

Charles River Chorale Rebuilds After COVID



New Members Welcome to Open Rehearsals this Month

BY GRACE ALLEN

No doubt about it, the pandemic decimated community choruses. But a local group, the Charles River Chorale, is looking towards the future and actively recruiting new members, banking on the hope that COVID is finally in the rearview mirror.

The non-audition chorale group is in the midst of open rehearsals for its 39th season. The two remaining open rehearsals will take place on

Oct. 4 and Oct. 11 from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis.

Anne McKee has been singing with the Charles River Chorale for close to a decade. The Norfolk resident, an at-large board member for the organization, says prospective members don't have to be professional singers or even have performed with a chorus in the past to join.

"If you enjoy any kind of

music, singing in a group is just fun," she said. "It's different than singing alone. The beauty of music is when you put voices together, because the sound that comes out is so joyous. And when we're together and singing, any stress goes out the window."

The group is under the direction of Ashley F. Nelson-Oneschuk, a music pro-

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Norfolk Police Chief Charles Stone Retires Following 50-Year Career with Town

After a half-century of dedicated service to the town of Norfolk, Norfolk Police Chief Charles "Chuck" Stone retired on Saturday, Sept. 10, his 70th birthday.

His passion for the Norfolk Police Department drove him to obtain a state waiver, which allowed him to continue serving as Chief past the age of 65, which is typically the state's mandatory retirement age for police. His nearly 30 years as Chief places him among the longest-serving police chiefs in Massachusetts history.

Chief Stone was born and raised in Norfolk. He began his career with the town in 1973, working for the Water Department as a laborer and meter reader while studying criminal justice at Northeastern University.

In 1975, he was appointed as a call firefighter with the Norfolk Fire Department. He obtained his EMT certification the next year, which allowed him to perform ambulance duty and respond to emergency calls.



Photo Courtesy Norfolk Police Department.

Inspired by his criminal justice classes, Chief Stone became a Norfolk Police Officer in 1976. He was promoted to the rank of Detective in 1982, Sergeant in 1985,

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fessional in her 7th year with the Charles River Chorale. She is also the choral director for Medway High School.

Nelson-Oneschuk says the pandemic put a lot of things in perspective for music educators.

“More than ever I am focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this,” she said.

During the height of the pandemic, the Charles River Chorale met virtually. Through Zoom sessions, group members individually recorded themselves singing and then that music was combined electronically into full choral renderings for several virtual concerts. Not everyone was comfortable with the together-but-apart way of performing, however, and membership declined.

“The group that remained after the proverbial waters had receded represented what I felt was the heart and soul of the group—in musicality but more so in passion and dedication,” explained Nelson-Oneschuk.

Wrentham resident Brenda Trapani is entering her eighth season with the Charles River Chorale. She sang in high school choir and later participated in musical theatre. After a span of years without participating in any music groups, she decided to join the Charles River Chorale with a friend. Trapani says director Nelson-Oneschuk has cultivated an atmosphere of enthusiasm and a desire to improve among members.

“She’s a great leader, great teacher, and very patient,” said Trapani. “She instills in you a desire to practice your music in between rehearsals. She teaches breathing techniques which then help you to carry notes for longer. She’s an excellent choir director.”

Bob Archibald is the new chairperson for the Charles River Chorale. The Franklin resident joined in 2019 and says he was “smitten” with singing in a chorus again for the first time since high school. Despite the challenges of the pandemic, Archibald is confident in the future of the organization.

“I am immensely proud of Ashley, Greg Quilop (our outgoing chair), our Board, and all of our members for leading us through these past few years,” he said in an email. “My role as the incoming chairperson is to guide us through a rebuilding process that is already well underway. We look forward to welcoming back those who could not participate during the last few years. We have a wonderful group of singers who enjoy each other and love Ashley’s approach in guiding us to be our best.”

This past May, the remaining chorus members came together on stage for the first time in 2.5

years for a performance themed “Hope, Joy, and Friendship Move us Forward.” Rehearsals were conducted with safety in mind, said McKee, who noted that Nelson-Oneschuk employs COVID safety practices determined by the CDC and the Massachusetts Teachers Association.

Charles River Chorale members hail from several area communities, and they range in age from high school students to octogenarians. The group typically holds winter and spring concerts, with the next concert scheduled for Sunday, December 4 at 2 p.m. at Medway High School.

As the chorus is set to mark almost four decades of making music, the organization is poised to recover from the last few challenging seasons and emerge stronger than ever. Music, after all, can connect and bring people together, but most of us would agree that it’s much better in person.

“This coming year is set to be a rebirth,” said Nelson-Oneschuk. “We are thrilled to welcome back many former members ready to return, as well as many new faces whose choirs did not survive the pandemic, and others who want to find a new community and musical opportunity.”

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis. Membership dues for the non-profit organization support operating costs. There are no dues for high school students, and scholarships based on need are available. There is also a separate children’s choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charlesriverchorale.com>. Sponsorships and advertising opportunities are available.

Fiske Library to Host “Ghosts and Legends” with Jeff Belanger

By GRACE ALLEN

In case the last few years weren’t scary enough for you, the Fiske Library will be the setting for a journey through the supernatural later this month. Jeff Belanger, the popular storyteller and author, will present his program “Ghosts and Legends” on Thursday, October 20 at the Wrentham library. The multimedia event starts at 7 p.m.

Belanger is an award-winning, Emmy-nominated folklorist with a deep interest in the paranormal. He is the producer of the “New England Legends” series on PBS and Amazon Prime, and the author of numerous books. Belanger has traveled around the world in search of ghosts and other unexplained phenomena. His presentations are different every time, with a focus on local folklore and legends.



The former journalist grew up in New England, which is rich with centuries-old graveyards and historic buildings. These places, providing a direct connection to the past, are a natural setting for the prolific ghost stories that intrigued Belanger as a child and eventually led him to a career as a paranormal investigator.

He is not alone in his fascination with things that go bump in the night, especially around Halloween. Many people are drawn to ghost stories, says Belanger.

“We’re intrigued with the afterlife because one thing all people have in common is that we’re all going to die one day, and what comes next is one of the biggest mysteries we can

ponder,” he said in an email. “Ghosts and hauntings speak to a deep and primal part of the human experience. It’s unknown, so it scares us, yet we can’t look away. Seeing a ghost for yourself validates that gut feeling many of us have that there must be something more out there. Plus, being afraid makes us feel most alive.”

“Ghosts and Legends” will explore haunted locations and ghostly happenings from Belanger’s travels around the world. The program will be held in person at the Fiske. Call the library at 508-384-5440 x2 after October 3 to register.

The program is suitable for high school age and older.

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and Lieutenant later in 1985. He completed these duties while simultaneously serving as a part-time EMT for the Fire Department, and he continued working for the Water Department for many years.

Chief Stone's career shifted to focus solely on policing when he was named Police Chief in 1993, officially assuming the role on Jan. 1, 1994.

During his tenure, Chief Stone witnessed many changes in the Police Department and to American policing in general. Under his leadership, the department expanded from 11 to 22 officers. Chief Stone also oversaw the advent of connected policing with new technologies like electronic reporting and computers in police cars. Even the officers' duty belt and equipment they carry changed and evolved.

While Chief, he upheld a relentless commitment to training and professional standards, ensuring that officers received top-level training and held college degrees. Along with holding a bachelor's degree in criminal justice from Northeastern University, Chief Stone also holds a master's degree in criminal justice from Boston University.

"It has been a true pleasure serving Norfolk and its residents beside the many dedicated members of the Norfolk Police Department for the past five decades, and I retire knowing that I am leaving the Department in excellent hands," Chief Stone said. "Thank you to all the public safety and town officials who I've had the honor of knowing

throughout my career. I've loved working with all the town administrators, select boards and committees in town, making many friends along the way, while also working alongside friends that I grew up with."

Lt. Timothy Heinz succeeded Chief Stone as Police Chief, and Sgt. Michelle Palladini was selected as Deputy Police Chief. A swearing-in ceremony took place Monday, September 12. Palladini is the agency's first female deputy.

"It has been an honor serving beside Chief Stone over the years. Watching how he has successfully led the Department, and learning from him along the way, has been a privilege," Lt. Heinz said. "I am excited to apply this knowledge and experience as the next Police Chief, and wish Chief Stone the very best as he enters this new chapter of his life."

Additionally, Sgt. Eric VanNess has been promoted to the rank of Lieutenant, Detective Sam Webb to Sergeant, Officer James Lorusso to Detective, and Officer Joseph Choiniere to Sergeant. New Patrol Officers Steven Hamilton and Gino Locchi were also sworn in on September 12.

Chief Stone looks forward to spending more time with his fiancée Christine and his granddaughter Caitlin, who resides with them, his daughter Lauren and partner Justin, his son Chuck and daughter-in-law Jodi and their children Sydney, Lindi and Eadie, as well as his three stepchildren: Brittany and her husband Brandon and their two children Dustin and Alaina; Cassandra; and Michael and his fiancée Mackenzie.

Q & A with Wrentham Superintendent of Schools Dr. Allan Cameron

By GRACE ALLEN

The new school year is underway in Wrentham, so Local Town Pages caught up with Dr. Allan Cameron, the superintendent of Wrentham Public Schools since 2014. We wanted to check in with him to learn how he thinks the 2022/2023 school year will play out.

Surely the last few years have been among the most challenging you've experienced in all your time in education. What do you think students will need to be successful this school year after all the disruptions they've faced since 2020?

We faced unprecedented challenges during the COVID-19 pandemic. Thanks to the hard work, creativity, and support of my colleagues, the students and their families, and members of the community, we were able to overcome those challenges and help our students learn and make connections. Fortunately, we did not have to implement many COVID-19 measures this school year. Everyone seems to enjoy the return to normalcy!

What are your top three priorities for this upcoming school year?

My top three priorities for the upcoming year are the same as every year: 1) ensuring the



Dr. Allan Cameron, Superintendent of Schools for the town of Wrentham.

students have gaps in their learning, emotional issues, or both stemming from the pandemic. Fortunately, the WPS teachers, support staff members, and administrators are outstanding professionals. They will work with all students and their families to ensure they have a successful school year.

We keep hearing about teacher and staff shortages. Is that true in Wrentham and if so, how will you recruit talent and then retain teachers?

Fortunately, we do not have a shortage of teachers or staff members.

Anything else you'd like the community to know?

I am very thankful to the residents, business owners, and community leaders of Wrentham. They support public education and help make this a wonderful place to live, work, and learn.

safety and security of the district, 2) helping everyone learn and make social connections, and 3) finding ways for everyone to have fun in school.

What challenges do you anticipate and how do you plan to address them?

The primary challenge I anticipate for this year stems from the pandemic. Some of our stu-

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The Importance of the Supplemental College Essays

Every part of a successful college application requires equal attention: a balanced college list, a well-written personal statement, and a robust activity resume, all the while keeping an eye on the deadlines. However, one of the most important parts of the application is the supplemental essays and unfortunately many students just don't devote enough time to them. The supplementals rank in importance with the GPA and course rigor.

Super tip #1: Absolutely do not wait until the last minute to answer your supplemental college essays. Just like Murphy's Law, 2 exams and a major project will be due on the college application's submission date.

Supplemental essays are located in the Common Application on the college's specific

information page OR on the college's website. It is a way for the admission staff to get to know the student better. The college admission staff usually writes these questions, so it would make sense that they are very interested in the students' answers! Student responses to the college supplemental questions help the admissions team determine the level of interest a student has for their school. With that in mind, colleges care tremendously about their yield (percentage of accepted students who enroll) as it helps predict what courses they can offer, tuition, and housing availability. So, a well-researched and well-written essay could tip the scale in the student's favor.

Generally, the most selective schools will contain several supplemental questions. Although,



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

the good news is some schools don't require any. On average, a student will complete 5 supplementals, again, generally more if applying to a higher number of selective colleges. A rule of thumb to control the number of supplemental essays is to create a balanced college list - an even amount of likelys, probables, and selective/reach schools. Colleges update their supplemental questions on August 1st. Three of the most common essay prompts are: "Why do you want to attend our college?", "What is your favorite extracurricular activity and why?", and "What is your intended major and why?".

Super tip #2: If the supplemental essay is optional and the school is a top interest to you-- then it is not optional.

I am going to dive deeper into the "Why" essay, but the approach can apply to most questions in preparation for an interview or researching a major.

"The Why Essay" tips:

- "The Why Essay" is your opportunity to convince the admissions committee that you are a good fit.
- Do not think of "The Why Essay" as the "Why this college is perfect for me" essay. As Nicole Buenzli from Union College perfectly stated, "You probably don't need to tell us about the

beautiful Nott Memorial. I pass the Nott every day, it's on every brochure we create, and we all know it has 16 sides. Instead, think of this as a 'Why we are perfect for each other' essay".

- Do your research and be specific. For example, you could state, "I want to go to XYZ College because of the amazing Economics Department". But even better - research the college website, look up syllabuses, and cite a specific Economics class they offer and how you would benefit from it. If studying abroad is important - be specific. For example, state that you want to participate in their Maymester program to study sea turtles in Costa Rica.
- Make your answers unique, which is the combination of in-depth knowledge of the college and a compelling demonstration of personal interest. Do not mention the weather, location, ranking, or reputation because it is what everyone else is writing.
- The supplemental essays offer an opportunity for the admission staff to learn something different about you - so avoid repeating your personal statement message.

- Do not reiterate facts or copy information from the website - it may show that you read through the website, but the college prefers to see how you relate to their college.

How to research for "The Why Essay?":

- Go deep into the college website - so much interesting information.
- Research the Fiske Guide to Colleges 2023 or The Princeton Review - The Best 388 Colleges 2023.
- To learn more about student perspectives, visit Niche.com or Unigo.com.
- Visit campuses in-person, attend a college virtual tour, or visit social media sites, such as YouTube, TikTok, Instagram, or Facebook.
- Email or call the admission office or the regional college admissions representative (staff is listed on the college website) and ask thoughtful questions, not questions where answers can easily be found on their website. College representatives like hearing from students and the regional representatives are the ones who will often read your application and will remember your name.

I have only skimmed the surface of ways that students can approach the supplemental responses. Please contact us if you would like our FREE supplemental essay document. Good luck and enjoy the journey!

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Shawn Dooley: Best Choice for State Senate

Have you seen the impressive list of endorsers for Shawn Dooley for State Senate?

Governor Charlie Baker, Lt. Governor Karyn Polito, Governor Bill Weld, along with a slew of local officials, the National Federation of Independent Business (the nation's largest small business organization), and many of our local police and fire unions are among the groups who have lined up to support Shawn.

Why are so many people including Gov. Charlie Baker getting behind Dooley in his bid for the State Senate?

As Shawn says himself, "We need to get back to a common sense, people focused approach to governance in this country. The extremes on both sides are destroying our great country and I firmly believe that 90 percent of us are in the middle and we need to stop playing into the nonsense of the fringe that only seek to divide."

As a State Representative, Shawn Dooley has a proven track record of putting people ahead of politics, working to grow our economy, supporting our local police, helping taxpayers, and so much more. He has been an independent voice.

He also has the experience we need. Shawn currently serves as the ranking member on the Joint Committee on Financial Services; the Joint Committee on Public Health; the Joint Committee on Election Laws; and the House Committee on Federal Stimulus Oversight. Additionally, Shawn had the special honor of being selected by the Chief

Justice of the Trial Court to serve as the non-attorney member on the Child Support Guidelines Task Force.

On the other hand, his opponent, Rebecca Rausch, brags (during non-election years) that she is the furthest left person in the Senate. She was the leader of the defund the police movement in the Senate which would have decimated our local police. Her extremism doesn't stop there. Rausch tried to end qualified immunity (the good Samaritan law) for police officers. No good deed would go unpunished!

As our next State Senator, Shawn Dooley will bring his tireless work ethic and common-sense approach to the job. Unlike his opponent, he is not beholden to any special interest groups so we can always count on him being our independent voice.

Shawn's focus is to make Massachusetts affordable for all of us. As a former small business owner with 17 years of financial industry experience, he understands what a tremendous impact unchecked inflation and overzealous tax policies can have on families. That's why he will work to lower our tax burden. He is the only candidate in this race that supports suspending the gas tax and sending the 3 billion dollar surplus tax revenue back to the taxpayers.

To keep our economy rolling and avoid a recession, Shawn is committed to supporting small businesses that create the majority of new jobs in Massachusetts.

Just as important as economic issues, Shawn will work to



political spotlight

strengthen public safety. Having served as an On-Call Firefighter/EMT for the Plainville Fire Department and as the Senior SAFE Coordinator, he is committed to supporting our first responders who put their lives on the line to keep us safe. As our Senator, Shawn will support our local police by giving them the proper funding, increase training, and the tools they need to protect our community.

Whether it is supporting our police, lowering the tax burden, helping the economy or putting people ahead of politics, Shawn Dooley is the only candidate with a proven track record that we can trust. His agenda is our agenda – not the special interest groups. Shawn Dooley is the best choice to be our next State Senator.

For more information visit Dooley4Senate.com

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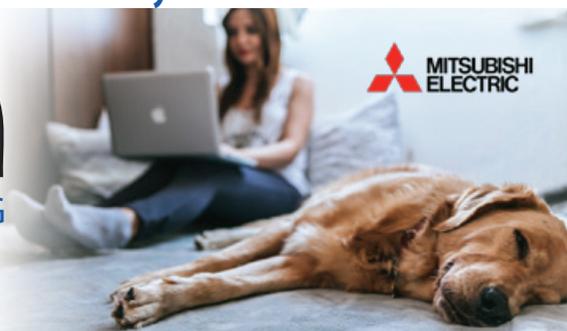
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The 5th annual Wrentham Knights of Columbus 5K will be held Sunday, November 13 at 9 a.m. The 5K Run/Walk will start and end at Parker's Pub, 303 Shears Street in Wrentham.

The USATF-certified flat course will loop around scenic country roads. Cash prizes will be awarded to the top three male and female finishers, and other valuable prizes will be awarded for the top finishers in each age group. There will be a DJ, sponsor tents, and fun for the entire family.

Register for the event at <http://wrenthamkofc.racewire.com>. The council has raised over \$15,000 to date from the annual 5K race, all of which has been donated back to the community for several charitable causes.

FAFC Backpack Drive

The Wrentham-based Friends of Adoption and Foster Care (FAFC) are collecting items to fill backpacks for foster children.

School supplies, **new** stuffed animals, **new** PJ's (sizes 6 to 14/16 boy/girl) and personal care items for foster children are needed. FAFC is in special need of crayons, markers, coloring books, spiral notebooks, composition notebooks, sticky notes, rulers, binders, shower gel, and shampoo/conditioner.

MA Department of Children & Families (DCF) social workers keep these backpacks on hand so when a child is placed into foster care, the child will get a new backpack. Backpacks are a great comfort to children who have left home with nothing.

This is an ongoing collection. Donated items can be dropped off in the bins inside St. Martha's Church in Plainville, inside St. Mary's Church in Wrentham, or in the bin in the parking lot of St. Mary's.

Norfolk Receives \$15,335 Grant to Purchase Equipment

By THERESA KNAPP

In August, the Baker-Polito Administration announced its annual Shared Streets & Spaces Program awards, totaling \$16.4 million.

Seven Regional Transit Authorities and 138 municipalities received funds to provide "technical assistance and project funding to help Massachusetts cities and towns design and implement changes to curbs, streets, and parking areas in support of

public health, safe mobility, and community growth and revitalization," according to www.mass.gov.

Several cities and towns also received grants for the purchase of equipment, including the town of Norfolk which received a grant of \$15,335.19 "for snow removal equipment for pedestrian and bicycle facilities."

For more information, including a full list of recipients, visit <https://bit.ly/3puk2oz>.

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The Franklin Newcomers & Friends Club will host its 47th annual craft Fair on Saturday, November 5 from 9 a.m. to 3 p.m. at Tri-County Regional Vocational Technical High School, 147 Pond St., Franklin.

This popular and well-established event features hand-crafted items from 70 different artists throughout New England. Shop for art/photography, holiday and home décor, adult and children clothing/accessories, jewelry, pet accessories and more.

For more information about the craft fair or the Franklin Newcomers Club, visit us on Facebook.

Your Money, Your Independence

Eye Opening Costs At Open Enrollment?

Pop Quiz: Per U.S. government data, over past 12 months (8/21 - 8/22) which has increased the most in price?

- A) Household Energy
- B) Unleaded Regular Gasoline
- C) Bread
- D) Health Insurance

In fairness, you've experienced A) 21.2%, B) 24.1%, and C) 16.2%, however for many fall brings Open Enrollment to work benefits so sticker shock of D) 24.2% health insurance has yet to be realized.

That's right, health insurance increased ~3X greater than 8.3% US inflation and same as gas. Think of the promotions or actions you've taken to save \$5-15 at the pump. Well, this is greater for family paying \$500 a month on a corporate health plan and facing ~\$1,440 annual increase.

What can you do?

Understand Plan Changes & Your Situation: In a PPO due to your doctor, but you've visited him/her twice in the last 3 years? What's the highest annual out-of-pocket medical expenses total the last 3-5 years? Expect high



Glenn Brown

out-of-pocket expenses in 2023? These and other questions will help you run the numbers.

Case for High Deductible Health Plans (HDHP): People get scared by maximum out-of-pocket costs for HDHP and dub HDHP "for the healthy and wealthy". Yes, a PPO will have lower maximums and deductibles, but you're guaranteed to pay more to obtain.

Compare PPO costing \$247 biweekly with \$6,000 maximum out-of-pocket versus HDHP at \$142, a \$13,000 maximum out-of-pocket, and employer providing \$1,500 to enroll in Health Savings Account (HSA).

PPO guarantees \$6,422 paid in premiums while HDHP is \$3,692 less \$1,500 given by employer to contribute to HSA, thus equals \$2,192 or \$4,230 less than the PPO. Thus, maximum out-of-pocket expenses differential is \$2,770 and not \$7,000. Furthermore, you'd need \$10,230 of out-of-pocket medical expenses to make this PPO breakeven with this HDHP.

About Health Savings Accounts (HSAs): Tax-exempt savings plans paired with a HDHP meeting certain criteria. HSA is not "Use It or Lose It" like Flex Spending Account (FSA) and upon leaving a company or retirement, you maintain your HSA.

Key HSA facts:

- In 2023, individual can contribute \$3850 and family up to \$7,750.
- Over age 55 an additional \$1,000.
- All contributions are tax-free: federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.

- Excess HSA funds can be invested for tax-free growth to compound for years.

Unlike other tax-advantaged savings plans, HSAs offer "triple tax benefits": tax-free contributions, tax-free earnings, and tax-free distributions.

Get The Tax Savings: Consider a family in 24% tax bracket contributing \$4,000 to HSA, it would be tax savings of \$1,466 (\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). Earners in 32% bracket can max out 2023 contributions and gain tax savings of \$3,460.

Set Some Time and Seek Help: Open enrollment is the once-a-year opportunity to make changes to your work benefits without needing a life event. Be-

yond insurance and retirement benefits, these elections help maximize your savings, estate planning and taxes for 2023 and beyond.

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

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

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The Franklin Newcomers Club: Not Just for Newcomers

And not just for Franklin Residents!

The Franklin Newcomers and Friends Club will hold their next monthly meeting at 7 p.m. on Wednesday, October 12 at Escape Into Fiction, 12 Main St., Franklin.

No need to be a newcomer to the area . . . and no need to RSVP. Come make connections in your community. We are a multi-generational, member-driven club offering a wide range of activities and are always excited to welcome new faces and new ideas.

Residents of Franklin, or any surrounding town that doesn't have a Newcomers Club, are welcome to join us. We also

hold many fun and varied events throughout the year to stay connected.



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Fire Officials: Look Twice When Buying Smoke and CO Alarms Online

Counterfeit and Unlisted Alarms May Not Protect You

Massachusetts fire officials are asking the public to look twice when purchasing smoke and carbon monoxide alarms, especially when buying online. Always look for a mark confirming that your alarm is listed by

a nationally recognized testing laboratory such as Underwriters Laboratories (UL) or Intertek ETL and choose alarms from a well-known national brand. Rowley Fire Chief Mark Emery, State Fire Marshal Peter

Ostroskey, and Shrewsbury Fire Chief James Vuona, president of the Fire Chiefs Association of Massachusetts, issued the reminder after members of the Rowley Fire Department recently identified multiple alarms with counterfeit marks during separate residential inspections. The alarms had been purchased through online retailers.

“We discovered these counterfeit alarms during inspections prior to home sales, but there may be many more that we haven’t seen,” said Chief Emery. “It’s important that every residence has working smoke and carbon monoxide alarms, and it’s equally important that these alarms be reliable. Alarms that aren’t tested by an independent laboratory may not protect you when you need them most.”

The Massachusetts Comprehensive Fire Safety Code and State Building Code require that all smoke alarms, carbon monoxide alarms, and combination alarms be listed by a nationally recognized testing laboratory. Currently, only Underwriters Laboratories (UL) and Intertek Testing Services NA, Inc. (In-



tertek) are permitted to test and list smoke and/or CO alarms in the United States. The thorough review process these laboratories use helps ensure that alarms will accurately detect hazards, alert the consumer promptly, and perform other critical functions. Inspectors have found counterfeit alarms purchased online that do not detect hazards as advertised.

“Choose alarms from a well-known national brand,” said State Fire Marshal Ostroskey. “We count on smoke and CO alarms to alert us to life-threatening danger. It may be cheaper to buy an alarm sight unseen online, but if the price seems too good to be true then it probably is.”

In addition to choosing listed smoke and carbon monoxide alarms from a reputable brand, residents should also know when

to replace them. Smoke alarms and most combination smoke/CO alarms should be replaced after 10 years. Most carbon monoxide alarms should be replaced after five to seven years, depending on the make and model, or when the end-of-life signal activates.

“Just like batteries, smoke and CO alarms don’t last forever,” said Chief Vuona. “If your alarm takes alkaline batteries, replace the batteries twice a year. We recommend doing this when you change your clocks. When it’s time to buy a replacement alarm, choose one that has a sealed, long-life battery and a hush feature – you won’t have to worry about changing the battery for the life of the device. And remember to test your alarms once a month to be sure they’re working properly.”

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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.

Reed C. Fulton

Born August 15, 1921, in Wilmington, Delaware, Reed C. Fulton grew up alternately in Wrentham, Massachusetts and Rangeley, Maine. He was a Boy Scout, a soldier, and a Mason, as well as a Golden Eagle and Life Member of the National Rifle Association.

Prior to World War II, Fulton worked as a night foreman at Winter Brothers Company, a tool and die manufacturer in Wrentham. When he learned that married men were being drafted, he abandoned his draft deferment and left Winter Brothers for the Army. A Sergeant in command of a tank company in WWII, he saw action in Europe as part of the U.S. Third and Seventh Armies and, at the end of the war, participated in General George S. Patton's rescue in Austria of the Royal Lipizzaner Stallions from advancing Soviet troops.

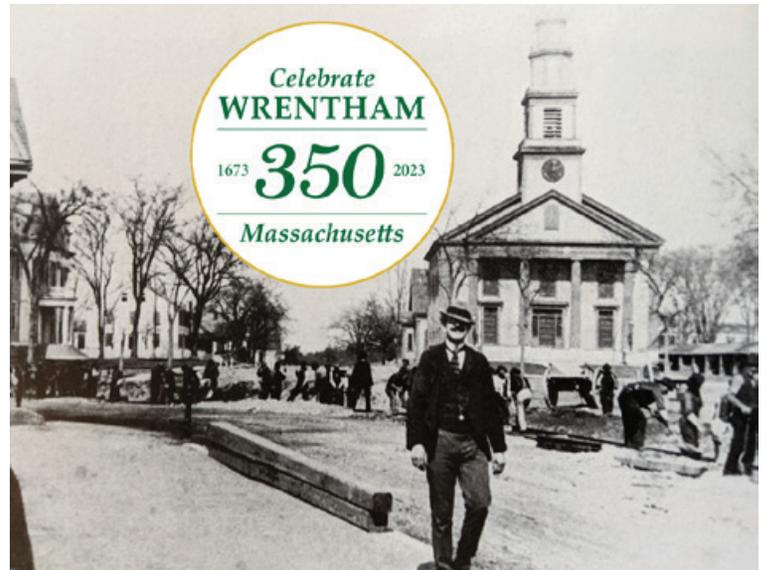
Fulton wrote in a letter home, "I am glad it is over here, but I would not trade the experience I have had for anything in the world." When asked about that quote a few months before he died in 2016, he said, "Yeah: I still feel that way, today." A grateful cavalryman, he also commented, "Stay away from any outfit that has to walk to work." Following the war, he was given a belated field commission as a Captain.

After leaving the Army, he returned to his job as a diemaker at Winter Brothers and later

operated the machine shop at the Massachusetts Institute of Technology's college of chemical engineering, teaching students to operate machine tools to manufacture the test apparatus they needed for their theses. During his time at MIT, he was intimately involved in the development of hydrazine—then not yet recognized as a fuel for spacecraft—as a torpedo fuel in highly-classified research for the U.S. Navy.

He spent decades as a Boy Scout leader, and between that function and his years at MIT, he exerted a positive influence on the lives of countless young boys and men and women as they grew to adulthood.

A consummate autodidact, Fulton studied a dizzying variety of disciplines and excelled at all of them. With the help of his Wrentham Scouts, he built a fire engine for them from a surplus military truck, then taught them to use it. The engine, along with Boy Scouts and Fulton, were quickly absorbed into the Wrentham Fire Department and used to positive effect in fighting forest fires. It was the beginning of Fulton's lifelong passion for fire science. He bought a war surplus torpedo retrieval boat, converted it to a utility boat, and gave countless Boy Scouts work experience and both seamanship and "gunkholing" experience that would last them a lifetime. Gunkholing is a boating term referring to a type of cruising in shallow or shoal water, and refers to the gunk, or mud, typical of the creeks, coves, marshes, sloughs, and rivers that are referred to as gunkholes. Fulton and his Scouts successfully retrieved a large number of unmoored vessels from the Massachusetts coast following a hurricane and returned them to their yards for repair.



Following his retirement from MIT, Fulton moved to Georgetown, Maine in 1972. He joined the Georgetown Volunteer Fire Department and enriched that organization with his encyclopedic knowledge of firefighting. The Department benefitted from his close ties with the Wrentham and other Massachusetts fire departments. He served as Chief of the Georgetown Department for ten years. After stepping down as Chief, he continued to serve as First Deputy Chief and Forest Fire Warden for fourteen more years.

In 2012 Fulton was honored for his 50 years as a Mason by representatives of his Masonic organization, based at MIT. Fulton received the award from Philip A. Nowlan, the then second district deputy grand master of the Grand Lodge of Massachusetts, who listed a number of Fulton's accomplishments, including Fulton's Masonic ser-

vice, his long tenure as fire chief in Georgetown, ME, his 20 years as a Scoutmaster with Boy Scouts of America, during which he was presented the Scouts' Silver Beaver award, and his military career during World War II. The Grand Lodge of Masons in Massachusetts is the oldest lodge in the Western Hemisphere and the third oldest in the world.

Reed C. Fulton died at his home in Georgetown, Maine on April 3, 2016, at the age of 94. A new road at The Preserve at Mill Pond off Park Street in Wrentham has been named in his honor.

SUBMITTED BY PAULA KOWALEWSKI SULLIVAN.

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Fall Financial Tidbits

Summer has come to an end. Now that the hottest days, family vacations and back-to-school rush are behind us, it's a great time to give some attention to your personal finances. Prepare for the coming months – and the holidays on the horizon – with these fall tips:

- **Pay quarterly estimated taxes.** If you're self-employed or you have extra income you haven't reported on your W-2, now's the time to make sure you're paying both state and federal quarterly estimated income taxes so you don't get stuck with a big bill from Uncle Sam in April. September 15th was the deadline to pay your third quarter estimates, but don't let that stop you from sending something in anyway.
- **Prepare for the cooler months.** Although you may still have summer on your mind, staying warm gets expensive when winter hits. Many utility companies offer "budget billing" plans that allow you to spread your heating costs over the year while avoiding a surprisingly large bill for a particularly cold month. Also, winterizing your home this fall conserves energy and saves money.
- **Start saving for the holidays.** It may sound excessive to start thinking about the holidays in October, but Christmas is less than 90 days away. Now is a great time to create a holiday spending plan. For instance, if you plan to spend \$300 on gifts, you should start saving \$3-4 per day to get there. Stashing away cash in ad-

vance allows you to buy gifts for everyone on your list without taking on debt. Resolve to start a "Christmas Club" savings account in the New Year to jump-start your savings habit.

- **Teach children to save.** When kids return to school, they often have a renewed sense of focus and determination. Schools across the country are incorporating financial literacy into the classroom. Take this opportunity to talk to your children about money and the importance of saving. Your efforts will be rewarded as your child develops an understanding of financial principles and positive financial habits. We have a great FREE guide entitled "Money Doesn't Grow on Trees...Teaching Kids About Money." Please feel free to call me and I will send you a copy right away. My number is below.
- **De-clutter and donate.** As summer winds down and you start spending more time inside, take a hard look at all the stuff you've been stockpiling. Sorting through clothes you no longer wear along with electronics and unused household items can free-up space and even make you a little cash. Sell items at a local consignment shop or donate them (by making a tax-deductible contribution).
- **Conquering the Clutter in your Financial Closet.** You need only to keep credit card receipts, ATM transactions, and deposit and debit card receipts until you verify the



transaction on your monthly statements and then you can shred them. In the event that you have a small business, some of these records should be kept longer. Feel free to reach out to me and I can provide you with some details on how long to keep specific items. Always remember that any financial transaction, receipt or account statement should be shredded. NEVER throw them in the trash.

PERMANENT items you may want to keep:

- Educational records
- Employment records
- Health records
- Retirement and Pension Plan information
- Contents of your safe deposit box

CURRENT items, which need to be reviewed every 3-6 years, before deciding whether to continue keeping or shredding them include:

- Cancelled checks
- Bank statements
- Insurance policies
- Home purchase, repair and improvement records
- Warranties
- Income tax records

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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The Pumpkins Have Landed

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

The pumpkins are grown in a region of New Mexico with 42% unemployment, providing jobs for Navajo people, and they are grown using sustainable agricultural practices that help benefit the environment. Your purchase also supports St. John's Church and its work right here in our community.

Contact St. John's Episcopal Church at 508-528-2387 with any questions or visit the church website at www.stjohns-franklinma.org.









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Witnesses Knocking on Doors Again

Norfolk and Wrentham Jehovah's Witnesses Return to Door-to-Door Ministry After 30-Month Pandemic Pause

Jehovah's Witnesses resumed their trademark door-to-door ministry on September 1 when a two-and-half-year suspension of the work was officially lifted, just in time to begin a global campaign featuring a new interactive Bible study program.

The decision to resume their door-to-door ministry marks the complete restoration of all pre-pandemic in-person activities for the 1.3 million Jehovah's Witnesses in the 13,000 congregations in the United States. Houses of worship (called Kingdom Halls) were reopened April 1, witnessing in public places resumed May 31 and in-person conventions are once again being planned for 2023.

Visiting neighbors at their homes is something Matthew Travers, of Norfolk, has had an active part in for over 30 years. During the worldwide pause from this in-person ministry, Travers said he "missed the face-to-face conversations."

Ready to resume knocking on doors, Travers said he is "excited for the opportunity to engage people." He added, "I look forward to sharing the hope the Bible provides, especially given the distressing things people have experienced during the last two years."

The suspension of the public ministry was a proactive response by the organization to keep communities and congregants safe. The move was

also unprecedented. Jehovah's Witnesses had been preaching from house to house without interruption for more than 100 years through an economic depression, two world wars and global unrest. But COVID-19 demanded a different response.

"We believe that the early decision to shut down all in-person activities for more than two years has saved many lives," said Robert Hendriks, U.S. spokesperson for Jehovah's Witnesses. "We're now ready and eager to reconnect with our neighbors once again – person to person, face to face. It's not the only way that we preach, but it has historically been the most effective way to deliver our message of comfort and hope."

The pandemic forced Jehovah's Witnesses to quickly pivot to virtual meetings and conventions, while conducting their ministry exclusively through letters, phone calls and virtual Bible studies. This has led to growth in meeting attendance and the number of congregants, with more than 400,000 newly baptized Witnesses joining the ranks of 120,000 congregations globally in just the first two years of the pandemic.

For more information about Jehovah's Witnesses, their history, beliefs and activities, visit their official website, jw.org, with content available in more than 1,000 languages.



Matthew Travers, of Norfolk, and Jules Guerrier, of Walpole, engage in a door-to-door ministry of delivering a message of hope and comfort. Photo courtesy of Jehovah's Witnesses.

Norfolk to Hold Flu Clinic

The Norfolk Senior Center will be hosting a flu clinic on Tuesday, October 11 from 11 a.m. to 1 p.m. for ages 65 and older and from 2 to 5 p.m. for those under 65.

All appointments must be made through the link on the town's website (norfolk.ma.us). The link will also be posted in the Senior Center's newsletter. For assistance with this process, please call the Public Health Nurses office at (508)-384-5485.

The Public Health Nurses will be offering flu shots in their office as well. The dates for office flu shots were not available at Local Town Pages press time.



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Guest Column

Who is Watching Us?

By G. GREGORY TOOKER

The James Webb Space Telescope represents one of the greatest achievements of humankind's intelligence. With the benefit of this amazing probe, the world's astrophysicists may uncover secrets which could assist in the rescue of Planet Earth from its presently suicidal course. As we probe ever more deeply into the seemingly endless universe, however, shallow spots in our own pond of human evolution become more and more apparent.

In parallel with the unveiling of the miraculous mural of deep space, some of Earth's least accomplished human beings have clawed their way to positions of power where they are able to threaten the planet with mass extermination. Careless monitoring of the environment and greedy utilization of the resources it provides was born of complacency on the part of those who had the capability to do far better in the selection of leadership.

Should the current weakening of democratic governments continue, Earth and its inhabitants will be at the mercy of autocrats bent on maximizing wealth and power. The immediate and long-term consequences of this behavior in the form of human suffering and environmental destruction are of little concern to these individuals.

Your writer begs your indulgence if the call to action with respect to the electoral process has gotten a bit repetitive in recent months. But there is little alternative when it comes to successfully addressing and solving the problem at hand. Those in favor of installing leadership favoring autocracy are determined and committed; they will not waver when it comes to casting their ballots. Every registered voter not willing to endure such a transition away from democracy must make his and her opinion known. In the words of the January 6 Select Committee Chair, Rep. Bennie Thompson, "We settle our differences at the ballot box." All concerned citizens must do that while the option still exists.

October 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.

Tuesday, October 11 **Flu Clinic** will be held for Norfolk residents from 11 a.m. to 1 p.m. for seniors 65 and older and from 2 to 5 p.m. for under 65. Registration link will be online on the town's website (norfolk.ma.us) or call 508-528-4430 for assistance.

Friday, October 14 at 1 p.m. **Nature in your Neighborhood** Presented by Lara Kazo, Naturalist, Mass Audubon's Metro South Region. Enjoy an illustrated one-hour presentation, with the opportunity to ask questions. Learn how to find and attract animals to your yard, identify plants and animals around your neighborhood, and learn about the challenges that face wildlife in urban spaces. Followed at 2:15 p.m. by a Guided Walk at Stony Brook Wildlife Sanctuary, 108 North Street, Norfolk. Lara will meet us at Stony Brook for a guided walk at 2:15 p.m. Please note: the walk-

ing surface at Stony Brook may be uneven. *This program is free to participants, and is funded, in part, by a grant from the Norfolk Cultural Council, a local agency supported by the Massachusetts Cultural Council.*

Tuesday, October 18 at 1 p.m. **A History of Howard Johnson's** Boston historian and author Anthony M. Sammarco will recount how Howard Johnson introduced 28 flavors of ice cream, the "Tendersweet" clam strips, grilled hotdogs, and a menu of foods that families eagerly enjoyed when they traveled. If you remember the orange-roofed Howard Johnson's empire that stretched along roadways from coast to coast, you will love this nostalgic and historical presentation.

Tuesday, October 25 at 1 p.m. **Halloween Music by the Elderly Brothers** Costumes Encouraged! Spooky songs include Witchcraft, Alley Cat, The Adams Family, Black Magic Woman, Bewitched, and Monster Mash. Light refreshments served.

Orthopedic Surgeon Accepting New Patients

We are proud to welcome our new orthopedic surgeon, Brendan Kiernan, MD, to Milford Regional Physician Group. Dr. Kiernan is a Massachusetts native and comes to MRPG from University of California-Davis, where he completed a fellowship in adult joint reconstruction.

Earning his medical degree from Georgetown University School of Medicine, Dr. Kiernan completed his orthopedic surgery residency at UMass Memorial.

Dr. Kiernan looks forward to taking care of patients with a variety of hip and knee problems (such as arthritis) and other joint conditions. His practice focuses on partial and total knee and hip replacement including revision procedures. In addition, Dr. Kiernan specializes in a direct anterior approach to joint reconstruction, resulting in decreased post-operative pain and faster recovery.



Brendan Kiernan, MD

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Wrentham to Hold Flu Clinic

The Wrentham Senior Center will be hosting a flu clinic on Tuesday, October 4 from 11 a.m. to 1 p.m. for ages 65 and older and from 2 to 5 p.m. for under 65.

All appointments must be made through the link on the town's website (wrentham.ma.us). The link will also be posted in the Senior Center's

newsletter. For assistance with this process, please call the Wrentham Senior Center at (508)-384-5485, or the Public Health Nurses office at (508)-384-5485.

The Public Health Nurses will be offering flu shots in their office as well. The dates for office flu shots were not available at Local Town Pages press time.

For rates and info on advertising your business,

please call Jen at 508-570-6544 or email:

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Back-to-School Roadway Safety Tips for Students and Motorists

Walking to School

- Walk on the sidewalk whenever possible. When on a street with no sidewalk, walk facing traffic.
- Before crossing the street, stop and look left, right and left again to see if cars are coming.
- Make eye contact with drivers before crossing the street and always cross streets at crosswalks or intersections.
- Stay alert and avoid distracted walking. Never walk while texting. If you need to respond to a text, move out of the way of others and stop on the sidewalk. Never cross the street while using an electronic device. Do not wear earbuds while walking across the street.

Riding a Bike to School

- Ride on the right side of the road in the same direction as traffic, and in single file.
- Come to a complete stop before crossing the street and walk bikes across the street.
- Stay alert and avoid distracted riding.
- Always wear a properly fitted helmet and bright-colored clothing.
- Helmets appropriate for bicycling should be worn by everyone – adults and children – on every bike ride regardless of the length of the ride.

Riding the Bus to School

- Go to the bus stop with your child to teach them the proper way to get on and off the bus.
- Teach your children to stand 6 feet (or three giant steps) away from the curb.

- If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus. Your child and the bus driver should always be able to see each other.

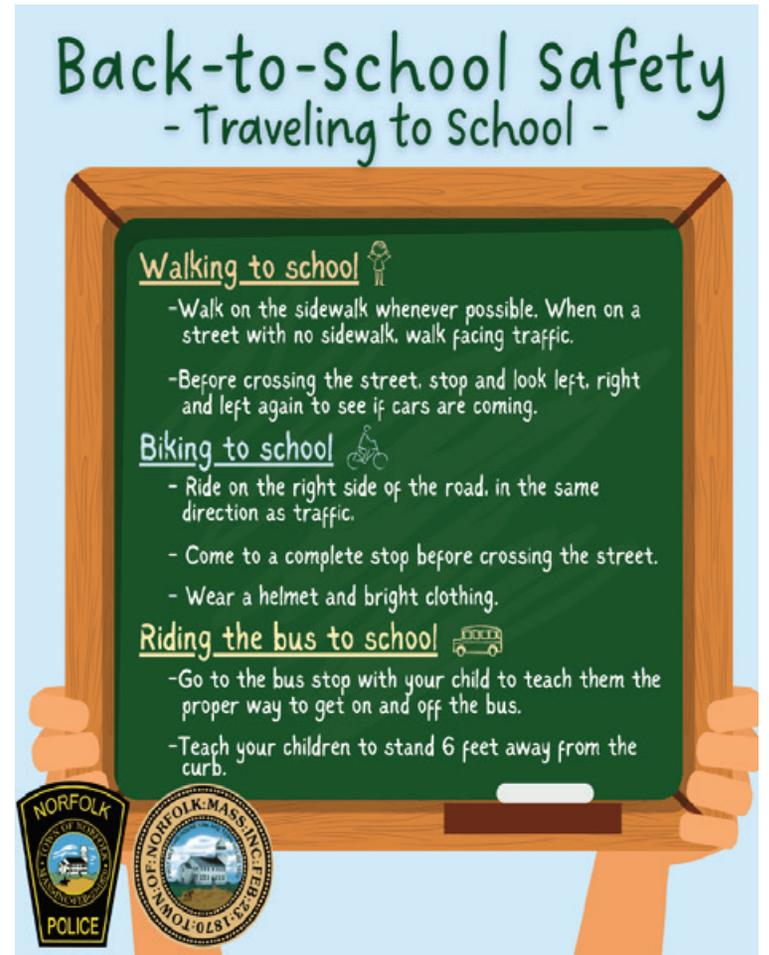
Safety Tips for Motorists

- It is important that motorists be alert while driving, especially in school zones, near playgrounds and parks, and in residential areas.
- Stay alert and avoid distracted driving.
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection. Always stop for a school patrol officer or crossing guard holding up a stop sign.
- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children. If the yellow or red lights are flashing and the stop arm is extended, traffic must stop. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.
- The area 10 feet around a school bus is the most dangerous for children. Stop far enough back to allow them space to safely enter and exit the bus.
- Drivers who are dropping students off at school should obey school zone speed limits and follow the school's drop-off procedures.
- Don't block the crosswalk when stopped at a red light or while waiting to make a turn. This forces pedestrians to go around you, which could put them in the path of moving traffic.

- Make eye contact with pedestrians who are crossing the street.
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way.
- Never pass a vehicle stopped for pedestrians.
- If you're driving behind a bus, allow a greater following distance than if you were driving behind a car.
- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist.
- A common cause of a collision is a driver turning left in front of a bicyclist. Watch for bike riders turning in front of you without looking or signaling - children especially have a tendency to do this.
- Watch for bikes coming from driveways or behind parked cars.

Teen Drivers

- According to the Centers for Disease Control and Prevention, in 2019, over 40% of U.S. high school students did not always wear a seat belt when riding in a car driven by someone else. Ensure your teen understands that every person in a vehicle should be buckled up, no matter where they are sitting or how long the trip.
- Teens often crash because they are inexperienced. Have regular conversations with your teen about safe driving practices and laws to ensure they understand the rules of the road.
- Set a good example by driving the way you want your teen to drive.



Norfolk Quill Offers Upcoming Workshop

The Norfolk Quill will offer a five-week writers workshop beginning Tuesday, October 4 from 5:30 to 7 p.m. in the Schoolhouse Room of the Norfolk Public Library.

For more information and to register, email norfolkquill@gmail.com.

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FPAC to present The Sound of Music Starring Broadway's Sara Jean Ford

The Franklin Performing Arts Company (FPAC) will present *The Sound of Music* at THE BLACK BOX in Franklin, MA October 14-23.

Broadway's Sara Jean Ford stars as Maria Rainer. Ford is best known for starring as Christine Daaé on Broadway and in the National Tour of the world-wide sensation *The Phantom of the Opera*. Also on Broadway she's been seen in *CATS* (Jellylorum), *How to Succeed in Business Without Really Trying* (Smitty), *A Little Night Music* (Mrs Anderssen, Anne/Petra cover), and *Finian's Rainbow* (Arlene, Sharon cover). Off-Broadway she starred in *The Fantasticks* (Luisa, Revival Cast Recording) and appeared in Broadway in Chicago's *WICKED* (Glinda/Nessa Rose cover). Ford has previously brought her solo show to THE BLACK BOX and has headlined the FPAC Gala and Broadway Weekend. She

is on the Broadway Faculty for Voice and Acting at the Franklin School for the Performing Arts.

Ford stars opposite FPAC favorite Nick Paone as Captain von Trapp. The cast also features Tyrick Wiltez Jones (Broadway's *Hairspray*, *Finian's Rainbow*) as Max, NYC's Jillian Paige as Elsa, and opera singer Shauna Martin as Mother Abbess.

FPAC's production is directed by Artistic Director Raye Lynn Mercer and features music direction by Hallie Wetzell and choreography by Christopher Rice-Thomson (Broadway's *Book of Mormon*, *Pretty Woman*, *Hamilton* on tour).

The von Trapp family will be played by FPAC Apprentices Tatiana McAlpine (Liesl), Mason Sanford (Friedrich), Finley Doherty (Louisa), Julian DiChiara (Kurt), Aida DiChiara (Brigitta), Colette Lelievre (Marta), and Catherine Cornwell (Gretl) with John Fitzhenry



as Rolf Gruber.

The cast also includes Lizzy Stant, Tzintli Cerda, Kellie Stamp, Casey Harkness Andrade, Tim Ayres-Kerr, Mike Baratta, Melissa Baratta, Greg Dutton, Jason Frigon, Kim Frigon, Audrey Miningham, Lindsay Tomas, Michele Webster, Hailey Hulbig, Addie Abstoss, Elena Baker, Katie Bird, Han-

nah Connors, Helena Cornwell, Amelia Dahlheimer, Ameline Eastman, Barea Frigon, Macie Hoben, Anna Linde, Kate Settle, Angelina Willey, Devin Curley, Devin DeAngelis, Emmett Eastman, Matthew Packard, and Maggie Friedman.

The Sound of Music runs October 14-23 at THE BLACK BOX. The final collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical. Featuring a trove of cherished songs, including "Climb Ev'ry Mountain," "My Favorite Things," "Do Re Mi," "Sixteen Going on Seventeen," and the title number, *The Sound of Music* won the hearts of audiences worldwide, earning five Tony Awards and five Oscars. The inspirational story, based on the memoir of Maria Augusta Trapp, follows an ebullient postulate who serves as governess to the seven children of the imperious Captain von Trapp,

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

The Franklin Performing Arts Company at THE BLACK BOX is a professional Equity theater producing musicals, plays, and more, featuring Broadway stars, professional and regional performers, and emerging artists.

For tickets and more information, visit THEBLACKBOXonline.com or call the box office at 508-528-3370.



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Beautiful Rooms from Start to Finish

A beginner's guide to fall planting and maintenance

Spring and summer are perhaps the busiest times of year for gardeners. However, fall also is a prime time to tend to gardens.

The tree and bare root retailer Bower & Branch advises that soil temperatures in many regions of the country may still be warm enough to encourage root growth well into the start of winter. Furthermore, fall is often the ideal time to plant, fertilize and keep a garden going or to get a head start on next year's bounty.

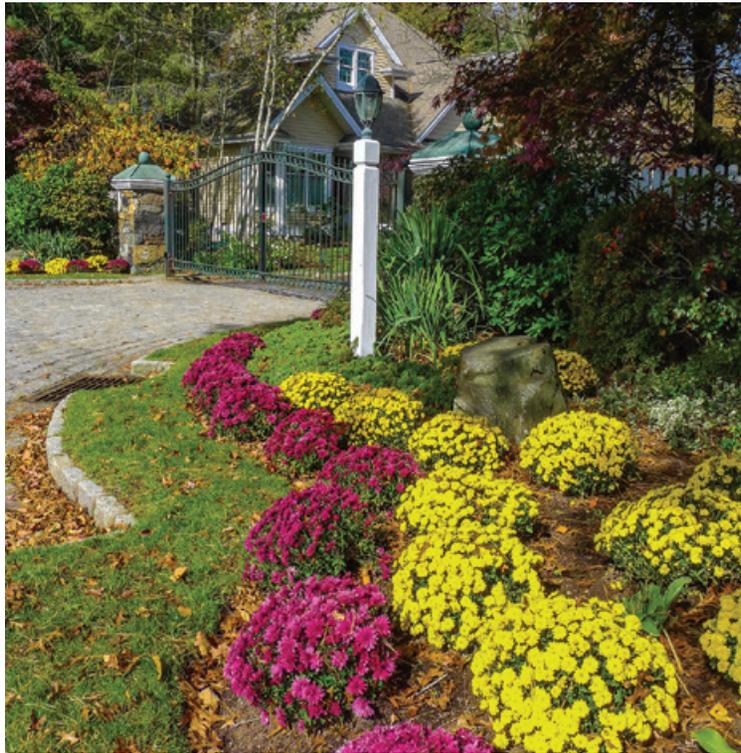
Here are some tips to make the most of the fall gardening season.

- Think about fall annuals and bulb planting. Near the end of September, start planting cool-weather-loving pansies and violas for pops of color as summer flowers fade. Also, it's a good idea to stock up on bulbs that will bloom in the months to come before they sell out in stores. Wait until the temperatures really cool down before planting them in desired spots for spring sprouts.

- Sow salad seeds. Lettuce, spinach, radishes, and arugula tolerate cooler temperatures. Try new and interesting lettuce varieties and enjoy salads well into the fall season.

- Take inventory of the sun. Positioning a garden carefully means maximizing hours of sunlight, which begin to dwindle in the fall. Experts say gardens grow best in sunny locations that receive six hours of direct sunlight each day. This is where container gardens can be helpful, as they allow gardeners to move plants into spots that will get ample sunlight.

- Fill in landscaping gaps. Some fall plants can add color around the landscape and brighten up homes to add curb appeal. In addition to pansies and violas, asters, kale and chrysanthemums are fall blooms. Keep in mind that mums can come back year after year.



So take them out of those flower pots and get them into the ground. They can be enjoyed next year as well, sprouting in early spring and developing leaves and buds through late summer.

- Clean up unwanted growth. Fall is an ideal time to cut back spent vegetable plants and get rid of errant weeds. Rather than bagging leaves, mow them with a grass catcher and then add the

mix to a vegetable garden as an excellent soil insulator. The nitrogen and carbon will fertilize the soil, enhancing growing possibilities and limiting weed growth.

- Propagate plants in the fall. As temperatures gradually begin to cool, start taking cuttings from perennials, gathering seed pods from azaleas and rhododendrons and dividing hardwood cuttings, says the resource Gardening Know How. Consult with a garden center or horticulturist on the proper ways to propagate stems using rooting hormone and other techniques.
- Continue to water plants. Water is essential in the fall and winter as roots can still be growing. Gradually reduce watering duration as plants go dormant.

Fall planting and maintenance can extend gardening season and improve the chances of growing a healthy spring garden.

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Robert “Rob” Greene founded the company in 1980 and runs it today with his son Robert Jr. “Robbie.” Their goal is to provide top-notch workmanship at an affordable price.

“I decided to start my own business after I noticed that homeowners were being charged very high prices for a mediocre job,” says Rob. “This bothered me. I knew that if I could offer customers an exceptional job with fair pricing, that I could make a difference.”

Rob himself started roofing at the age of 13 with his father for his father’s construction company. Rob learned everything about roofing from the “great old-timers” who were up on the roof working right along with Rob, teaching him everything he now knows.



Today, Robert Roofing is fully licensed and insured, and performs work on residential and commercial buildings plus new construction. They have an “amazing crew” that offers various types of roofing (asphalt, rubber, low-slope, specialty shingles, etc.) as well as other services including gutter installation, new downspouts, vinyl and wood siding, coil stock metal coverage, soffits, and chimney repointing and flashing.

Did you know fall is peak roofing season? Rob says it is

Business spotlight

very important to have your roof evaluated before the cold winter months. If you need a new roof, or roof repairs, now is the time to do it.

“It’s easy to brush off some minor wear and tear water damage or damaged shingles but these are strong indicators that you need to replace your roof.

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David Williams

Don’t wait until spring to replace your roof, as doing so can exacerbate your problems. Any damage that you’ve discovered can only get worse during the winter with freezing rain, ice, snow and sleet. It’s best to be proactive instead of dealing with emergency roof repairs at the last minute.”

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For the warmer months, Rob stresses the importance of roof ventilation which can also help with energy savings.

“The proper roof ventilation allows proper airflow between the attic and the outdoors. If a roof isn’t properly ventilated, hot air can become trapped inside the attic and cause your entire house to heat up gradually like any oven. This puts a huge strain on your home’s cooling system and leads to a noticeable rise in your monthly energy bills.”

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Under Pressure gets homes ready for the holiday season

By CHRISTIE VOGT
CONTRIBUTING WRITER

In anticipation of fall bonfires, winter holiday gatherings and cold weather challenges, exterior cleaning company Under Pressure is busy preparing and sprucing up homes for the season. “The work we do is like a tune-up of the house from top to bottom, from roofs to gutters to windows to patios,” says owner Mark Mercer. “We’re helping people to love their home again, especially around the holidays, and to refocus attention on the importance of the health of a house.”

Mercer says that cleaning exteriors in late summer and early fall is an optimal time because houses stay cleaner for longer due to less pollen, landscaping debris and humidity-induced mildew. Under Pressure is also able to wash surfaces later in the year — even as temperatures drop to the 30s — thanks to water heating mechanisms in its trucks. “Winter is long, and homeowners should be asking themselves at this time whether their house is prepared for the

Business spotlight

changing weather ahead,” Mercer says.

In addition to washing, Under Pressure offers shrink-wrapping to protect outdoor furniture, water features, garden monuments and other items that need to be shielded from the elements. “Shrink-wrapping is a great alternative to covering things with weatherproof fabric, which often gets chewed through by critters,” Mercer says. “Shrink-wrapping also saves space because we can push everything into one tight bundle in your yard rather than having your patio furniture take up square footage in your garage or basement.”

Under Pressure also offers safe and efficient ice dam and snow removal services. Its gentle but powerful steam method quickly remedies problematic areas on roofs without damaging a home’s structure.



Routine maintenance and cleaning services like these are important, but Under Pressure is also eager to bring a bit of magic to customers this year in the form of custom-designed holiday lighting. “We are really excited about this new offering,”

Mercer says. “It’s amazing what you can do with a home nowadays with new light technologies, and customers have been asking us for years for a service like this.”

Under Pressure’s team has gone through weeks of training and safety courses in order to design and install holiday lights that cater to customers’ imaginations. “The designs are only limited by homeowners’ creativity,” Mercer says. The company uses LED lights and can illuminate an entire house with one extension cord and a timer. Homeowners don’t have to worry about maintenance or storage either; Under Pressure

will take the lights down at the end of the season and store the equipment until homeowners want to reinstall a display in the coming year.

“We can decorate homes for Halloween, Christmas, Hannukah, New Years — any winter holiday that people want to celebrate,” Mercer says. “Holiday lighting creates a special feeling; there’s just something about the warmth that it brings to a place.”

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Fireplace trends help create attractive, comfortable rooms

Fireplaces are useful features in a home. Fireplaces are sources of ambient heat and also add style to indoor spaces.

Fireplaces can complement just about any interior style. Fireplaces can be traditional and burn wood or connect to a home's natural gas supply for on-demand ambiance. What's more, fireplaces may come in vented or ventless varieties, depending on homeowners' preferences and what is allowed by community building codes. That means a chimney or flue may not be needed — expanding the list of rooms where a fireplace can be installed.

Certain trends have emerged among fireplace fans in recent years. Here's a look at what's getting consumers fired up about these home decor elements.

- **Minimalist style:** Many fireplaces are designed in neutral colors with minimal trim that directs focus on the fire and not the appliance. When the fireplace is not in use, it blends in with surroundings and will not compete for attention with other design elements.

- **Convertible fireplaces:** Homeowners can choose between open or sealed fireplaces. A convertible fireplace enables homeowners to

have the best features of these options. A convertible fireplace can be converted to wood from gas, or the opposite, in as little as 30 minutes.

- **Nature-inspired materials:** Natural stone continues to be a material of choice in fireplace surrounds. Light colors work well for a fireplace, and also fit with today's lighter color interior design preferences. Natural stone also works perfectly with both contemporary and rustic decor.

- **Vintage fireplaces:** Vintage continues to be a buzzword in 2022, and the choice to go vintage also applies to fireplace styles. A room decorated in vintage elements can be complemented with a vintage fireplace or one designed to look vintage.

- **Integrate into wall decor:** Fireplaces that are built right into a wall save space. One can have a television and a fireplace on the same wall. These types of fireplaces work well in modern home designs. Other fireplaces may be built into bookshelves or other wall features.

Fireplaces can improve the appeal of a home. Various trends are popular this year, making fireplaces highly coveted features.



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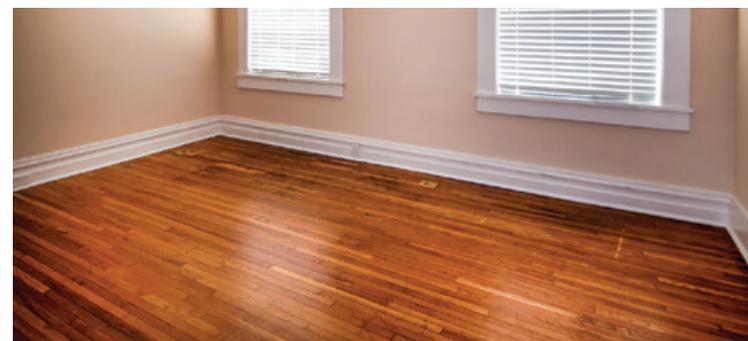
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Wood floor installation dos and don'ts

Jaw-dropping features can sell a home in a heartbeat. A penthouse apartment with floor-to-ceiling windows and a panoramic view of a city skyline likely won't prove a hard sell, nor will a home with an infinity pool overlooking a landscape of rolling hills. As awe-inspiring as such features can be, some more subtle components, such as authentic hardwood floors, also can do much to make a home more appealing to prospective buyers.

home renovation experts at BobVila.com, squeaky floors could be an indication that the subfloor has begun to warp or twist. Sinking floors are another indicator of deteriorating subfloors. Subfloors should be somewhat level before new hardwoods are installed, so DIYers should inspect and address subfloor issues before installing new flooring.

DO expose wood flooring to the elements in your home prior to installation. The home im-



Hardwood flooring is a sought-after commodity. Data from the National Association of Realtors indicates that 54 percent of home buyers are willing to pay more for hardwood floors. In fact, NAR figures indicate that 28 percent of buyers between the ages of 35 and 54 consider hardwood floors "very important" when looking for a home. Homeowners who are considering selling their homes, or those who simply want to upgrade their existing flooring, may want to consider installing hardwood flooring. Though it's a project best left to professionals, hardwood flooring can be installed by skilled DIYers. In such instances, homeowners may want to keep these dos and don'ts in mind.

DO hire a professional if you have limited or no DIY flooring experience. Hardwood flooring installation is not generally a project for novice DIYers. Hardwood flooring projects may present some common challenges, but no two homes are the same. So unless they have prior experience installing floors in multiple rooms or homes, homeowners may save themselves time, trouble and a significant amount of money hiring a professional to do the job.

DON'T ignore the subfloor. New hardwoods won't erase the problem of subfloors in poor condition. According to the

improvement resource BuildDirect recommends acclimating hardwoods to the space where they will be installed. Skipping this important step could result in gaps during the winter and cupping over the summer. To acclimate hardwoods, open the boxes and spread them out for about a week while running the air conditioner or heater at normal levels. When storing hardwoods prior to installation, avoid keeping them in potentially moist areas like a basement.

DON'T skimp on tools. A DIY hardwood flooring installation might be less expensive than hiring a professional, but homeowners should resist any temptation to increase those savings further by purchasing less costly tools or fewer tools than is necessary to complete the job. BuildDirect notes that DIYers will need at least a miter saw, table saw, cleat-nailer or stapler, finish nailer, compressor, jamb saw, chalk line, nail set, and tape measurer when installing hardwood floors. Purchase all necessary tools and read product reviews to ensure each tool is up to the task.

Wood floors can be awe-inspiring. Some homeowners can install such flooring on their own, and the project can be much easier if they learn as much about installation as possible prior to beginning the project.

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Signs your gutters are in need of repair

Fall is a great time to tackle projects around the house. The weather each fall allows homeowners to make improvements to their homes' exteriors without worrying about extreme heat or cold, while interior projects like painting are made easier because homeowners can open the windows to allow for proper ventilation.

Fall also marks a great time to prepare for upcoming projects that can make winter work that much easier. For example, fall is a great time to take stock of your gutters so you can address any issues before leaves begin to fall or the first snowstorm touches down. Compromised gutters can contribute to water issues in basements and adversely affect a home's foundation if not addressed immediately, so it behooves homeowners to learn the signs that gutters are in need of repair or replacement.

- Gutter hanging off the home: Gutters were once installed predominantly with spikes. However, many industry professionals now install gutters with hanger brackets. Why



the change? Spikes loosen over time, leading to the gutters hanging off the home. That can contribute to serious issues if left untreated. Gutters hanging off the home need not necessarily be replaced, but rather secured to the home, ideally with hanger brackets instead of spikes. Brackets hook into the front of the gutter and are then screwed into the fascia of a home. A professional who specializes in gutter repair can perform this task relatively quickly, and it's an inexpensive yet highly effective solution.

- Gutter separation: Gutters that are no longer fastened together can leak and contribute to issues that affect the home's foundation, siding and appearance. Clogs and the accumulation of debris can cause gutters to separate because they are not designed to hold too much weight. Replacement of separated gutters may or may not be necessary depending on how big the problem is and the condition of the existing gutters. If

replacement is not necessary, separated gutters may be remedied by securing the joints, another relatively simple and inexpensive fix.

- Peeling exterior paint: Paint that appears to be peeling off of your home may indicate that water is seeping over the edge of the gutter closest to your home. When that happens, water is coming down the side of the house, causing the paint to peel. In such instances, replacing the gutters is often necessary.
- Basement flooding: Not all signs of deteriorating gutters are outside a home. Many a homeowner has been flummoxed by flooding in their basements, and such flooding can be caused by aging, ineffective gutters. That's because deteriorating gutters sometimes allow water to leak near the foundation of a home, contributing to basement flooding.

Fall is an ideal time to inspect gutters and have any issues fixed before leaves begin to fall or harsh winter weather arrives.



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FSPA Welcomes Tyrick Wiltez Jones to Broadway Faculty

The Franklin School for the Performing Arts (FSPA) has announced the addition of Tyrick Wiltez Jones to the FSPA Broadway Faculty. The ten Broadway professionals are available to enrolled students for private coaching via Zoom. Coachings are available for singing, acting, dance, and self-marketing in the theater industry. Additionally, the Broadway faculty will be featured in FSPA's master class programs in Franklin and New York City.



Tyrick Wiltez Jones has been seen in the Broadway productions of Hairspray and Finian's Rainbow, Off-Broadway in Bat Out of Hell, and on tour in Miss Saigon, Seussical, and more. Jones will be available for Dance and Acting coachings. He will be in residence in Franklin while he is featured as Max in The Sound of Music with the Franklin Performing Arts Company (FPAC) at THE BLACK BOX.

Ben Cameron from the original Broadway cast of WICKED, Footloose, and Aida coaches students in Voice and Dance. Sara Jean Ford, a former Christine in Phantom of the Opera who also appeared in Finian's Rainbow, CATS, How to Succeed..., and A Little Night Music offers Voice and Acting coachings. Tyler Hanes, most recently seen on Broadway as the Rum Tum Tugger in CATS as well as Oklahoma!, Hairspray, The Boy from Oz, and more coaches Voice and Dance students. Jim Hogan currently appearing in

the original Broadway cast of Kimberly Akimbo, also seen in the national tours of Waitress, Phantom of the Opera, and Spring Awakening, offers Voice and Acting Coachings. Emily Koch who starred as Elphaba in WICKED and Jenna in Waitress also coaches Voice and Acting students. FSPA is happy to have Kara Lindsay who originated the role of Katherine in Disney's Newsies and appeared as Glinda in WICKED and Cynthia Weil in Beautiful coaching students in Voice and Acting. Kevin Massey, star of Disney's Tarzan, A Gentleman's Guide to Love and Murder, and more also coaches Voice and Acting students. Christopher Rice-Thomson from the tour of Hamilton and the Broadway companies of The Book of Mormon and Pretty Woman and of #TAPPY fame offers coachings in Voice, Dance, and self-marketing in the theater industry. Closing out the roster, Clay Rice-Thomson from Moulin Rouge,

Disney's Newsies, Matilda, WICKED, and KING KONG coaches Voice and Dance.

Relationships with the Broadway community have been developed through programs in Franklin including FSPA's Broadway Boot Camp, the annual Broadway Weekend, and classes offered in conjunction with THE BLACK BOX Broadway Series. "We are thrilled to offer this unique opportunity to our students," says FSPA Director Raye Lynn Mercer. "It is very exciting that these acclaimed performers have taken a special interest in our students and our school's curriculum."

To coach with the FSPA Broadway Faculty, students must be enrolled at FSPA in the corresponding disciplines. For more information about the offerings at the Franklin School for the Performing Arts, call 508-528-8668 or visit www.FSPAonline.com.



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Living Healthy

World-Class Eyecare and Cataract Surgery Closer to Home

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

Cataract surgery is by far the most common surgery performed in the United States. With advanced technology and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportunity to reduce your dependence on glasses or contacts and in many cases eliminate this need. Your expectations should also be to have your surgery by a world-class surgeon close to where you live and not be told to travel hours for testing and surgery. Many choices exist on where to have the surgery and by whom. Here are the specific

questions to ask when it's time to have the surgery:

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

referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

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



with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being asked to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
5. What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technolo-

gy. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!

7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependence on glasses.
8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.
9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.
10. What will be my vision on day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Sur-



MILFORD - FRANKLIN EYE CENTER



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EYES

continued on page 27

Living Healthy

A Natural Approach to Restless Leg Syndrome

Restless Leg Syndrome is a condition that causes uncontrollable urge to move the legs, usually because of an uncomfortable sensation. It typically happens in the evening or nighttime hours when you are sitting or lying down. RLS is a major factor in insomnia and has contributed to many sleepless nights. Moving tends to ease the symptoms temporarily. RLS can begin at any age and generally worsens as you age.

Clinically studies suggest that RLS may be caused by low Potassium &/or Magnesium levels as well as low Folate, vitamin B12 and Iron. Low potassium levels are often caused by a Magne-

sium deficiency. Low Potassium contributes to muscle spasms and RLS because Potassium plays a major role in regulating muscle contractions and low levels are associated with muscle twitches and spasms.

Foods high in Magnesium include kale, spinach, collard greens, turnip greens and mustard greens. Foods high in Potassium include dried apricots, raisins, beans, lentils, potatoes, spinach, broccoli, beet greens, avocado and banana. Foods high in Iron, B12 and Folate include broccoli, Brussel sprouts, liver, red meat, eggs, spinach, asparagus, peas, chick peas and brown rice.

Susan P presented to the Holistic Center at Bristol Square complaining of RLS. Sleeping had become very challenging and uncomfortable. After suffering many years with no resolution to her health issue she decided to try an alternative approach. Susan's diet was evaluated and it was evident that her diet was low in the nutrients that provide the minerals mentioned above. She was put on a healthier diet, started taking Magnesium chloride, and Potassium as well as started to eat red meat and spinach which are high in Iron. Her symptoms started to resolve quickly and she is now sleeping comfortably through the night.



Dr. Rochelle Bien & Dr. Michael Goldstein

If you or someone you know is suffering with RLS have them reach out to The Holistic Center at Bristol Square (508)660-2722 and make an appointment with Dr. Rochelle Bien or Dr. Michael

Goldstein today. We are located at 1426 Main Street, Walpole, MA.

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EYES

continued from page 26

geons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been

the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and Vivity lens implants. We offer bladeless laser cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! You do not even have to travel to Attleboro! We operate in a state-of-the-art

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SCAN TO WEB

Sports

Wilder Aims to Maintain KP's Field Hockey Success

New Coach a Warriors Assistant in Lacrosse

BY KEN HAMWEY
STAFF SPORTS WRITER

Kaitlyn Wilder is the new varsity field hockey coach at King Philip but it's not like she's in unfamiliar territory.

For the last five years, the 27-year-old Wilder has been an assistant coach for the girls lacrosse squad where she's focused on sharpening the team's offensive skills. The head lacrosse coach just happens to be Kourtne Wilder, her sister.

Kaitlyn has a plethora of knowledge about both sports, having played field hockey and lacrosse in high school and college. At Framingham High, Wilder was a two-time captain in field hockey and she also was a captain in lacrosse and ice hockey. A Bay State Conference all-star forward in field hockey and ice hockey, she played attack in lacrosse.

At Plymouth State, the versatile Wilder was a member of the field hockey team as a freshman. That squad won the Little East Conference title and was ECAC champions. A captain in field hockey as a senior, she played for a pair of Little East Champion lacrosse teams as a freshman and senior.

"I was thrilled to be appointed KP's field hockey coach," Wilder said. "Field hockey and lacrosse are similar. They both focus on possession — field hockey involves more ball control but in lacrosse it's more about setting the pace. The field hockey girls who played lacrosse at KP urged me to apply for the position. I'm excited to have been selected. I know the KP community and many of the girls from lacrosse."

Wilder says she "hopes to be the field hockey coach for the long haul." That would certainly provide the program with some continuity. KP field hockey has been very successful in the recent past but Wilder is the fifth coach in six years. The previous coaches — Liz Hathaway, Lisa Cropper and co-head coaches Kim Meehan and Erin MacDonald — all compiled successful records.

"I want to establish stability in the program, especially for the players," Wilder said. "It's all about building trust. I want the players to continue to thrive."

Wilder, who majored in childhood studies in college, teaches at the Holliston Middle School. Before joining her sister in lacrosse, she was an assistant coach at Framingham State. She still coaches lacrosse at the club level with Gold Star Lacrosse.

Her coaching style in field hockey will be an up-tempo approach. "We want to push the ball up field when the opportunity arises," she said. "And, we'll rely on our stick skills to control the ball. Crisp passing will also be part of our attack."

The goals Wilder has set for the Warriors are not surprising. "I want the girls to improve daily, contend for the Kelly-Rex title and qualify for the tourney. We lost 15 seniors to graduation but the underclassmen will step up and meet the challenges. Our midfielders are experienced but we'll need to shore up our defense."

So far Wilder likes some of the key attributes her team has displayed. "We're athletic, we have strong leadership, good stick skills, and a good field hockey IQ," she emphasized. "Hope-



Kaitlyn Wilder (front), KP's new field hockey coach, will stress an up-tempo style.

fully, our mental toughness and resiliency will continue to develop."

The Warriors' captains are all quality leaders and their talent is a plus. The captains are seniors Lauren Barrierio (midfielder/defender) and Charlotte Raymond (defense) and juniors Mara Boldy (forward) and Kelly Holmes (midfielder).

"Lauren is a four-year veteran who's strong in transition and gives us a solid presence," said Wilder. "Her stick skills are strong and she's got lots of passion for the sport. Charlotte is athletic and tenacious on defense. She's fundamentally sound and very much a vocal leader. She'll be competing at Babson College next year.

"Mara is athletic, a three-sport athlete (ice hockey and lacrosse). She's aggressive, agile, has a strong shot and possesses speed and quickness. She's also relentless, never giving up on a play. Kelly also is athletic, also a three-sport athlete. She controls the midfield, she's solid in transition and has the ability to score."

Senior Haley Bright, who started in goal last year, gives KP

a veteran presence at a key position. She also plays goalie for the lacrosse and ice hockey teams, and will play lacrosse at Simmons College next year. "Haley is agile, instinctive and a good communicator," Wilder said. "A hard-worker, she's improved her technique."

Two defenders who'll be key contributors are junior Bridget King and senior Avery Hayes. "Bridget had a strong pre-season," Wilder noted. "She's consistent, hits well and also is scrappy and skilled. She's able to maintain possession and clears effectively. Avery has good speed and stamina. She's able to cover for and back up her teammates, if needed. Her stick skills are very good."

A pair of forwards who should buoy the Warriors' offense are junior Nikki McDonald and senior Leah Santoro. "Nikki is athletic, has speed and stamina, and will give defenders a lot of trouble. We're hoping she has a breakout year offensively. Leah also has speed and athleticism. Her stick skills and passing are good and she handles pressure well. We're hoping she comes into her own as a scorer."

Sophomore Abby MacDonald is a key cog because of her versatility. She can play forward, midfield or defense. "Abby's endurance is terrific, she's solid in transition and she's a fierce competitor," Wilder said. "She consistently steps up in key moments."

Pointing to Franklin as one of the top teams to win the Kelly-Rex Division, Wilder also puts Attleboro in the mix. "Franklin is so talented and well-coached," she noted. "Attleboro is up-and-coming. Other teams that will be strong include Canton, Foxboro, Oliver Ames and Mansfield."

At Local Town Pages deadline, the Warriors had a 2-1 record, defeating Stoughton and Oliver Ames while losing to Franklin.

"Our schedule is challenging but a 2-1 start is a step in the right direction," said Wilder. "The key for us is to persevere and be resilient. "We're improving daily and maintaining a positive attitude."

KP's field hockey program has built tradition and experienced success. And, it's very likely that Kaitlyn Wilder will continue to sustain the program's winning ways.

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Sports

Telling Signs Point to Success for KP Girls Soccer Team

BY KEN HAMWEY
STAFF SPORTS WRITER

Gary Pichel has coached girls soccer for 12 years at King Philip and he spent 10 years at the helm of the girls program at Nipmuc Regional in Upton where his 2005 and 2006 squads won state championships. His KP teams have qualified for the playoffs 10 times in 11 campaigns.

So, when it comes to recognizing specific signs that might reveal future success, or hard times, the 64-year-old Pichel has a plethora of experience to gauge what lies ahead.

Last year, the Warriors' late-season losses to Hingham and Bishop Feehan were telling for Pichel. Very telling.

"We played Hingham in our final regular-season match," Pichel recalled. "And, we squared off against Bishop Feehan in the second round of the tournament. We lost both games but they spoke volumes about our future. Hingham was ranked No. 1 in the state and Feehan was seeded No. 2.

"We were in a scoreless tie at halftime against Hingham, playing without two of our best players who were injured. We lost, 3-0, but that showed we did well competing with young players. Against Feehan, I played four freshmen. When the match ended, it was scoreless. In overtime, we hit the crossbar, then missed a shot on an open net. We lost, 1-0, but nine of the players who faced Feehan are now in our starting lineup."

The signs Pichel saw against Hingham, which lost to Natick in the state final, and against Feehan were all positive. "We were young but we were talented," he emphasized. "I see a bright future for us for the next 2-3 years."

The 2022 season is a good starting point for Pichel's optimism because the Warriors have plenty of high-caliber attributes. "We've got great team chemistry, a high soccer IQ, athleticism, strong technical skills and good instincts," he noted. "We've also got depth and experience."

KP's captains, who rely on a variety of the strengths, include seniors Ella Pisani (center mid-

fielder), Grace Lawler (center back), and Danielle Gresham (defending midfielder), and junior Heidi Lawrence (striker). "The quartet leads by example and by being communicative and supportive," Pichel said.

Pisani is a two-time captain and last year was a Hockomock League all-star, an Eastern Mass. first-team all-star, and a Mass. all-state selection. She also led KP in scoring last year with 19 goals and 9 assists. "She's talented on both sides of the ball," Pichel said. "Her left and right foot shots are strong and accurate, and she's a natural team leader. Her soccer IQ is high and she's the ultimate play-maker."

A four-year starter, Lawler was a league all-star last season and also was a second-team Eastern Mass. all-star. "Grace is nicknamed 'the falcon' because of her tremendous speed," Pichel said. "She's our back-line field general, she sees the field well and is a very intelligent player. She's considered one of the best defenders by many league coaches."

Gresham gives KP a strong physical presence at midfield. "Danielle is a good passer who has a great left-footed shot," Pichel said. "She improved her skills and conditioning in the off season."

Lawrence was tied for second as KP's second leading scorer last year (8 goals and an assist), which was her first varsity season. "A track star, Heidi is super quick and very coachable," Pichel said. "Her shot is becoming more and more accurate."

Five sophomores are playing key roles for the Warriors, who started the season with a 1-1-1 record (the tie came against top-ranked Hingham). The quintet includes Addisyn Lamothe-Vaughn (right back), Danielle Lomuscio (outside midfielder), Makayla Thompson (outside midfielder), Ally Pochay (midfielder) and Rihanna Mason (center back).

"Addisyn is adept at slide tackling," Pichel said. "An aggressive play-maker in the backfield, she's tenacious and highly skilled. Danielle is like the Energizer



Coach Gary Pichel sees "a bright future" for his KP girls soccer team.

bunny, she never slows down. She's creative, can play any position and finished last year with 6 goals and 3 assists. Makayla is strong and physical, has a high soccer IQ and has the potential to be a top-notch scorer (5 goals, 2 assists last year).

"Ally was the leading scorer on the jayvees last year. She's super quick, a hard-worker, has a nose for the goal, and can play a variety of positions. Rihanna is a student of the game who can thwart opposing offenses. She's tall and strong and is a tenacious defender."

Two juniors Pichel will be counting on are Riley Wesley, a three-year starter at center back, and goalie Makenna Norrman, who's in her first year on the varsity.

"Riley is a fearless defender on the left side," he noted. "She's improved her ball-handling and passing skills. Makenna is very athletic, eager to learn, has quick hands and feet and is instinctive. We expect her to provide lots of consistency."

Pichel's style of coaching emphasizes and rewards players for consistency, hard work, dedication, and commitment. Improving one's skills also is a plus. "I want team players because they create a winning atmosphere and a culture that enables them to reach their potential and have fun," he stressed.

Acutely aware that soccer teaches players valuable life lessons, Pichel says he's delighted



King Philip's captains are, from left, Heidi Lawrence, Grace Lawler, Ella Pisani, and Danielle Gresham.

when his forces display leadership, teamwork, a strong work ethic, and an ability to overcome adversity. "I also believe that athletics can teach kids that there's no guarantees in life for achievement; hard work creates achievement," he said.

The signs that spell success were vivid in 2021, and with good health and no surprises this season, the Warriors should have another deep playoff run. This year's tie against Hingham is another telling sign that reveals how strong the Warriors are.

"Our short-term goal is to win the Kelly-Rex Division title and to continue to improve during the season," Pichel said. "Hopefully, we'll be peaking for the playoffs."

CORNER KICKS: Before arriving at KP, Pichel previously coach at Nipmuc, Hudson Catholic and Fitchburg State . . . Pichel, has experienced only one losing season at KP. That down year occurred in 2015 when nine of his 11 starters were injured and unable to return . . . Pichel and his 2005 state championship squad at Nipmuc were inducted into the school's athletic hall of fame on Sept. 25 . . . KP's 2019 contingent posted an 18-0 regular season record before bowing in the Sectional final to Bishop Feehan. The 2017 team had the deepest tourney advance, losing to Westford Academy in the State semifinals . . . Last year's squad finished with a 13-7-1 record.

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King Philip High School Hosts 2022 Active Minds “Send Silence Packing” Display

KPHS Partnered with North Attleborough High School on Sept. 19

King Philip Regional High School hosted Active Minds’ acclaimed “Send Silence Packing” traveling display for both King Philip and North Attleborough High School students on Monday, Sept. 19. The traveling display, which was available to students only during the school day, aims to end the silence that surrounds mental health and suicide, and connects visitors with resources for support and action.

The display at KPRHS is one of four displays to be hosted in Massachusetts this fall and the only one displayed at a high school. The display was organized and advocated for by Matt Kelley who is a senior at King Philip and the school’s Active Minds chapter president.

“I am so happy we are able to have this display at KP and am grateful for the generous donations and support we received,”

said Kelley. “I hope this event will raise awareness and get people talking about the important issue of mental health.”

The all-day display includes personal stories from individuals who have lost a loved one to suicide and is designed to raise awareness about the impact of suicide, connect individuals to mental health resources and inspire action for suicide prevention. The display features Send Silence Packing backpacks that have photographs and stories attached to them. Many of the backpacks were donated by families who lost a loved one to suicide.

Counseling professionals from King Philip and North Attleboro Schools, and also from Riverside Emergency Services, were available for any student needing support.

This event was funded by the KyleCares Foundation, KP and

North Attleboro Active Minds chapters, the Justine Metz Charitable Trust and generous donations from community members.

“We are very excited to be partnering with King Philip to share the Active Minds display with our student bodies,” North Attleborough Principal Peter Haviland said. “The students worked hard to organize this event, and we hope the North Attleborough and King Philip communities will use this opportunity to learn more about the mental health resources that exist.”

Added King Philip Regional Director of Wellness Dot Pearl, “We are extremely grateful to be able to host this display at our high school as it is imperative that we raise awareness about mental health and reduce the stigma that surrounds the topic. The partnership between North Attleboro and KP on this dis-

play extends each school’s efforts surrounding mental health and wellness while building community between the two schools which is great to see.”

To address changing needs due to the COVID-19 pandemic, Active Minds also launched a new companion exhibit designed to complement the in-person program - Send Silence Packing: Behind the Backpacks. This virtual, immersive experience gives users an in-depth look at the impact of suicide through personal stories, stigma reduction techniques and visual components such as videos, photos and audio. Visitors to Send Silence Packing will have a chance to learn more about Behind the Backpacks and easily share this program with friends, family and their community.

About Active Minds

Active Minds is the nation’s premier nonprofit organization supporting mental health awareness and education for young adults. Active Minds has a presence at more than 800 campuses, schools, communities, and workplaces nationwide, and is powered by a robust Chapter Network, the nationally acclaimed Send Silence Packing® display, inspiring Active Minds Speakers and our tailored Active Minds @Work initiative. The organization is dedicated to ending the silence and changing the conversation about mental health for everyone. To learn more, visit www.activeminds.org.

Wrentham’s Fiske Library Offers Practical Services for Residents

BY ANGIE FITTON

If you don’t already know it, the Fiske Library offers several ways to help members of the community. If you go to the “Services” tab on the library website (Fiskelib.org), you’ll see detailed information on seven different services provided by the Fiske.

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Fiske Library can help with new passports, or the replacement of expired, lost or stolen passports. This is by appointment ONLY. Passport assistance hours are Tuesday and Thursday from 6 to 7:30 p.m., and occasional Saturdays from 1 to 3 p.m. You must arrive at your appointment with your completed application, as well as the necessary documentation for your transaction. To use this library service, you must pay the full passport fee plus a \$35 fee that goes to the Town of Wrentham. If you need assistance with your passport, call 508-384-5440 extension 4.

Museum Passes

As a Wrentham resident, you are eligible to reserve museum passes on a first-come, first-served basis, up to a month in advance. You must have an active Fiske Library card that is in good standing to utilize this service. The following are all the passes available at the Fiske Library:

- Showcase Cinemas--\$10 per ticket
- Sweatt Beach Pass
- Roger Williams Zoo--Receive \$3 off per person for up to four people.
- Old Sturbridge Village--Receive \$3 off for four people.
- New England Botanical Garden at Tower Hill--Pass provides half price admission for 2 people.
- Winter Skate at Patriot Place--Two adults and three children get in free. You must still pay skate

rental fees if you don’t bring your own.

- Massachusetts Parks Pass--This pass entitles you to free parking at over 50 state parks.
- Museum of Science--Get \$10 admission for up to four people.
- New England Aquarium--Receive 50% off for four visitors.
- Hall at Patriot Place--Two visitors get in free with 1 pass. The library has 2 passes.
- Isabella Stewart Gardner Museum--Get \$5 admission for four people.
- Southwick’s Zoo--Wrentham residents with a valid Fiske Library card can receive discounted tickets. Please check the zoo’s website for more information.
- USS Constitution Museum--This museum allows free admission for up

to nine people per Fiske Library pass. The library has 2 passes available.

- Capron Park Zoo--One household (with valid ID) is allowed in for free.

Book Delivery

This is a service for those who cannot get to the library to take out books on their own. If you know of someone in need of this service, leave their name and phone number with a staff member and a volunteer will set up delivery of books once or twice a month.

Copier/Printer/Fax

This was paid for by the “Friends of the Fiske.” You must prepay to use these machines.

Notary

In order to use the Fiske Library notary, you must call first to make sure the Reference Librarian or the Library Director is available. No appointment necessary. 508-384-5440

Package Pickup

Did you know it’s possible to have your packages sent to the Fiske Library to ensure you receive them and they don’t get stolen off your property? Simply set up the mailing address as 110 Randall Rd. in Wrentham. The library staff will sign for items and hold them until you sign for and take them with you. Must be a Wrentham resident and have a valid Fiske Library card that matches the information on the package.

Textile Recycling

The Fiske Library has a collection bin in the back of their parking lot for textile recycling. Accepted items include footwear, clothing, accessories, household linens and stuffed animals. Visit the library’s website for a full list of items that are accepted.

Foreclosure Assistance Programs are Available to Help You Pay Your Mortgage

Homeowners who are struggling to pay their mortgage or facing foreclosure should know that there are consumer programs available to help them out. There has been a noticeable increase in notices to foreclosure and foreclosure deeds recorded in 2022, according to Register of Deeds William P. O'Donnell.

"The COVID-19 pandemic caused a great deal of upheaval in all our lives," said O'Donnell. "Some of our neighbors have been furloughed or lost their jobs all together due to the economic impact resulting from the pandemic. In the beginning of the pandemic, policy makers at the state and federal levels

recognized the impact the pandemic was having on the ability of many to pay their mortgages and rents. A moratorium was put in effect which suspended foreclosure. The moratorium expired in October 2020 but unfortunately the number of recorded foreclosure notices continues to increase."

To help those facing issues paying their mortgage, the Registry of Deeds has partnered with several non-profit agencies by promoting their services when it comes to mortgage modification and foreclosure programs. Homeowners can contact Quincy Community Action Programs, (617) 479-

8181 x-376 or NeighborWorks Housing Solutions at (508) 587-0950 x-46. Another option available is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at (617) 727-8400. Making use of funds from the recent nationwide state-federal settlement over unlawful foreclosures, the Massachusetts Attorney General's Office implemented a statewide foreclosure prevention and borrower support initiative entitled HomeCorps. If you are facing foreclosure, the HomeCorps program may be able to help. Call the HomeCorps hotline at 617-573-5333.

All of these agencies provide a range of assistance from helping with the mortgage modification process, providing legal services, and offering credit counseling. For more information on these and other support options, go to the Registry's website www.norfolkdeeds.org, click on the Support tab and then click on the subtab that mentions Foreclosure Assistance. The state website also has a page devoted to foreclosure assistance at <https://www.mass.gov/service-details/preventing-foreclosure>.

Register O'Donnell also warned homeowners against falling prey to for-profit com-

panies who offer loan modification and credit counseling services but charge an exorbitant fee. "Even in these times, unscrupulous for-profit foreclosure relief and mortgage modification companies are in some cases preying on vulnerable homeowners. They make unrealistic promises and charge a lot of money for doing so. If one of these companies is telling you something that is too good to be true, it probably is. Please check out any for-profit foreclosure relief and mortgage modification company before entering into a contract with them."

Treasurer Goldberg Announces Latest Release of Unclaimed Property Listings

Over 51,000 New Properties are Owed to Individuals and Businesses

Massachusetts State Treasurer Deborah B. Goldberg announced on September 16 the latest grouping of names that have been added to the state's list of unclaimed property owners. Over 51,000 new properties worth millions of dollars are owed to individuals and businesses throughout the Commonwealth.

"So many people do not know they have unclaimed property waiting for them," said State Treasurer Deborah B. Goldberg. "It is our goal to help return these funds to the rightful owners. Claiming property is fast, easy, and free, so visit FindMassMoney.com or call our office to see if you have anything waiting for you."

The Unclaimed Property Division currently holds over \$3.4 billion in unclaimed property. Unclaimed property includes forgotten savings and checking accounts, un-cashed checks, insurance policy proceeds, stocks, dividends, and the contents of unattended safe deposit boxes. Most accounts are considered

abandoned and are turned over to the state after three years of inactivity. Last year, Treasury processed over 122,000 claims and returned over \$163 million in property to its rightful owners.

This newly released list includes only individuals and businesses with unclaimed property over \$100. Treasurer Goldberg urges all citizens to check the comprehensive list for all amounts at www.findmassmoney.com or call the live call center at 888-344-MASS (6277).

The full list of the new individuals and businesses added to the unclaimed property list was published in the Boston Globe on September 11 and in the Boston Herald on September 18. In addition, the list of names will be published in over 30 regional and local papers.

The Treasury releases an updated list of unclaimed property assets every six months as the new accounts are turned over to the Commonwealth. There is no time limit for a person to claim this property and, in many cases, claimants will receive interest.



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Call Jen Schofield at 508-570-6544 to run in our Real Estate Corner

Recent Home Sales in Norfolk

Date	Address	Amount
Aug. 19	3 Avery Way, Lot 40	\$704,084
Aug. 22	3 Stilwell Avenue	\$698,500
Aug. 22	19 Maple Street	\$850,000
Aug. 25	3 Lois Lane	\$625,000
Aug. 25	375 Main Street	\$445,000
Aug. 26	31 Bridie Lane	\$850,000
Aug. 26	8 Norway Farms Drive	\$1.25M
Aug. 30	49 Wildwood Road	\$600,000
Aug. 31	11 Barnstable Road	\$795,000
Aug. 31	8 Stacey Road	\$660,000
Aug. 31	53 Priscilla Avenue	\$595,000
Sept. 1	21 Sumner St., #19	\$710,540
Sept. 2	5 Fruit Street	\$562,500
Sept. 2	57 Medway Street	\$565,000
Sept. 6	87 River Road	\$335,000
Sept. 9	66 Seekonk Street	\$437,500

Source: www.zillow.com

Compiled by Local Town Pages

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Real Estate Corner

Recent Home Sales in Wrentham

Date	Address	Amount
Aug. 22	19 Lake Street	\$475,000
Aug. 25	321 Shears Street	\$495,000
Aug. 26	21 Woodland Road	\$325,000
Aug. 31	359 Shears Street	\$481,000
Sept. 2	249 Forest Grove Ave., #3	\$330,000
Sept. 8	180 Dedham Street	\$850,000

Source: www.zillow.com
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SOLD 16 Mountain Laurel, Plymouth

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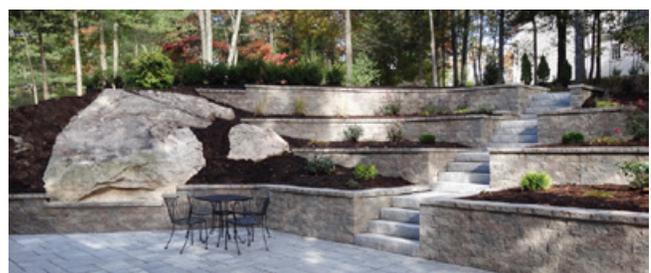
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August Real Estate Activity in Norfolk County

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Norfolk County Register of Deeds William P. O'Donnell reported that the August 2022 numbers relative to Norfolk County recordings indicate a notable decrease in overall real estate activity, particularly with mortgage activity, as compared to the August 2021 numbers, but continue to show an increase in average sale prices from a year ago.

"Our data indicates that the Norfolk County real estate numbers in August demonstrate a continued slowdown in the market compared to 2021 but a slight increase from the month of July," noted Register O'Donnell. "There were 11,640 documents recorded at the Norfolk County Registry of Deeds in August, a 29% decrease from August 2021 but up 7% from July, 2022."

The number of deeds for August 2022, which reflect real estate sales and transfers, both commercial and residential, show a decrease of 16% from August, 2021 but an increase of 5% from the previous month of July, 2022, said O'Donnell. Sale prices climbed again when compared to 2021. The average sale price in August was \$1,107,598, a 13% increase compared to August 2021, but show a 17% decrease from July. Total dollar volume of commercial and residential sales is down, decreasing 5% from one year ago and decreasing 13% from last month.

Overall lending activity show a continued pronounced trend downward for the month of August. A total of 1,991 mortgages were recorded during the month, a significant decrease of 46% compared to a year ago but slightly up 6% from July, 2022. "It appears that the increase in the mortgage interest rates and the fact that many consumers have already refinanced continue to impact mortgage activity," O'Donnell said.

A continuing cause for concern in Norfolk County is the number of pending foreclosures. The Norfolk County Reg-

istry of Deeds has been closely monitoring the foreclosure market. In August, there were 7 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, one more than in August, 2021 and two fewer than in July. However, there were 33 Notices to Foreclose, the first step in the foreclosure process, recorded in August, up significantly from the 15 recorded in August 2021. "The dramatic increase in the number of these notices is alarming. It indicates that more of our neighbors are facing financial challenges going forward", said O'Donnell. "We will continue to track these numbers."

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

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry

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RE ACTIVITY

continued on page 35

Real Estate Corner

RE ACTIVITY

continued from page 34

of Deeds. There was a 13% decrease in homestead recordings in August 2022 compared to August 2021. “The reduction in recorded Declarations of Homestead is not too surprising where the sales of homes continue to level off, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced sale of an individual’s primary residence to satisfy unsecured debt up to \$500,000,” noted O’Donnell. “We want to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. The recording fee is only \$36. Feel free to visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and to make sure you have taken advantage of this protection.”

Register O’Donnell concluded, “August real estate activity in Norfolk County continues to show a decline from last year. We still see the increase in sale prices from last year as indicating a continuing lack of available real estate inventory but in comparing the numbers with last month’s, it appears the market may be starting to cool off.”

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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