly for more money. Or maybe one's loyalty has waned.

"I've been loyal to KP but I don't expect anything special," Goldberg said. "It's all about the girls, not me."

During Goldberg's five decades, there's been some interest-

ing occurrences. He can recall three.

"I've had two mother-daughter coaching experiences," Goldberg noted. "Most recently, I coached Becca Ricci (2014-2017) and earlier I coached her mom. In the mid-1990s, I coached Christine Holmes and I also coached her mother (Pam Parks)."

Goldberg says that coaching moms and then their daughters later signals two things. "It shows I've been around a long time and that the daughters are a product of their environment," he noted. "Their moms are passionate about tennis and they're encouraging their daughters to play it."

Another situation has come to fruition this season. It involves Stoughton's new girls coach — Patty Bangs.

"She played for Stoughton and competed against my team (in the mid-1980s)," Goldberg recalled. "Now, I'll be seeing her again, this time as an opposing coach."

And lastly, Goldberg, who coached the Dean College women for nine years in the fall season, had an alumna of North Attleboro on his roster. Unable to recall her name, Goldberg says: "She played against my KP teams and then she played for me at Dean. She was very capable at the high school level and she started for me at Dean. It's kind of an interesting twist."

A history teacher for 39 years at the KP Middle School, Goldberg has endured some difficult

moments and also some humorous times as a tennis coach.

"The toughest thing is when a coach has to call 911 because of an injury," he emphasized. "One KP girl suffered a broken leg and was treated at a hospital. And, I've seen girls sustain concussions. One player from Oliver Ames faced us. She fell and hit the back of her head but continued to play. Then, she collapsed and that's when 911 got involved."

A light moment for Goldberg occurred against Mansfield. A second singles match involved a nine-point tie-breaker. Because the doubles and the other singles matches left the teams tied at 2-2, whichever team won second singles would win the match outright. The tie-breaker started at 4-2 in favor of Mansfield and their coach said: "Looks like we've got it."

Not so fast.

KP rallied for the next two points, making it 4-4. That's when the clash went from daring to conservative.

"After a lengthy struggle where neither girl took any risks, the Mansfield player hit a mid-range shot that hit the tape, the ball spun and rolled about 10 inches on top of the net," Goldberg recalled. "It finally fell on the Mansfield side and we were victorious."

Last year's team knew what winning felt like, posting a 14-0 record and claiming the Kelly-Rex title. More of the same could be on tap for the current squad.

"Our goals this year are to win a fifth straight division crown,



Bob Goldberg says he "still bleeds KP green and gold."

qualify for the tourney and to improve every day." Goldberg noted. "Achieving these objectives is very realistic because our first and second singles players went undefeated last year at first doubles. We've got experience at third singles and first doubles features one of our co-captains."

Junior Ahunna James competes at first singles and sophomore Shea Mellman is at second singles.

"Ahunna's all-around game is exceptional," said Goldberg. "She can serve, volley, and hit effective ground strokes. Her tennis IQ is high and her instincts are very good. Shea's serve is hard, she's knowledgeable and her all-around game is smooth and consistent. Her ground strokes, serve and volleys are also consistent."

Senior co-captain Sammie Taylor posted a 9-5 record last year at third singles. "Sammie handles all aspects of the game correctly," Goldberg said. "If she keeps playing the way she practices, she'll do very well. Her best shots are an inside-out forehand and an inside-out backhand."

KP's other captain, Resha Ajoy, is playing in the first doubles slot. "She's a great listener and very coachable," Goldberg said. "Aggressive on the court, she's a quality leader who has a consistent overall game and very good court awareness." Her doubles partner is junior Lauren Casper. "Lauren is the best pure athlete on the team," Goldberg

said. "She's coachable, aggressive and able to execute various strokes."

Juniors handling the chores at second doubles are Caroline Freese, Carlie Burns and Priya Riar and senior Palina Yakimovich. "All four are similar type players," Goldberg said. "They're in an intermediate stage of their game and still learning."

Fifty years is a long time and what has eluded Goldberg during that stretch is a state championship. That certainly would surpass his top thrill, which is a 61-game regular-season winning streak. That occurred from 2007 to 2011.

"That was a terrific achievement," Goldberg noted. "North Attleboro stopped the streak but we played without our regulars at second and third singles because of injuries."

At Local Town Pages deadline the Warriors had a 3-2 record. Those triumphs now give the personable coach 761 for his career. Whatever happens in tournament action remains to be seen and probably won't reveal any hints on Bob Goldberg's future.

"I go year to year on my decision to coach," he said. "Right now, I have no desire to retire but I'll know when the time is right to step down."

When that moment arrives, it'll be the end of an era for KP girls tennis.

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Meroski, Carson Mitteness, Brooke Mullins, Christopher Norgren, Zachary Norton, Anette Nowakowski, Veronika Nowakowski, Molly O'Brien, Sydney O'Shea, Sheela Pandit, Markus Paschke, Katharine Pepper, Molly Piller, Emily Poggi, Lily Quagliozi, Abigail Quirke, Connor Reilly, Suzanne Sanford, Evelyn Sanford, Mia Sarnie, Niharika Sen, Grace Sherry, Margaret Sherwood, Joel St. Cyr, Alexander Stavris, Gabrielle Tartaglia, Samantha Taylor, Daniel Tisdale, Sam Tobar-Fawley, Jade Van Vaerenwyck, Nathan Vierkant, Leah Vigevani, Anna Wolloff, Samuel Woodward and Taoran Ye.

## Grade 11 – High Honors

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## HONOR ROLL

*continued on page 28*

# Viral A cappella Sensation T.3 to return to THE BLACK BOX

THE BLACK BOX will welcome back viral a cappella sensation T.3 on Friday, May 6 at 8:00pm. T.3 is a New York based vocal group composed of Liam Fennecken (School of Rock), Jim Hogan (Waitress), and Brendan Jacob Smith (The Simon & Garfunkel Story). Before their run on America's Got Talent, they gained popularity on social media platforms with covers of Disney, Broadway, and Pop hits. Both in-person and virtual tickets will be available.



Jim Hogan is a New York City based actor, singer, and musician. His Broadway National Touring credits include Waitress, The Phantom of the Opera, and Spring Awakening. Hogan has performed as a soloist with Symphony Orchestras across

the US and Canada. Liam Fennecken is a proud graduate of the Penn State BA Theatre program. He is an actor, musician, and songwriter living in NYC. He recently toured the US and South Korea in School of Rock, and has toured North America with Once, American Idiot, and Peter Pan 360. Brendan Jacob Smith is an actor, singer and songwriter based in Brooklyn, NY. A recent graduate of Ithaca College, Brendan will be playing Art Garfunkel in the US/Can-

ada Company of The Simon and Garfunkel Story. He recently finished up his time as a member of Hyannis Sound, Cape Cod's professional A cappella group, and was seen as Frankie Epps in Parade at The Rev Theatre Company.

Other May shows at THE BLACK BOX include the Broadway in Franklin Revue on May 1st starring Broadway stars Mamie Parris and Alfie Parker Jr. As well as rock band Fair, Yates, Betschart, & McCrossan on May 20th.

Tickets are available at [www.THEBLACKBOXonline.com](http://www.THEBLACKBOXonline.com) or by calling the box office at 508-528-3370. Follow THE BLACK BOX on social media to stay updated on the venue's offerings.

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# Real Estate Corner

## March Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that the March numbers relative to Norfolk County real estate activity decreased as compared to March 2021 but showed an increase over February's numbers.

"Our data indicates that the Norfolk County real estate market in March slowed when compared to March 2021 but has rebounded somewhat when compared to the February numbers," noted Register O'Donnell. "There were 12,402 documents recorded at the Norfolk County Registry of Deeds in March, a 38% decrease from March 2021 but an increase of 21% from last month.

The number of deeds for March 2022, which reflect real estate sales and transfers both commercial and residential, de-

creased by 8% from March 2021 but increased by 58% from February. Sale prices continue to increase compared to last year but now appear to be leveling off. The average sale price in March was \$1,122,863, a 23% increase compared to March 2021 but down 8% from February. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 13% and surprisingly are up 46% from February.

"The March number compared to February may be skewed somewhat by a small number of high-priced commercial transactions," noted O'Donnell. "Four separate sales of commercial properties together totaling over \$200 million dollars were recorded in March. It remains to be seen if this trend continues into the second quarter."

Overall lending activity showed a decrease again for the month of March. A total of 2,399 mortgages were recorded during the month, a 56% decrease compared to a year ago but up 24% from last month.

"It appears that many consumers have already refinanced given the past low interest rate environment, although the mortgage activity is starting to pick up from earlier this year, perhaps due to a concern about rates increasing," said O'Donnell.

A continuing cause for concern in Norfolk County is the number of foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During March, there were 5 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County,



one more than in March 2021. However, there were 11 Notices to Foreclose, the first step in the foreclosure process, recorded in March, down from 16 recorded in March 2021, and down from 27 recorded last month.

"These numbers remind us that some of our neighbors are still facing financial challenges," said O'Donnell. "We will continue to monitor these numbers."

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# Real Estate Corner

## Most Expensive Real Estate Sales in Norfolk County in 2021

In 2021, seventeen properties, all commercial, sold for more than \$50,000,000, according to Norfolk County Register of Deeds William P. O'Donnell.

The top ten most expensive properties were:

1. 190 Mediterranean Drive, Weymouth, a 418-unit apartment complex known as "Weymouth Commons" sold in November for \$151,925,000.
2. 115-129 Dean Avenue, Franklin, a 23-acre parcel slated to be developed into a 250-unit apartment complex, sold in December for \$129,125,000.
3. 2 Hancock Street, Quincy, a 280-unit, 12-story apartment building known as "Neponset Landing," sold in December for \$114,500,000.
4. 180-370 Providence Highway, known as the "Dedham Mall" with 510,000 square feet of retail space, sold in November for \$108,154,573.
5. 1 Investors Way, Norwood, a 54-acre property with an office building adjacent to the Moderna property, slated to be developed into a bio-manufacturing facility, sold in April for \$105,000,000.
6. 351-353 Maple Street, Bellingham, industrial property presently including two warehouses, one of which is now an Amazon delivery facility, sold in May for \$93,350,000.
7. 155 King Street, Cohasset, a 226-unit apartment complex built in 2012 and known as the "Preserve at Cohasset," sold in January for \$90,250,000.
8. 100 Hilltop Drive, a 22-acre, 300-unit apartment complex built in 2004 and known as the "Preserve in Walpole," sold in November for \$87,600,000.
9. 10 Faxon Avenue, Quincy, a 10-story, 200-unit apartment building built in 2006 and known as the "Amelia Apartments," sold in July for \$84,000,000.
10. 625 Thomas Burgin Parkway, Quincy, a 180-unit apartment complex built in 2016 and known as "Mill Creek Residences," sold in February for \$61,600,000.

"Despite the pandemic, the Norfolk County commercial real estate market was one of the busiest in years," noted Register O'Donnell. "It appears that the top sales consisted primarily of residential apartment complexes but the development of the three properties in Norwood, Bellingham and Franklin bodes well for the Norfolk County economy in terms of employment and tax revenue. The top ten sales generated over \$4.6 million in excise taxes for the state and county. We hope 2022 continues in a positive trend."

## Recent Home Sales in Wrentham

Date	Address	Amount
Mar. 17	424 Dedham Street	\$597,000
Mar. 24	613 Thurston Street	\$470,000
Mar. 31	80 Laurie Lane	\$715,000
April 4	8 Harvard Lane	\$580,000
April 8	3 Badus Brook Road	\$275,000
April 14	120 Cherry Street	\$250,000

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

Compiled by Local Town Pages

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## HONOR ROLL

*continued from page 25*

Ian O'Neill, Dilara Onur, Raadhay Patel, Ella Pisani, Charlotte Raymond, Jyelah Rodriguez Miguel, Alea Shammass, Samantha Shore and Samantha Sweetman.

## Grade 10 - High Honors

Madison Almeida, Rachel Bailer, Malak Baloot, Mara Boldy, Ananya Boominathan, Ella Brown, Sarah Brown, Sydney Burch, Shaylee Cahoon, Dean Cardner, John Chisholm, Grace Cory, Victoria Cosmo, Isabelle Crowley, Anna Daniele, Eliot Davis, Hannah Doherty, Meghan Dowling, Liam Foley, Ashley Rose Guenette, Meghan Hessler, Jack Hoitt, David Holland, Marisa Hughes, Lakshya Jain, Nevaeh Jones, Ryan Mahoney, Parker Malagrifa, Cullen McCarthy, Jack McCreedy, Isabella McFarlane, Shea Mellman, Kylie Menendez, Noah Minkwitz, Andrew Morrison, Shanyiah Owens, Madison Paschke, Anna Li Quinn, Oran Rawson, Taylor Regan, Braedon Reilly, Molly Rogoff, Ryan Saenz, Beck Sawtelle, Caitlyn Sencaj, Allison Smith, James Soifer, Samarth Sreenath, Abigail Stierer, Zunairah Syeda, Ryan Taylor, Ian Thompson, Serena Vierkant, Kylie Watson and Ryan Wesley.

## Grade 9 - High Honors

Jolie Arce, Madison Asprelli, Paige Ballantyne, Kendra Barrett, Varsha Baskar, Megan Boie, Lily Brideau, Keegan Burns, Austin Cannon, Allison Cecere, Julia Cohn, Brady Collins, Lucas Crivello, Jaelyn Dang, Kyle Dickinson, Edward Dolan, Ashrith Eperi, Keira Evans, Sophia Evans, Christopher Federico, Samantha Feuer, Jackson Fornash, Sarah Glaser, Guilhermina Guimaraes, Sarah Hayes, Drew Herlin, Gavin Hickey, Madeline Hill, Samantha Hughey, Nicole Ibrahim, Lillian James, Sarah Joy, Cheyanne Kelley, Sierra King, Ciara Kissell, Arjun Kollu, Shelby Konosky, Alexandra

LaBerge, Kayla Legge, Noah Lerner, Addison Lewis, Danielle Lomuscio, Nicholas Mandel, Rhianna Mason, Aidan McCarthy, Makenzie McDevitt, Aidan McDonagh, Meghan McDonnell, Halle Miller, Charles Morris, Claire Newcom, Caitlin O'Brien, Erin O'Donnell, Cole Pacheco, Sayan Panda, Andrew Paulhus, Alexandria Pauline, Jacson Perchard, Olivia Petrillo, Allyson Pochay, Anna Poggi, Joshua St. Laurent, Margaret Sweeney, Isabelle Taylor, Anna Vinson, Nealabh Weake, and Lucy Weineck.

## Grade 12 - Honors

Taylor Adams, Resha Ajoy, Daniel Alexandre, Asherah Alpert, Rachael Anderson, Alexis Andrews, Ryan Andrews, Olivia Bailey, Stella Bailey, Quinn Belhumeur, Kevin Birenbaum, Kip Bishop, Rasya Reddy Bollu, Gerard Bourque, Declan Breen, Lily Brown, Nico Calderone, John Campbell, Nicholas Canning, Joseph Cannon, Crawford Cantave, Julianna Caravaggio, John Carreiro, Kathleen Carver, Caleb Cassetta-Waxman, Abby Cates, Daniel Clancy, Grace Clyde, Cate Collins, Ryan Cook, Andrew Crowley, Colleen Crowther, Sean Crowther, Jared Curran, Peter Dadasis, Jennifer Daniels, Andrew Danson, Samantha D'Avignon, Joshua Day, Lincoln DeLezcano Tatis, Gianna DeLorenzo, Lily Denholm, Julia DeWitt, Katherine Dowling, Michael Earls, Jr., Jalal Elbatal, Rabih Elmassih, Adriana Esquelin Nieves, Nolan Feyler, Isabella Fraone, Arsanious Gharab, Aidan Gillis, Colin Gillis, Brendan Goff, Michael Gorman, Matthew Gough, Stephen Griffin, Justin Guenette, Jessica Haehnel, Samuel Hancock, Erik Hansen, Timothy Hartwell, Ian Hill, Paige Horgan, Ashley Hughes, Olivia Hurley, Samir Ihjul, Nolan Jackson, Elizabeth Jacobson, Brady Jannell, Abigail Jaworski, Abigail Jones, Haley Kellner, Liam Kissell, Andrew LaBerge, Marissa Lamperti,

## HONOR ROLL

*continued on page 29*

# Real Estate Corner

## HONOR ROLL

*continued from page 28*

Ava Lane, Sarah Lehan-Allen, Julia Lespasio, Cooper Lucas, Lily Luskin, Olivia MacDonald, Lauren Mackin, Daniel Macomber, Connor Markunas, Paige Marshall, William Martorano, Gavin McCarthy, Kevin McCasland, Kacie McDonald, Brianna McMaster, Frank Merritt, Mia Morganeli, Cassidy Muldowney, Emma Murphy, Mikayla Murphy, Garrett Newhall, Colby Newman, Diego Nieto, Sophia O'Connor-Colbert, Joseph O'Rourke, Meaghan O'Rourke, Amelia Penny, Sophia Perry, Alexandra Peterson, John Pfeiffer, Alexander Pike, Jessica Porter, Samantha Quillen, Colin Quinn, Timothy Raisman, Aleeza Rana, Reid Rhines, Margo Riley, Sophia Rock, Elizabeth Roy, Connor Sachleben, Mia Sawtelle, Oscar Schonbrod-Carmena, Emma Sheehan, Zachary Sorel, Emma St. Clair, Brooke Stagg, Mark Tagerman, Annabelle Thompson, Brayden Thompson, Luke Tocci, Nicholas Viscusi, Brendan Weddleton, William Weiblen and Darin Zullo.

## Grade 11 – Honors

Jared Ali, Aleksia Andoni, Olivia Andreozzi, Alexander Antinoro, William Astornio, Peyton Barrett, Hailey Beane, Xavier Beauregard, Adam Benredda, William Bermingham, Grace Berry, Sean Bodensiek, Allison Boie, James Boldy, Jaclyn Bonner, Lauren Brady, Troy Breen, Thomas Brewster, Katelyn Buban, Joseph Burke, Leah Burke, Carlie Burns, Ella Butler, Trinity Calleaux-Bourque, Lauren Casper, Erika Cebrowski, Alexandria Cloutier, Sydney Cloutier, Matthew Crago, Sarah Cullen, Callie Cummings, Rachel DeFlaminis, Jacquelyn DuBois, Hayden Emery, Keagan Fletcher, Caroline Freese, Miles Gallagher, Luciana Galvez, Ryan Gately, Catharine Gebhard, Alison Gendrolis, Jason Gonatas, Willem Granese, Lainey Grant, Danielle Gresham, Maggie Griffin, Katrina Groom, Jessica

Guidice, Kiera Hagen, Bastion Hamilton, Avery Hayes, Liam Hickey, Kelsie Higgins, Jackson Hom, April Hooper, Ryan Hurwitz, Nicala Iantosca, Noah Ihley, Ahunna James, Richard Jeanetti, Finnuala Keefe, Matthew Kelley, Caroline Kenyon, Owen Kiss, Owen Klobucher, Ava Lanza, Julia Lanza, William Laplante, Grace Lawler, Elizabeth Lewis, Abigail Lyons, Caitlin MacKay, Owen MacKenzie, Jake Mazur, Ryan McGill, Jack McKenna, Aidan McLaughlin, Thomas Meader, Carson Meier, Abdisalam Mohamed, Michael Murphy, Bridget Nally, Julia O'Donnell, Olivia O'Neil, Kevin O'Neill, Connor O'Reilly, Spencer Orzell, Kendall Parker, Collin, Peck, Gerald Pendergast, Merideth Pfeiffer, Katarina Precobb, Kathryn Quinn, Richard Rand, Matthew Rando, Haley Reda, Melanie Redlitz, Jonah Reid, Nathan Rochon, Emily Sawyer, Brendan Sencaj, Christopher Sesay, Kayla Simas, Luke Stehley, Alexander Stock, Danielle Strykowski, Nathan Sylven, Sydney Tardanico, Molly Tharrett, Evan Trujillo, Alexander Viscusi, Libby Walsh, Ilah Weiblen and Elizabeth White.

## Grade 10 – Honors

Thomas Ahern, Dermott Amorim, Joseph Antonellis, Olivia Archambault, Nicholas Baccari, Samantha Baker, Evan Barker, Keira Barr, Skyler Barry, Isabel Becker, Benjamin Berry, Jack Berthiaume, Rowan Boulger, Lilianna Brenneis, Ari Butler, Peter Cataldo, Madelyn Cleasby, Trevor Clyde, Gillian Comeau, Callie Connolly, Margaret Crisafi, Edward Crisci, Margaret Curran, Luke Danson, Stephen D'Arcy, Julia Devasto, Donovan Devellis, Tyler Douglas, Nolan Eck, Sarah Estime, Emilia Faust, Lindsey Field, Benjamin Fifolt, Olivia Florindi, Anthony Fraone, Brad Guden, Samantha Harkins, Lilli Hickey, Joshua Hill, Charlotte Holmes, Kelly Holmes, Hannah

## HONOR ROLL

*continued on page 30*

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*continued from page 29*

Holster, Abigail Hoyt, Kunsheng Huang, Chadi Isreb, Mason Jacobs, Keanu Johnson, Nathan Johnson, Marly Kananowicz, Nicholas Kansab, Trinjan Kaur, Brenny Keefe, Ava Kelley, Olivia Keough, Maria Kireyev, William Knott, Hadley Kozola, Chloe Kuzmeskas, Isabel Lafond, Alyssa Legere, Camron Lehan-Allen, Caden Leonard, Gabriella Lombardi, Thomas

Lomuscio, Oliva Luiz, Erin Mahoney, Caroline Makuch, Leo Manning, Nicole McDonald, Eilish McGowan, Neelam McGrath, Ilyas McKenna, Lily McNulty, John Molloy, Delaney Muldowney, Timothy Mullen, Kyle Natan, Liam Nolan, Katharine O'Neil, Tia Persky, Emily Piverger, Zachary Pontes, Stephen Quartarone, Brady Ricci, Amelia Richter, Ava Rietz, Julia Rioux, Max Robison, Sawyer Rock, Sebastian Ruelas, Ryan Ryley, Mason Sanford, Madison Schoener, Andrew

Sherry, Arshley Simon, Ethan Sullivan, Luke Sullivan, Meghan Sullivan, Bridget Swezey, Abigail Thoren, Blake Tocci, John Truitt, Jake Vanhoesen, Savannah Vigevani, Makenzie Whalen and Emily Zappala.

#### Grade 9 – Honors

William Abbate, Aidan Alvezi, Jack Anderson, Catherine Antinoro, Samantha Arsenault, Aiden Astorino, Braylyn Auld, Pranav Baskar, Caroline Blakesley, Michael Bohn, Nichole Bourque, Megan Burke, Dante Calderone, Tamanda Clarke,

Samantha Cloutier, Mikayla Coffin, Ryan Collier, Eric Collins, Sophia Collins, Mary Conniff, Tristan Cornell, Averi Dangelo, Mason DePasquale, JeSandra Diaz, Makayla Eastman, Ryan Evans, Michael Foley, Nicholas Gallagher, Thomas Gately, Celia Geoghegan, Jillian Giesler, Ian Gill, Kevin Gillis, Veda Gogineni, Luke Gunning, Camryn Hagerty, Amelia Hamilton, Jessica Hansen, Noah Harrison, Catherine Hart, Sarah Hedberg, Nathan Hill, Isabella Hix, Alexandra Hogan, Jordan Host, Chimezie James, Jack Jamgochian, Cormac Janssen, Davonte Johnson, Sydney Jones, Natalie Jones, Gianna Jordan, Neva Keighley, Jordan Khuc, Thomas Kilroy, Anna Kougias, Ryan Labell, Kate LaPlaca,

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## Recent Home Sales in Norfolk

Date	Address	Amount
Mar. 24	37 Needham Street	\$705,000
Mar. 25	24 Hunter Avenue	\$395,000
Mar. 25	32 Sumner Street, #6	\$681,475
Mar. 31	101 Medway Street	\$692,500
Mar. 31	2 Nichols Way	\$1.06M
Mar. 31	LOT Main Street #B	\$180,000
Mar. 31	33 Sumner Street, #13	\$639,900
April 1	16 Avery Way	\$641,514
April 8	51 Lake Street	\$998,500
April 11	372 Main Street	\$560,000
April 11	25 Freedom Trail	\$740,000

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

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5 Hampton Road, Norfolk  
23 Boydes Crossing, Norfolk  
Lot 38 Avery Way, Norfolk  
4 Wrights Farm Road, Norfolk



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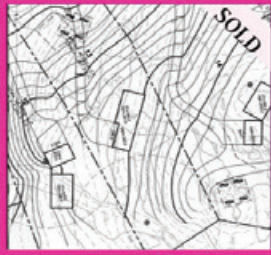
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 130 Mechanic St. Foxboro  
**Sold**  
 36 Forest St. Franklin  
 342-344 Summer St. Franklin  
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