

The Voice of Your Community

Commitment to the Community

As a young girl, needing assistance from the community was a very real part of Heather Cohen's childhood. Many times, her family had to rely on community programs and the generosity of neighbors to make ends meet.

"I remember going with my mother to our church to pick up meals and clothing. That experience stuck with me, and not because I felt ashamed or embarrassed. It was just the opposite, in fact! Everyone who helped us was so supportive and kind, it instilled in me a sense of community and inspired me in my commitment to give back."

Heather owns b.LUXE Hair and Makeup Studio, a brand new, 4000 sq. ft. beauty salon housed in the historic Medway Mills Complex. With soaring ceilings, natural light-filled rooms and the area's most current and exciting salon services, b.LUXE is one of Metrowest's



Photo Credit: Wendy Shea Photography

most impressive beauty destinations.

But just last year, all plans for the new studio were put on hold. Heather explains, "When we first shut-down, my initial mindset was to scrap the build-out and hunker down in our existing space. It was a tough time for all of us in the beauty industry. But, later, when we re-

turned to work, there was a very different landscape waiting for us. My staff had to split shifts and reduce hours to accommodate the new safety guidelines. I knew right away they needed a bigger salon to work at full capacity and our clients needed a

B.LUXE
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Downtown Zoning Changes Headed to Town Meeting for Vote

Norfolk Town Meeting Set for May 8



Norfolk's Town Hall is located in the B-1 District. Zoning changes for the district are up for a vote at Town Meeting.

By GRACE ALLEN

Norfolk residents will weigh in on proposed zoning changes for the center of town at the May 8 Town Meeting. The area, known as the B-1 District, is the town's primary business district.

In early 2019, the B-1 District Zoning Committee was formed to study the town center and recommend changes to encourage responsible development while still preserving the town's character. The committee is made up of

ZONING
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Living Healthy

Lifeworks Expands Autism Services, Establishes Support Center for Adults

Lifeworks, a nonprofit human services provider that supports people with intellectual and developmental disabilities, an-

nounced on April 1 – the first day of National Autism Acceptance Month – that it is expanding its community-based autism services to include adult autism support in 40 communities in the Department of Developmental Services (DDS) Boston Metro Region, in addition to its existing youth and family autism services in Newton and parts of Norfolk County.

Lifeworks will establish an Adult Autism Support Center within its West Roxbury office that will help individuals and families navigate available autism-related services, provide workshops and caregiver training, and participate in enriching social and recreational activities.

“It’s a privilege to expand our autism support services in the DDS Metro Boston Region,” said Daniel Sullivan, Vice President of Quality and Community

Services at Lifeworks. “We look forward to providing our comprehensive supports and services as we establish new community connections and partnerships.”

As part of this effort, Lifeworks will appoint an Assistant Director of Adult Services, add two new adult autism support specialists, and form new collaborations with advocacy organizations, employers, law enforcement and other community partners.

Lifeworks has a long history of providing autism supports and its Family Autism Center based at its headquarters in Westwood has grown to serve nearly 1,000 individuals in the Newton/South Norfolk area. Under its new DDS contract, Lifeworks will now provide Adult Autism Support Center services in the following DDS areas:

Greater Boston – Boston, Brookline, Chelsea, Revere, Winthrop

Charles River West – Belmont, Cambridge, Somerville, Waltham, Watertown

Middlesex West – Ashland, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Northborough, Sherborn, Southborough, Sudbury, Wayland, Westborough

Newton/South Norfolk – Canton, Dedham, Foxborough, Medfield, Millis, Needham, Newton, Norfolk, Norwood, Plainville, Sharon, Walpole, Wellesley, Weston, Westwood, Wrentham

Lifeworks will now support the entire age range of individuals with autism: the family program supports children and youths and the adult program supports those

LIFEWORKS
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We're Not In Bedrock and You're Not with The Flintstones

BY DENNIS SULLIVAN & ASSOCIATES,
COUNSELORS AT LAW

You may recall the popular television show of the 1960's "The Flintstones" who lived in the town of Bedrock. It happened to be the first-ever prime-time cartoon show. Here, Fred's biggest concerns were staying on the good side of his wife Wilma and avoiding getting tackled by his pet dinosaur Dino when he came through the door. Today, however, life in this COVID-19 World isn't as simple.

The word "Bedrock" also means strength. Being strong is something we all want to achieve. One way of getting there is to view your life in three facets such as depicted on a pyramid. The pyramid, as we view it, represents our **health, finances, and legacy**. Beneath this pyramid is the **bedrock of our core values**: the fundamental beliefs we hold dear. These guiding principles dictate our behavior and help

us know the difference between right and wrong. Ideally, we share our core values with our loved ones. However, during this past year, core values have sometimes taken a back seat to the topsy-turvy COVID-19 landscape. Principles and beliefs, while still important, can get lost in the mere challenge of navigating through COVID-19 restrictions, sickness, and turmoil. Likewise, career, finances, relationships, and yes, our mental and physical well-being in general have been jumbled. Worry and fear have become the norm for many. **Are you one of the many who have suffered through sleepless nights?**

Nevertheless, beneath all of this, you still have your bedrock of core values. This is where we can help in making sure you stay on a straight path in your health, financial and legacy pyramid, despite all you have been through.

As we enter the second year



of COVID-19, we're here to help you explore and share your core values with loved ones. We offer **unique discovery counseling opportunities** with proven health, life, disability, estate, and asset protection planning processes to help guide you successfully through the COVID-19 landscape and other challenges you and your family may face.

This is achieved through our new proprietary, peace of mind, **Legacy Planning System**. It protects you for life, and most importantly passes on your core values and legacy for generations that follow. As you document your core values, you will **uncover what's most important to pass on** to those who follow in your footsteps for

generations to come. Your legacy can be a fantastic legacy to pass along! It is prudent, today more than ever, to protect your health, home, spouse, family, life savings, and legacy. In these continued times of COVID-19, you owe it to yourself and those year hold dear. Don't let this Bedrock opportunity pass you by!

Book a FREE online discovery session today. You'll discover why 90% of all trust and estate plans fail as well as what you can do to protect your health, home, spouse, family, legacy, and life savings. **Call 800-964-4295 NOW** or visit www.DSullivan.com to register for a Free Discovery Session! You will even qualify to **receive up to \$2,475 in valuable benefits** to update your trust and estate plans for the new Covid-19 world and build your own value-based legacy to guide future generations.

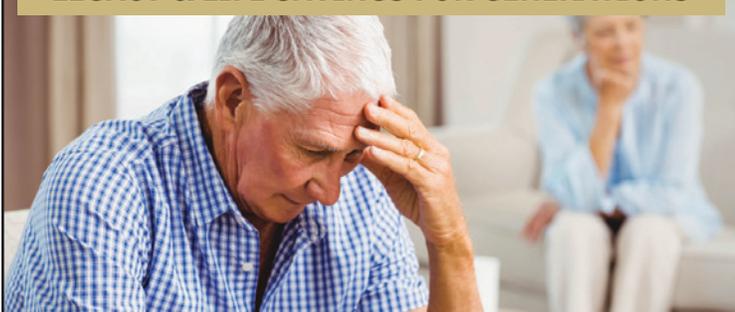
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LIFEWORKS

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ages 18 and older. In addition to the supports offered by these two programs, Lifeworks also provides case management for the DDS Autism Waiver Program. This program helps eligible children remain in their homes and actively participate in their communities through in-home behavioral services and funding for community programs and safety items.

About Lifeworks

Since 1954, Lifeworks and its predecessors, Lifeworks Inc. and The Arc of South Norfolk, have served the towns of Norfolk County and beyond by providing support to people with intellectual and developmental disabilities through advocacy, empowerment and opportunity. The Westwood-based nonprofit organization serves more than 2,300 individuals from communities in the Greater Boston, MetroWest, Norfolk County and Attleboro areas through a wide variety of services and programs, including employment services, residential supports, day programs and a broad range of family & community supports. For more information, visit www.lifeworksarc.org.

SPECIMEN BALLOT

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OFFICIAL BALLOT
ANNUAL TOWN ELECTION
NORFOLK, MASSACHUSETTS
TUESDAY, MAY 4, 2021

Conceit Gibson
TOWN CLERK

INSTRUCTIONS TO VOTERS

A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this: ●

B. Follow directions as to the number of candidates to be marked for each office.

C. To vote for a person whose name is not printed on the ballot, write the candidate's name and address on the line provided and completely fill in the OVAL.

<p>SELECT BOARD</p> <p>Three Year Term Vote for Not More Than ONE</p> <p>KEVIN KALKUT 25 Canterbury Lane Candidate for Re-election</p> <p>(Write-in) ○</p>	<p>HOUSING AUTHORITY</p> <p>Five Year Term Vote for Not More Than ONE</p> <p>HEIDI E. COMPAGNONE 8 Old Campbell Street Candidate for Re-election</p> <p>(Write-in) ○</p>	<p>NORFOLK SCHOOL COMMITTEE</p> <p>Three Year Term Vote for Not More Than TWO</p> <p>MEDORA SUZANNE CHAMPAGNE 2 Jamaica Street Candidate for Re-election</p> <p>JENNIFER WYNN 21 Hancock Lane Candidate for Re-election</p> <p>(Write-in) ○</p>
<p>BOARD OF ASSESSORS</p> <p>Three Year Term Vote for Not More Than ONE</p> <p>ANTHONY CHARLES KENNEDY 219 Essex Hill Candidate for Re-election</p> <p>(Write-in) ○</p>	<p>KING PHILIP SCHOOL COMMITTEE</p> <p>Three Year Term Vote for Not More Than ONE</p> <p>ERIC S. HARMON 214 Elm Street Candidate for Re-election</p> <p>(Write-in) ○</p>	<p>PLANNING BOARD</p> <p>Three Year Term Vote for Not More Than ONE</p> <p>CHRISTOPHER MONTFORT 8 Fairmount Road Candidate for Re-election</p> <p>(Write-in) ○</p>
<p>BOARD OF HEALTH</p> <p>Three Year Term Vote for Not More Than ONE</p> <p>ANDREW BAKINOWSKI 21 Neapohut Avenue Candidate for Re-election</p> <p>(Write-in) ○</p>	<p>LIBRARY TRUSTEE</p> <p>Three Year Term Vote for Not More Than ONE</p> <p>PATRICIA M. McCARTY 19 Cleveland Street Candidate for Re-election</p> <p>(Write-in) ○</p>	<p>RECREATION COMMISSION</p> <p>Three Year Term Vote for Not More Than ONE</p> <p>WILLIAM M. RIGDON 25 Lafayette Lane Candidate for Re-election</p> <p>(Write-in) ○</p>

The ballot for Norfolk's town election, scheduled for Tuesday, May 4. Voting will be held from 7 a.m. to 8 p.m. at the Freeman-Kennedy School, 70 Boardman Street.