

Norfolk Teen Serves as Church's Music Director

By GRACE ALLEN

You'd be hard-pressed to find a younger music director than Catie Siedel. In January, the 15-year-old was hired as the Federated Church of Norfolk's associate director of music, but she's been unofficially performing the job since she was 12.

It was during the pandemic-related lockdown that Siedel started volunteering her time in the church's music ministry, which was without a director. A piano player since age 6, Siedel taught herself how to play the organ while the world was shut down. Then, working with Rev. William Main, the interim pastor at the time, she recorded hymns on the church's organ to be used in Zoom church services.

Siedel has been playing music in the church from a young age, so she took in stride the progression to music director and the associated responsibilities, like rehearsals



Catie Siedel is the Federated Church's youngest music director in recent memory.

with the choir and playing for special events like weddings and funerals.

"It doesn't make me nervous anymore," Siedel said.

"Playing piano in front of people is a great experience

MUSIC

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Wrentham Day Set for September 10

By ANGIE FITTON

Wrentham Day is upon us once again! The town is invited to celebrate all things Wrentham on Saturday, September 10 from 9 a.m. to 3 p.m. This popular community

event began in the early '80s and is still going strong.

Taking place on the town common, Wrentham Day will feature

WRENTHAM DAY

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Alex Hough, age 9, at the cricket matches in Wrentham.



Alex and Nacho manning the stand in Norfolk with older brother Nick, age 12.

It has come to our attention that a paid Political Spotlight did not have the proper disclaimer stating "Paid Advertisement" in our August edition. For the record, the article was paid for by the Committee to Elect Chris Doughty. This was an unfortunate oversight. As the publisher I do not endorse any candidates and as a media source stay neutral in all political matters. I apologize for any confusion this oversight has caused. This experience has shown how passionate our readers are. Keep on reading.

-Publisher
Charles Tashjian

Norfolk Youngster Raises Money for Alzheimer's Association

Nine-year-old Alex Hough of Norfolk held a fundraiser on the weekend of August 5-7 and sold "memory" pops to support the Alzheimer's Association. The fundraiser raised \$290.

Alex's grandfather, John Hough of Portsmouth, Rhode Island, has been living with Alzheimer's for the last 10 years.

Premium memory pops, either lavender lemonade or rose lemonade, were sold for \$4. Regular memory pops, lemon or grape, were sold for \$2.

On Friday and Saturday, Alex sold the pops from a stand in front of his house. But the best sales came on Sunday at the Wrentham Developmental Center fields, where men and women played and watched cricket. Everyone was supportive of Alex and very generous with their donations beyond the sales of the pops. The 90+ degrees helped sell the frozen treats.

MUSIC

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and you learn things like having a stage presence."

In an email, Rev. Main, who served as minister from August 2019 to August 2021, said that playing hymns in church for a congregation is unlike playing in a concert for an audience.

"It is playing *with* them as they sing, which means listening to the singing and staying *with them*, helping the congregation keep the words and the music together," he explained. "It is a relationship—organist and congregation. This was challenging for Catie as it is for all organists. But with guidance from choir members, she mastered that skill very well. All this as a volunteer. When she turned 13, I began to push for her to get paid."

Siedel, who attended the Freeman-Kennedy School and King Philip Middle School and performed in their bands, also plays the alto saxophone and the clarinet and has received numerous music awards. An honors student, Siedel is starting her sophomore year at Ursuline Academy in Dedham, where she plays the piano for church services and performs with an a cappella group.

She is also a student at New England Conservatory Preparatory School, where she spends every Saturday taking six hours of music instruction, including seminar classes, theory classes, and piano lessons. She participates in chamber ensembles as well as recitals there.

In addition, Siedel is a private music instructor in Norfolk, teaching piano and saxophone lessons to children.

Rev. Main, who now lives in Vermont, first met Siedel when she was a student in his confirmation class at the Federated Church.

"Catie is a very old soul," said Rev. Main. "That is not exactly a Christian theologically accepted term, yet we do not have a good term that properly defines people like Catie. There is a wisdom in her and she sees the world from a perspective that most of us wish we had. She is self-adulting. There is a wonder and curiosity to her along with a drive for perfection."

As a child, Siedel studied piano under Daniel Dickson, a world-class pianist and cellist who served as the Federated Church's music director several years ago.

"I learned many valuable things from him," said Siedel. "He started my classical music foundation and then when he moved on, I went to the New England Conservatory."

Theology teaches us that music plays an important role in worship, and music is thought to be one of the essential ministries of many religions. Seidel believes it can be a powerful way to lift the spirit and help unify people by connecting the congregation through song.

"Music has been a big part of my life since an early age," shared Siedel, who's been called a child prodigy by some. "The church is a meaningful and sacred place to me and a place to share musical gifts of all abilities. Music, I feel, brings comfort to people. Spreading God's word through music is something I love to do."

This past summer, Siedel attended a pre-med summer program through Brown University's Pre-College program, getting in despite being below the cutoff in age. While she says her love for music will accompany her in whatever direction her life takes, her ultimate goal is to become a doctor.

Given her talents and maturity, and the fact that both passions can be a way of serving others, no one would be surprised.

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WRENTHAM DAY

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60-70 vendor booths. These booths include town departments, games, crafts, food, information about real estate and even some politicians. There's something for visitors of all ages.

The popular Wrentham Wroad Wrace 5k is a highlight of the day. Drawing in between 125-150 runners, it starts at 10

a.m. on Taunton Street. The Wrentham Fire Department, Police Department and Department of Public Works will line the street to host "Touch a Truck," an event where children can explore all the departments' vehicles.

The Wrentham Youth Baseball and Softball teams will be serving cookout-style hamburgers and hot dogs while the Lions Club will provide ice cream sun-

daes. If you're in the mood for clam chowder, be sure to visit the Fire Department booth.

Pat the Patriot, the mascot of the New England Patriots, will be walking around from 9:30 a.m. to 12:30 p.m. and there will be an appearance by Benjamin the Clown, an annual favorite who loves to juggle and do magic tricks. A kids' train will be running all day, providing rides all around the common area.

According to Wrentham Recreation Department Director Jeff Plympton, Wrentham Day is "well-attended by a majority of the town." Not only will everyone have activities to participate in, but the day will be filled with live music and a DJ, too.

Be sure to stop by and enjoy the beginning of the fall season while celebrating your hometown.



Three Norfolk Residents Named to Honor Roll at BC High

The following students have been named to the Third and Fourth Quarter Honor Roll at Boston College High School:

- Coleman Williams, High Honors (Class of 2025)
- Noah Falvey, Honors (Class of 2023)
- Jack Dooley, Honors (Class of 2024)

For High Honors a Sophomore, Junior, and Senior must have at least a 3.80 quality point average and all grades "C+" or higher. Freshmen need a 3.6 quality point average and all grades "C+" or higher.

For Honors a Sophomore, Junior, and Senior must have at least a 3.20 quality point average and all grades "C-" or higher. Freshmen need a 3.165 quality point average and all grades "C-" or higher.

About Boston College High School

Boston College High School is a Jesuit, Catholic, college-preparatory school for young men in grades 7 to 12. Founded in 1863, the school enrolls approximately 1,500 students from more than 140 communities in eastern Massachusetts. For more information, visit bchigh.edu.

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Financial Aid Resources for College

The fall is a busy time of year if you have a high school senior --so many exciting plans and opportunities! Although with this excitement there is also some trepidation - how will you cover the cost of college? This month's focus is on need-based financial aid.

There are 2 basic types of financial aid:

- Need-based aid consists of grants, work-study, and subsidized loans for financially eligible students. Grants are "free money" that students do not need to repay. The Federal Work-study Program provides an opportunity for a student to obtain a part-time job. Federal student loans will need to be paid back with interest. The office of Federal Student Aid provides approximately \$112 billion to over 13 million students annually.

- Merit awards, also known as non-need-based aid, are determined by individual college admissions' offices. Awards are not based on financial need. Merit awards are given to students who meet the college's requirements that include GPA, class rank, test scores, a specific major, special talent or where the student lives.

Submitting the FAFSA for Need-Based Aid:

- In order to be considered for federal need-based aid, such as, federal grants, work-study, and loans, the FAFSA (FREE Application for Federal Student Aid) must be completed. It provides access to the largest source of financial aid to help families pay for college. The federal FAFSA deadline for the 2023-2024 academic year is June 30, 2023.

- States and colleges also use a family's FAFSA information to award their own grants, scholarships, and loans to eligible students. Their deadlines are usually much earlier. For example, college FAFSA deadlines are generally in the months of October or November of the student's high school senior year. Check out the financial aid section of the college's website. The state deadlines vary - please refer to the studentaid.gov (FAFSA Deadlines).

- FAFSA is available starting October 1st every year. High school seniors attending college in fall 2023 would submit their FAFSA this fall. FAFSA must be re-filed each year.
- Apply as early as possible -on average more federal, state, and college grants are provided to families when the FAFSA is filed early.
- Add a school on the FAFSA list even if there is only a slight chance of applying. It can always be removed later - and potential financial aid won't be missed.
- FAFSA Tip: Three important reasons to fill out the FAFSA form even if qualifying for need-based aid appears doubtful: (1) students may be eligible for unsubsidized federal student loans which have lower interest rates than private loans; (2) federal loans may offer loan forgiveness programs and customized repayment plans; and (3) some colleges require the FAFSA for merit consideration.

What is the CSS Profile form?

- In addition to filing the FAFSA form, approximately 240 colleges also require the CSS profile. The CSS Profile provides a more detailed assessment of a family's financial cir-



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

cumstances which colleges use to determine students' financial aid eligibility. The majority of colleges that require the CSS profile are the private and more selective schools.

- The CSS Profile college list is located on Collegeboard.org.
- Remember to check the college website for their specific CSS deadlines.

Additional Helpful Information:

- **Cost of Attendance (COA)**, or the sticker price, is the amount of money that a student is expected to pay for the college year which includes: tuition, room & board, fees, average cost of books/supplies, transportation cost, and personal expenses. The COA can be found on every college website. Tip: Don't just focus on the COA when considering a specific college -- a student may receive financial aid or merit which would reduce the overall cost.

- **The Net Price Calculator (NPC):** The net price of a college is the total cost of attendance (COA) minus grants and scholarships. Using the NPC calculator

on the college's website will provide an estimated net price for the school year. The NPC can be extremely helpful in determining college cost; however, not all NPCs are created equal - some are better than others.

- **Loans:** In addition to student loans, parent loans may also be necessary. The loan simulator is a handy tool to determine what the estimated monthly costs would be. Parents, along with their student, working through the loan simulator is a great exercise to do together. <https://studentaid.gov/loan-simulator/>

As financial aid is a broad and detailed process, the suggestions/article/tips may not answer all of your questions. If you need more assistance visit the Federal Student Aid website - it is a great resource. Additionally, feel free to contact our office as well. Good luck and enjoy the journey.

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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company



with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

Business spotlight

As for Norfolk and Wrentham in particular, Schadler says they are proud to have many repeat customers and friends in the area. Christine spent her childhood holidays in Norfolk, where her aunt and uncle live, and she learned to blow glass at Luke Adams Glass Blowing in nearby Norwood. The Schadler family also frequents Supercharged in Wrentham, one of her son's favorite spots.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.



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Glenn Brown

Stop!
You'd never take them to a car lot and ask, "What car do you want to drive home today?" Yet, the crazy notion of financing a \$75,000 car for your teen would cost considerably less.

Take control, don't be another victim - The student debt crisis has many sides to blame: government taking over student lending in 2009, unlimited money supply allows schools to raise tuition 5-7% annually and students (plus parents) desire for "brand name" schools on top of college rankings lists.

College Rankings lists are brand marketing - CNBC's latest "Colleges That Pay Off The Most" listed Stanford #1 again, followed by the usual trophy schools - ones kids (and parents) brag about attending. Criteria is based on 10-year earnings of graduates minus college costs.

Sounds noble until you discover costs are calculated based on Average Net Price Tuition for a family income \$48-75K, which for Stanford is \$3,490. Realize

under 1% of 7,083 Stanford undergrads pay this, while 52% pay the full \$55,000 tuition. If cost criteria was tuition paid by majority over 4 years (\$220,000) instead of paid by less than 1% (\$14,000), would Stanford and others even make this list?

"What are you interested in doing for work?" - This is the appropriate question and should be the focus of your teenager.

Share family finances with your teenager and together execute a broad screening of schools based on programs offered to benefit a desired profession. Become educated on Return on

Investment (ROI) using school's data on 5-year earnings per degree (not just the school) and calculate your true costs to attend.

Use Net Price Calculators (NPCs) - Found on a college's website, these are designed to generate your personal cost to attend. You'll share information from tax returns, size of non-retirement investment accounts, children's accounts (i.e. 529s) and for merit scholarship purposes supply GPA, test scores, class rank and activities.

You'll discover if \$55K tuition may be \$34K, \$23K or harsh reality it will be \$55K. Because you've shared available savings, your teen can visualize their debt obligation upon graduation before they get emotionally invested.

The road less traveled yields merit - "Top ranked" schools get thousands of honor roll students applying and willing to pay, so merit scholarships are awarded to those truly moving future rankings.

Same honor roll student discovers a lesser-known college based on a program of interest, engages with a local recruiter, shares financial information, and chooses early decision or early action - here comes the merit.

For these schools to compete, they're willing to invest in your

kid's ability to excel upon graduation, raise the 5 and 10-year earnings of graduates from the program and be an advocate for the college.

Eliminate emotional decisions to raid investment accounts, borrow heavily and/or delay retirement to make your teenager happy, because they won't be. Instead, lead a process that engages them, puts them on a desired career path and provides financial transparency now and in their future.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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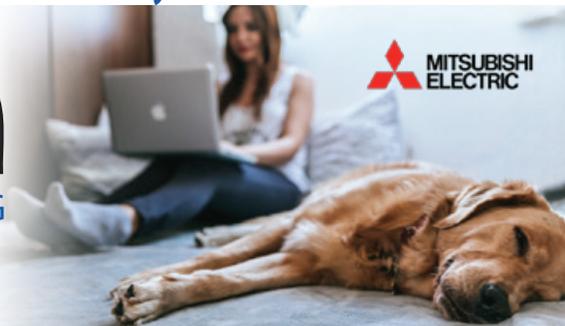
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KP Student Rides PMC, Raises Money by Baking

BY GRACE ALLEN

Isabelle Taylor, age 15, participated in this year's Pan-Mass Challenge (PMC), which took place on August 6 and 7. But her fundraising method was pretty unusual for a young rider: she baked and sold cinnamon buns.

The rising KP sophomore started baking at age 12, and her cinnamon buns were an immediate hit. Calling her fledgling company "Isabelle Bakes," the young Wrentham resident progressed to baking cakes and cupcakes, too, and selling them via her Facebook page and word-of-mouth.

"People really liked the things I baked and I got great reviews," said Taylor. "That was so nice to hear."

When she decided to ride the PMC this year on Team We Will, she thought selling her homemade cinnamon buns was an obvious way to raise money.

"Every time I would put my cinnamon buns on Facebook, they would sell out so fast," she

explained. "So I decided it would be a really good fundraising option because people love them anyway and it would be supporting a great cause."

In one day, Taylor baked and sold 360 cinnamon buns, with the proceeds going to Team We Will.

Team We Will was started six years ago by Ali Fracassa, a family member of Taylor's. Fracassa passed away last year at the age of 44 from colon cancer, but Team We Will bikes on in her memory. This is the first year Taylor rode with the team, which traveled the 50-mile route from Wellesley to Gillette Stadium, and then back to Wellesley. The team raised close to \$50,000 for the PMC this year alone.

Family and friends were at the water stop in Medfield to encourage the team and cheer them on for the rest of their ride.

"It was really fun and definitely a good experience," said Taylor, who is a member of KPHS's student council, and KP

Cares, the school's community service group. "I got so much out of it."

Riders in this year's Pan Mass Challenge could choose between 16 routes that ranged from 25 to 211 miles, across one or two days. This year's ride included more than 6,300 registered riders from around the world with the goal of raising \$66 million for cancer research and patient care at Dana-Farber Cancer Institute in Boston.

Donations to the PMC can be made through October 1. To help Isabelle Taylor's fundraising efforts on Team We Will, visit www.pmc.org. Click on the DONATE tab and enter her name.



Isabelle Taylor sold her baked goods to raise money for the PMC.

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Notable People of Wrentham

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

Helen Keller

Mark Twain once said that the two most interesting people of the 19th century were Napoleon and Helen Keller. Keller's fame has faded a little since then, but the story retains its luster, told and retold in books, articles, and movies.

Helen Adams Keller (June 27, 1880 – June 1, 1968) was an American author, disability rights advocate, political activist, and lecturer.

Born in West Tusculum, Alabama, Keller lost her sight and hearing as a toddler and withdrew into a dark world where she couldn't communicate with others or understand what was going on around her. She then communicated primarily using home signs until the age of seven when she met her first teacher and life-long companion, Anne Sullivan. Ms. Sullivan, a nearly



Helen Keller with Annie Sullivan. Photo courtesy of the Wrentham Lions.

blind 20-year-old graduate of Perkins Institute for the Blind in Watertown, went to Alabama to be Helen's tutor, and she eventually broke through to Helen by

signing letters into her hand. She also learned how to speak and to understand other people's speech using the Tadoma method.

Far less well known, though, is Keller's connection to Wrentham. When Helen Keller and Annie Sullivan first came to Wrentham in 1897, they stayed at Red Farm at 430 Franklin St., the home of Edgar Chamberlain, a literary critic for the Boston Transcript.

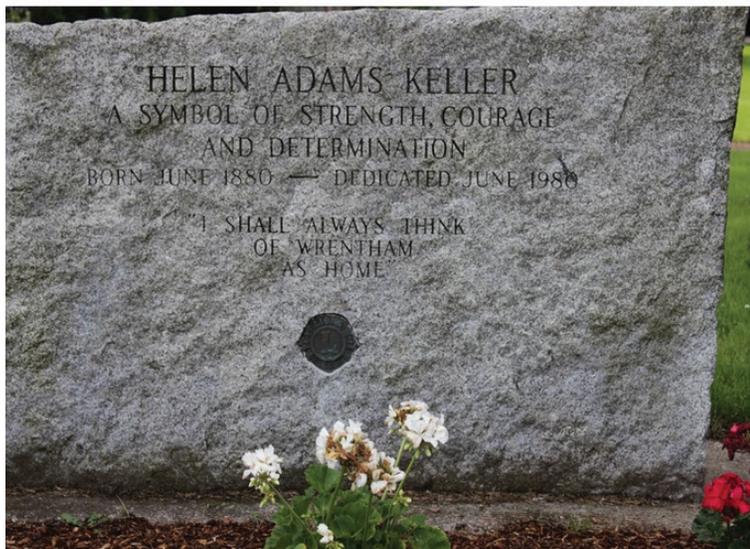
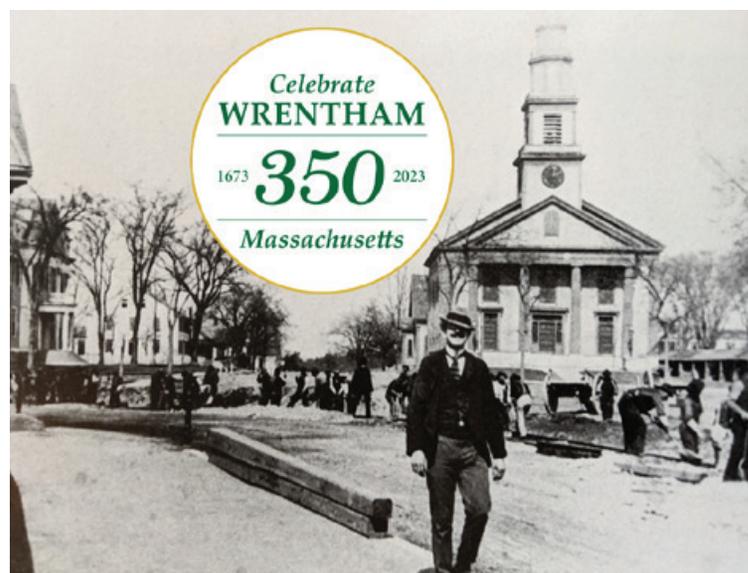


Photo courtesy of the Historical Marker Database.



After Helen graduated from Radcliffe in 1904, she bought a house in Wrentham, at 349 East St., and she lived there with Sullivan and John Macy, who married Sullivan. Keller stayed until 1917, when the house had to be sold because she ran out of money.

Keller loved Wrentham. "I shall always think of Wrentham as home," she was quoted as saying.

Submitted by Cheryl Sabin Hobbs from the Wrentham Lions Club. Additional sources: Matt McDonald, Boston Globe correspondent, March 7, 2004.

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Why Now is the Best Time to Buy Life Insurance

Local Insurance Expert Recommends Putting a Financial Safety Net in Place

The current economy continues to put financial strain on many of us. So it just makes sense to examine our budgets and look for ways to trim the fat from our monthly expenses and put more into savings, if possible.

“That’s a great way to help stabilize your finances, but it’s also important that you have a financial safety net in place in case something were to happen to you,” says Jeffrey N. Schweitzer, EPA, CEP, ATP, RTRP, a Tax, Insurance & Financial Services Professional with Northeast Financial Strategies Inc in Wrentham. “Life insurance is one of the few guarantees your family could rely on to maintain their quality of life if you were no longer there to provide for them.”

There are 95 million adult Americans without life insurance, according to LIMRA, an insurance industry research group. “The fact is, the vast majority of Americans need life insurance and, sadly, most people either have none or not enough,” says Schweitzer. “If someone depends on you financially, you need life insurance. It’s that simple.”

September is Life Insurance Awareness Month, making it the perfect time to take stock of your life insurance needs. Schweitzer offers three additional reasons why now is the best time to look into getting life insurance.

You’ll never be younger than you are now. While that may sound obvious, youth is on your side when it comes to life insurance. It makes good financial

sense to get coverage when you’re young and healthy, as premiums are based on your age and health. For most policies, your premiums will be locked in at that rate over the life of the policy, and can’t be raised due to a change in your health status.

It’s affordable, with rates near historic lows. People overestimate the cost of life insurance by nearly three times, according to a recent study conducted by LIMRA and the LIFE Foundation, a nonprofit insurance education organization. In fact, life insurance rates remain near historic lows; the cost of basic term life insurance has fallen by nearly 50 percent over the past decade. For example, a healthy 30-year-old can buy a 20-year, \$250,000 level-term policy for about \$13 per month.

Life happens. One day life is going along smoothly, and the next, you’re thrown a curve ball. No one knows what the future holds. None of us expect to die prematurely, but the truth is roughly 600,000 people die each year in the prime of their lives. That’s why today is always the best day to take care of your life insurance needs.

“Life Insurance Awareness Month is the ideal time for a life insurance review,” says Schweitzer. “I urge everyone to take a few minutes out of their busy schedules this month to make sure they have adequate life insurance protection.”



LIFE INSURANCE AWARENESS MONTH

According to Schweitzer, consumers can get a general sense of their life insurance needs by going to www.lifehappens.org/lifecalculator and using the online calculator offered by the LIFE Foundation. The next step, suggests Schweitzer, should be to contact a local insurance professional, who can conduct a more comprehensive needs analysis and help you find the right products to fit your specific needs and budget.

About Life Insurance Awareness Month

Held each September, Life Insurance Awareness Month is an industry-wide effort that is co-

ordinated by the nonprofit LIFE Foundation. The campaign was created in response to growing concern about the large number of Americans who lack adequate life insurance protection. Roughly 95 million adult Americans have no life insurance, and most with coverage have less than most insurance experts recommend. For more information on life insurance, visit LIFE’s website at www.lifehappens.org

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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Girl Scouts Travel to London

Four girls from Wrentham/Plainville Girl Scout Troop 789 recently traveled to London on an Education First (EF) tour with a group of Girl Scouts from Massachusetts and Rhode Island. Skyler Barry, Isabel Becker, Gillian Comeau and Amelia Richter, all juniors at King Philip High School, embarked on this once-in-a-lifetime trip with their troop leader Tricia Barry.

They started their trip by riding the London Eye and visited Buckingham Palace, shopped at Piccadilly Circus, toured the Tower of London, explored several incredible museums, and followed the trail on a Jack the Ripper tour. The girls cruised the Thames, walked by Big Ben many times, and became experts riding the tube. The Girl Scouts also visited Pax (Peace) Lodge, one of the five international Girl Scout World Centers, and took part in a special pinning ceremony.

Because this was a STEM tour, the girls engaged in several hands-on science and engineering activities including a forensics lab led by a female Scotland



From left, Amelia Richter, Gillian Comeau, Skyler Barry, and Isabel Becker, at Stonehenge.

Yard detective, a visit to Bletchley Park, and on the way to see Stonehenge, an engineering activity that focused on moving and raising bales of hay.

The girls’ favorite activities were exploring the city on foot and trying different international foods (although they did not care for the lukewarm beverages and no ice!).

“I’m proud of these girls and am glad we were able to pack so much into one week. I hope we have the opportunity to travel again one more time before graduation,” shared Troop leader Tricia Barry.

There are seven other girls in Troop 789 and all eleven have made a pact with their leader to keep the troop together through high school.







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MA Legislature Announces Gas Tax Relief Rebate Program

Taxpayer Energy and Economic Relief Fund to provide one-time rebates to eligible MA residents

The Massachusetts House and Senate recently announced their intention to create the Taxpayer Energy and Economic Relief Fund, an initiative to bring immediate financial relief to Bay Staters amidst rising gas prices and inflation.

The fund will provide one-time rebates of \$250 for Massachusetts taxpayers who filed an individual return in 2021, and \$500 for taxpayers who filed joint returns. Eligibility will be determined by annual income reported in 2021. Individual filers who reported earning between \$38,000 and \$100,000 will be eligible, and the maximum reported income level increases to \$150,000 for joint filers. Massachusetts taxpayers will receive this rebate before September 30, 2022. Bay Staters earning less than \$38,000 received \$500 checks to offset increased costs of living earlier this term.

This type of relief program was first proposed by State Senator Becca Rausch (D-Needham) as a budget amendment in the FY '23 budget debate last month. Her legislation, the People's Gas Price Relief Program, was modeled after a similar proposal in California and aimed to provide Bay Staters with a \$200 rebate, covering the average value of a gas tax suspension for at least an entire year. The amendment garnered bipartisan support during budget deliberations.

"People are hurting – struggling to keep the lights on and put food on the table – and skyrocketing gas prices aren't helping," said Senator Becca Rausch. "Massachusetts residents deserve immediate financial support through these difficult times, and I am proud and honored that my policy proposal to offset high gas prices will put money back in Bay Staters' pockets without

making them wait a year or more to realize the full benefit."

"Whether it is the rising price of gas, groceries, or summer clothes for kids, the Massachusetts Legislature has heard loud and clear that increased costs due to inflation have cut into family budgets," said Speaker of the House Ronald J. Mariano, Senate President Karen E. Spilka, House Ways & Means Chair Aaron Michlewitz and Senate Ways & Means Chair Michael J. Rodrigues in a statement. "These rebates represent the Legislature's commitment to delivering immediate financial relief directly to residents of the Commonwealth, rather than to large oil companies that continue to profit off economic uncertainty and international conflict, and follow our efforts to provide \$500 in premium pay for lower income front-line workers during the pandemic. As we recognize

the need for structural change as well, we continue to work on potential changes to the tax code with the goal of providing additional relief to residents."

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk,

North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Senator Rausch serves as the Senate Chair of the Joint Committee on Environment, Natural Resources, and Agriculture and the Senate Vice Chair of the Joint Committee on State Administration and Regulatory Oversight.

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Guest Column

Are We Slipping into Anarchy?

By G. GREGORY TOOKER

The symptoms are beginning to appear all around us, but many people are oblivious to them. They are both subtle and blatant. It seems impossible that the most successful democracy in the history of mankind could weaken to the point of its destruction. But unwanted events have a habit of creeping up unobserved in the tall grass when the sentinels are distracted.

When election officials are intimidated into resigning their roles and are replaced by those who are willing to reject mail-in ballots on questionable grounds, the electoral process is in jeopardy. When conspiratorial social media pundits stir the ire of followers who rely on a single source of political information, the value of the free press is lost. When state laws permit citizens to openly carry handguns, increasing the probability of fatal errors in judgment or having weapons seized by those intent on doing harm, the weapons of anarchy are literally within arm's reach.

Anarchy is defined as a state of disorder due to the absence or nonrecognition of authority or other controlling systems. One of its most

prominent characteristics is lawlessness. Some examples of such are easily identified in today's environment, the most obvious of which occurred on January 6, 2021 when hordes of insurrectionists stormed the walls and halls of the capitol building. Armed attacks on federal and local law enforcement agencies and personnel are another. But we should not overlook examples occurring everyday within our own neighborhoods. Drivers routinely exceed posted speed limits with increasing frequency and fail to yield to pedestrians in crosswalks, their anger broadcast via long blasts on their horns and illegally noisy vehicle exhaust systems. People are perpetually on slow burn, ready to lash out and vent their frustration.

Yielding to temptation to flout the law and civilized behavior in general is self-defeating; it will accelerate the descent into chaos, costing everyone dearly. National legislation recently enacted in Washington, D.C. gives us all reason to be more optimistic about the future. We need to focus on the positive and restore the art of compromise. In reality, there is no alternative.



FSPA Welcomes New Faculty

The Franklin School for the Performing Arts will welcome two new faculty members this fall.

Pianist Seungok Lee comes to FSPA from several countries. In her native Korea, she earned her bachelors degree in music from Youngnam University in Daegu where she became the staff accompanist for the Daegu City Opera Company. Enrolled in the Giuseppe Verdi Conservatory in Milan, Italy, she then spent six years earning a diploma in piano performance and in harpsichord performance. She followed this by enrolling in Oberlin College Conservatory, in Ohio, where she was awarded an Artist Diploma in early music. Moving to Boston, Ms. Lee earned a performance diploma and a masters in music degree in early music at the Longy School of Music and a masters of music in early music at Boston University. She has performed numerous recitals in Milan, Ohio, and Boston and she has worked with or accompanied several artists in the Boston area. She is currently on the faculty of the Boston Arts Academy.

Christopher Phillips joins Ballet Franklin, FSPA's pre-professional ballet conservatory program. Phillips teaches classical dance using the Vaganova syllabus and is dedicated to providing the best classical ballet education for young and adult dancers; passing on the classical art-form through foundation, discipline, and artistry. Christopher has been teaching classical dance for over 15 years and is certified to teach all levels in the Vaganova

system, pointe work, and partnering. Additionally, FSPA alumna and current teacher Victoria Collins has received her American Ballet Theatre certification in pre-primary through Level 3. She will begin teaching children's ballet levels this fall.

The FSPA Voice Faculty welcomes back Lizzy Stant for her first full school year. Stant, Soprano, received a master of music degree in vocal performance and pedagogy from the New England Conservatory of Music. A classically trained coloratura, she has experience with opera, musical theater, jazz, and pop. Passionate about performing new music, Stant has commissioned three new pieces in the past year for Lili Tobias, Thomas Whitman, and Ian Weiss. A member of the National Association of Teachers of Singing, Stant believes that music education is a powerful way to bring people together, build self-confidence, stay mentally and physically healthy, and have fun.

Current Drama Faculty member Kim Frigon will add the Creative Movement program to her schedule, instructing FSPA's youngest pre-school dancers. Frigon directs children's plays and young student musicals and teaches both musical theater and acting classes at FSPA.

For information on FSPA's programming and to read the bios of all faculty members, visit FSPAonline.com. FSPA is located at 38 Main Street in Franklin, MA and can be reached at 508-528-8668. Follow on Facebook and Instagram for more updates.



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Meet Norfolk's New COA Director

BY GRACE ALLEN

A familiar face has taken over the helm of the Norfolk Council on Aging.

Karen Edwards started in her official capacity in July after the previous director, Sherry Norman, retired. Edwards is no stranger to the Senior Center, however. She served on the Council on Aging Board for the last three years and she has called Norfolk home for most of her life.

Edwards was the Program Manager of Volunteer Services at Natick's Senior Center, where she's worked since 2011, and she brings a wealth of diverse experience to her new role. At Natick's COA, she was responsible for coordinating the volunteers for the center's numerous activities and programs, including Meals on Wheels. She also ran the property tax work-off program for seniors.

She is trained in evidence-based programming like Powerful Tools for Caregivers and is a certified trainer for UCLA's Memory Training program, which teaches memory enhancing techniques and practical strategies to boost memory functioning.

Edwards says she has always enjoyed working with seniors and has developed a deep understanding of their unique needs. Her parents were 52 and 42 when she was born, so she was surrounded by older people while growing up. As her parents aged, she became their caretaker, all while working for Natick's COA.

"I could appreciate the things I saw my parents go through and the things I could



Karen Edwards is Norfolk's new Council on Aging Director.

help them with," Edwards said. "So many times I thought, wow, if I didn't work in senior services, I wouldn't know about the services available for them."

Now she is tasked with managing and promoting those services for Norfolk's older residents. As the COA director, she oversees the center's physical building as well as its programs, outreach, and budget.

"I see my role as making life better for the senior citizens in Norfolk," said Edwards. "And I just enjoy being around people, which is also what you need to do this job."

One of Edwards's goals is to grow the center's volunteer programs. Some ideas include recruiting people to perform simple jobs for seniors, like putting in air conditioners—basic chores that older people could do on their own when they were younger but cannot anymore.

"It's another way to help keep seniors in their homes, which is what most people would prefer," explained Edwards. "Similar to the Meals on Wheels program."

Natick's COA ran a fall-raking program, which Edwards would like to start in Norfolk, too. Volunteers in Natick—Scouts, church groups, and high school service groups, among others—are paired up with seniors who can no longer rake their own yards.

Edwards, 58, also hopes to introduce more baby boomers to COA programming. That demographic, born between 1946 and 1964, has different needs and interests than other senior generational groups.

"I love the seniors here and I want to continue all the programming they enjoy, but I'd also like to attract some younger seniors we don't see a lot of," she said. "They have a lot to offer and they want to use their experience and knowledge to give back and remain relevant."

Edwards, who studied sociology and social work in college, is currently attending UMASS Boston, working towards a master's degree in Management of Aging Services. She and her husband have two daughters, ages 26 and 23.

As a member of the sandwich generation, Edwards is uniquely poised to understand the needs of both seniors and the families struggling to care for them. Before she passed away in 2018, her own mother spent time at the very center Edwards is now in charge of.

COVID has introduced many challenges to community-based organizations but Edwards says her objective is to get more seniors to feel safe enough to return to Norfolk's senior center while also encouraging new people to come and check it out. She notes that the center offers classes like yoga, meditation, and tai chi—programs that might appeal to younger seniors, too. Some of those programs are hybrid.

She also wants people to know that the COA can help families struggling, sometimes from afar, to take care of a senior.

"We're here to help," Edwards said. "Call and talk to us and we can connect you to services you might not be aware of. People might not think of us as a resource, but we are."

Visit the Council on Aging page on the town's website (norfolk.ma.us) for more information about the Senior Center, including its programs and the latest newsletter. You can also call the Senior Center at 508-528-4430 and ask to be put on the email or paper mailing list, or drop by in person to pick up a newsletter. The Senior Center is open Monday through Friday, 9 a.m. to 4 p.m.

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New Teacher Attends Prestigious Program at National Air and Space Museum

BY GRACE ALLEN

Maggie Wile took a great leap of faith last year. She left a lucrative, decade-long career in finance and decided to become a middle-school science teacher after just three days of substitute teaching. Turns out it was a good choice for the Norfolk resident.

This past spring, Wile was one of twelve teachers chosen out of hundreds nationwide to participate in the Teacher Innovator Institute (TII) professional development program, which was held July 11 to 22 at the National Air and Space Museum (NASM) in Washington, D.C.

In the highly selective program, TII teacher-scholars focus on exploring the connections between STEM/STEAM education and authentic learning, a multi-disciplinary instructional approach of engaging learners by solving real-world problems. Object-based learning, which encourages close observation and

critical thinking, was a focal point during the two weeks.

The TII experience was inspirational and exciting, says Wile, who teaches eighth grade science at Foxborough Regional Charter School, a K-12 school.

"I'm going into my second year of teaching and I have so much to learn," she said. "It's going to be another big year for me and focusing on object-based learning in this program was a big step. I was inadvertently doing that in my teaching last year but didn't really know what it was called and didn't know how to implement it. Now, having more instruction around it, I know it's going to be very impactful for my students."

Wile's parents were both educators, and she thought she would become one too, but instead ended up in finance after college. The desire to become a teacher was always in the back of her mind, however. She and her



Maggie Wile.

husband have a small child, and last year she realized her work-life balance was non-existent.

"I wasn't happy and was lucky enough to be able to step away and consider my next move," Wile explained. "Three days in to substitute teaching and I quickly realized this was where

I was meant to be and this was what I was meant to be doing."

She got her emergency teaching license right away, and then took the official licensure exam and passed.

Wile, 39, says she has always loved science, and her undergraduate degree was in kinesiology. When the opportunity came up to sub in an eighth-grade science class, she thought she might enjoy the experience. She was right.

"I like that I get to be goofy to engage the kids, and have fun with it," Wile said. "You can get messy with science."

The TII program is a fully funded two-year program. When Wile returns to NASM next summer, she will help mentor a new cohort of educators.

Each participant in the program receives a total of \$5,000 across the two years, with the goal to create and work on the objectives in a personal professional development plan (PDP). Teachers can use the money to attend professional development programs in their profession—they typically have to pay out of pocket to attend—or to outfit their classrooms with materials or supplies to enhance learning for their students.

Wile plans to use at least some of the funds towards building out a classroom science library, to supplement the curriculum for her students. The charter school

does not have a dedicated library for students. Her overall goal, however, is to create a more solid curriculum for the entire middle school science program, which has suffered from educator turnover due to the pandemic. Wile says she has support from her principal, as well as mentoring from a colleague at the charter school with close to 20 years of experience.

As a new, second-career teacher, Wile's contagious enthusiasm likely will play a key role in achieving her objectives, which also include boosting the STEM alignment between the charter school's middle and high school.

The two weeks in Washington this summer made her goals that much more possible, says Wile.

"There was so much to learn from everybody," she said. "We had 30-year professionals all the way down to myself and another first-year teacher. I took full advantage of learning from everybody, and they did a great job of balancing education and instruction and growth, as well as networking and building really strong friendships, which is pretty neat. It really was a fantastic experience."

For more information on the Teacher Innovator Institute, visit <https://airandspace.si.edu/learn/educator-resources/teacher-innovator-institute>. Applications for 2023 open up in November.

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SCAN TO WEB

Drought Continues in Wrentham

The town of Wrentham recently moved from a Level 2 -Significant Drought to a Level 3 -Critical Drought.

As of Aug. 9, the Energy and Environmental Affairs (EEA) Secretary Bethany Card declared a Level 3 – Critical Drought in the Connecticut River Valley, Central, Northeast and Southeast Regions, according to the Mass.gov website.

The restrictions of a level 2 Significant Drought include limiting outdoor water past or handheld hoses before 9 a.m. or after 5 p.m.

For regions in a Level 3 Critical Drought the Massachusetts government states that affected areas must ban all non-essential water use and limit overall water use.

Three Firefighter Recruit Classes Graduate from Firefighting Academy

Wrentham Firefighter one of 61 Recruits Representing 39 Massachusetts Fire Departments

State Fire Marshal Peter J. Ostroskey and Deputy State Fire Marshal Maribel Fournier, acting director of the Massachusetts Firefighting Academy (MFA), announced on August 5 the graduation of 61 firefighters from the Massachusetts Firefighting Academy. Graduates completed the 50-day Career Recruit Firefighting Training Program at three campuses: Class #303 trained at the Stow campus, Class #S28 trained at the Springfield campus and Class #BW21 trained at the Bridgewater campus.

Wrentham Firefighter Ahmer Kidwai, Class #S28, was one of the graduates.

“First responders are on the frontlines protecting their communities, and these newest firefighters are needed now more than ever,” said State Fire Marshal Ostroskey. “The rigorous professional training they’ve received provides them with the physical, mental, and technical skills to perform their jobs effectively and safely.”

Basic Firefighter Skills

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple-room structural fires. Upon successful completion of the Recruit Program all students have met the national standards of National Fire Protection Association 1001 and are certified to the level of Firefighter I and II, and Hazardous Materials First Responder Operational Level by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.

Today’s Firefighters Do Far More than Fight Fires

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At the Massachusetts Firefighting Academy, they learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive, 10-week program for municipal firefighters involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

The MFA, which marked its 50th anniversary last year, provides recruit and in-service training at three separate campuses and has graduated nearly 14,000 firefighters in more than 430 classes.



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Bellforge Arts Center Announces Fall Dance Festival

The Bellforge Arts Center announces a fall Dance Festival on Sunday, Sept. 11, from noon to 5 p.m. This free event will showcase performances by Festival Ballet Providence, Pantos Project, BoSoma Dance Company, and more, plus interactive workshops in a variety of dance forms including Hawaiian hula, Irish jig, Simdaca Moov (African fusion), and others. Plus, attendees can browse our Dance Open House booths to learn more about area dance studios, companies, available classes from preschool to adult, and dancewear products. This family-friendly event is open to all. For more information, visit <https://bit.ly/BellforgeDance>.

The Bellforge Dance Festival is one of many free concerts, festivals, and events organized by Bellforge for the summer. Attendees are invited to bring a blanket or lawn chair to enjoy this outdoor event. For more information about the Bellforge Arts Center, including a schedule of



upcoming programs and events, please visit www.bellforge.org.

The Bellforge Arts Center is a new multi-arts complex being built on the grounds of the former Medfield State

Hospital to support artists, expand cultural opportunities, and nurture the creative community. Bellforge currently offers outdoor concerts, festivals, and community events, along with over 200



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The Pumpkins Are Coming in October!

St. John Episcopal Church's 3rd Annual Pumpkin and Gourd Sale will run the entire month of October, from Sunday, October 2 through Sunday, October 30.

The church will have a large assortment of pumpkins and gourds on the front lawn of the church, located at 237 Pleasant Street in Franklin. Visitors can shop Monday through Friday from 4 to 6 p.m., Saturdays from 10 a.m. to 4 p.m., and Sundays from noon to 4 p.m. It's a great photo opportunity for kids and families!

You can feel good about purchasing St. John's pumpkins because they are grown in a region of New Mexico with 42% unemployment, providing jobs for Navajo people. The pumpkins are grown using sustainable agricultural practices that help benefit the environment, too.

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Tri-Town Police Departments Launch Co-Response Jail Diversion Program

The Norfolk, Plainville and Wrentham Police Departments have partnered with Advocates to launch a Co-Response Jail Diversion Program which will connect those with mental health or substance use conditions to needed services.

The Co-Response Jail Diversion Program (JDP), operated by

Advocates in partnership with the police departments, aims to re-direct individuals committing non-violent offenses from the criminal justice system to more appropriate community-based behavioral health services. The program is funded through a grant from the Department of Mental Health.

As part of this program, the JDP pairs specially trained crisis clinicians from Advocates with police officers at the Norfolk, Plainville and Wrentham Police Departments. Co-Response clinicians will provide residents

TRI-TOWN POLICE
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Living Healthy

Decades of Service to the Community and 2 New Providers

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that we have grown to a dedicated group of 8 physicians and Optometrists. In September of 2022 Dr. Purvi Patel, OD will join our team in our state-of-the-art medical offices in Franklin, Milford and Millis. Dr. Patel is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr. Bryan Hong will also join our team as our practicing vitreo-retinal specialist. Dr. Hong will see patients every Monday in our Franklin office.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50, we are proud

to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No more need to travel miles and hours to have cataract surgery! Three experienced eye physicians/ surgeons and 4 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel for eyecare to far away practices and surgery centers, be aware of this provider financial bias and call us for a second opinion.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at University of Rochester and his fellowship

in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of his trainees are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world including University of New York, Stanford University and University of Wisconsin, Madison. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With spe-



cial interest in cataract surgery, Dr. Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy was the first surgeon in the area to offer bladeless laser-assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford.

Dr. John Hatch is the only fellowship trained pediatric ophthalmologist in the area, and is a skilled surgeon with training in the latest techniques for straightening misaligned eyes. Dr. Hatch earned bachelors and master's degrees in engineering from Boston University and Dartmouth College. He completed his medical degree at the University of Massachusetts Medical School in 1988, followed by residency in Ophthalmology at Yale-New Haven Hospital and fellowship in Pediatric and Neuro-ophthalmology at Duke University. Returning to his home state in 1993, Dr. Hatch joined the Milford-Franklin Eye Center where he focuses on comprehensive pediatric and adult ophthalmology and adult strabismus.

Dr. Bryan Hong is our practicing vitreo-retinal specialist. Dr. Hong is a graduate of Yale College and Yale School of Medicine. He completed his ophthalmology residency at the University of Southern California Eye Institute and the Doheny Eye Institute in Los Angeles, CA. He then went on to complete an intensive vitreo-retinal disease fellowship at the Wills Eye Hospital in Philadelphia, PA. Dr. Hong will be providing retina care in our practice starting September 2022, and specializes in eye surgery, laser surgery, and diseases of the retina, including macular degeneration, macular diseases, vitreo-macular interface abnormalities, retinal vascular

diseases, diabetic retinopathy, trauma, retinal detachments, uveitis, and cataract complications. His research interests include retinal imaging, novel surgical techniques, and medical cost-efficacy analyses.

Dr. Perriello Consigli received her Bachelor of Science degree from Clark University in 1987. She went on to earn her Doctor of Optometry degree from New England College of Optometry in 1991. Dr. Consigli has over twenty five years of experience, spending several years in private practice. In February 2019, Dr. Consigli joined Milford-Franklin Eye Center. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye disease.

Dr. Adams, graduated from John Carroll University, Bachelors of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from The Ohio State University in 1997. In 2003 he received his Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease and laser refractive surgery.

Dr. Mai-Khuyen Nguyen joined Milford-Franklin Eye Center from the New England Carpenters Benefit Fund - Vision Center, where she served as Head of Optometry. She has over 10 years of experience in comprehensive eye exams for adult, geriatric, pediatric, and special needs populations. Her experience includes performing contact lens fitting and managing contact lens complications. Dr. Nguyen is also experienced in glasses fitting and lens edging. Her charitable activities include participating in Boston Cares program and the Boston Special Olympics.

Dr. Donald L. Conn, OD will join our team in our state-of-the-art medical offices in Franklin, Milford and Millis starting August 2022. Dr. Conn is a comprehensive optometrist offering the



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EYE

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Living Healthy

I Thought Only Faucets Had Leaks

Leaky gut syndrome is a condition that affects the integrity of the gut lining which normally serves as a barrier of the intestines. It can also be called “intestinal permeability,” which occurs when the gut wall becomes damaged allowing compounds to enter the bloodstream that normally shouldn’t. For example, partially digested proteins and fats may seep through the intestinal lining making their way into the bloodstream which causes an allergic response.

One of the biggest warning signs of a leaky gut is that you are experiencing multiple food

sensitivities. Other symptoms include: bloating, thyroid conditions, fatigue, joint pain, headaches, skin issues and weight gain. If left untreated for a long time, leaky gut can lead to IBS, arthritis, eczema, psoriasis, depression, anxiety and muscle pain. This can lead to malabsorption of vital minerals and nutrients including magnesium, zinc, iron and vitamins D, B12 and others.

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Dr. Rochelle Bien & Dr. Michael Goldstein

helped Dana to resolve her digestive issues.

If you are experiencing these symptoms and are ready to start on your journey to health, call the HOLISTIC CENTER AT BRISTOL SQUARE at 508-

660-2722 and set up your appointment with Dr. Rochelle Bien or Dr. Michael Goldstein today.

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EYE

continued from page 18

latest in comprehensive eye care for the entire family. Dr Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He has completed a residency in ocular Disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center and South Boston Community Health Center. Dr Conn will join our team in August of 2022. He is experienced in providing care to patients of all ages including adults, geriatrics and pediatric populations. Outside of work Dr Conn enjoys long distance running and spending time with friends and family.

Dr. Purvi Patel, OD originally from the tri-state area, received her bachelor’s degree from The College of New Jersey in 1996 and her Doctor of Optometry from the State University of NY College of Optometry in 2000 through a joint accelerated B.S.-O.D. program. She then completed a residency in Ocular Disease and Special Testing. In 2003, Dr. Patel joined the New England College of Optometry as Clinical Assistant Professor. Through her role as Director of

Eye Care Services at Whittier Street Health Center and then The Dimock Center, one of the largest community health centers in Boston, Dr. Patel brings with her teaching and leadership experience. She is a Fellow of the American Academy of Optometry, with a history of publishing, presenting and lecturing. During the last 10 years, Dr. Patel has transitioned to direct care and worked in collaboration with ophthalmology. Most recently, Dr. Patel completed a postdoctoral certificate for the treatment & management of glaucoma. Dr. Patel has clinical interests in diabetes, glaucoma, community-based eye and vision care, public health & epidemiology. Dr. Patel currently lives in Dover, MA with her husband and 3 daughters. She enjoys traveling abroad, reading and tennis.

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Sports

KP Sports: AD Optimistic About Warriors For 2022-23

Brown Pleased with Previous Year Results

By KEN HAMWEY
STAFF SPORTS WRITER

Gary Brown, who's beginning his sixth year as King Philip Regional's athletic director this month, was pleased and proud of the results and achievements that student-athletes turned in during the 2021-22 school year.

The Warriors' list of successes included four Hockomock League championships, two state tourney runners-up, and four teams that earned sportsmanship awards that led to KP tying North Attleboro for the league's overall sportsmanship trophy.

The Hockomock League champs included softball, girls tennis, girls volleyball and golf. The two teams that fell one victory short of achieving state championship status were football and baseball. And, the four squads that captured sportsmanship honors were girls cross-

country, boys and girls spring track and girls tennis.

"We're very proud of being co-winners of the sportsmanship award," Brown said. "Our overall success at the league and state levels is impressive but it's still all about learning valuable life lessons. We always strive to compete at a high level in athletic venues but it's so rewarding to see athletics play a role in turning out positive adults."

The 47-year-old Brown indicated that 20 student-athletes will be competing at the collegiate level in the year ahead. And, he singled out Sydney O'Shea and Charlie Grant, KP's male and female athletes of the year.

O'Shea ran spring track and cross-country and played ice hockey while Grant competed in football and basketball. Sydney is attending Bryant University and Charlie is at New Hampton Prep. "Both Sydney and Char-



Gary Brown is in his sixth year as KP's athletic director.

lie are very impressive young adults," Brown said. "They're true leaders."

The role that high school athletic directors play once had some glory and glamour linked to the position but nowadays it's all about scheduling games and practice times, coordinating transportation, hiring and evaluating coaches, maintaining fields and facilities, monitoring pandemic regulations, communicating with the Mass. Interscholastic Athletic Association (MIAA), dealing with complaints, and ensuring that referees and umpires are assigned. "We also oversee registrations, physicals and eligibility," Brown said.

Three areas where Brown saw quality results were in enrollment/participation, the hiring of new varsity coaches and the school's fields and facilities.

"Participation in sports increased by 10 percent over last year," Brown noted. "And, 400 student-athletes competed in each of the three seasons. I was pleased with those numbers. Our objective is to ensure that students enjoy a positive experience no matter what level they're at and we'll continue to offer as many sports at whatever levels that students request."

Three new varsity coaches were hired — Jeff Miskiewicz (girls basketball), Matt Barker (boys tennis) and Charlie Weiblen (Alpine skiing). The girls basketball team and the boys tennis squad qualified for the playoffs and both teams split a pair of tourney games. "They did a top-notch job," Brown said. "The girls basketball team defeated Plymouth South then lost to Wachusett. The boys tennis

squad downed Chicopee but lost to Westboro. And, Charlie did a nice job with the ski team that competed in the Central Mass. League."

KP's athletic fields and facilities, according to Brown, "are all in good shape and don't need any upgrades at this time." Brown lauded the school's grounds crew, saying "they do a fabulous job maintaining first-class facilities."

For the 2022-23 year, two coaching vacancies needed to be filled — field hockey and boys ice hockey. Replacing Lisa Cropper in field hockey is Kaitlyn Wilder, who has been coaching in the KP lacrosse program since 2018 with her sister Kournie. Wilder played field hockey and lacrosse in college at Plymouth State and graduated in 2017. She graduated from Framingham High School where she played field hockey, lacrosse and ice hockey. The new boys ice hockey coach, who will replace Paul Carlow, has yet to be announced.

Brown likes the state of KP sports and he has high hopes for the year ahead.

"We're in a great situation where our student-athletes are competing at the highest level and they're still having fun facing intense competition," he emphasized. "My hope for the new school year is to return to pre-pandemic standards for all athletes who represent King Philip. The last two years were challenging but they also were rewarding because our students were able to compete and we were able to offer many of the activities on our sports menu."

The attributes that so often enable an athletic director to be successful are patience, being calm under pressure, able to prioritize daily tasks, able to relate to students, coaches and parents, and providing support for athletes and coaches.

"What I like about being an athletic director is the interaction with people," Brown said. "That includes the student-athletes, coaches, administration, parents and teachers. Sure, we get complaints but the vast majority of the people in the three communities we serve are wonderful supporters of our student-athletes."



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Sports

KP 14U Team Makes Noise in the World Series

By CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

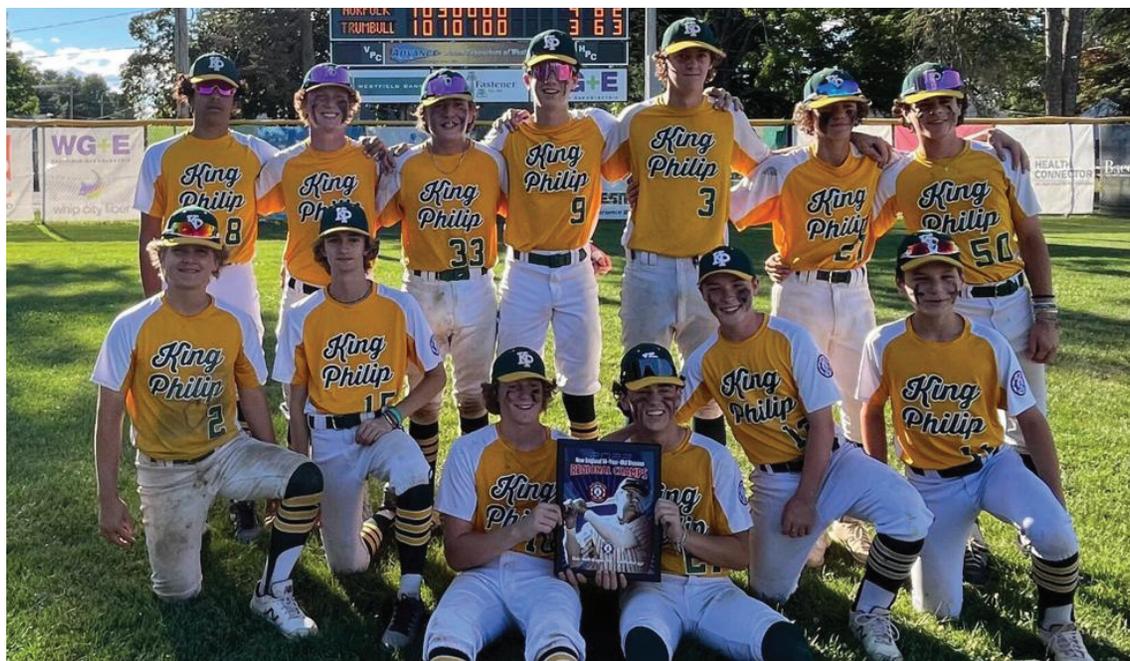
The King Philip 14U baseball team defeated Trumbull, Connecticut to capture the New England Regional Babe Ruth Tournament and in doing so punched their ticket to Williston, North Dakota. King Philip, which is chartered under the Norfolk Baseball Association, was one of ten teams from across the country that qualified to participate in the Babe Ruth World Series.

The King Philip team traveled to North Dakota on Wednesday August 10, took part in the opening festivities on the 12th, and started pool play on the 13th. The eleven-day tournament wrapped up with the crowning of the World Series Champion on the 20th.

The tournament format started with two pools of five teams, with each team playing all the teams in their pool once. The top three teams from each pool moved onto the next round. The top teams from each pool earned a bye while the second and third place teams crossed over into the other pool to take part in the quarterfinals. The winners advanced to the semifinals against the two pool champions with the winners of those games squaring off for the Babe Ruth World Series title.

In pool play, King Philip ran off four straight wins to earn the top seed in the American Division. They opened with a 2-0 shutout of the Ohio Valley champion (Eau Claire, Wisconsin), pounded the host team (Williston, North Dakota) 16-2 in a game limited to five innings, eased past the Middle Atlantic champion (Mifflin County, Pennsylvania) 7-4, and rolled over the Midwest Plains champion (Fargo, North Dakota) 10-4.

In winning their four games, King Philip rode the arm of pitcher Vincent Menendez, who posted two complete 7-inning games, one of them being the shutout in the opener. Menendez and the rest of the pitching staff, combined with timely hitting, solid defense, and good baserunning, made King Philip one of the favorites for the title once the knockout round started.



KP's Boys of Summer - New England Champions and World Series Semifinalists.

King Philip's undefeated pool play record gave them a bye into the semifinals. There they faced the Southeast champion (Tallahassee, Florida), who finished second in the National Division in pool play. After falling behind 3-0 early, King Philip roared back to tie the game and send it to extra innings. In the eighth inning, Tallahassee managed to push across the go-ahead run.

King Philip, however, would not go down without a fight. Once again, they used clutch hitting and good baserunning to tie the game and had the winning run on third before their rally died out. In the ninth, Tallahassee turned a couple of walks and a number of seeing-eye ground balls through the infield to push across six runs and put a stranglehold on the game. King Philip was unable to respond in their half of the inning and fell 10-4, eliminating them from the tournament after a fantastic run. Menendez was once again stellar, pitching 7 1/3 innings before the 95-pitch limit forced his removal.

King Philip's strong play in the World Series was recognized at the completion of the tournament at the awards ceremony. Cole Kotkowski, Charlie Pelkey, and Vincent Menendez were all selected to the All World-Series Team. Not to be left out, Brady Herlin was the lone King Philip representative on the All-Defensive Team. These awards were just another feather in the cap of a tremendous season.

Although the World Series was the ultimate destination, getting there was a journey. "Getting here was absolutely a realistic goal," manager Matt Pelkey said, before departing for North Dakota. "Showing that last year was no fluke. We are excited about the way that we have played so far, and these kids get along great with one another." Last year as 13-year-olds, the team won the Eastern Mass championship before bowing out in the semifinals of the regionals.

Making it to the Babe Ruth World Series was special for the KP baseball players. Participating in summer tournament play or the Babe Ruth Tournament allows the teams an opportunity to play outside of their local leagues. Playing outside of the Hockomock League, King Philip was given an opportunity to showcase their talents on a higher level. Having won the Eastern Mass and New England tournaments, KP, which is made up of players from Norfolk, Plainville, and Wrentham, earned the right to represent New England at the World Series. The team was undefeated at 11-0 when they headed to North Dakota for the World Series.

"Playing as KP gives us a sense of pride with that logo on our chest," Pelkey said. "Coming into tournament play we felt that we had one of the best teams and thus set our expectations high."

Dowling. The King Phillip roster was made up of 13 tri-town athletes that include Brady Herlin, Cameron Munsinger, Cole Kotkowski, Charlie Pelkey, Cormac Janssen, Johnny Prater, Landon Keays, Leo Dowling, Nick Galdo, Ryan Brown, Ryan Weihrauch, Vincent Menendez, and Zach Gebhard.

Taking on teams in North Dakota that no one knows anything about put a lot of pressure on the coaches to produce game plans and a pitching rotation to get through the pool play while finishing in the top three. "We've been spending so much time on our travel plans and logistics we haven't really had the time to do much game planning on the opposition," Pelkey said, before departing. "We're pretty much flying blind as we go into the tournament, but I honestly think that we are playing good baseball and will be able to finish in the top three of our pool to advance."

Pelkey's pre-World Series assessment proved correct, as King Philip ended up being all that and more, coming agonizingly close to a berth in the championship game. While the result was not what they had hoped for, these 13 young men have represented King Philip and New England well. It was a special summer, and an experience none of them will ever forget.

Once KP claimed their spot in North Dakota, the next issue was getting there; financially this was a big trip with a high price tag, so the families needed to produce some cash to get their sons to the World Series. "I am so proud of these boys and the way they embraced the aspect of raising money to get there," the manager said. "We put on a free baseball clinic in Plainville and the boys went through the parking lot in their uniforms at Gillette Stadium before the Elton John concert collecting donations."

Joining Pelkey on the coaching staff were Jeff Kotkowski and Bill

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Ballet Franklin Continues Pre-Professional Program at FSPA

Ballet Franklin, the ballet conservatory at the Franklin School for the Performing Arts, under the direction of Cheryl Madeux, offers the highest quality of classical ballet education and training in the area. The program provides their dancers interested in the serious study of classical ballet with a wide variety of performance opportunities. Teaching classical Ballet to students of all ages, Ballet Franklin graduates and students have been accepted to some of the most prestigious trainee, college, and summer ballet programs available.

The scope of the curriculum provides unparalleled opportunities for dancers to pursue programs tailored to their interests, abilities, and needs. From beginner students seeking to establish a solid foundation in classical ballet technique, to advanced dancers

focused on refining artistry, musicality, and performance qualities, all will find a home to train, grow, and develop at Ballet Franklin.

Ballet Franklin Director and Instructor Cheryl Madeux, a Connecticut native, received her training at the Nutmeg Conservatory for the Arts under the direction of Sharon Dante and Donna Bonasera. She has enjoyed a long professional career, dancing with such venerable companies as the Joffrey Ballet, American Ballet Theatre, and was principal dancer with the Hartford Ballet under the direction of Kirk Peterson. Madeux performed extensively throughout the United States and Europe and has been coached by such ballet luminaries as Igor Youskevitch and Eleanor D'Antuono.

All area ballet students are encouraged to audition for FPAC



Holiday Productions' *The Nutcracker*, which is performed with a professional orchestra under the direction of Maestro Eric Stern and special guest artists, such as Boston Ballet Principals Erica Cornejo and Paulo Arrais and Soloists Dalay Parrondo and Bradley Schlagheck. Many Ballet Franklin dancers will be

featured, but auditions for the production are open to all.

FSPA Conservatory dancers have the added opportunity to participate in Ballet Franklin's Spring Ballet Production as well as to audition for FSPA ensembles and dance company opportunities offered throughout the year. The programs are designed

to expand knowledge of the classics and explore contemporary ballet and original works by faculty or guest artists. Past Spring Ballet productions have included *Alice in Wonderland*, Prokofiev's *Cinderella Suite*, *Coppelia*, *Graduation Ball*, Tchaikovsky's *Swan Lake*, Prokofiev's *Peter and the Wolf*, *Les Patineurs*, and Britten's *Young Person's Guide to the Orchestra*. Repertory Concerts include classical and contemporary original works.

The Franklin School for the Performing Arts will hold Open Houses for prospective students and families, including those interested in Ballet Franklin, at 38 Main Street in Franklin, MA on August 23rd from 3-7pm, September 10th from 10am-2pm, and September 19th from 3-7pm. 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.



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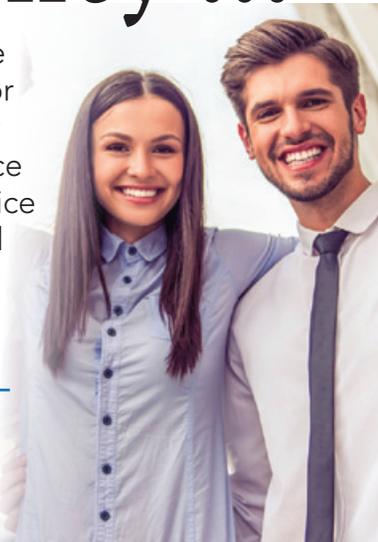
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Tee Up for Mental Health Collaborative's Charitable Golf Tournament

Hopkinton based nonprofit, Mental Health Collaborative (MHC), will hold its first charitable golf tournament on Monday, October 24 at the Hopkinton Country Club.

The "MHC Fall Classic" features 18 holes of scramble golf followed by a cocktail reception and awards dinner. Support the cause of mental health literacy among teens and young adults by registering as a golfer or sponsor of this tournament.

All the proceeds from this event directly fund the development and implementation of MHC programming in schools and communities across Massachusetts and beyond.

To learn more about MHC or to register for the MHC Fall Classic, please visit www.mentalhealthcollaborative.org.

TRI-TOWN POLICE*continued from page 17*

facing mental health crises and trauma with an immediate, on-scene support system and follow-up resources.

“While responding to calls for service it’s very common for our officers to come into contact with individuals experiencing mental health crises or substance use disorders in desperate need of behavioral health services,” Norfolk Police Chief Charles Stone said. “With the assistance of crisis clinicians, our departments can work to ensure that these individuals get the proper assistance and help they need instead of being directed to the criminal justice system. Through our partnership with Advocates, we look forward to our JDP serving as another way to assist our community members with accessing the valuable resources at our disposal.”

The clinician will follow up on cases, referring those in need to treatment providers and services as needed. Department personnel can also make a referral to the JDP clinician to follow up on a case or situation that they deem necessary.

The JDP clinician for the towns of Norfolk, Plainville and Wrentham is scheduled to be in each town one to two times per week but is available to all communities five days a week, if needed. When a JDP clinician is not on duty, the Advocates Psychiatric Emergency Services (PES) team supports the JDP clinician to ensure timely access to services for the participating police agencies 24/7.

Currently, the departments utilize one Jail Diversion program supervisory clinician, Sheena Mahoney, who alternates between the communities throughout the week. Mahoney will be in this position until a permanent clinician has been hired.

“We’re excited to have this program officially up and running for our community members and we greatly look forward to welcoming a permanent clinician in the near future,” Plainville Police Chief James Floyd said. “With the addition of a permanent clinician, they will be able to embed themselves within our communities which will allow them to develop strong relationships with those they serve thus helping to improve dialogue

and bridge gaps between those experiencing crises and the resources that exist to help them.”

Advocates is actively recruiting for a permanent clinician to serve the Norfolk-Plainville-Wrentham communities. In this role, the clinician will provide psychiatric and substance abuse evaluations to individuals and families in crisis in police custody, community, clinic and hospital settings.

“Wrentham Police officers frequently respond to and de-escalate dangerous, volatile calls involving people with mental health, substance use and other conditions. Once a scene is successfully de-escalated and deemed safe by police officers, trained clinicians can then be allowed to enter and offer their invaluable services. Without clinicians, police are on their own to facilitate follow-up assistance for people in need and, too often, the connection is never made,” Wrentham Police Chief William McGrath said. “With clinicians, the connection with those in need can be almost immediate, and equally important, including future follow-up as needed. Another benefit of integrating police officers with trained clinicians is the sharing of knowledge. Clinicians can provide valuable advice for police officers who are tasked with de-escalating and securing difficult situations. On the flip side, officers can provide clinicians with essential information related to people and families in need of their services. The Wrentham P.D. is eager to get up and running with this program. Without a doubt, trained clinicians will have a tremendous impact on the Wrentham community!”

About Advocates

Advocates provides a broad range of services for people facing life challenges such as addiction, aging, autism, brain injury, intellectual/developmental disabilities and mental health challenges. With Advocates’ help, thousands of individuals and families living in Massachusetts are finding the supports they need to lead healthy, productive, and rewarding lives. For more information about Advocates, visit www.Advocates.org.

Learn more about Advocates Jail Diversion Program at www.jaildiversion.org.

September 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, Sept. 7 at 10:15 a.m. **Tick & Mosquito Borne Illnesses** Presented by Entomologist Kaitlyn O’Donnell, Norfolk County Mosquito Control District. Kaitlyn will discuss mosquito & tick biology, diseases they carry, and how best to protect yourself from them. She will go over the work that Norfolk County Mosquito Control does to abate mosquitoes in the area.

Tuesday, Sept. 13 at 1 p.m. **The MA Bar Assoc. 2022 Elder Law Education Program** Presented by William F. O’Connell, Elder Law Attorney, Walpole. Participants will receive a free copy of the new and revised “2022 Elder Law Education Guide” (limited quantities available). Topics include VA Financial Benefits, Medicare, What is a Trust? Elder Abuse & Neglect, and more.

Tuesday, Sept. 20 at 1 p.m. **Genealogy Program: Ellis Island 1630-2012** Presented by Seema Kenney, President, MA Society of Genealogists, Inc. Do you have ancestors whose first experience of America was at Ellis Island? If so, you won’t want to miss this presentation.

Wednesday, Sept 28 at 10:30 a.m. **Two Ways to Improve Your Health!** Part 1 at 10:30 a.m.: Exercises to Prevent Falls, presented by Allison Bloom, PT, DPT of Personal Best Physical Therapy in Norfolk. Part 2 at 11 a.m.: Healthy Meal Planning for 1 or 2, presented by Amy E. Daniell, RDN, LDN, registered Dietician & Nutritionist from Wrentham.

Thursdays, Starting Sept 15 from 1 to 2 p.m. **Beginning Meditation** This 7-week program is done seated in chairs. Class includes instruction and time meditating will begin slowly. \$3 per class

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Recent Home Sales in Norfolk

Date	Address	Amount
July 15	15 Berkshire Street	\$988,000
July 15	18 Valentine Drive	\$830,000
July 18	8 Avery Way Lot 4	\$714,166
July 20	4 Marshall Street	\$595,000
July 22	152 Seekonk Street	\$650,000
July 25	39 Meetinghouse Road	\$591,000
July 25	19 Freedom Trail	\$925,000
July 28	12 Day Street	\$820,000
July 29	4 Kilpatrick Way	\$572,500
July 29	268 Main Street	\$1.18M
July 29	74 Meetinghouse Road	\$655,000
Aug. 1	39 Lois Lane	\$570,000
Aug. 2	28 Cleveland Street	\$710,250
Aug. 3	19 Sumner Street #20	\$710,420
Aug. 3	10 Nichols Way	\$1.10M
Aug. 8	15 Cranberry Meadow Road	\$600,000
Aug. 10	5 Cresson Avenue	\$580,000
Aug. 11	37 Park Street	\$949,000
Aug. 12	23 Sumner Street #18	\$749,431
Aug. 12	7 Lois Lane	\$630,000
Aug. 15	52 Barnstable Road	\$1.02M
Aug. 15	113 Seekonk Street	\$855,000
Aug. 15	15 Wellfleet Drive	\$800,000
Aug. 15	30 Wildwood Road	\$600,000
Aug. 16	37 King Street	\$772,500

Source: www.zillow.com

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Date	Address	Amount
July 15	10 Woolford Road	\$630,000
July 20	45 Comstock Drive	\$905,000
July 22	125 Lorraine Metcalf Drive	\$760,000
July 27	60 Geordan Avenue	\$404,000
July 28	340 Franklin Street	\$930,000
July 28	12 Weber Farm Road	\$762,330
July 29	50 Fox Run Road	\$1.21M
July 29	580 Dedham Street	\$350,000
July 29	40 May Street	\$470,000
July 29	580 Dedham Street	\$350,000
Aug. 1	140 Lakeside Avenue	\$600,000
Aug. 3	588 Franklin Street	\$649,900
Aug. 3	91 Taunton Street	\$530,000
Aug. 4	75 Carriage House Lane	\$810,000
Aug. 8	388 Franklin Street	\$700,000
Aug. 8	356 Chestnut Street	\$730,000
Aug. 10	9 Christina Drive	\$840,000
Aug. 10	103 Hemmingway Place	\$870,000
Aug. 11	405 South Street	\$675,000

Source: www.zillow.com

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FY 2022 Norfolk County Real Estate Activity

Norfolk County Register of Deeds William P. O'Donnell reported that the numbers relative to Norfolk County real estate activity for fiscal year 2022, from July 1, 2021 through June 30, 2022, show a decrease in activity compared to the 2021 numbers but reflect a continued increase in the average sale price of Norfolk County properties.

For the fiscal year ending June 30, there were 162,148 documents recorded at the Norfolk County Registry of Deeds, a 22% decrease from fiscal year 2021. The number of deeds which evidence real estate sales and transfers, both commercial and residential, decreased by 7% in fiscal 2022. However, the average sale price was \$1,212,925, a substantial 26% increase compared to 2021.

"Total dollar volume of commercial and residential sales also showed solid gains, increasing 18% to well over \$14 billion," said O'Donnell. "The lack of inventory and the need for new construction continues to push up prices. There are more buyers and not enough inventory. Market conditions and rising interest rates are impacting real estate activity."

Overall lending activity decreased in FY 2022. A total of 33,861 mortgages were recorded during the year, a 36% decrease compared to FY 2021.

"There's no question that interest rate increases and the fact that many consumers have already refinanced are impacting these numbers," said the Register. "The increase in mortgage interest rates have made consumers less inclined to borrow money."

One concerning metric for 2022 in Norfolk County relates to foreclosures. There were 66 foreclosure deeds recorded in Norfolk County in the last fiscal year, an increase of 65% from the same period a year ago when there were 40 foreclosure deeds recorded. Of even greater concern, pointed out O'Donnell, is the fact that there were 199 Notices to Foreclosure Mortgages, the first step in the foreclosure process, recorded in Norfolk County in FY 2022, up substantially from 92 Notices recorded in FY 2021.

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option

for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

Homestead recordings by owners of homes and condominiums decreased in FY 2022 at the Norfolk County Registry of Deeds. There was an 8% decrease in homestead recordings in 2021 compared to 2020.

"Without question fiscal 2022 was a mixed bag for real estate activity in Norfolk County," concluded Register O'Donnell, noting that available real estate inventory continues to be a source of concern in Norfolk County. "It's especially a problem for first-time homebuyers attempting to crack the market."

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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Real Estate Corner

Norfolk County's Most Expensive Real Estate Sales in first six months of 2022

Between January 1 and June 30 in 2022, ten properties in Norfolk County, all commercial, sold for more than \$50,000,000.

The ten properties were:

1. 96-114 Worcester Street, Wellesley, the Sun-Life Assurance office park sold in June for \$202,000,000.
2. 100 Rustcraft Road, Dedham, a 421,924 square foot office and warehouse complex adjacent to Legacy Place, sold in July for \$134,100,000.
3. 160 Mechanic Street, Bellingham, a 345,000 square foot, newly renovated distribution center, sold in April for \$96,700,000.
4. 95 West Squantum Street, Quincy, a twelve-story apartment building known as "Gamma North Quincy," sold in April for \$90,000,000.
5. 1000 Marriott Drive, Quincy, the Marriott Boston Quincy Hotel, sold in March for \$82,200,000.
6. 135 Old Post Road, Sharon, a 192-unit apartment building known as "The Point in Sharon," sold in January for \$74,500,000.
7. 235 Gould Street, Needham, a senior and assisted living facility known as the "Wingate Residences at Needham," sold in January for \$73,848,192.
8. 300 Financial Park Drive, Franklin, a 300,000 square foot warehouse/distribution facility, sold in April for \$73,600,000.
9. 130-150 Nahatan Street, Norwood, a 108,981 square foot retail complex known as "Norwood Plaza," sold in May for \$57,749,000.
10. 1440 Beacon Street, Brookline, a 136-unit apartment complex located near Coolidge Corner, sold in February for \$52,900,000.

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Norfolk Public Schools September Calendar



MON	TUES	WED	THURS	FRI
29 First Day for Staff	30 First Day for Students	31	1	2 No School
5 Labor Day No School	6	7	8	9
12	13	14	15	16
19	20	21 Early Release FK Open House	22	23
26	27	28 FK Open House	29 HOD Open House	30

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