

Spreading Kindness Through Art

BY GRACE ALLEN

Can an art class teach empathy? Jennifer Callei thinks so. She's the instructor for Project Kindness, an art class for children held through Norfolk Recreation.

"I think it's important that kids learn how to give back," said Callei. "In the last few years, it seems like so many people have been struggling and so I want to, in a kid-friendly way, create opportunities to uplift others through art."

Callei, an educator, has been teaching art and theatre classes through Norfolk Recreation for ten years. But it was her own illness—she has chronic Lyme disease—that cemented the need in her mind to specifically focus an art class on helping people in the community. The class, she decided, would both support people in need and also acknowledge and thank organizations that assist others.

"In my opinion, art can be healing and art always has some type of message," explained Callei. "Everyone



Project Kindness students presented a check to the Norfolk Senior Center on June 28. Front row, from left: Sophia Massoud, Nick Balnis, Nyla Kelly, and Hannah Dunfey. Back row, from left: New Council of Aging and Senior Center Director Karen Edwards, Dylan Burch, Eleanor Nichols, Instructor Jen Callei, Jamey Bridgemohan, and Council of Aging Outreach Coordinator Becky Poynot. Missing: Parker Horvath, Sebastian Colantonio, Emily O'Connor, Alex Rico, and Evelyn Walsh.

needs a hug sometimes, and similarly I think everyone needs a piece of art some-

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James Arsenault with Barbara Gillmeister. Arsenault, of James Breakfast and More, is organizing the restaurant tastings at Summerfest.

Gilly's House Plans 1st Annual Summerfest

BY GRACE ALLEN

On Sunday, August 21, Gilly's House will host the first annual Summerfest, a family-friendly, alcohol-free fundraiser from noon to 6 p.m. at the American Legion field, 592 South Street in Wrentham. All are welcome.

The event will feature live music, food, restaurant tastings, soft drinks, kids' activities, special guest appearances, and more. Everything is included in the \$50 ticket price, and children accompanied by an adult are free.

"It's a fundraiser, but what we're really excited about is that it's a family-friendly, community

event for everyone," said Barbara Gillmeister, who founded Gilly's House along with her husband, David. The sober home, a non-profit facility, offers a comprehensive life-skills transitional program for young men who have successfully completed a residential treatment program.

Proceeds from the day will benefit the home's capital fund—the house needs new windows, and boiler upgrades—as well as its scholarship program.

One of the highlights of Summerfest will be food tastings

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KINDNESS

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times. We have so many different senses and when we look at something pleasing or positive, it can boost our mood, it can inspire us, and it can make us feel better if we're going through a hard time."

The class, a new offering from Norfolk Recreation this past school year, is geared for students in Grades 3-6. In the fall and winter sessions, the class decided which organizations and people to help and thank through art. Some of the projects included creating art bags containing craft projects for children entering the foster care system; making cards and donating

art supplies for the children of a local family that lost almost everything in a fire; and designing and constructing a quilt for the Norfolk Police Department, to thank them for helping the community. The students even made a fleece blanket for Officer Mitch, the department's community resource dog.

Callei receives infusions at Dana-Farber Cancer Institute to treat her Lyme disease, so the students created a binder of inspirational art photos and messages for patients going through chemotherapy.

"I know what it's like to just sit there, and during COVID, we had to come alone," said Callei. "We've talked about this during class, and the kids understand how people can be worried or

scared, and maybe not feeling well while there. And looking at art can help a little bit."

During the spring session of Project Kindness, the class held a fundraiser. The students decided to help senior citizens in town, so they created art and then asked friends and families for donations of any amount in exchange for a piece of art. The students raised \$500, which they presented to the Norfolk Senior Center at a ceremony held on June 28.

"We definitely did not expect to raise that much money," said Callei. "I told the students, You might have people who are not interested but you need to tell them thank you and have a nice day. I told them some people might give you \$1 or \$2 and oth-

ers might give you much more. And that's exactly what happened. This was a great lesson for the kids."

Becky Poynot, Outreach Coordinator for the Norfolk Senior Center, said the money will be dispersed to seniors in need of funds for house repairs or maintenance, enabling them to stay and live independently in their homes for as long as possible.

Callei, who studied education and theatre at St. Michael's College in Vermont, has been teaching for twenty years. Students in Project Kindness, ages 8 to 11, are at a stage of emotional and social development where they can relate to the struggles of others and translate that compassion into action. And that makes the class concept work, she believes.

"Their art skills are more advanced, first of all," said Callei, "And they can understand and grasp the issues we discuss. They're at an age that's ready, on a certain level, to learn about and recognize what's happening in the world around us. And through that, this class can teach and demonstrate empathy."

Norfolk Recreation's fall brochure will be mailed to Norfolk residents in mid-August and programs will be online soon after. Visit <https://norfolk.activityreg.com> to register a child for the fall session of Project Kindness or to be placed on a wait list, if necessary, for the popular class. At press time, Callei was considering opening the class to Grade 7 students, also.

First Annual 22Mohawks Golf Tournament

Join 22Mohawks for the organization's first annual golf tournament, to be held on August 15 at Brook Meadow Country Club, 100 Everendon Rd., Canton.

Entry fee is \$150 per person with teams of four players. Hole sponsorships are available for \$200.

To purchase tickets, or for more information about volunteering, raffle/auction donations, or hole sponsorships, contact Stacey@22Mohawks.com or Rachel@22Mohawks.com.

22Mohawks is a non-profit organization that provides emotional support dogs for veterans through its Pups for Vets program. The organization also raises awareness around veteran suicide and prevention. Visit 22Mohawks.com to learn more.

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Norfolk Public Library News

Expanded Library Hours

The library is now open Mondays through Thursday from 10 a.m. to 7:30 p.m., Fridays from 10 a.m. to 4 p.m., and Saturdays from 10 a.m. to 2 p.m.

Friends Ongoing Book Sale

Looking for a book to take on a trip or to read at the beach? Stop by the Friends ongoing book sale at the library for first dibs on the same great titles you see at the book sale every year! Adult and kids hardcover, softcover, fiction, and nonfiction are all available. Payment can be put into the black honor box.

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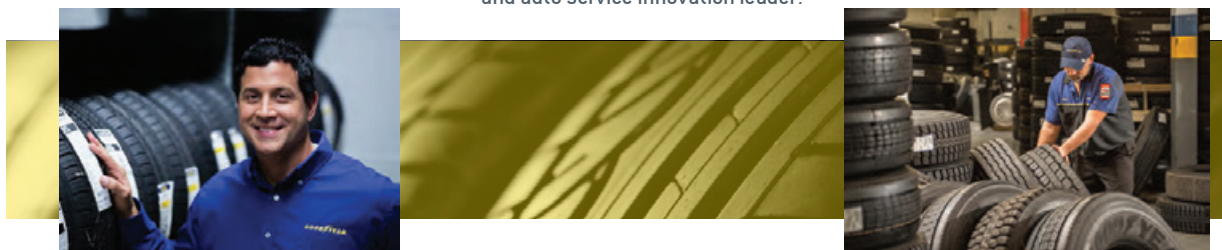
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Dealing with Stress in the College Search

“I am scared, it’s such a big change”, “I am embarrassed about my SAT scores” and “Nothing has ever happened to me - I have no essay material!”. This is a very stressful time of year for rising juniors and seniors - and these are real concerns for them. Many students catastrophize the college process and it can often feel like they have a bad case of pressure-cooker brain! Too much coming at them at once, layered with watching others succeed on social media, seemingly making it all seem so easy - all of which makes the stress worse.

It is a good time to keep your eye on your teen. Anxiety, depression, and stress are real, especially in the aftermath of COVID. It is helpful to keep those communication lines open on a consistent basis and simply

ask how your teen is doing. Don’t worry about how awkward you sound - just talk with your kids. They will get the message that you are trying to support them. It will be a relief for them to reveal what is bottling up inside. Communication is key, but with regards to the college nitty-gritty, we recommend compiling all of your questions and talking at a pre-planned time once per week to get updates. It is a good way to preserve family relationships!

A few more stress-reducing tips for students:

- **Put a stake in the ground:** Analysis-paralysis is stressful: thinking and talking too much prevents taking the first step. We tell our students - just put a stake in the ground - make an outline and start writing. You can



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

go back and edit, but it is a major relief when you just start.

- **Find a stress buster:** Take breaks and find an activity that blows off steam! One of our students would play basketball in his yard every night at 10 pm. It would give him the energy and focus to finish his work.

- **Celebrate the small victories:** There are a lot of college application to-dos. When you get something done, no matter how small - take a break and celebrate!

- **Get organized:** this means with your space and your time. A clutter free environment increases productivity and decreases stress. Creating a simple to-do list with due dates will help you stay on task, and you will feel good about yourself - it re-

ally works!

- **Scroll social media with a grain of salt:** No one is going to post their worst grades on social media. It is not a holistic picture of anyone. Best advice is to filter your social media accounts to feeds that are positive and real. Take one step forward - unfollow accounts or people who make you feel “not quite good enough”. You control your mindset - not others.

And on a final note, in case you are wondering, here is our advice on how to respond to some of those common college worries:

“I am scared, it is such a big change” Probe more. What part of college is making your student nervous? There is something bigger here - is it leaving home, do they feel like they won’t make friends, is it that they have no

idea what they want to study, or is it the expense of college? Honestly, just getting to the bottom of their concern will help lessen the isolation and anxiety.

“I am embarrassed about my SAT scores. If I don’t send my test scores in, the colleges will know they are bad”. Not true - many colleges have been test-optional for many years, such as Wake Forest, Providence College, and Mt Holyoke. There is historical data that shows that standardized tests do not accurately measure intelligence. In addition, tests and test-prep are expensive and are an advantage to wealthy students - colleges know this. When colleges say they are test optional - they really are.

“Nothing has ever happened to me - I have no essay material”. Absolutely not true! As I mentioned in last month’s essay article, you don’t need to climb Mount Everest to write a good essay. Sometimes the smallest moments lead us to the biggest breakthroughs. How do you uncover these topics: ask lots of questions and dig deeper by asking “why” again and again! Email us for a FREE essay resource.

As always, good luck, do your best, and take a deep breath - all will be OK!

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Overdue Change Coming To Massachusetts Estate Tax Laws

On July 15, the Massachusetts House unanimously passed a \$4.2 billion economic development bill that will have significant impacts on residents' wallets.

Lawmakers put a lot in the bill, including a \$500 million tax relief package which raises the child tax credit to \$310 per child (and eliminating cap), raises the rental deduction cap to \$4,000, and ups the estate tax threshold from \$1 million to \$2 million.

Catch that last part?

Let's review why it's important.

Estate tax is owed on net value of the estate of a deceased person before distribution to non-spousal heirs. Think real estate, investments, IRAs, small business, life insurance proceeds, personal property etc. minus liabilities.

For 2022, the federal estate tax exemption is \$12.06 million, meaning amounts MORE than \$12.06 million are subject to the federal estate tax unless otherwise excluded (i.e. gifting). For most, there's little concern of having a life's work of earning, planning and saving being taxed upon death by the federal government.



Glenn Brown

Not the case with Massachusetts.

To begin, only 12 states in U.S. have estate taxes, with Oregon and Massachusetts currently at the lowest (worst) thresholds of \$1 million. Consider neighbor Connecticut is \$5.1M. Where Massachusetts currently takes a dubious lead is once an estate is valued over \$1M, the entire amount is subject to a graduated tax rate starting 0.8% up to 16%. For example, at \$1,000,001

an estate is writing Massachusetts a ~\$36,500 check, at \$2M ~\$99,600, at \$3M ~\$182,000 and so on.

How quickly can one's net value (assets minus liabilities) estate exceed \$1 million? Consider the median single-family home sale price in Massachusetts hit \$590,000 in May, and it was higher in Middlesex County at \$800,000.

What now?

Given changes were proposed by Governor Baker with bipartisan support in January and now part of a larger bill, it's expected to pass before legislation session ends July 31. More details to come, but we know the new Massachusetts estate threshold will start at \$2,000,001, with first \$2M no longer taxed.

Things to consider:

Know your net worth. While grandma living in a Massachusetts house with no mortgage and a few CDs finally gets a pass, what if she also has investments held for years or a lakehouse?

And what of your net worth? Add up 401ks, life insurance and AD&D proceeds, small business equity, savings, real estate minus liabilities. Are you over \$2 million

or will be in time?

Connect with an estate planning attorney. New laws and life events are opportune times to connect as well as provide an updated net worth and review process. Also remember, revocable living trusts bypass probate but not estate tax laws.

Plan to be agile in retirement.

Connection to seasons, family and friends can be strong in Massachusetts. However, proper planning can create alternatives for residency in 38 states and no longer deal with state estate tax (or 5% income tax either).

As a fiduciary, it's a responsibility to educate on the possibilities for those interested.

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.

— SPONSORED CONTENT —

Norfolk Summer Concert Series Wraps up this Month

Norfolk's summer concert series comes to an end this month. Concerts are held on the town common at 6:30 p.m. on Thursday evenings unless otherwise noted. Rain dates are scheduled for the following Monday whenever possible (check the Recreation Department's Facebook page for updates). Children's performances will be held inside the library if raining. Swing on by to catch the few remaining concerts before they're just a summer memory.

August 2 Toe Jam Puppet Band (Tuesday at 5 p.m., for children)

August 4 Franklin School of the Performing Arts

August 27 End of Summer Celebration (Saturday, including food trucks, music, & more)

Wrentham Concerts on the Common Series Wraps up this Month

This the final month of the 2022 Concerts on the Common series. Concerts are held on Sundays at 6 p.m. Grab a lawn chair, pack a picnic, and enjoy the fleeting summer nights while you can.

August 7 Mike & Joe's Big Band

August 14 Slightly Tooned

August 21 Elastic Five

August 28 Providence Drum Troupe

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Kevin Kalkut for State Representative

Kevin Kalkut is a candidate for State Representative for the 9th Norfolk District. The district includes Norfolk, Wrentham, Plainville, and portions of Millis (Precinct 1), Medfield (Precincts 3 and 4), and Walpole (Precinct 5). Kalkut is a two-term Norfolk Select Board Member, Member of the Norfolk County Advisory Committee, and previously served on the Norfolk Planning Board.

Kalkut says his priorities are housing, early education/child-care, mental health, protecting abortion, promoting transparency, addressing the climate crisis, updating our revenue & tax framework, and supporting local small businesses.

“My priorities came as a result of 5+ years of conversations with homeowners, parents, educators, school administrators, business owners, and other elected officials in our district while serving on the Norfolk Select Board and Planning Board. Serving on the county’s Advisory Board has further confirmed for me that support is needed to drive these priorities at the State level.” says Kalkut.

Kalkut lives in Norfolk with his wife Erica, their three sons (ages 4 to 10) and three rescue dogs. He is employed by Crunchtime, a restaurant software company based in Boston, as a Client Success Manager.

Eight years ago, when Kevin and Erica were moving to Massachusetts, they were looking for a small town similar to where Kevin grew up in New Jersey and Erica grew up in Connecticut - and Norfolk fit the bill.

“We were initially drawn to the open space, distinct neighborhoods, fantastic schools, rich rural appeal, and accessibility to Boston. But after our first couple of years, we fell in love with the community more than anything else. Between sending our oldest to kindergarten for the first time, that first day of Norfolk Lions U4 soccer, and the madness of off-hours dashes to the hospital to welcome brothers two and three, the milestones began to pile up. Neighbors became friends, friends became family, and before we knew it, Norfolk was our home. As we started to expand to summer baseball in Wrentham, daycare in Millis, date nights in Medfield, basketball leagues in



**political
spotlight**

Walpole, and horse farms in Plainville, it became clear that this area was the perfect fit for our family.”

Kalkut on why he became involved in local politics:

As he became more integrated into the Norfolk community, he began to hear concerns about long-term development in the town and decided to get involved in local government.

“I ran for the Planning Board because I knew I could contribute a valuable perspective based on my professional experience. When the opportunity to run for the Select Board came up, I embraced the chance to apply some learnings from the Planning Board as well as grow outreach and engagement within the community. As Chair, I worked to enhance transparency and public involvement while aligning the community in a collaborative direction. Now, I see the same opportunity to bring tangible change to the 9th Norfolk District. Far too often, decisions made on Beacon Hill lack the foresight or consideration of municipalities downstream and the impacts they have on local operations. Issues such as local aid, Chapter 90 funding, regional school transportation reimbursements, and Special Education Circuit Breaker programs continue to fall short.

I look forward to bringing the perspective of a relative political outsider, my unique professional background within the service industry, the foundation of elected



service at the municipal level, and the lived experience of a father of three to the State House.”

Kalkut says he has always had “a servant’s heart.”

Ever since my first job as a brunch prep cook in high school, service has always been prioritized above all else. It was through my education and professional career that I learned that success is measured by the ability to connect with people and cater memorable experiences to their needs. “When we first moved to Massachusetts, I had the pleasure of working for a COO who emphasized the importance of being of service to every possible engagement. So, when I began serving in an elected capacity within municipal government, I carried that same ‘Servant’s Heart’ into each and every engagement, seeking to connect and provide quality service at every opportunity. And I’m still pretty good at flipping omelets.”

Kalkut says he is humbled by the amount of support he has received.

“I am looking to represent all people in the 9th Norfolk District, not just those who agree with my positions. I look forward to continuing to meet with voters throughout the 9th Norfolk District, and I humbly ask for your support in the upcoming Democratic Primary for State Representative on September 6th.”

For more information on Kalkut, or to order a lawn sign, visit <https://kalkut4rep.com>.

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Norfolk Community Day Youth Art Show Winners on Exhibit at Norfolk Public Library

Congratulations to all those who entered the 10th annual Youth Art Show! All submitted artwork was displayed at Norfolk Community Day on Saturday, June 11. In addition, the winning entries are being recognized in an exhibit of their own at the Norfolk Public Library during the months of July and August.

The theme for this year's show was "What Does Community Mean to You?" This art show is unique in that it showcases all levels of interest in art and all manner of creativity. The collection of work was created by young artists and enthusiasts, as well as perhaps one-time drawers. It is an exceptional show and we encourage you to stop by the

library to view this wonderful exhibit.

All submitted artwork received an Honorable Mention Award, with place awards given in each school and in a special Dimensional Artwork (3D) category. There was also an overall Grand Prize winner. Winners were selected based on artistic creativity, originality and attention to the stated theme. The Grand Prize winner and the 1st place winner of each group received a Barnes and Noble gift card.

Once again, congratulations to all of our young artists!

Grand Prize

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- 1st Michayla Carpenter
- 2nd Madelyn McDermott
- 3rd Lucy McDermott

Freeman Kennedy School

- 1st Maria Noonan
- 2nd Tie – Hadley Cloutier & Kelsey Houlding
- 3rd Stella Levinson

Dimensional Artwork

- 1st Lilia Dimova
- 2nd Kylie O'Brien
- 3rd Hope Koch



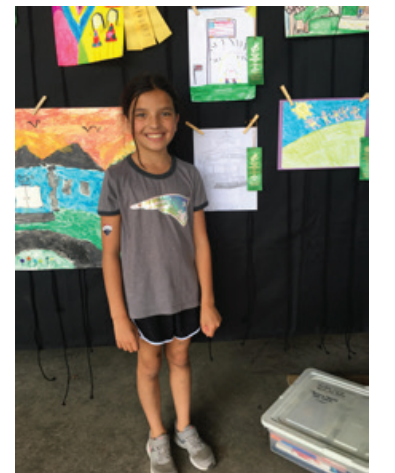
Helena Vives, 1st Grade, The Perfect Day, Honorable Mention.



Lilia Dimova, 1st Grade, Lily of the Valley, 1st Place in Dimensional Art



Aubrey Houlding, 4th Grade, Out My Window, Grand Prize.



Olivia Kelly, 2nd Grade, Town Hill Gazebo, Honorable Mention

GILLY'S

continued from page 1

from area restaurants. At press time, participating restaurants included James' Breakfast and More, The Gavel Public House, Nicky's Family Dining, Café Assisi, Commonwealth BBQ, Parker's Pub, The Red Rooster Bar and Grill, Eagle Brook Saloon, Novatos Bar & Grill, Mackie's Family Restaurant and Oven Essence Bakery.

James Arsenaault, owner of James' Breakfast and More, recruited the restaurants for Summerfest, noting that he's a "townie" and knows most of the owners by name. Giving back is important to him, he said.

"Call it karma if you want, but I like to treat others the way I want to be treated," he explained, when asked why he was taking on such a big volunteer task. "After many years of abuse in the restaurant business, and struggling with alcohol myself in the past, it just seemed right. And if it helps me, it must be huge for Gilly's."

There will be over thirty raffle baskets and several silent auctions to bid on, including a tour of the State House by Massachusetts state Rep. Jeff Roy, D-Franklin; a weekend in Martha's Vineyard, complete with hotel, ferry tickets, and restaurant gift cards; and a flight on a 4-seater, high-performance Mooney aircraft. The single-engine plane, nicknamed

"Lucy," will be piloted by retired Air Force pilot Peter Hoffman, who has flown jets for over 40 years. The winner can pick the (local) area to fly over.

Comedian Michael Petit will serve as Summerfest emcee, and Wrentham Selectman Joe Botaish will act as DJ.

Students from King Philip High School's community service group, KP Cares, will organize and run children's activities throughout the day, including arts and crafts and face painting.

The Norfolk Lions will serve hamburgers, hotdogs, chips, popcorn, cotton candy, and snow cones.

Entertainment scheduled throughout the day includes a petting zoo from 2 to 4 p.m., magic shows at 1, 2:30, and 4 p.m., and a drumming circle at 12:15, 1:30, and 3:15 p.m. There will be caricature drawings, a clown/juggler, photos with Spiderman and Wonder Woman, a bubble machine, and a bouncy house.

There will be a Wrentham Fire Department truck for a "Touch-a-Truck" experience for kids.

Pat the Patriot will make an appearance from 1 to 3 p.m., while Keith Birchall, aka the Silver Bullet, is scheduled from 3 to 5 p.m. for photos with the Superbowl rings.

Attendees can peruse healthy living resource tables, and the SAFE Coalition's "Hidden in Plain Sight" display will also be

on site. Contact Maureen Capuccino at maureen@gillyshouse.com if your organization would like a free resource table at the event.

Summerfest will be held rain or shine, and multiple tents will be set up throughout the field. Organizers suggest attendees bring chairs and blankets to sit on while enjoying the music and food. Bathroom facilities will be available.

Tickets for Summerfest can be purchased at any time and will also be available at the VFW the day of the event, but organizers urge attendees to purchase tickets ahead of time for food planning purposes. Tickets can be purchased at <https://gillyshouse.com/gillys-summerfest-2022>, or by scanning the QR code on posted flyers with a smartphone. Tickets are tax deductible.

Raffle tickets for the baskets can be purchased ahead of time on the website, or in person at Summerfest. You do not need to attend the event to purchase raffle tickets, nor be present to win. Winning tickets will be drawn at 5 p.m. on the day of the event.

Sponsorships ranging from \$250 to \$2500 are available. Visit the Gilly's House website for more information or contact Barbara Gillmeister at barbara@gillyshouse.com with any questions.

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<p>LIVE BAND DJ Joe Botaish Caricatures</p>	<p>Special Appearance by Pat the Patriot & MC Michael Petit</p>	

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.

Henry Cowell

Most Wrentham residents would assuredly agree that our most-famous resident was Helen Keller, whose fame was worldwide. Very few Wrentham residents, however, are aware that one of the richest men in California during and after the Gold Rush of 1849 was Wrentham-born Henry Cowell. To put it mildly, Henry Cowell led quite the interesting and successful life.

Born in Wrentham in 1819 as the fifth of five sons to a farming family that first settled in Wrentham in 1677, it is said that young Henry had limited prospects as the youngest of the Wrentham Cowells. Little is known of Henry's early days in Wrentham and his personal story is of little note until he is in his 30s.

At some point in the late 1840s, it seems that Henry and his older brother, John, embarked on an arduous cross-country journey to the West Coast – specifically the San Francisco Bay Area. Historical records confirm that Henry and John were in business as merchants in San Francisco no later than 1850. Interestingly, while John was listed as the owner of their business in 1850, Henry was clearly in charge no later than 1858, operating the business under "Henry Cowell, storage and commission." Other documents suggest that John had returned home to Wrentham and that Henry assumed full control of their drayage (i.e., transport of goods over a short distance in the shipping and logistics industries) and storage business, which included a warehouse and a wharf in San Francisco that had been built in 1853. (John died in New York in 1899 at age 89 and is buried with a prominent tombstone in the Wrentham Center Cemetery.

See www.findagrave.com).

Prior to expanding his business, Henry too traveled home in 1854 to marry Harriet Carpenter of Rehoboth. Thereafter, the Cowells trekked back to San Francisco and began a family: they had 6 children (3 sons and 3 daughters) during the ensuing 12 years. History suggests that Henry was somewhat skeptical about his children marrying and in the end only one of his children married but no children came from the union.

Over the years, Henry Cowell expanded his business interests and amassed a fortune. In addition to his merchant business, Henry expanded in limestone and timber. During the mid to late 1800s, limestone was a critical component for builders who could use it in mortar and cement – thereby obviating the need to use as much lumber. The less lumber meant that the buildings were not as susceptible to fires that frequently plagued the wooden structures in San Francisco in the late 1800s. Henry also understood the value of land, and he bought tracts from Canada all the way down to Santa Cruz – south of San Francisco. At the time of his death Henry owned more than 82,500 acres – and this excluded his multiple San Francisco mansions that sat on less than 1 acre.

In 1865, Henry uprooted his family from the urban lifestyle of San Francisco and relocated to the more bucolic Santa Cruz. Henry and the family would primarily reside in Santa Cruz until his death in 1903. At the age of 84, Henry was shot in the shoulder by a neighbor with whom he apparently had a long-running feud. It was thought that Henry was recovering from his wounds but after his daughter Sarah died unexpectedly in 1903 in a riding accident, Henry deteriorated and he too passed soon thereafter.

Henry had a fortune valued at approximately \$3,000,000 at the time of his death – which the internet tells us was the equivalent of approximately \$110,000,000 in 2022 dollars. Henry left his

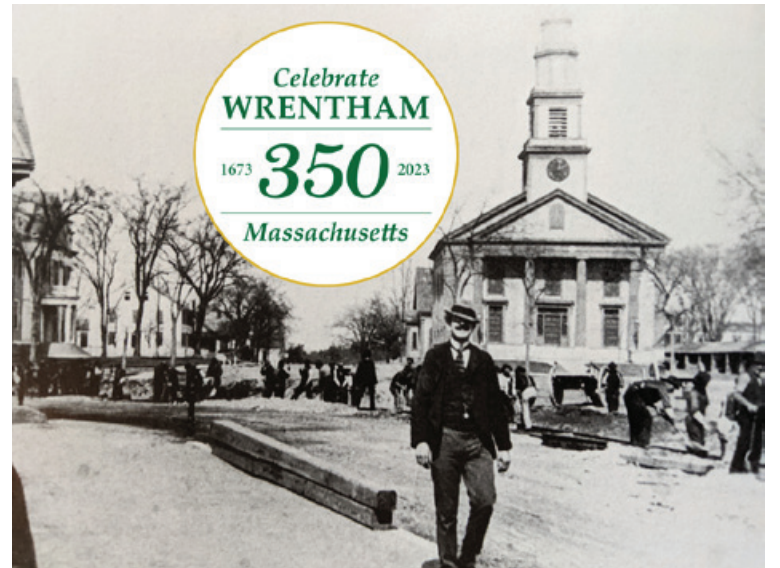


Henry Cowell

entire estate to Cowell Lime and Cement Company, and his 5 surviving children as shareholders inherited equally.

Henry's story does not end at his death. Ultimately, Henry's legacy is still felt today and in a serious way. You can find Henry Cowell Woods in Santa Cruz on acreage that his last-surviving son S.H. Cowell donated in his father's name. Additionally, the University of California – Santa Cruz also sits on land donated by the Cowell family. Many other buildings in the Santa Cruz and Bay Area bear the Cowell name as a result of the family's philanthropy.

Remarkably, even today the S.H. Cowell Foundation is active and thriving based out of its downtown San Francisco office (see www.shcowell.org). The Foundation's website states that since 1956 the Foundation has granted more than \$300,000,000



to 2,000+ organizations throughout primarily Northern California. S. H. Cowell died in 1955 and established the Foundation as part of his will.

A pretty good legacy for a poor farmer's son from little old Wrentham...

Much of this article was taken from "Henry Cowell and His Family" written by Laurie MacDougall and found in the Santa Cruz Library Archives. Submitted by Edward Goddard.

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Paying Off Debt the Smart Way

Being in debt isn't necessarily a terrible thing. Between mortgages, car loans, credit cards, and student loans - most people are in debt. Being debt-free is a great goal, but you should focus on the management of debt, not just getting rid of it. It's likely to be there for most of your life - and, handled wisely, it won't be an albatross around your neck.

You don't need to shell out your hard-earned money for exorbitant interest rates, or always feel like you're on the verge of bankruptcy. You can pay off debt the smart way, while at the same time saving money to pay it off faster.

Know Where You Are

First, assess the depth of your debt. Write it down, using pencil and paper, a spreadsheet like Microsoft Excel, or a bookkeeping program like Quicken. Include every financial situation where a company has given you something in advance of payment, including your mortgage, car payment(s), credit cards, tax liens, student loans, and payments on electronics or other household items through a store.

Record the day the debt began and when it will end (if possible), the interest rate you're paying, and what your payments typically are. Add it all up, painful as that might be. Try not to be discouraged! Remember, you're going to break this down into manageable chunks while finding extra money to help pay it down.

Identify High-Cost Debt

Yes, some debts are more expensive than others. Unless you're getting payday loans (which you shouldn't be), the



worst offenders are probably your credit cards. Here's how to deal with them.

- Don't use them. Don't cut them up, but put them in a drawer and only access them in an emergency.
- Identify the card with the highest interest and pay off as much as you can every month. Pay minimums on the others. When that one's paid off, work on the card with the next highest rate.
- Don't close existing cards or open any new ones. It won't help your credit rating.
- Pay on time, absolutely every time. One late payment these days can lower your FICO score.
- Go over your credit-card statements with a fine-tooth comb. Are you still being charged for that travel club you've never used? Look for line items you don't need.
- Call your credit card companies and ask them nicely if they would lower your interest rates. It does work sometimes!

Save, Save, Save

Do whatever you can to retire debt. Consider taking a second job and using that income only for higher payments on your financial obligations. Substitute free family activities for high-cost ones. Sell high-value items that you can live without.

Do Away with Unnecessary Items to Reduce Debt Load

Do you really need the 800-channel cable option or that dish on your roof? You'll be surprised at what you don't miss. How about magazine

subscriptions? They're not terribly expensive, but every penny counts. It's nice to have a library of books, but consider visiting the public library or half-price bookstores until your debt is under control.

Never, Ever Miss a Payment

Not only are you retiring debt, but you're also building a stellar credit rating. If you ever move or buy another car, you'll want to get the lowest rate possible. A blemish-free payment record will help with that. Besides, credit card companies can be quick to raise interest rates because of one late payment. A completely missed one is even more serious.

Do Not Increase Debt Load

If you don't have the cash for it, you probably don't need it. You'll feel better about what you do have if you know it's owned free and clear.

Shop Wisely, and Use the Savings to Pay Down Your Debt

If your family is large enough to warrant it, invest \$50 or \$60 and join a store like BJ's or Costco. And use it. Shop there first, then at the grocery store. Change brands if you have to and swallow your pride. Use coupons religiously. Calculate the money you're saving and slap it on your debt.

Each of these steps, taken alone, probably doesn't seem like much. But if you adopt as many as you can, you'll watch your debt decrease every month. If you need help starting to set up your budget, reach out to me at the office for your free Budget Organizer.

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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Protecting Free Speech!

While Jehovah’s Witnesses have chosen to temporarily suspend their door-to-door ministry due to the pandemic, their activity was almost permanently banned by one U.S. village in the late 1990s — that is until the United States Supreme Court stepped in with a historic 8-1 decision on June 17, 2002, declaring the local ordinance unconstitutional.

This past June was the 20th anniversary of that precedent-setting decision, and some might wonder what their lives would be like if one of their neighbors had not knocked on their door and shared a life-changing message with them.

Ilene Currie, of Wrentham, who has been going door-to-door since the 1970s, believes it is a valuable ministry to the community. “It’s a way to help people,” Currie said. “The Bible gives comfort, especially in view of the tragedies that are going on right now. The despair that people have, including young people, is increasing, so it’s important to share the Bible’s hope for the future.”

The 2002 Supreme Court decision in *Watchtower v. Village of Stratton* affirmed that a local village ordinance in Stratton, Ohio, requiring a permit to knock on doors violated the rights of any person who wanted to engage in free speech with their neighbor, including Jehovah’s Witnesses who practice door-to-door evangelizing. The Court overturned two lower court rulings that upheld the ordinance, and thus paved the way for all citizens



The historic United States Supreme Court decision *Watchtower v. Village of Stratton* has protected freedom of speech, freedom of press and free exercise of religion for all citizens for the past 20 years, including Ilene Currie, center, of Wrentham. Among the protected freedoms is the door-to-door ministry of Jehovah’s Witnesses. Photo courtesy of Jehovah’s Witnesses.

to maintain open dialogue with their neighbors on any number of issues including environmental, civic, political or educational.

While Currie continues to engage in a productive ministry through letter writing, phone calling and virtual visits, she is looking forward to knocking on doors again.

For more information on the Stratton case, go to www.jw.org and type Stratton in the search field.

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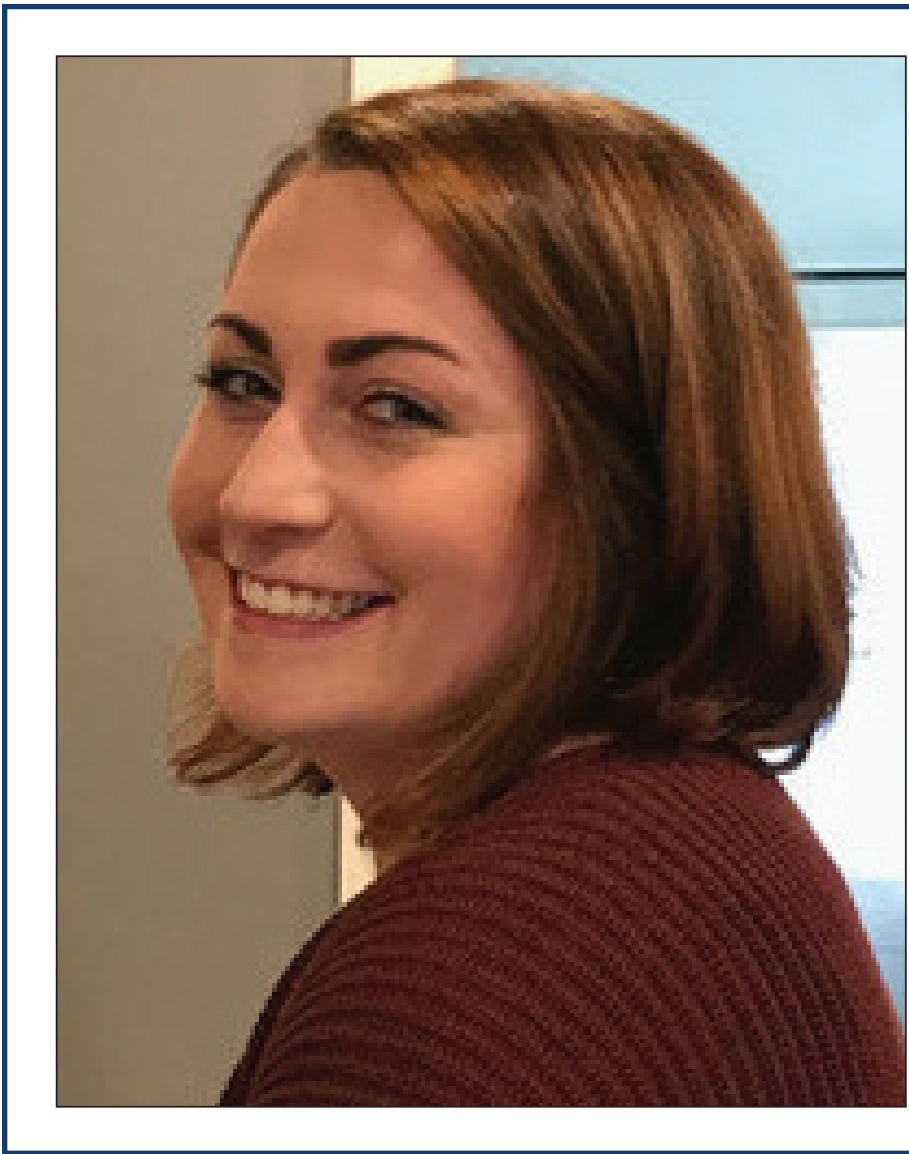
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Great Summer Hikes in and near Norfolk and Wrentham

By MARJORIE TURNER HOLLMAN

If you are looking for Easy Walks, Norfolk and Wrentham have some great options in both towns and nearby.

My favorite local spot to get a view is at the Knuckup Hill property (also known as Sweatt Hill) in Wrentham. Parking is at the Wrentham Senior Center on Taunton Street, or next to the trail head near the Building Services Department. A fire road

curves around the hill to the high point, next to the abandoned ski tow equipment. It is a bit of a climb! Look northeast to take in an impressive view of the area. The buildings of downtown Boston are visible from this spot. An additional walk right next to Knuckup Hill is Trout Pond, a pretty walk, especially in the fall.

Joe's Rock, in Wrentham, while well-known, requires more effort, because of erosion, to

reach the view at the top of the rock. Easier options include exploring the path below the rock or taking the fork to the left after crossing the small bridge over the stream near the entrance. Wander alongside the pond, a former cranberry bog, but watch for roots in the trail. Right across the street from Joe's Rock is Birchwood Farm. We gravitate there especially in winter for the open sunny fields. Spring flowers and multiple trails into woodland areas make this a great choice in other seasons too.

Readers will most likely be familiar with Stony Brook Wildlife Sanctuary, a Massachusetts Audubon property. The handicapped accessible boardwalk over the Bristol Blake wetlands connected to Stony Brook is a must see for bird lovers and those who simply enjoy being outdoors.

Norfolk has other multiple open space properties, but residents may overlook the small spot at City Mills off Main Street, just west of Hanover Street. The Mill River is dammed at this spot, and eventually heads south into the Blackstone River. Look for the historical marker and learn more of your local history.

Just west of City Mills is Delcarte Conservation Area on Pleasant Street in Franklin. A loop trail follows the shoreline of the dammed pond, where wildlife is abundant. Be sure to linger at the floating bridge, a hit with visitors young and old.

Multiple Trustees of Reservations properties are nearby, from Cedariver in Millis, with views of the Charles River, to Noon Hill, and the Medfield Rhododendron Reservation.

Walpole has an abundance of open space that offers Easy Walks. The Town Forest, both east and west sections, has wide paths and provides views of the Neponset River. Adams Farm's 700 acres on North Street has Easy Walks and more challenging trails that offer access to both sunny areas and woodland paths.

For readers looking for the most challenging hikes, the state forests nearby in Franklin (off Grove Street), Foxborough (F. Gilbert Hills off Thurston Street), Upton (off Westboro Road), and Wrentham (off Taunton Street)



Anna, Nicole, and David Rogers on the floating bridge in the DelCarte Conservation Area.



Knuckup Hill in Wrentham.



Stony Brook Wildlife Sanctuary's boardwalk.



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all offer hiking on multiple, often unmarked trails. Expect to find rugged trail surfaces, lots of rocks and roots, but very few if any real views.

The Southern New England Trunkline Trail (SNETT) presently has three local entrances. Parking is available in Franklin on Grove Street, and in Bellingham on Lake and Center Streets. Take care when crossing the handicapped accessible entrance on Center Street, which has a 45 MPH speed limit. No motorized vehicles are permitted on the SNETT. The SNETT heading back toward Franklin from Lake Street is packed stone dust up to the Pleasant Street tunnel (and tunnels are always fun!).

Besides the SNETT, area residents have access to two other great local rail trails. The Upper Charles Trail reaches from Milford, at the Hopkinton town line off Rt. 85, south to downtown Milford, then back north to Holliston. All trail surfaces are paved or packed stone dust and are great for walking, bicycling, and other non-motorized uses.

The Blackstone Bikeway starts in Woonsocket and heads south alongside the Blackstone River

from Woonsocket, RI to Central Falls. Another portion of the bikeway in Blackstone, not yet linked to Woonsocket, has eight bridges in the first mile from the Blackstone parking area just off Canal Street. This trail also follows the river and is paved from Blackstone to Uxbridge. The completed portions of the Blackstone bikeway are all completely handicapped accessible.

This is just a short list of possible outdoor trails you can enjoy locally. We live in a beautiful part of the country. Travel is a great way to open our minds, but don't overlook outdoor spaces right in your own back yard. Happy trails!

Marjorie Turner Hollman is a freelance writer/editor who loves the outdoors, and has completed four books in the Easy Walks guidebook series. Her latest book, "My Liturgy of Easy Walks," is a memoir, with meditations on learning to live with chronic illness. She has appeared on Boston's WCVB Channel 5 TV news magazine show Chronicle, the Boston Globe, local radio and cable TV shows, and been published in local, regional, and national publications. Visit www.marjorieturner.com for more information.

Phoenix Behavioral Raising Awareness on Substance Abuse During August "Overdose Awareness" Month

BY DR. DAWN PARKS

Phoenix Behavioral Health is a new private practice located at 31 Pine Street, Suite 207, Norfolk MA. Our licensed therapists provide mental health counseling to individuals, couples, and families. Our treatment approaches are based on both traditional and holistic interventions and we specialize in working with trauma, addictions, anxiety, and depression. In addition, our certified coaches provide support, motivation and goal setting in areas such as fitness, education, career guidance, and general life skills.

August is Overdose Awareness Month, so with this in mind, we will discuss opioids as they are by far the most commonly used drugs linked to overdose deaths. According to the United Nations Office on Drugs and Crime reports, North America continues to experience the highest drug-related mortality rate in the world, accounting for one in four drug-related deaths globally. In April 2021, the Center for Disease Control estimated that the num-

ber of people in the USA who had died from overdose in the 12-month period to the end of September 2020 was 90,237. Of these deaths, more than 75 were percent attributed to opioids.

Opioids include natural forms derived from the Opium poppy (Heroin, Morphine, and Codeine) and synthetic forms (i.e. Fentanyl); opiates refer only to the natural forms. Both forms of these substances act on the body's nerve receptors to relieve pain. What can begin as occasional experimentation, easy access to painkillers, or prescribed use of painkillers after medical care, can easily result in increased use leading to addiction. Addiction is defined as the compulsive and repeated use of increasing amounts of drugs with the appearance of tolerance and withdrawal symptoms when drug use ceases.

Addiction is complicated and requires treatment that addresses both mental health needs and substance abuse issues. It is important to find an individual who is trained in both

mental health and addiction treatment (dual diagnosis) as addiction can be either the result of self treating mental health issues or the cause of mental health issues. It is also important to seek medical care during the process of recovery. There are medication assisted treatments that are available for individuals with an opioid use disorder: Methadone, Buprenorphine, and Naltrexone, which can be very helpful in the recovery process, but they remain highly underutilized. The use of Narcan as an emergency response to overdose situations where there is compromised breathing and unresponsiveness is very effective in reversing overdose effects in conjunction with calling 911 emergency response team.

For further information on taking the first step towards recovery or if someone you love is dealing with substance abuse, please contact Phoenix Behavioral Health at (508) 623-3931 or email us at drparks@phoenixinfo.online

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- Exsultet! rehearsals for the 2022-2023 Season will be on Mondays from 7 to 9 p.m. in preparation for our fall concerts, scheduled for December 3 and 4, 2022.
- To audition, download the audition piece from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, laugh, and have fun!
- Please contact Carrie Klimeczko at carrie7975@gmail.com

for more information and to schedule a more specific audition time.

- Visit our website at <https://www.exsultet.us/> to learn more about the audition process.

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Food Pantry Meeting Community Needs

BY ANGIE FITTON

It will come as no surprise to anyone that there has been an uptake in food insecurities nationwide. Wrentham is no exception.

In a normal year, the Wrentham food pantry has anywhere from 75-100 clients. Some come every week, some come monthly, and some come occasionally. This year, however, the food pantry has seen an increase in families registering and coming down to receive food at no cost.

Diana Eastty, the food pantry's Communications Director, wants more Wrentham residents to learn about the food pantry. "The important thing people need to know is that it's open to anyone who lives in Wrentham," Eastty emphasizes.

Many food pantries are state-funded, especially in the Greater Boston area. However, the Wrentham food pantry is not under the umbrella of the government. It runs solely on donations from residents of the town. The Original Congregational Church began the pantry over 30 years

ago, and in addition to donations from residents, it survives with the help of other local churches.

"We live in a very generous community," states Eastty. "We survive strictly on monetary and food donations from those in town." There have been occasions where children in the community have had food drives as school extra credit or assignments, or community service. While children are not allowed to volunteer inside the food pantry due to anonymity concerns, Eastty notes they have done a great deal to help regardless.

Because the food pantry is not state-funded, there are no income requirements to receive assistance. Some people won't even consider the idea of utilizing the food pantry because they may think they make too much money. However, the only things needed to receive free food are a bill proving your address is in Wrentham, and an ID that matches.

Prior to COVID-19, clients were allowed, two at a time, into the food pantry to shop for their

own groceries. However, now clients drive up and receive a shopping list. Once they circle what they need, volunteers fill the order and bring it to the client's car. Eventually, the food pantry hopes to let clients in once again so they can choose their own foods.

Before the pandemic, the percentage of households in Massachusetts with food insecurities was at 8.2%. At its highest, the food insecurity rate hit 19.6% because of issues related to COVID-19. The SNAP program has been issuing additional food stamps monthly to try and counter the state's food insecurities, but with the rising costs of food, even that may not be enough.

How can you help the Wrentham food pantry? They have a website, designed to allow for monetary donations (Wrentham-foodpantry.org/donate). You can also peruse the website, which shares with the public what the food pantry needs, and what it has an abundance of and doesn't need. As it is summer vacation, and the pantry tends to give out

"extras" with the knowledge that kids are not receiving breakfast and lunch at school, now is a pivotal time to donate, if you can.

The food pantry is located at the Original Congregational Church, 1 East Street in Wren-

tham, and is open every Saturday from 10 a.m. to noon. Should you need assistance, or for more information, call 508-384-3110. The phone number is monitored by the church.

Guest Column

SCOTUS Facilitates Environmental Suicide

BY G. GREGORY TOOKER

The recent U.S. Supreme Court ruling in the case of West Virginia vs. the Environmental Protection Agency weakens the E.P.A.'s ability to develop and mandate critically needed regulations. This decision will only serve to accelerate arrival of the disastrous consequences of climate change. In this writer's opinion, it is short-sighted and selfish, designed to satisfy the short-term financial interests of the fossil fuel industry.

Donald Trump stacked the deck with his SCOTUS appointments. Our country will be forced to endure the devastation facilitated by a judicial body now seemingly ignorant of its core mission. Some associate justices are young enough to experience the imminent suffering mankind is facing.

It is incumbent on all persons with the long-term health and welfare of their families in mind to create a survival plan. This sounds like doomsday thinking and, in a sense, it is. Denying climate change and its consequences will not prevent its arrival. It is here already and will only get worse, and sooner than originally expected.

Some speak of climate change as a threat to the planet. Planet Earth itself will survive, however; its present inhabitants, for the most part, will not. The healthy atmosphere needed to sustain life will not return until the sources of its destruction are eliminated. Only those with the intelligence and foresight to prepare will stand a chance to preserve the species. They will be acknowledged as Darwin's fittest.

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Norfolk Town Common




Norfolk Cultural Council Announces Grant Recipients

This year, the Norfolk Cultural Council (NCC) is distributing \$7,200 in grants to 17 individuals/groups and not-for-profit organizations that will provide programming centering around the arts, humanities, history, and interpretive sciences for children, adults, and intergenerational groups.

The Norfolk Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in Massachusetts. The largest grassroots cultural funding network in the nation, the Local Cultural Council (LCC) Program enriches the cultural life of all cities and towns in Massachusetts. Led by municipally appointed volunteers, LCCs awarded over \$5.5 million statewide this year, supporting 6,000 cultural programs that include a wide range of cultural activities: from field trips to lectures, festivals, music and dance performances, to nature and science education programs. The state legislature provides an

annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

Within Norfolk, decisions about which activities to fund are made by a committee of volunteers appointed by the Select Board. In reviewing grant applications, the Norfolk Cultural Council considers the benefit to the community, and the population segments served. The NCC favors programs that have occurred in a local venue or are sponsored by a local organization, such as the Senior Center, Norfolk Library, or the Norfolk Lions Club.

This year's grant recipients are:

- Matt York: Songs and Stories - The Highwaymen
- Self Help, Inc: Art Education for Young Children
- Rachel Daly: Monday Night Live - Broadway and the Classics
- Julie A. Stepanek: Learn

Ukulele

- Davis R. Bates III: A Celtic Celebration: Performance for Seniors and Oceans of Possibilities: A Summer Reading Performance
- Francis Hart: A Cultural and Historical Reflection of the 1960s through the Music of The Beatles
- Jay Mankita: Maker Space Build Along: Chain Reactions!
- Pamela Means: The Power of the Protest Song: Our Shared History & Present Day Struggles
- Norfolk Recreation Department: Norfolk Summer Concert Series
- The Un-Common Theatre Company, Inc: Spring Production – The Addams Family
- Museum of American Bird Art at Mass Audubon: Nature in Your Neighborhood

- Bernadette Stockwell: Norfolk: Do Your Art!
- MUSIC Dance.edu: Hip Hop Dance Chair Exercise for Seniors!
- Neponset Choral Society, Inc: 2021-2022 Concert Season
- LiveARTS: The 2022 LiveARTS Concert Series
- Roundabout Productions, Inc: Summer Musical: Be More Chill

The NCC welcomes new members. The current committee has five members but can have up to 23. No art/music/any other expertise is needed, just an interest in supporting arts and cultural programs in Norfolk and surrounding communities. Please

contact the NCC at ncc@norfolk.ma.us for more information.

In addition to distributing grant monies, the NCC also has sponsored an annual Juried Art Show (held virtually last year), and coordinates art exhibits in the Norfolk Library community room. Check out the virtual art show from 2021 on the Norfolk Cultural Council's page on <https://norfolk.ma.us>, under the Government pulldown menu. If you are interested in exhibiting your own or a group's artwork at the library, please contact us.

Interested in presenting a program in Norfolk? The application process opens in September. Information and forms available at <https://massculturalcouncil.org/>.

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Doughty Best Choice for Governor

Our state is facing some serious problems including high cost of living exacerbated by inflation, an ailing MBTA system, rising crime rates, businesses leaving the state, and declining schools. We need a governor who will put aside politics and put people first. That person is fiscally conservative outsider Chris Doughty.

He is not a professional politician. Chris has spent a lifetime creating jobs, not worrying about the next election. He is the only job creator in the race. For more than three decades he has worked to build businesses that provide good jobs, while juggling being a hands-on dad for his six children and serving in the community.

Doughty has overseen the expansion of Capstan Industries from its initial startup of a few dozen employees to become, at its peak, a large multinational manufacturer. As a business owner and job creator, he dealt with all kinds of challenges — from low-cost international imports to government regulation. He has worked hard to make his company a place people were

**political
spotlight**

proud to work.

Doughty graduated from Brigham Young University with a B.S. in economics and received an MBA from Harvard Business School. He is well qualified to be our Governor.

But, what will Doughty do for you? As he likes to say, "You will have more dough with Doughty."

Doughty was the first candidate to call for the suspension of the gas tax to help ease the pain at the pump. His plan is to suspend the gas tax until the price of gas drops below \$3.70 per gallon.

"The state has the funds, so there is no reason that the State House cannot help the hard working taxpayers by immediately suspending the gas tax. As the next Governor, we will be proactive in responding to crises," said Doughty.

Doughty wants to end the Commonwealth's reputation of



being "Taxachusetts" and reduce taxes more than Bill Weld did as Governor. This will make our state more competitive for attracting new businesses so that we can grow jobs and wages.

Like you, Doughty opposes licenses for illegal immigrants. But, he knows that the true problem is that Massachusetts is a magnet state. As our next Governor, he will strengthen verification of applications for public assistance so only the truly needy and legal residents receive benefits.

As an experienced job creator, Doughty has a small business bill of rights plan to support those who create the majority of new jobs in our state.

"As a business owner, I have



worked hard to always comply with new regulations, but it has not been easy. Creating jobs and meeting a payroll is not for the faint of heart. State government should be advocates and partners with our local businesses so the Commonwealth can create more jobs and raise wages. We do that by encouraging entrepreneurship and small businesses that are the backbone of our economy," said Doughty.

As a father and grandfather, Chris Doughty knows that education is the heart of our Commonwealth and that we need to provide the best educational opportunities for the next generation. Our state is a national

leader in education at all levels but it is often uneven in its availability. Doughty will work to ensure parents can access the very best education for their children. The equation is simple: high expectations, a strong curriculum, excellent teachers, and empowered parents.

We can count on Chris Doughty to make Massachusetts affordable again. To see more details on his small business bill of rights and other issues visit ChrisforMA.com. Chris would be honored to have your vote in the GOP Primary on September 6th.

This article is Paid for by Committee to Elect Chris Doughty

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King Philip Regional High School Term 4 Honor Roll

Grade 12 – High Honors

Benjamin Abdou, Taylor Adams, Alexis Andrews, Samantha Asprelli, Kyle Belhumeur, Quinn Belhumeur, Mia Bennett, Declan Breen, Gina Brown, Remy Burch, Nicholas Canning, Olivia Carey, Kelly Clement, Cate Collins, Madeleine Cron, Wilder Dalton, Matthew DiFiore, Jalal Elbatal, Maya Evans, Arielle Feuer, Daniel Fifolt, Jonathan Fornash, Laura Gelsomini, Brendan Goff, Matthew Gough, Adam Gousie, Stephen Griffin, Cooper Hancock, Timothy Hartwell, Samir Ihjul, Brady Jannell, Emily Johnson, Abigail Jones, Callen Jones, Matthew Joy, Lucas Kane, Andrew LaBerge, Olivia LaFond, Caroline Lenox, Julia Lespasio, Colin Lightbody, Andrew Longobardi, Delia Mahoney, Connor Martin, Sean McCarthy, Gavin McCarthy, Caleb McKearney, Finn Meroski, Carson Mitteness, Zachary Norton, Anette Nowakowski, Molly O'Brien, Sheela Pandit, Markus Paschke, Katharine Pepper, Samantha Quillen, Abigail Quirke, Joshua Raimer, Aleeza Rana, Evelyn Sanford, Suzanne Sanford, Niharika Sen, Emma Sheehan, Margaret Sherwood, Joel St. Cyr, Samantha Taylor, Nathan Vierkant, Anna Wolloff, Samuel Woodward, and Taoran Ye.

Grade 11 – High Honors

Emerson Baker, Peyton Barrett, Troy Breen, Benson Bulloch, Kari Calderone, Melissa Canning, Lauren Casper, Gavin Croke, Flannery Dalton, Aedan Derfler-Murphy, Jacquelyn

DuBois, Nathan Gebhard, Jason Gonatas, Charlotte Griffin, Avery Hayes, Jackson Hom, Ryan Hurwitz, Noah Ihley, Turag Ikbal, Mallory Johnston, Finnuala Keefe, Audrey Kelley, Ryan Kelley, Grace Lawler, Marcello Madrazo, Zachary Matta, Ella McDonnell, Flannery Miller, Maxwell Miller, Juliet Modena, Andrew Obara, Ian O'Neill, Dilara Onur, Raadhay Patel, Ella Pisani, Alea Shammass, Samantha Shore, Samantha Sweetman, Molly Tharrett, Libby Walsh, and Ilah Weiblen.

Grade 10 – High Honors

Madison Almeida, Luke Anderson, Rachel Bailer, Skyler Barry, Isabel Becker, Mara Boldy, Ananya Boominathan, Lilianna Brenneis, Ella Brown, Sydney Burch, Shaylee Cahoon, Dean Cardner, John Chisholm, Madelyn Cleasby, Grace Cory, Victoria Cosmo, Edward Crisci, Isabelle Crowley, Anna Daniele, Eliot Davis, Hannah Doherty, Nolan Eck, Sariah Estime, Maeve Finn, Meghan Hessler, Joshua Hill, Marisa Hughes, Mason Jacobs, Trinjan Kaur, Brenny Keefe, Hadley Kozola, Parker Malagrifa, Jack McCreedy, Isabella McFarlane, Shea Mellman, Kylie Menendez, Noah Minkwitz, Andrew Morrison, Madison Paschke, Braedon Reilly, Brady Ricci, Molly Rogoff, Ryan Saenz, Sydney Sarrica, Beck Sawtelle, Allison Smith, James Soifer, Samarth Sreenath, Ryan Taylor, Ian Thompson, Serena Vierkant, Kylie Watson, Rylie Wesley, and Emily Zappala.

Grade 9 – High Honors

Madison Asprelli, Kendra Barrett, Varsha Baskar, Megan Boie, Lily Brideau, Megan Burke, Keegan Burns, Allison Cecere, Julia Cohn, Mary Conniff, Lucas Crivello, Jaelyn Dang, Kyle Dickinson, Ashrith Epuri, Keira Evans, Sophia Evans, Samantha Feuer, Jackson Fornash, Sarah Glaser, Sarah Hayes, Gavin Hickey, Madeline Hill, Samantha Hughey, Nicole Ibrahim, Lillian James, Sarah Joy, Sierra King, Ciara Kissell, Arjun Kollu, Shelby Konosky, Alexandra LaBerge, Noah Lerner, Addison Lewis, Nadine Liousfi, Danielle Lomuscio, Mary MacEachen, Rhianna Mason, Aidan McCarthy, Aidan McDonagh, Meghan McDonnell, Halle Miller, Charles Morris, Claire Newcom, Caitlin O'Brien, Cole Pacheco, Alexandria Pauline, Oliva Petrillo, Anna Poggi, Haleigh Ricci, Margaret Sweeney, Anna Vincent and Lucy Weineck.

KING PHILIP

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Living Healthy

A Look at EVO Visian ICL

An Evolution In Visual Freedom

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

Myopia (or nearsightedness) is the most common ocular disorder worldwide and its prevalence is increasing rapidly. An estimated 30% of the world's population, or 2.6 billion people, have myopia and this number is projected to rise to 50% of the global population by the year 2050. For many people, contact lenses and eyeglasses can be inhibiting, especially for those who seek visual freedom. While available in Europe, Asia, and the rest of the world, the EVO Visian ICL lens is now FDA approved in the United States and can offer a new solution for those who seek sharp, clear vision and want to break free from the limitations and inconveniences of contact lenses or eyeglasses. Over 1,000,000 EVO ICL lenses

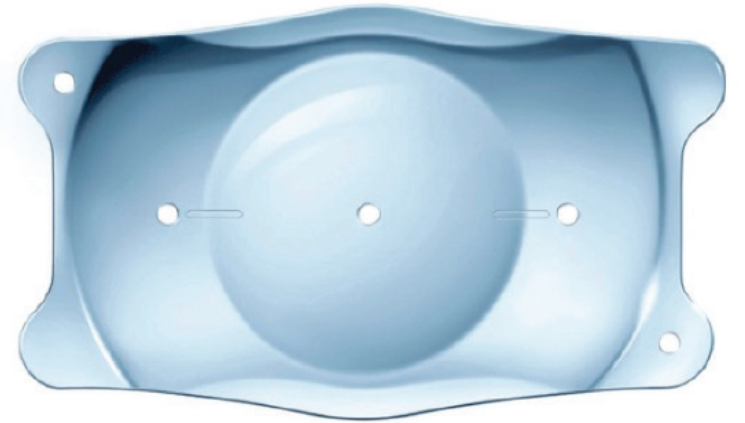
have been implanted around the world. If you are seeking a vision solution that will put an end to the hassle and ongoing cost of glasses and contact lenses, the EVO ICL may be right for you.

What is the EVO ICL?

EVO ICL is a microscopic lens made of collagen that is implanted by a surgeon so you can reduce your dependence on glasses and contacts. The ICL (implantable collamer lens) is made of collagen so you can't feel it or see it in the mirror, and it's in sync with your body chemistry so your immune system doesn't even know it's there. EVO ICL's are for those who want to see better without glasses and contacts, even if they've been told they can't have LASIK. Not a LASIK candidate? Not a problem for EVO.

EVO ICL Visian

The EVO procedure is different from other vision correction options, like LASIK. The EVO lens is additive; meaning, it is added to the eye and doesn't remove corneal tissue. The EVO procedure involves implanting (or adding) a biocompatible, flexible lens made from Collamer® into the eye between the iris (colored part of the eye) and the natural lens to correct vision. The EVO lens works in harmony with the natural eye while delivering sharp, clear vision, excellent night vision, UV protection, and does not cause dry eye syndrome. The EVO Visian ICL lens can permanently correct vision without removing corneal tissue and, if desired, is removable by your surgeon- so reversible- for added peace of mind. Compare this to LASIK which is not reversible. It gives the patient flexibility for the future while helping to eliminate



dependency on glasses and contact lenses now.

In the US FDA study the average vision result was better than 20/20. Some would call that "supervision". An astounding 99.4% of patients in a recent study said they would do it all over again, no regrets. It's the night vision quality and contrast sensitivity that really sets the EVO ICL family of lenses apart. Most patients typically say this is the best vision they've ever had, so there's no compromise in vision clarity just to be able to see without glasses and contacts. On average, the unaided vision with EVO ICL is demonstrably better than what was produced with glasses and contacts in the past. LASIK may have more name recognition, but EVO is a great solution for patients who have thin corneas, dry eyes, and/or high levels of nearsightedness or who simply do not want to risk the side effects of LASIK, like dry eyes, night vision problems and risky weakening and thinning of the cornea.

- Quick procedure; little down time
- Proven, time-tested procedure for more than a decade

Who is a good candidate?


The EVO Visian ICL Lens (EVO) ideal candidates are between the age of 21 to 45 and have moderate to high nearsightedness. It can safely and effectively correct nearsightedness between -3.0 D to -15.0 D, the reduction in nearsightedness up to -20.0 D and treatment of astigmatism from 1.0 D to 4.0 D. If you have nearsightedness within these ranges, EVO Visian ICL surgery may improve your distance vision without eyeglasses or contact lenses.

How it works


The EVO Visian ICL lens is made from Collamer, a collagen co-polymer that is proprietary to STAAR Surgical. Collamer is biocompatible, stable, and flexible, thus making it an ideal lens material for the eye. The EVO Visian ICL lens is slightly smaller than a typical contact lens and is implanted in the eye between the iris (colored part of the eye) and the natural lens to correct vision. The EVO Visian ICL procedure is a 12-minute outpatient procedure per eye with quick recovery and little downtime typically. The EVO Visian ICL procedure does not require the removal of any corneal tissue thus it is even suitable for patients with thin corneas. Following the procedure, many patients notice an immediate improvement in vision.

EVO Visian ICL Benefits Can Include:


- Sharp, clear vision
- Works in harmony with natural eye
- Removable no reversible if there is a need to reverse
- No removal of any cornea tissue so corneal weakening like LASIK
- Excellent night vision
- UV protection
- Does not cause dry eye syndrome
- Great for thin corneas
- Option for patients with moderate to severe nearsightedness




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Living Healthy

Oh My Aching Back!!!!

Eighty percent of the population will experience low back pain in their lifetime. Back pain can range from a muscle ache to a shooting, burning or stabbing pain usually aggravated by bending, twisting, lifting, standing or walking. Back pain may come on insidiously over time from overuse or repeated heavy lifting or from a sudden awkward movement.

Chiropractic is very effective for treating the symptoms of low back pain. Since motion is life in the spine when the spinal bones become misaligned and

“stuck” out of place the muscles will spasm to guard the area. As proper motion is restored through chiropractic adjustments the spasm will decrease and the symptoms will resolve.

Rob L. presented to our office complaining of pain across his Low Back and radiating into his buttocks. He had been planting flowers and moving heavy stones to define his garden. After taking an history, performing an exam and taking X-Rays it was clear that Rob had changes in his spine that predisposed him to this injury. After a course of

chiropractic care not only did Rob’s pain resolve but the underlying cause was corrected as well. Rob was put on a program of care to maintain his correction and continues to be well today.

If you are experiencing back pain and it is not resolving on it’s own call The Holistic Center at Bristol Square at (508) 660-2722 to schedule an appointment with Dr. Michael Goldstein or Dr. Rochelle Bien today. We are located at 1426 Main Street, Walpole.



Dr. Rochelle Bien & Dr. Michael Goldstein

EYES

continued from page 18

Global history

While the EVO Visian ICL lens is new in the US market, it has been approved and marketed throughout Europe, Asia, and the rest of the world. Over 1,000,000 EVO ICL lenses have been implanted around the world.

About us

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We have surgical results that rival those of major centers in Boston- we can prove it. Dr. Kaldawy is an experienced surgeon who has performed over 20,000 intraocular surgeries. We are happy to offer you this implant if you are a good candidate and if your glasses prescription starts at -3.00 Diopters. We believe this implant is a great alternative to LASIK even at lower refractive errors. A real evolution in visual freedom. Choosing EVO ICL may be one of the best decisions you will make in your life. Call for an appointment.

For more details, see our ad on page 18.

King Philip Middle School Trimester 3 Honor Roll

7th Grade Highest Honors

Rihanna Alexandropoulos; Alex Alves; Marina Amidon; Pearl Babbitt; Emmette Barry; Shreyas Bollu; Brianna Bonaceto; Benjamin Bostrom; Garrett Bouffard; Olivia Bourdeau; Julia Brideau; Marleigh Brown; Jordyn Callahan; Harrison Chisholm; Ashley Cleverdon; Kayla Collins; Jad Cordahi; Mia Costa; Tessa Coutchie; Benjamin Davis; Amelia Dawe; Jake Diamond; Lucas Dolan; Robert Ford; Aidan Forrester; Lilian Freeman; Alexandria Gebhard; Ava Giampa; Ashlyn Greaney; Quinlan Greenberg; Nathanael Hatami; Maddock Henderson; Isla Hollowell; Hayden Houlding; Elijah Hoyt; Luke Hughey; Hollis Hunt; Rita Ibrahim; Liam James; Malia Jusczyk; Addison Kane; Angelina Karavasileiadis; Rowan Kavanah; Katelyn Kelley; Caitlin Keswick; Tanmayee Kolluri; Carly Kuzmeskas; Jamie Lagasse; Molly LaPlante; Brendan Lawler; Courtney Lewis; Owen Loomer; Andrew MacDonald; Faelyn Mahoney; Ryan Marrone; Oscar Mason; Grace McHugh; Emily Michenzie; Alice Modena; Bella Moriarty; Andrew Morneau;

Emily Morris; Sebato Moses; Gia Mucciarone; Victoria Mullaney; Lauren Newcom; Ava Noonan; Berkley Parenteau; Nova Rose Pasquantonio; Kathryn Podzka; Abby Quinn; Lucas Raymond; Henry Roach; Menfhis Salguero; Grady Soares; Cole Soifer; Kellan Sperling; Swathi Sreenath; Erin Steck; Addison Sullivan; Brayden Ward; Hunter Wells; Julia Wetmore; Brody Whalen; Ashley Wisran; Anran Ye.

7th Grade High Honors

Ryan Antonellis; Andy Arriaga; Liam Beachkofski; Anna Beatty; Jack Becker; Michael Borden; James Boucher; Adrian Burke; Braden Burns; Paige Campbell; Rylee Canavan; Brianna Cardona-Ortez; Tyler Cecere; Colin Chard; Avery Charland; Olivia Chavers; Rory Christo; Olivia Cleasby; Natalie Collins; Kerin Connolly; Nathan Crowley; Laura Valentina Da Silva; Michael Davis; Ty DeCarteret; Ellie Donegan; Jake Duffy; Max Edmunds; Madisen Flaherty; Michael Flaherty; Lilliana Fox; Benjamin Gonzalez; Katelyn Harlow; Alida Hasson; Alexandra Hickey; Owen Hurwitz; Hadley

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Mros; Molly Murphy; Lucy Murphy; Molly Muse; Rylie O’Brien; Amie O’Neil; Teagan O’Sullivan; Brodie Parker; Abigail Pompei; Caelan Quinn; Drew Richard; Cooper Richard; Julian Rosario; Adeline Rushlow; Alex Saenz; Neila Schweitzer; Sangeetha Senthil Kumar; Aarit

TRIMESTER

continued on page 27

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FPAC Announces 2022-23 Season

The Franklin Performing Arts Company (FPAC) is excited to announce its 2022-23 season of musicals and plays in their home venue THE BLACK BOX. The exciting lineup will include *The Sound of Music*, *The Curious Incident of the Dog in the Nighttime*, *The Wolves*, *Something Rotten*, and *Violet*. Additionally, FPAC Holiday Productions will present holiday favorites *The Nutcracker* and *'Tis the Season!* at the Franklin High School Auditorium. Casts and creative teams will be announced soon.

FPAC will open its season with *The Sound of Music* October 14-23 at THE BLACK BOX. The final

collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical. Featuring a trove of cherished songs, including "Climb Ev'ry Mountain," "My Favorite Things," "Do Re Mi," "Sixteen Going on Seventeen," and the title number, *The Sound of Music* won the hearts of audiences worldwide, earning five Tony Awards and five Oscars. The inspirational story, based on the memoir of Maria Augusta Trapp, follows an ebullient postulate who serves as governess to the seven children of the imperious Captain von Trapp, bringing music and joy to the household.

But as the forces of Nazism take hold of Austria, Maria and the entire von Trapp family must make a moral decision.

The season continues with the stage adaptation of *The Curious Incident of the Dog in the Nighttime* running November 11-13 at THE BLACK BOX. 15-year-old Christopher has an extraordinary brain: He is exceptional at mathematics but ill-equipped to interpret everyday life. He has never ventured alone beyond the end of his road, he detests being touched, and he distrusts strangers. Now, it is 7 minutes after midnight, and Christopher stands beside his neighbor's dead dog, Wellington, who has been speared with a garden fork. Finding himself under suspicion, Christopher is determined to solve the mystery of who murdered Wellington, and he carefully records each fact of the crime. But his detective work, forbidden by his father, takes him on a thrilling journey that upturns his world.

FPAC Holiday Productions will mount their annual production of *The Nutcracker* December 3 and 4 featuring live orchestra, special guest artists, and more than 100 area dancers. The holiday magic will continue on December 17 and 18 with *'Tis the Season!* an upbeat, jazzy extravaganza featuring members of the Kenny Hadley Big Band, with contemporary arrangements of holiday classics in musical styles

ranging from R&B, gospel, and Motown, to rock, pop, and Broadway. FPAC Holiday Productions are presented at the Franklin High School Auditorium.

After the holidays, FPAC will present Sarah DeLappe's wildly popular play *The Wolves* January 6-8 at THE BLACK BOX. A girls indoor soccer team warms up. From the safety of their suburban stretch circle, the team navigates big questions and wages tiny battles with all the vim and vigor of a pack of adolescent warriors. A portrait of life, liberty, and the pursuit of happiness for nine American girls who just want to score some goals.

The 2022-23 season will continue with the hilarious musical comedy *Something Rotten!* running March 11-19 at THE BLACK BOX. Set in the 1590s, brothers Nick and Nigel Bottom are desperate to write a hit play, but are stuck in the shadow of that Renaissance rock star known as "The Bard." When a local soothsayer foretells that the future of theatre involves singing, dancing, and acting at the same time, Nick and Nigel set out to write the world's very first musical. But amidst the scandalous excitement of opening night, the Bottom Brothers realize that reaching the top means being true to thine own self, and all that jazz.



FPAC's season will conclude June 9-11 with the musical *Violet*. As a girl, Violet was struck by a wayward axe blade when her father was chopping wood, leaving her with a visible scar across her face. With enough money finally saved, she's traveling across the Deep South in 1964 towards a miracle – the healing touch of a TV evangelist who will make her beautiful. Although she may not succeed in having the scar on her face healed, Violet is able to repair those scars that are lying deeper than her skin. On the way, she meets a young soldier whose love for her reaches far past her physical "imperfections."

FPAC is an Actors' Equity Small Professional Theater company based at THE BLACK BOX in downtown Franklin. Each season, FPAC produces musicals, plays, ballets, and more featuring Broadway stars, professional actors, local artists, and students of the arts. Tickets for the 2022-23 season will be on sale soon. Follow Franklin Performing Arts Company and THE BLACK BOX on Facebook and Instagram for updates on programming.



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August Program Highlights at the Norfolk Senior Center

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

Wednesday, August 10 at 1 p.m. **The Elderly Brothers Band** Please join us for some cool summertime music. Light refreshments served.

Tuesday, August 9 at 1 p.m. **Genealogy Group** Join us as we climb our family trees and help you create your own using online databases. Our special guest, Ruth Ann, has been facilitating a weekly genealogy program at the Framingham COA/Callahan Center and assisted living facilities. The group will meet monthly if there is enough interest.

Thursday, August 18 from 1:30 to 3 p.m. **Charlie Card/GATRA ID** The Norfolk COA can assist you in receiving the Senior Charlie Card/GATRA photo ID, a single, two-sided card with one side serving as the Senior Charlie Card and the other side as the GATRA ID. The Senior Charlie Card allows

you to receive senior fares on the entire MBTA system, usually at half-price. The GATRA pass enables you to take advantage of GATRA transit services. GATRA is authorized to issue Senior Charlie Cards to Norfolk residents, or any resident of a town served by GATRA, who is age 60 or older. Bring valid proof of age. You will fill out a form and a photo will be taken. The card will be mailed to you.

Tuesday, August 30 at 1 p.m. **Learn How to Play the Ukulele** Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she teaches the fundamentals of ukulele playing. No experience necessary. Ukuleles provided. Attendance limited to 20 participants. This performance is funded, in part, by a grant from the Norfolk Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Sports

KP Nine's Tournament Achievement Was 'Special'

By **KEN HAMWEY**
STAFF SPORTS WRITER

Jeff Plympton Jr. obviously would have preferred victory over defeat in the Division 2 state championship baseball game but the sting from the 4-2 loss to Milton quickly was soothed after post-game comments he heard from his players.

"The personal conversations were very moving," Plympton said. "The kids wanted me to know that they appreciated me, but more importantly, I was glad to hear that they appreciated being in the program and were happy to have a positive experience. Tri-captain Shawn Legere thanked me three times and emphasized how thankful he was to be part of the program."

Legere's quote puts high school sports in perspective, and it also measures a coach's impact. Plympton added that "The kids made me smile every day of the season."

A native of Wrentham, Plympton, who was hired before the pandemic, has been KP's head coach for three years, but he's coached only two seasons of competitive baseball. His rookie year (2020) was canceled because of the pandemic, but since then, he's guided the Warriors to a pair of tournament appearances.

The two years have been remarkable, not only for qualifying twice for the playoffs, but also for ending a four-year tourney drought.

"The program wasn't in great shape when I took over," he said, "A change of culture was needed. Baseball had good tradition and good coaches in past years, but that tradition was on a back burner. In general, we were on a downturn and the outlook needed to change."

After an 8-8 season last year that included a playoff win over Quincy and a loss to Xaverian, the eventual state champion, KP baseball was ready for takeoff.

"I knew we had a special group this year," the always-personable Plympton said. "And, I felt we could do something special. We went 12-8 in the regular season but four of the losses were by one run. We had a rough stretch in May but caught fire for the tourney and played with confidence."

KP's tourney run went this way — an 8-1 win over Melrose; a 12-5 triumph over Plymouth North; a 14-3 victory over Plymouth South; a 1-0 shutout of Mansfield; and a 4-2 loss to Milton.

"We knew Milton's Charlie Walker was an excellent pitcher," Plympton offered. "But, Ryan Gately gave us a chance to win and he kept us where we wanted to be. He went 5 1/3 innings, using a good assortment and getting strikeouts. But, Milton was the better team that day and deserved to win."

What helped the Warriors finish their season at 16-9 overall was a superb blend of hitting and pitching. Here's how the players lined up in the batting order: first baseman Max Robison, left fielder Matt Kelley, Legere at shortstop, right fielder Brendan Sencaj, Gately (pitcher/second base), D-H Travis Crawford, catcher Matt DiFiore, third baseman Sean Sullivan, and center-fielder Eli Reed.

"Our lineup was aggressive," Plympton said. "We hit well and surpassed the amount of runs we scored last year after our sixth game. Three of the players had 30-plus hits and three others were in the 20s. Top to bottom we were solid and we didn't have a lot of hitters strike out."

KP's pitching was high octane. The rotation included Gately, Tommy Martorano, Nick Viscusi and Quinn Gorstka. Tommy MacLeish handled relief duties. Gately was 5-1, Viscusi and Gorstka each went 3-1, and Martorano, who missed two months because of an injury, was 2-0.

"All of our pitchers were dependable, keeping us in every game," Plympton noted. "Ryan was consistent, Nick had good velocity, Quinn was crafty, MacLeish was calm and cool, and Martorano did a great job against Mansfield when he returned for the tourney semifinal."

Two other players Plympton singled out were senior second baseman Brendan Weddleton and senior tri-captain Mark Tagerman (pitcher). "Brendan was solid in the field and kept our energy high," Plympton said. "Mark was a great leader.



Jeff Plympton Jr. has guided KP's baseball team to a pair of tourney appearances in his two years as head coach.

He did whatever was needed to help us win."

The 29-year-old Plympton firmly believes the Warriors' future will remain bright. Although 11 seniors have graduated, there will be 10 varsity returnees next



KP's Ryan Gately pitched effectively in the Division 2 State final game against Taunton.

year. KP, which finished fourth in the Kelly-Rex Division, should be in the mix to battle for that crown.

"We've got a lot of quality returnees, so we'll strive to win the division next year," Plympton said. "And, we should be in

the playoffs again since we've got two starting pitchers back. But, it's baseball and anything can happen."

Plympton's father (Jeff Sr.), who pitched for KP, was an all-American at the University of Maine and played Major League baseball for the Red Sox, provided his son with plenty of encouragement after the Milton loss. "My dad saw all 25 of our games," Plympton said. "He was proud of what we achieved and said we were heading in the right direction. He was very positive."

The Warriors, who were somewhat overlooked during the spring sports season, relied heavily on desire and dedication. When those attributes surfaced, they provided KP with meaningful success. And, a sure sign that good things will be part of their future was the bus ride home.

They had a police escort.



The 2022 KP baseball team that finished second in the Division 2 State Tournament.

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Franklin School for the Performing Arts Welcomes New Families

The Franklin School for the Performing Arts (FSPA) will hold Open Houses for prospective students and families at 38 Main Street on Tuesday, August 2nd from 3-7 pm and Saturday, September 10th 10 am-2 pm. The community is invited to tour the facilities, observe classes, speak with faculty and staff, and learn more about FSPA programs in music, dance, and drama, whether for recreational enjoyment or serious study.

Additionally, interested families are always welcome to call 508-528-8668, visit FSPAonline.com, or stop by 38 Main Street to ask questions and learn more about the school.

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.

Performance is an integral part of an FSPA education and the school offers unrivaled performing opportunities for students throughout the year. On the calendar annually are student recitals, concerts by faculty and guest artists, master classes, student showcases, holiday shows, the school's signature Spring Concert, and summer camps and intensives. In addition, for students whose level of interest is more focused, there are special performing ensemble opportunities available by audition. THE BLACK BOX, home of the Franklin Performing Arts Company (FPAC), a 200-seat flexible theater located behind FSPA, provides a professional venue for FSPA student productions, while FPAC offers opportunities by audition for student performers.

For more information about FSPA and its programs, visit www.FSPAonline.com, call 508-528-8668, or stop by 38 Main St. in Franklin. You can follow FSPA on Facebook, Instagram, and YouTube.

Q & A with a Wrentham Lion

By GRACE ALLEN

On Friday, August 5, Cheryl Sabin Hobbs will host a coffee hour at Eagle Brook Saloon in Norfolk for Wrentham residents curious about the Wrentham Lions Club. Hobbs is the organization's "Tail Twister," an officer tasked with generating fun during meetings. The coffee hour will start at noon and guests are asked to RSVP to cas324@msn.com.

Hobbs answered some questions for readers of Local Town Pages, but she encourages people to attend the coffee hour to learn more about the service organization, its activities in town, and its overall mission.

Who are Lions? When caring people join together, roll up their sleeves and take action to make their community better, it's a beautiful thing and an incredible feeling for everyone involved. Those are Lions. Being a Lion is about leading by example, building relationships, and improving the world through kindness. It's 1.4 million caring men and women serving together so they can make a lasting impact and change more lives.

How long have you been a Wrentham Lion? I have been a Wrentham Lion for 3 years but a Lion for 7 years. In addition to Tail Twister, I am a Zone Chair for the District Governor of the Lions. I am also the leader and founder of Franklin's Future Leaders, a non-profit 501c3 children's group.

How many Wrentham Lions are there? There are 72 active Lions in town right now.

What kind of community service do the Wrentham Lions do? We perform a variety of services for Wrentham. As is true for all Lions Clubs, our goal is to raise funds for our charities and to give back to the community. Some of our annual activities include sell-

ing Christmas trees and hosting the popular holiday luncheon for the town's senior citizens. In recognition of White Cane Day, which raises awareness for the visually impaired, we hold an annual "toll road" in Wrentham center, collecting donations for our charities. We also participate in Wrentham Day by serving an enormous banana split sundae, as well as run the golf ball drop. All of our events will be discussed in detail at the August 5 coffee hour, so come on by!

When and where are your meetings held? We meet on the first Thursday of the month at 7 p.m., currently at the Lafayette House on Route 1 in Foxboro.

Tell us about the Wrentham Lions Club affiliation with the King Philip Leo Club. Leos, the youngest members of Lions Club International, are devoted young people who realize the power of action. Through the club's activities, the students learn leadership and how to make the world a better place. Both of our clubs work to give back to the community.

Anything else you'd like the community to know? A Lion is a person who wants to make a difference. We really encourage participation in our organization. Lions can also hone their leadership skills by taking ELLI (Emerging Lions Leadership Institute) classes and RLLI (Regional Lions Leadership Institute) classes. We offer these and other classes to our members. Come to our coffee hour on August 5 to learn more.

In addition to serving the Wrentham community, the Wrentham Lions Club also promotes the mission of Lions Club International, the world's largest service organization. Lions Club International has more than 1.4 million members in approximately 46,000 clubs in over 200 countries and geographical areas around the world.

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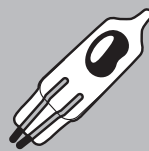
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KING PHILIP*continued from page 17***Grade 12 – Honors**

Asherah Alpert, Rachael Anderson, Paulina Baczkowski, Olivia Bailey, Chloe Beaulieu, Kip Bishop, Rasya Reddy Bollu, Lily Brown, Nico Calderone, Olivia Camire, John Campbell, Joshua Canning, Joseph Cannon, Kathleen Carver, Caleb Cassetta-Waxman, Ella Castellon, Abby Cates, Jonathan Cohen, Ryan Cook, Andrew Crowley, Christian Dadasis, Jennifer Daniels, Samantha D'Avignon, Julia DeWitt, Alison Donovan, Katherine Dowling, Brian Ducie, Devyn Dugan, Rabih Elmassih, Adriana Esquilin Nieves, Nolan Feyler, Charlotte Fiske, Michael Gorman, Lauren Grachuk, Jamie Gudas, Justin Guenette, Sarah Harper, Kasey Hart, Lauren Hooper, Paige Horgan, Martina Ibrahim, Nolan Jackson, Abigail Jaworski, Haley Kellner, Caroline Kizik, Hayden Kozola, Marissa Lamperti, Ava Lane, Shawn Legere, Sarah Lehan-Allen, Christopher Leitao, Olivia MacDonald, Daniel Macomber, Conner Markunas, Paige Marshall, Kevin McCasland, Kacie McDonald, Meredith Melanson, Cassidy Muldowney, Emma Murphy, Christopher Norgren, Veronika Nowakowski, Sophia O'Connor-Colbert, Joseph O'Rourke, Meaghan O'Rourke, Sydney O'Shea, Amelia Penny, Luke Pfeiffer, Alexander Pike, Molly Piller, Emily Poggi, Lily Quagliozzi, Keryn Quartarone, Colin Quinn, Joseph Rando, Reid Rhines, Benjamin Riggs, Margo Riley, Sophia Rock, Connor Sachleben, Oscar Schonbrod-Carmena, Hunter Sedam, Zachary Sorel, Braeden Sottile, Brooke Stagg, Alexander Stavris, Jake Sullivan, Gabrielle Tartaglia, Annabelle Thompson, Brayden Thompson, Daniel Tisdale, Sam Tobar-Fawley, Jade Van Vaerenewyck, Emma Vezina, Brendan Weddleton, William Weiblen, and Darin Zullo.

Grade 11 – Honors

Jared Ali, William Astornio, Lauren Barriero, Adam Benredda, Sean Bodensiek, Allison Boie, James Boldy, Jaclyn Bonner, Lauren Brady, Katelyn Buban, Andre Bubluski, Ashley Buckman, Joseph Burke, Leah Burke, Carlie Burns, Trinity

Calleaux-Bourque, Lorelei Casper, Sydney Cloutier, Matthew Crago, Sarah Cullen, Callie Cummings, Hayden Emery, Camdyn Evans, Hailey Eykel, Mairead Foley, Caroline Freese, Miles Gallagher, Luciana Galvez, Ryan Gately, Alison Gendrolis, Meredith Giesler, Lainey Grant, Danielle Gresham, Jessica Guidice, Hope Hamilton, Ethan Hancock, Philip Harmon, Kelsie Higgins, April Hooper, Norah Jackson, Ahunna James, Richard Jeanetti, Matthew Kelley, Owen Kiss, Lauren Klein, Owen Klobucher, Thomas Laight, William Laplante, Amelia Lerner, Sean Lucente, Abigael Lyons, Caitlin MacKay, Owen MacKenzie, Sydney Marland, Jake Mazur, Jack McKenna, Thomas Meader, Carson Meier, Abdisalam Mohamed, Margaret Murphy, Bridgett Nally, Luke Nixon, Brooke Noonan, Julia O'Donnell, Olivia O'Neil, Kevin O'Neill, Shantal Onur, Connor O'Reilly, Kendall Parker, Collin Peck, Gerald Pendergast, Victoria Petrillo, Meredith Pfeiffer, Laina Pizzi, Katarina Precobb, Kathryn Quinn, Richard Rand, Matthew Rando, Charlotte Raymond, Priya Riar, Nathan Roche, Gabriella Rodriguez, Cecilia Saliba, Leah Santoro, Emily Sawyer, Brendan Sencaj, Christopher Sesay, Kayla Simas, Samantha Simeone, Kevin Smith, Luke Stehley, Alexander Stock, Emma Sullivan, Nathan Sylvan, Matthew Thompson, James Vinson, Alexander Viscusi, and Elizabeth White.

Grade 10 – Honors

Leah Abrams, Dermott Amorim, Joseph Antonellis, Nicholas Baccari, Samantha Baker, Malak Baloot, Evan Barker, Keira Barr, Benjamin Berry, Jack Berthiaume, Evan Brangiforte, Ari Butler, Kaelyn Clancy, Colby Cloutier, Trevor Clyde, Gillian Comeau, Callie Connolly, Margaret Crisafi, John Curran, Luke Danson, Stephen D'Arcy, Julia DeVasto, Meghan Dowling, Vincent Faria, Lindsey Field, Liam Foley, Anthony Fraone, Luca Giardini, Kaitlyn Goff, Brad Guden, Ashleigh Rose Guenette, Samantha Harkins, Lauren Harper, Lilli Hickey, Jackson Hoitt, David Holland, Charlotte Holmes, Kelly Holmes, Hannah Holster, Logan Howard, Abigail Hoyt, Kunsheng Huang, Chadi Isreb, Lakshya Jain, Nathan Johnson, Marly Kananowicz, Nicholas

Kansab, Ryan Keller, Ava Kelley, Richard Kent, Sean King, William Knott, Isabel Lafond, Alyssa Legere, Camron Lehan-Allen, Caden Leonard, Gabriella Lombardi, Thomas Lomuscio, Ryan Mahoney, Leo Manning, Cullen McCarthy, Nicole McDonald, Ava McGowan, Eilish McGowan, Neelam McGrath, Ilyas McKenna, Lily McNulty, Warren Mischley, Jack Morgan, Delaney Muldowney, Timothy Mullen, Kyle Natan, Alexander Nathan, Liam Nolan, Katharine O'Neil, Tia Persky, Emily Piverger, Zachary Pontes, Stephen Quartarone, Anna-Li Quinn, Oran Rawson, Taylor Regan, Amelia Richter, Ava Rietz, Julia Rioux, Max Robison, Sebastian Ruelas, Mason Sanford, Tessa Sarkar, Madison Schoener, Caitlyn Sencaj, Jared Shapiro, Andrew Sherry, Abigail Stierer, Meghan Sullivan, Zunairah Syeda, Matthew Terio,

John Truitt, Jake Vanhoesen, and Makenzie Whalen.

Grade 9 – Honors

Aidan Alvezi, Jack Anderson, Jolie Arce, Samantha Arsenault, Aiden Astorino, Fiona Bailey, Paige Ballantyne, Pranav Baskar, Caroline Blakesley, Mellysa Botelho Godoi, Dante Calderone, Jayden Carreiro, Neela Caruso, Tamanda Clarke, Mikayla Coffin, Ryan Collier, Brady Collins, Sophia Collins, Eric Collins, Averi Dangelo, Edward Dolan, Ryan Evans, Michael Foley, Nicholas Gallagher, Thomas Gately, Jillian Giesler, Ian Gill, Kevin Gillis, Veda Gogineni, Guilhermina Guimaraes, Amelia Hamilton, Jessica Hansen, Noah Harrison, Sarah Hedberg, Drew Herlin, Isabella Hix, Alexandra Hogan, Grace Hollowell, Jordan Host, Jack Jamgochian, Cormac Janssen, Davonte Johnson,

Sydney Jones, Natalie Jones, Gianna Jordan, Neva Keighley, Cheyanne Kelley, Jordan Khuc, Thomas Kilroy, Anna Kougiyas, Ryan Labell, Brady Laferriere, Addisyn Lamothe-Vaughn, Kate LaPlaca, Andrew Laplante, Morgan LeBlanc, Henry Leclair, Isabella Lolos, Alexander Lutfy, Abigail MacDonald, Lily Magnussen, Nicholas Mandel, Makenzie McDevitt, Grace McGourthy, Emma Meier, Brianne Mui, Aarshe Murli, Samuel Murphy, Colin Nolan, Sayan Panda, Sydney Paquette, Sophie Peck, Allyson Pochay, Avery Reda, Zakk Robinson, Ava Sansoucy, Hayden Schmitz, Bridget Scott, Charlotte Skulte, Joshua St. Laurent, Patrick Sullivan, Isabelle Taylor, Sydney Thoren, Patrick Weiblen, Danica Wiggan, Fadel Wilayah, and Denzyl Wilson.

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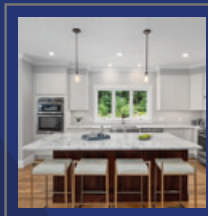
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Date	Address	Amount
June 16	112 Beach Street	\$485,000
June 16	424 South Street	\$500,000
June 21	48 Weber Farm Road	\$936,466
June 22	30 Spring Street	\$1.18M
June 22	60 Oak Point	\$1.45M
June 22	350 Spring Street	\$882,500
June 23	40 Lherault Drive	\$810,000
June 23	18 Weber Farm Road	\$790,891
June 27	85 Cherry Street	\$900,000
June 28	20 Roger Goodwin Drive	\$760,000
June 29	61 Riverside Drive	\$635,000
June 29	17 Weber Farm Road	\$729,779
June 30	10 Warner Trail Road	\$665,000
June 30	250 West Street	\$475,000
June 30	59 Weber Farm Road	\$783,646
July 1	15 Oak Point	\$810,000
July 6	91 Phillips Lane	\$335,000
July 8	15 Ridge Road	\$1.4M
July 12	80 Hickory Road	\$742,000

Source: www.zillow.com

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Date	Address	Amount
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June 17	4 Strawberry Lane	\$1M
June 23	7 Lantern Lane	\$775,000
June 24	12 Stop River Road	\$1.28M
June 24	32 Boardman Street	\$499,000
June 24	8 Brewster Road	\$727,500
June 24	15 Wrights Farm Road	\$1.58M
June 28	15 Fredrickson Road	\$985,000
June 29	14 Valentine Drive	\$825,000
June 29	59 Pine Street	\$612,500
June 29	5 Hampton Road	\$982,500
June 30	21 Winterberry Way	\$710,000
June 30	55 Park Street	\$775,000
July 1	36 Massachusetts Avenue	\$910,000
July 6	9 Lakeshore Drive	\$650,000
July 7	6 Chatham Road	\$1.07M
July 8	1 Stacey Road	\$600,000
July 8	158 Union Street	\$840,000

Source: www.zillow.com
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Norfolk County 2022 Second Quarter Real Estate Activity

Second quarter (April-June 2022) Norfolk County real estate statistics shows a continued uptick in residential and commercial sales and sale prices, despite overall numbers trending downward.

According to Norfolk County Register of Deeds William P. O'Donnell, during the recently concluded second quarter of the 2022 calendar year, the average Norfolk County real estate sales price, both residential and

commercial, increased 30% to \$1,300,157. Total real estate volume, both residential and commercial, was \$4.09 billion, a 16% increase year over the same period in 2022.

"The lack of inventory and new construction continue to push prices up. It remains to be seen if this trend continues as overall activity is slowing considerably," stated Register O'Donnell.

For the second quarter of 2022, the number of land documents recorded, (such as deeds, mortgages, homesteads, mortgage discharges, etc.) was 35,744, a 31% decline from the second quarter of 2021. Register O'Donnell noted, "This figure tells us while there is still a healthy real estate market, market conditions and rising interest rates are starting to have an impact. We are not seeing the vol-

ume we saw in 2020 and 2021."

There were 6,809 mortgages recorded at the Registry during the second quarter of the calendar year 2022 compared to 12,041 for the same time period in 2021, a 43% decrease. Total mortgage borrowing was \$5.06 billion for April through June compared to \$6.63 billion during the same period in 2021. "With the increase in interest rates, consumers seem to be less inclined to borrow," said the Register.

Norfolk County homeowners continued to benefit from the Homestead Act. A total of 3,315 declarations of homestead were recorded during the second quarter of the calendar year, a 10% decrease over the same period a year ago. "The Homestead law provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000. I urge Norfolk County residents to consider this important consumer protection tool," noted O'Donnell.

A sharp increase in foreclosure activity in Norfolk County remains a cause for concern. Sixteen foreclosure deeds were recorded in the second quarter, the same number recorded during the second quarter of 2021. However, there was a significant increase in the number of recorded Notices to Foreclose, the first step in the foreclosure process. There were 66 Notices recorded in the second quarter versus 33 recorded in the same period of 2021.

O'Donnell stated, "While the eastern Massachusetts economy remains on a solid footing, there are still those in Norfolk County

experiencing economic hardship, in many cases through no fault of their own. The Registry continues to work with Quincy Community Action Programs, (617-479-8181 x376), and NeighborWorks Housing Solutions, (508-587-0950) to help homeowners who may have received a Notice to Foreclose document. A third option is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400."

Register O'Donnell concluded, "The economy, particularly the employment numbers in eastern Massachusetts, appears to be strong but, going forward, inflation, rising interest rates and the lack of inventory will likely result in a slowdown of the Norfolk County real estate market."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

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



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