

Amy M. Frigulietti Named Deputy Town Administrator

In late June, Amy M. Frigulietti was named Deputy Town Administrator in Franklin.

“Amy comes to us as the second Deputy Town Administrator in town history,” says Franklin Town Administrator Jamie Hellen, “We’re thrilled to have her come to Franklin.”

Frigulietti was chosen from 119 applicants for the position, and the interview panel consisted of Town Administrator Jamie Hellen, HR Director Karen Bratt, Police Chief TJ Lynch, Fire Chief Jim McLaughlin, Library Director Felicia Oti, Treasurer-Collector Kerri Bertone, and DPW Director Brutus Cantoreggi.

Ms. Frigulietti has nearly 20 years of experience in administrative and professional management and brings expertise in economic development, public policy, and community outreach in the public sector. A



DEPUTY

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Gilly's House Plans 2nd Annual Summerfest

By GRACE ALLEN

On Sunday, August 27, Gilly's House will host the second annual Summerfest, a family-friendly, alcohol-free fundraiser from noon to 6 p.m. at the Wrentham Developmental Center complex, 131 Emerald Street in Wrentham. All are welcome.

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

Gilly's House, a non-profit facility located in Wrentham, offers a comprehensive life-skills transitional program for young men who have successfully completed a residential treatment program. The sober home was founded by David and Barbara Gillmeister in memory of their son Steven.



Massachusetts is suffering from an exponential increase in opioid-related overdoses, overdose deaths, and people seeking substance-use treatment. In 2022, there were 2,357 overdose deaths in the state, a new record high and surpassing 2021's tally by 57.

GILLY'S

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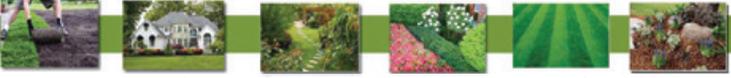
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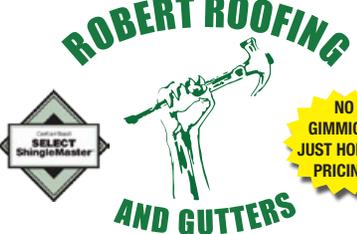
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DEPUTY

continued from page 1

Massachusetts native, Amy most recently worked as the Assistant Executive Director of General Government Services for the Town of Wellesley. As Wellesley's Assistant Executive Director, Ms. Frigulietti managed all aspects of town government operations, overseeing economic development projects, and collaborating with numerous Town boards and departments on issues impacting local government, including housing, transportation, and public health and safety.

In this role, Ms. Frigulietti served as Wellesley's Health Insurance Representative for the West Suburban Health Group, and on the Wellesley Business Alliance as part of the Charles River Chamber of Commerce. Amy was also a member of Wellesley's Traffic & Parking Committee, Mobility Committee, Housing Task Force, and Diversity, Equity and Inclusion (DEI) Task Force.

She also volunteered her time as a founding member of the Wellesley Freedom Team and the Wellesley Civil Discourse Initiative. She was Wellesley's lead as Norfolk County Representative, Norfolk County Finance Committee member, State legislative

liaison and, during the height of the Coronavirus pandemic, was on the Advisory Board of the Community Fund for Wellesley COVID-19 Relief Fund.

Prior to working in Wellesley, Ms. Frigulietti served in several capacities in state, county and local government, including in the General Court of the State Legislature, the Worcester County Sheriff's Office, and for the Boston City Council.

Ms. Frigulietti is a member of the Massachusetts Municipal Association as well as the Massachusetts Municipal Managers Association. She received her master's Degree in Public Administration (MPA) from the John W. McCormack School of Public Policy and Global Studies at the University of Massachusetts Boston, concentrating her studies in municipal management. She was the 2018 recipient of the MPA Public Service Award and is a member of Pi Alpha Alpha, Global Honor Society for Public Affairs Administration. She received her undergraduate degree in Journalism and Political Science from the University of Massachusetts Amherst.

Amy began her position in Franklin on July 3, 2023.

In addition to familiarizing herself with the community, Amy's early slate of work will include several business development projects, including marketing and branding, cultural and historical resources development, college relations, shared streets initiatives, communications and public relations planning, as well as several other unique, special projects. We will also ask Amy to assemble and lead a more enhanced coordination of social services in town, including mental health, opioid and substance abuse education, prevention and response, food security, homelessness and housing. It has become very clear that the need is growing in these areas and we need to increase our ability to collaborate and coordinate services amid our town and the community. Over the course of time, additional responsibilities will be phased onto Amy's plate, including the ideas she brings to the table as she grows in the position.

Per the Town Charter, Amy will serve as Acting Town Administrator, while Hellen is out of town.

CONCERTS

on the COMMON

SCHEDULE

June 23

3:30pm - 5:30pm Mike Tarara
6:00pm - 8:00pm Jesse Liam Band

July 14

3:30pm - 5:30pm Jennifer Tefft
6:00pm - 8:00pm Paradise Flyer

July 21

3:30pm - 5:30pm Kendo
6:00pm - 8:00pm Northeast Groove
8:10pm - 10:00pm Movie: Finding Nemo

July 28

3:30pm - 5:30pm It's a "J" Thing
6:00pm - 8:00pm FSPA & Electric Youth

Aug 4

3:00pm - 5:00pm Steve Poirier
5:30pm - 7:30pm Frank Padula Band
8:00pm - 10:00pm Movie: Back to the Future

Aug 11

3:00pm - 5:00pm Matt Zajac
5:30pm - 7:30pm Pub Kings

Aug 18

3:30pm - 5:00pm Bus-14
5:30pm - 7:30pm The Reminiscents
7:50pm - 9:50pm Movie: The Incredibles



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GILLY'S

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“Now more than ever, addiction is affecting so many people and so many families,” said Barbara Gillmeister. “It’s just so difficult to recover and stay in recovery, and there’s so little long-term help available. There’s no financial support from the government for the residents, nor for the house. It’s all community support for Gilly’s House, and we are so grateful for the tsunami of support we have from the community.”

Gillmeister noted that last year’s Summerfest was a success with hundreds of people attending. Like last year, proceeds from the event will go towards Gilly’s House upgrades as well as its scholarship fund.

One of the highlights of Summerfest will be a restaurant cook-off with many local restaurants participating. People can sample the food and then vote on their favorites. James Arsenault, owner of James’ Breakfast and More, is organizing the cook-off.

Comedian Michael Petit will serve as Summerfest emcee.

Students from King Philip High School’s community service group, KP Cares, will organize and run children’s activities throughout the day.

The Norfolk Lions will serve hamburgers, hotdogs, chips, and beverages.

Entertainment scheduled throughout the day includes a petting zoo, magic shows, a drumming circle, and caricature drawings. There will be a bouncy house, blow-up obstacle course, dunk tank, and an ice cream truck.

The Wrentham Fire Department will provide a “Touch-a-Truck” experience for kids.

Pat the Patriot and the New England Patriots cheerleaders will be on site. Keith Birchall, aka the Silver Bullet, will be available for photos with the Superbowl rings.

Attendees can peruse various healthy living resource tables. Contact Maureen Cappuccino at maureen@gillyshouse.com if your organization would like a free resource table at the event.

Summerfest will be held rain or shine. Organizers suggest attendees bring chairs and blankets to sit on while enjoying the

music and food. Bathroom facilities will be available.

Tickets for Summerfest can be purchased at any time at

<https://gillyshouse.com>, or by scanning the QR code at the end of this article or on posted flyers. Tickets are tax deductible.

Sponsorships ranging from \$250 to \$5,000 are available. Visit the Gilly’s House website for more information or contact Barbara Gillmeister at barbara@gillyshouse.com with any questions.

FAMILY SOBER EVENT
SUNDAY, AUGUST 27TH, 12-6 PM

Wrentham Developmental Center
 131 Emerald Street, Wrentham, MA




\$50 per Admission Ticket
Kids are FREE including Food & Activities!

**Face Painting - Arts & Crafts - Bouncy House - Petting Zoo
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August 7th is Purple Heart Day in Franklin

The town of Franklin, commemorates Purple Heart Day on August 7th each year, on National Purple Heart Day, honoring those town veterans who are recipients of the Purple Heart.

The Purple Heart Medal is awarded to members of the U.S. armed forces who are wounded by an instrument of war in the hands of the enemy, and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration.



This month, at the August 2nd Veterans' Coffee Social at 10 a.m. at the Franklin Senior Center, 10 Daniel McCahill St., Franklin, Franklin's purple heart recipients will be recognized.

Please let the Veterans' Services Office know if you or a family member (residing in Franklin) is a Purple Heart recipient, so we can add you to our database.

Contact the Veterans' Services Office at (508) 613-1315 or access their department page at (<https://www.franklinma.gov/veterans-services>) to learn more.

Franklin Farmers' Market Continues throughout Summer

The Franklin Farmers' Market will once again take place at the Franklin Town Common every Friday from June 2nd through October 27th, 2 p.m.- 6 p.m. Various farmers will present their wares each week, and SNAP benefits will be accepted. In fact, the Franklin Food Pantry will be sponsoring a match program, for the first \$10 spent the Pantry will sponsor an additional \$10.

The market also features craft vendors from Franklin and the immediate surrounding towns.

For Information on how to become a vendor at the Franklin Farmers Market, please contact <https://franklinfarmersmarketma.com/contact-us>. For the 2023 season, however, the application period is now closed.

Are you a nonprofit community group?

The Franklin Farmers' Market offers one 10'x10' space for non-profit, community organizations and groups that work to enhance the town, state, country, or world.

Please contact the FFM Manager with any questions at franklinfarmersmarketma@gmail.com.

Visit <https://www.franklinfarmersmarketma.com/2023-community-table> for complete details.

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Norfolk Community Federal Credit Union celebrates 70 years

Since Aug. 13, 1953, Norfolk Community Federal Credit Union has been putting people before profit.

Credit unions are cooperative, not-for-profit financial institutions organized to promote thrift and provide credit to its members. They provide some of the same services as other financial institutions but with an added personal touch.

“We believe in the credit union philosophy of ‘people helping people,’” says NCFCU CEO Susan Kenney, who joined the organization in 1994. “We want our members to live life on their own terms with our help if they feel it necessary. We are prepared to guide our members through every stage of life.”

“We pool our money for the benefit of all,” says Kenney. “All profits made by the credit union are returned to the members in some way; this could be offering lower loan rates, fee reductions, or better rates on savings. What this means to the member is they are the investor in the credit union and they, as members, reap the rewards.”

Some of NCFCU’s most popular services include 0% Mass Save loans, mortgages, low rate new and used auto loans, savings products, insurance and more. For members ages 14 to 24, they offer free checking accounts with a debit card that grants access free of charge to more than 30,000 ATMs all over the country.

The credit union was chartered in 1953 and has remained in town for 70 years. Today, our field of membership includes Norfolk, Franklin, Wrentham,

In 1909, Massachusetts Bank Commissioner Pierre Jay and wealthy Boston merchant Edward A. Filene, son of William Filene, founder of Filene’s department store, joined forces to enact the Massachusetts Credit Union Act, the first general statute for establishing credit unions in the United States. For his efforts, Filene earned the moniker “Father of U.S. Credit Unions,” according to <https://ncua.gov/about/historical-timeline>

Bellingham, Millis, Medway, Foxborough, Medfield, Plainville, and Walpole.

Kenney says that all members, regardless of their financial or social position, have an equal voice in matters that affect the credit union.

Credit unions like NCFCU are member-owned and controlled through the election of a Board of Directors drawn from their membership. Each year, a credit union will hold an Annual Meeting to elect a Board of Directors and to report to the membership the status of the credit union. The Board of Directors are volunteers whose responsibility is to guide the credit union, to ensure the credit union is operated on a sound financial basis, and to chart a course for implementing new services that are requested and needed by the membership.

“Democratic control makes the credit union a part of the communities it serves rather than an engine of profit seeking markets where it can reap maximum



Business spotlight

revenue,” says Kenney. “Individual credit union members who determine the future of the credit union have no better use of the capital that the institution controls than to continue their credit union’s mission of service to the community.

“The stockholders who own the bank are always on the lookout for a way to make the bank more profitable, including merging or selling out of a market. Credit unions are the most successful and widespread of cooperative businesses in the United States.”

For more information about Norfolk County Federal Credit Union, visit www.norfolkcommunityfcu.org.

SUSAN KENNEY, NCFCU /CEO

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NCFCU is active in the community

Norfolk County Federal Credit Union has participated in Norfolk Community Day for over 18 years. They sponsor Little League baseball teams, softball teams, and various school teams in their field of membership. They sponsor the Norfolk Public Library, Norfolk Police and Fire, Norfolk Field of Flags, Federated Church of Norfolk, Norfolk Community League, Norfolk Lions Club, Mass Coalition for the Homeless, Mass Miss Amazing, as well as a giving tree for the Santa Foundation in Franklin.

“Through the years our credit union has grown and continues to grow. We work to strengthen and support our communities and the credit union philosophy.”





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Touching Base with the TA

Local Town Pages will discuss town updates with Franklin's Town Administrator, Jamie Hellen, each month.

In addition to welcoming new Deputy Town Administrator Amy Frigulietti, as well as touting Franklin's receipt of a \$500,000 U.S. Environmental Protection Agency (EPA) Brownfields Multipurpose, Assessment, Revolving Loan Fund, and Cleanup Grant (read about these elsewhere in this Local Town Pages edition) Town Administrator Jamie Hellen notes that the town will open bids for the reconstruction of lower Grove Street later this summer and for the Beaver Street intersection later in the fall.

Hellen addressed recent changes to downtown parking, as well.

"Citizens should really take some time to familiarize themselves with the current downtown parking regulations," said Hellen. "Some of the street signs are different, and for the first time in downtown history,

the municipal lots are now available on a first-come-first-serve basis every day. While there's no overnight parking in the lots allowed, free parking is available after 6 p.m. until midnight."

See the new regulations below:

Downtown Parking Lot Rates Effective July 1, 2023

Depot Street Municipal Parking Lot & Ferrara's Municipal Parking Lot ONLY

Monday - Friday

Times listed below refer to when a customer arrives and begins parking. All parking is first come, first serve and payment can be done via phone app, debit/credit card and coins on a Flowbird payment kiosk. The quarterly lottery permit is not required. Parking rates are:

- 5:00 a.m. to 12:00 p.m. - \$3.00 flat rate all day*
- 12:00 p.m. to 6:00 p.m. - \$2.00 flat rate
- 6:00 p.m. through curfew is Free!

Please note there is no overnight parking allowed. Police take notice and violators will be susceptible to a \$50 fine, per violation.

*The Administration and Town Council are working to tidy up the parking bylaw that will make the parking lots effective at 5 a.m. for the first commuter train. The final enactment of this change is expected to be in effect for the beginning of August.

Saturday & Sunday

All daytime and evening parking on weekends is free! Please note there is no overnight parking allowed. Police take notice and violators will be susceptible to a \$50 fine, per violation.

Downtown On-Street Parking Modifications

Effective July 1, 2023

- All street parking on residential side streets within the downtown, where allowed, has been merged from two zones into one consistent zone. Monday to Friday 8-2 2HR Parking on certain residential side streets.

• The Central Business Corridor on East Central Street (Alpine PL to the Bridge) through Downtown Main Street (the Bridge to Emmons Street) has a new zone of regulations.

• Monday through Saturday 6:00 a.m. to 6:00 p.m. 2 HR parking maximum.

• No overnight parking seven days a week from 2:00 a.m. to 6:00 a.m.

• Some traffic violations have increased, notably a No Overnight Parking violation is \$50. A new list of violations and tickets are Appendix A of the Franklin Town Code.

• For online ticketing, please visit the Town's website. If you wish to appeal a ticket, please contact the Treasurer-Collector at (508) 520-4950.

• The Town is working toward developing materials to promote the new downtown parking availability and will be distributed after Labor Day. A portal has been created on the Franklin Police Department website.

• There will be parking regulations in effect in the Davis-Thayer lot and the Library Parking lots. No overnight parking is allowed in either lot.

Additional Information

• Download the Flowbird Kiosk App for your phone. Kiosks have been installed at the Depot Street and Ferrara's Municipal Parking Lot to accept parking payment. The kiosks accept coin and card, mobile card processing is also available via the Flowbird Kiosk App.

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August 30th – Grades 1-12

August 31st – Kindergarten



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Save the Date!

St. Mary's Parish

St. Vincent de Paul Annual Fundraiser

Saturday, September 30, 2023

Friends of the Poor Walk

The Walk will begin at 9 a.m. on the Town Common, registration at 8:30 a.m. Participants can Collect donations and Walk with us or donate online.

Send a check to: SVdP, 1 Church Square, Franklin, MA 02038 OR donate Online to the St. Mary's SVdP team at:

<https://www.fopwalk.org/eventlisting/eventdetail/?eventid=2895>

All money raised stays in Franklin, to assist anyone in need of help. Put your feeling of compassion into action and join us for this walk!

SVdP St. Mary, Franklin, MA

Friends of the Poor Walk

Saturday, September 30, 2023

9:00 a.m. – 11:00 a.m.
Rain or Shine!

Our ONLY Fund Raiser provides funds that enable SVdP members to offer help to all Franklin residents in their time of need.

This past year we were able to help 392 families.

We need your support!!

Join us for our Walk or Donate online at: <https://www.fopwalk.org/eventlisting/eventdetail/?eventid=2895>

Walk Details

- Registration is on the Town Common starting at 8:30 a.m. OR participants can pre-register on line at: <https://www.fopwalk.org/eventlisting/eventdetail/?eventid=2895>



- Collect donations from family and friends and turn in at registration desk.
- Blessing for the walk will be at 9:00 a.m. on the Town Common in front of St. Mary's. Walkers may start anytime between 9:00 a.m. – 11:00 a.m.
- Free t-shirts for all walk participants.
- Walking route will be around the Town Common. One time around the Common is 1/3 of a mile.
- Community service hours can be earned by volunteering and/or walk participation.
- Water will be provided for all participants.

Being Good Stewards to the End

Saturday, August 12th, 9 a.m. – 11 a.m.

You are invited to this free workshop to learn about health, financial, legal and funeral planning. Speakers will be Daniela Masters, of Aging Well Advocates, Jay M. Elias, Esq. General Counsel for DYER-LAKE Fu-

neral Home, and others. RSVP to (508) 695-5471 or [Priest@GraceChurchNA.org](mailto: Priest@GraceChurchNA.org)

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Pitch in and Help Support Y's 8th Annual Community Backpack Drive

New Supplies, Backpacks Sought by August 4th for Upcoming School Year

Operation Backpack is now underway at the Hockomock Area YMCA and seeks the support of local businesses and individuals. Committed to building healthy, confident, connected, and secure children and strengthening the community, the YMCA has a hefty goal of 3,000 fully stocked backpacks delivered before the fall school year begins.

“Convening donors and volunteers to support area families in need reflects our Y’s commitment to serve and strengthen our communities together,” says Jim Downs, CEO of the Hockomock Area YMCA. “Having access to backpacks and supplies is integral to a student’s success. As many

families in our area face financial difficulties, we want to make sure that all kids have the supplies they need to start the upcoming school year off right.”

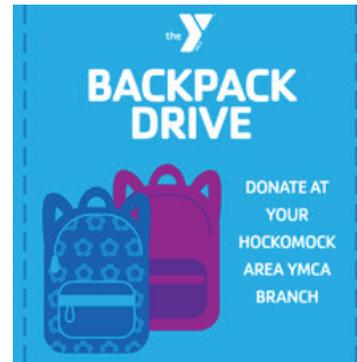
New supplies and backpacks are requested now through August 4th. The Backpack Drive is a collaborative effort made possible by the YMCA staff, program participants, partners, and neighbors to provide kids with the confidence that comes when boys and girls are able to go to school prepared.

Donation bins are located at all Hockomock Area YMCA facilities: Invensys Foxboro Branch, 67 Mechanic Street, Foxborough; Bernon Family Branch, 45 Forge Hill Road, Franklin; Mansfield Arts & Education Center, 40 Balcom Street, Mansfield; and Hur-

ley Family Branch, 300 Elmwood Street, North Attleboro.

“Fulfilling our mission is only possible because of dedicated staff, volunteers, donors and partners who support our cause of enhancing lives and enriching communities,” adds Downs. “Your support with this Backpack Drive will help children and neighbors in need in our 15-town service area.”

Community members who would like to sponsor the Backpack Drive are asked to contact Patrick Murphy at (508) 643-5262 or via email at patrickm@hockymca.org. Sponsorship levels range from \$500—which will provide 20 backpacks to students in need—through Presenting Sponsor at \$10,000, which is a giving level ensuring that 500



children will receive needed supplies. Be sure to inquire about all sponsorship levels by contacting the Y today.

In addition to monetary donations, the Y is requesting the following supplies: backpacks for all ages including pre-k, elementary, middle school, and high school, pencils and colored pencils, highlighters, binders, washable

markers, rulers, crayons, glue sticks, spiral notebooks, pencil cases, lunch boxes, and scissors. The drive’s Amazon wish list is available at bit.ly/Backpack-WishList23 and complete details are available at hockymca.org/backpack-drive.

If a member of your family or someone you know needs a backpack, a request form can be found online at hockymca.org/backpack-drive.

2nd Hydrant Design Competition Calling for Proposals

Registration Open until August 11th

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dunamisinvestment.net

The Town of Franklin Department of Public Works is hosting their 2nd Fire Hydrant Painting Event! Registration is open until August 11, 2023. Proposed designs must be submitted for approval along with a completed application. Applicants will be notified by August 25, 2023. All approved and completed painted hydrants will be reviewed.



Judging will take place between October 2 - October 12, 2023. Winners will be announced at the DPW Touch a Truck event on Oct. 14, 2023. Highest vote winner in the following categories: Under the age of 12; 12 to 17; 18 & over; judges' choice.

Visit <https://www.franklinma.gov/water-sewer-division/news/franklin-dpws-2nd-annual-fire-hydrant-painting-event> to learn more and access the application.

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Your Money, Your Independence

Yes, Even the Nasdaq-100 Index Rebalances. What about You?

On July 24th a special rebalance was held to reduce the Nasdaq 100 Index's concentration in its largest holdings.

This is the third such special rebalancing (1998, 2011) as part of the methodology that states:

"A special rebalance may be conducted at any time based on the weighting restrictions described in the index rebalance procedure if it is determined to be necessary to maintain the integrity of the Index".

Some questions to consider:

- What is the potential impact to you as an index investor?
- Do you practice a similar rebalance process for individual holdings and asset classes?

How did we get here?

The performance of a small group of mega-cap stocks drove returns for the index and the broader market. These stocks include:

- Microsoft (Year-to-date return as of 7/17/23 is 38.9%)
- Apple (45.5%)
- NVIDIA (188.7%)
- Amazon (51.4%)
- Tesla (118.9%)



Glenn Brown

- Meta Platforms (144.4%)
- Alphabet Class A (32.0%) and Class C (31.7%).

These seven companies (combining Alphabet's share classes) represented over 55% weighting of the index and will reduce to 38% with smaller companies within the index being purchased.

Potential impact to index investors.

Selling high-performing stocks comes with the potential for a tax bill for funds.

Per Morningstar, "Mutual funds may be especially suscep-

tible to capital gains distributions. An ETF like QQQ is among the most heavily traded securities in the United States, which results in plenty of opportunities for it to utilize in-kind creations and redemptions to purge low tax-basis securities, making capital gains distributions unlikely."

The importance of rebalancing.

A challenge investors have with rebalancing is selling or trimming winners and reallocating proceeds to other areas of a portfolio, including underperformers.

Some envision these 7 companies to continue their dominance, but consider Top 5 Nasdaq-100 holdings in 1998: Microsoft, Cisco Systems, Intel, Dell and Worldcom, yes that Worldcom. By 2008, only Microsoft was still in Top 5 and it had a total 10-year return of -33%. Again, negative 33%.

In ten years the leadership will look different, so will returns.

Rebalancing asset classes within diversified portfolios.

Given S&P 500 Index 15 year outperformance over other asset classes and recency bias toward 4% money markets, many avoid rebalancing or other asset classes entirely like bonds, small com-

pany stocks, international stocks, REITs, commodities, gold, etc.

Again, the next 10 years will not look like the past 10 years.

For example, on January 1, 2000 a diversified portfolio of index funds may have included S&P 500 Index, US Bonds (Barclays US Aggregate Bond Index), International Stocks (MSCI EAFE Index) and Gold.

By start of 2010, total returns were Gold 274%, US Bonds 84%, International Stocks 12% and S&P 500 Index -9%, aka "The Lost Decade".

Go out to January 1, 2017, US Bonds 137% are still outperforming S&P 500 Index 112%.

Some would argue it made sense not to rebalance, until see a rebalance to "out of favor" S&P 500 Index to start 2010 would lead 7 years later US Bonds 30% and S&P 500 133%. As for top performer during 2000's Gold, it was the worst at 5%.

There's more to consider that allowed in this space, consider reaching out to your Certified Financial Planner to discuss further.

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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Serving the community for over 65 years

Dean College Announces New Academic Partnership with Providence Hockey Club

Dean College is pleased to announce a new exclusive academic partnership with Providence Hockey Club for students in the Sports Broadcasting program. Through this partnership, Dean students will broadcast all 17 of Providence's home games in 2023-24 live on HockeyTV.com.

"We're excited to partner with the Providence Hockey Club and create another opportunity for our sports broadcasting students at Dean," said John Rooke, professor of communications and Director of the Center for Business, Entertainment and Sport Management at Dean College. "What sets our program apart from others is the ability to put students right to work, rolling up their sleeves and gaining experience doing what they dream about – doing what they love.

"Our partnerships with teams and businesses allow our students the chance to gain valuable experience as they prepare to jump into the marketplace," Rooke added. "We're all excited to learn through this fantastic opportunity presented by the

Providence Hockey Club. Our team will put on an entertaining and informative broadcast for fans, family, and friends."

Providence Hockey Club is the newest addition to the 23-team Eastern Hockey League, which is "Junior A" level competition for hockey players hoping to move onto play collegiately and professionally.

Located in the Northeast and Mid-Atlantic regions of the United States, the EHL will celebrate its 11th season in 2023-24. For the past seven years, the EHL has finished as the leader in the Direct-To-College Advancement at all NCAA levels. This new academic partnership will give current and future Dean students the unique opportunity to grow their broadcasting skills and resumes with valuable professional experience for a prominent amateur hockey league.

Dean student broadcasters are well-versed in the game, having broadcast previously for the Northeast Generals of the NAHL, and select students have also earned the opportunity to join the American Hockey

League Providence Bruins' broadcasts on AHL-TV. Dean's learning laboratory includes more than 80 campus sporting events in 12 different sports each school year, with numerous outside opportunities for members of the sports broadcast team to call games through internships and part-time positions with other schools and professional organizations.

Dean students will call the action on home ice at the Rhode Island Sports Center, located at 1186 Eddie Dowling Highway in North Smithfield, RI. Their first broadcast of the season will take place on Friday, September 15, 2023 at 2:30 p.m. against the Vermont Lumberjacks on HockeyTV.com. Providence's general manager and head coach, Jeff Perreault, graduated from Dean in 1994 with a degree in communications.

To learn more about Providence Hockey Club and the Eastern Hockey League, visit www.easternhockeyleague.org. To learn more about sports broadcasting at Dean College, visit www.dean.edu/careersinsports.

Tri-County RVTHS Names New Principal

Dana Walsh, former Director of Student Support Services, Assumes Role



Tri-County Regional Vocational Technical High School is proud to announce the appointment of Dana Walsh as the incoming principal. With the retirement of Michael Procaccini, the school needed a new leader to continue its mission and values.

Walsh has been a valued member of the Tri-County family for over twelve years. When she was first hired, she brought 20 years of professional experience as a social worker and college professor to the Tri-County community. Her experience and expertise will be invaluable in achieving her vision for the school.

We are excited for the upcoming school year and the new leadership Walsh will bring to our community. Walsh has a proven track record in leadership and management, adolescent development, family, and community engagement, and honing a positive learning environment. Through her previous position at Tri-County, Walsh collaborated with the leadership team to develop a school improvement plan that incorporated school policies that encompassed the holistic well-being of students. She was charged with leading a weekly multidisciplinary wellness team meeting that helped determine interventions needed for at-risk students. Through her time at Tri-County, Walsh has connected with the students and their families as well as the community we serve. Her ability to build partnerships and lead the development of programming to meet student needs in a changing landscape of education has had proven results.

For years, Walsh has spearheaded initiatives to help create a welcoming environment for our students. From building partnerships with community-based agencies, to expanding services available to the students, to developing and providing professional development on a variety of topics to support rigor and student achievement, Walsh has a well-rounded approach that will help shape the future of Tri-County.

Walsh enters the principal position during an exciting time, where the potential vocational schools offer is especially evident.

"Whether Tri-County students elect to pursue their chosen vocation or further education upon graduation, they are uniquely prepared with a skill set to navigate the demands of their chosen profession or education program," stated Walsh.

"We are excited for Mrs. Walsh to step into the principal role. Her demonstrated commitment to vocational education and specifically Tri-County will benefit her in connecting with teachers, parents, and students. We know she will continue to create a positive environment for our community, and we look forward to her leadership," said Dr. Karen M. Maguire, Director/Superintendent.

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Franklin Resident Kaye Kelly Named 2023 Commonwealth Heroine

Franklin resident and musician Kaye Kelly, who teaches at Berklee's campuses in Boston and Valencia, Spain, has recorded three studio albums and performs with her Berklee band, Shegrooves, was named a 2023 Commonwealth Heroine. The Commonwealth Heroines are people who do not always make the news; instead, they make a difference in their communities. She received the honor on June 23 at the Massachusetts State House.



this work and other contributions to her community, she was honored at the Massachusetts State House.

Kelly's work in the community was recognized. In 2021, Kelly created the Franklin Cultural Festival, an annual event that showcases local talent and attracts thousands of visitors to Franklin, Massachusetts. In recognition of

Save the Date:

September 30th Harvest Festival

The 20th Annual Harvest Festival is set for Sat., Sept. 30, with a rain date of Sun. Oct. 1, from 12 noon to 5 p.m. Look forward to many booths and attractions filling downtown on Main Street, Dean Avenue, West Central Street, Depot Street, and the parking area behind Rockland Bank.



Organized by Franklin Downtown Partnership, more than 160 vendor booths will display their specialties. There will also be music, food, kids' activities, balloons, special items from local merchants, artwork and crafts.

"The Harvest Festival is Franklin Downtown Partnership's invitation to people to gather as a community, have fun, and shop local right here in town," said Scott Martin, President of the Franklin Downtown Partnership and Harvest Festival Chair.

"The mix of activities and entertainment we have make this community event special for all ages. It showcases the wonderful shopping and dining opportunities in downtown Franklin," Martin added.

Registration opens August 15th. The last day to register for booth space is Sept. 15, but organizers expect to sell out

sooner. Booths are assigned on a first-come first-serve basis. View the registration link on www.franklindowntownpartnership.org.

The Partnership welcomes business owners to become Harvest Festival sponsors. Please email the FDP office at downtown.franklin@yahoo.com to learn about sponsorship opportunities.

This year's Festival sponsors include: Platinum sponsors - Dean Bank, RI Motorsports.

Gold sponsors - Floor & Décor, Notturmo Plumbing, Heating & Air Conditioning Inc, PhysicianOne Urgent Care. **Silver sponsor** - Camford Property Group. **Bronze sponsors** - Leaf-Filter Gutter Protection, **Friends** - The Enclave of Franklin

The Franklin Downtown Partnership is a non-profit 501©3 organization made up of more than 350 business owners, residents, and community leaders working to revitalize downtown Franklin. Residents can join the Downtown Partnership for only \$25. The Partnership manages events like the Strawberry Stroll and the Harvest Festival, and initiatives such as beautification, streetscape design, greenspace, alley murals, and sculpture projects. For more information go to www.franklindowntownpartnership.org, or follow the FDP on Facebook.

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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

The SAT is Going Digital!

Big changes are happening with the College Board's SAT & PSAT tests- they are going digital!

Why digital testing? There are many advantages to implementing a digital test format, such as, it eliminates the need for human proctors, reduces the chance for students to help one another with answers, improves the availability of learning differences accommodations, eliminates bubbling- the time wasted when a student needs to transfer their answer to the bubble sheet, and shortens the time it takes to receive test results.

Who is affected? In most cases, but there are exceptions, the fall 2023 PSAT will be digital, and the SAT exams will be the current paper-version through December 2023. In the spring of 2024, all students will take the digital version of the SAT. The College Board, however, will continue to offer the paper version of the SAT test for those students who have specific accommodations. Also, the class of 2024 will not have the opportu-

nity to take the new digital SAT exam since it will not be available until March of their senior year.

What are the major changes?

- The most exciting change is the SAT digital test is now just over 2 hours, which is significantly shorter than the current SAT and ACT exam of 3 plus hours.
- Students are allowed more time to answer the math and verbal questions. Compared to the ACT, the digital SAT allots, on average, 59% more time per question.
- The reading passages are much shorter and only have one question per passage.
- Students can bring their own calculator and use it for the entire math section. Students will also have access to the online Desmos graphing calculator.

- Test scores will be returned within days - and not weeks.
- A student will no longer be able to find out what questions they got correct or incorrect.

What is staying the same?

- In general, the test content is staying the same.
- The Math SAT section is testing the same concepts, but the number of problems has decreased and will be more direct and concise.
- The College Board has stated the scoring results will be the same, and students should score similarly as they did in the paper version of the SAT.

How will the digital test be scored? The test will still be based on the same 1600-point scale. Although the scoring will be section adaptive- meaning the exam's difficulty is modified in real time. Every student will receive the same set of questions in the first section of the test, and depending on how the student performs will determine the type of questions they receive in the second set of the test. A student



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

who advances to the more "difficult" section has the opportunity to attain a score of up to 800 on each section, and a student who stays on the less difficult path has the opportunity to earn up to a 650 score on each section.

Is this a better test? Time will tell. The goal of the new digital test, that now includes the adaptive method, is to better measure a student's knowledge and abilities in a shorter, more efficient style- which is an exciting concept. It focuses less on speed and more on college readiness skills. However, one potential disadvantage is that students who realize their answers are not getting more difficult may become stressed that they are not doing as well and focus on performance versus just giving the test their overall best effort.

If you have any questions, please reach out to me at tracy@mycollege101.com, or go to the frequently asked questions on the College Board website: [satsuite.collegeboard.org/digital/faq](https://collegeboard.org/digital/faq).

Good luck and enjoy the journey!

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FSPA Fall 2023-24 Enrollment Open

Franklin School for the Performing Arts (FSPA) is now enrolling for Fall 2023-24. The school encourages new families to explore their options for Fall. The school, now entering its 39th year, will hold Open Houses for prospective families on July 24 from 10am-7pm, August 8 from 10am-7pm, August 23 from 10am-7pm, and September 9 from 10am-4pm. Prospective families are invited to tour the facility, meet the faculty, and learn more about FSPA's programming in music, dance, and drama for serious or recreational study.



Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts (FSPA) is committed to quality

education in the arts with exceptional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and

drama programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime.

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

FSPA is located at 38 Main Street, Franklin MA. To register or learn more, visit www.FSPAonline.com or call (508) 528-8668.

The b.LUXE beauty beat

End of Summer Facial - Why you need it!

BY GINA WOELFEL

Did you know that your skin cells regenerate every month? Cell turnover is the continuous process of shedding dead skin cells and subsequently replacing them with younger ones.

On average, we naturally shed our older skin cells every 28-40 days. New cells are “born” in the deepest layer of the epidermis and gradually make their way to the surface of the skin. By the time these new cells emerge, the outermost layer of cells have turned rough, dry, and flaky. These are what we often refer to as “dead” skin cells.

An uninterrupted assembly line of ascending skin cells is key for achieving a healthy complexion. Cell renewal firms skin and rids the face of fine lines and wrinkles. When this regenerative process is hindered in any way, you get buildup, and just like a traffic jam, clogging and congestion set in. This type of stagnation can't simply be washed away and oftentimes leads to issues like acne, hyperpigmentation, milia, and dry, uneven texture (aka - wrinkles.)

Now, if you're wondering how your favorite sunny season plays a part in premature aging, here's the skinny; harmful UV rays, heat and humidity create the perfect condition for bacteria to take up residence in your pores and when bacteria's trapped under a tough layer of dry, damaged skin cells, irritation and breakouts develop.

An end-of-summer facial jump starts the cell-renewal process by removing spent skin cells, decongesting pores, brightening tone and eliminating stubborn

buildup on the surface of the skin, clearing the way for your targeted skin care products to do what they do best!

WHY AN END-OF-SUMMER-FACIAL IS JUST WHAT YOU NEED

DEEP CLEANS

Although we like to think our daily cleaners reach the depths of our pores, the truth is, they can only go so deep. A targeted, clarifying facial deeply exfoliates and helps eliminate the stubborn buildup that an everyday cleanser can miss. To elevate your facial experience, try adding a dermaplaning treatment for the deepest level of exfoliation. Using a specialized, surgical blade, dermaplaning carefully scrapes away the top layer of dry, dead skin cells, freeing the face of debris and (BONUS) fine vellus hair (aka peach fuzz.) Skin is left remarkably smooth without harsh chemicals, excessive downtime, or pain. Paired with a customized peel, these services pack the one-two punch to revitalize fatigued, summer skin.

CIRCULATION BOOST

Facials help to circulate blood flow under the skin's surface, stimulating our lymphatic drainage system to decrease puffiness and fluid buildup in the face. Good circulation brings oxygen, proteins and nutrition to the skin, while ridding it of harmful toxins.

ANTI-AGING

As we mentioned before, facials aid in cell turnover and cell turnover stimulates collagen production. Collagen, the primary

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building block of your body's skin, muscles, bones, and connective tissue, is naturally produced, but unfortunately starts to decline at about age 25. It plays a key role in strengthening skin, as well as preserving its elasticity and hydration. Facials and clarifying treatments like dermaplaning and chemical peels boost cell turnover and step-up your body's collagen production. The result is smoother, softer skin with fewer fine lines and wrinkles. For an even bigger beauty boost, incorporate foods that contain vitamin C and antioxidants in your diet, avoid smoking, limit caffeine, and protect your skin from the harmful rays of the sun with a high-quality, non-comedogenic SPF.



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RELAXATION

Getting a facial is not only relaxing to the face, but also the mind. Facials allow you to focus on your breathing and regain your confidence with a healthy, glowing complexion. We all know that taking care of your skin is important, but taking a little downtime for yourself is just as important and an essential part of finding your balance.

As we transition from summer to fall, remember, your skincare routine should adapt, as well.

b.LUXE Hair and Makeup Studio is now offering a specially priced, end-of-summer facial for the months of August and September.

POWER OF 3 FACIAL SPECIAL

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Decades of Service to the Community and a New Provider

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that Dr. Jorge Arroyo will join our team as our practicing vitreoretinal specialist and Chief of our Retina Service. Dr. Arroyo will see patients every Monday in our Franklin office.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmology practices to own and operate our

own surgical center, the Cataract Surgery Center of Milford. No longer need to travel miles and hours to have cataract surgery! Experienced eye physicians/surgeons and 5 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel for eyecare to far away practices and surgery centers, we are here to help.

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

served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of the physicians he trained are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy was the first surgeon in



the area to offer bladeless laser assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford. Dr. Kaldawy also serves as the Medical Director of the Cataract Surgery Center of Milford.

Dr. Jorge Arroyo is our practicing vitreoretinal specialist and Chief of Retina Service. He received his undergraduate degree at Amherst College, medical degree at Yale University School of Medicine, and completed his ophthalmology residency at the University of California, San Francisco, and vitreoretinal surgery fellowship at Duke University Eye Center. Dr. Arroyo has over 20 years of experience training doctors and fellows at Beth Israel Deaconess Medical School/Harvard Medical School. Dr. Arroyo is a member of the Retina Society, Macula Society, American Society of Retina Specialists, the international Club Jules Gonin, and the American Academy of Ophthalmology. Dr. Arroyo is the immediate past president of the New England Ophthalmological Society and continues to serve as a board member. Dr. Arroyo has published over 60 publications in peer-reviewed journals on macular degeneration, diabetic retinopathy, retinal vein occlusion, vitreomacular traction syndrome, and retinal detachment.

Dr. Shalin Zia, O.D. received her Bachelor of Science degree from Purdue University in 2014 and her Doctor of Optometry from Indiana University in 2018. She moved to Massachusetts from the Midwest after getting married. Dr. Zia has many years of experience, spending several years in private practice. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye diseases. In her free time, she enjoys working out, listening to podcasts, and spending time with family.

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

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

Dr. Donald L. Conn, OD will join our team in our state-of-the-art medical offices in Franklin, Milford and Millis starting August 2022. Dr. Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr. Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He completed a residency in ocular disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center, and South Boston Community Health Center. Dr. Conn will join our team in



MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.



Jorge G. Arroyo, M.D.



Dr. Mai-Khuyen Nguyen, O.D.



Michael R. Adams, O.D.



Shalin Zia, O.D.



Donald L. Conn, O.D.



Dr. Purvi Patel, O.D.

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Visit Dean College This Summer

Summer is the perfect time to visit Dean College. Whether your high schooler is just starting the college search process or is getting their applications ready, we offer plenty of options to visit campus.

Schedule a personalized campus tour to experience Dean in person. Led by a student ambassador, you will get to explore the Dean campus and hear firsthand about the student experience. After the tour, admissions counselors

will be on hand to answer any additional questions. Campus tours are available most weekdays throughout the summer.

On select days during August, join us for one of our Summer Preview Days. These morning visits include an overview of Dean, a campus tour, lunch on us and an optional learning support info session.

To learn more and register for a tour, visit www.dean.edu/visit.

EYES

continued from page 14

August of 2022. He is experienced in providing care to patients of all ages including adults, geriatrics, and pediatric populations. Outside of work Dr Conn enjoys long distance running and spending time with friends and family.

Dr. Purvi Patel, OD originally from the tri-state area, received her bachelor's degree from The College of New Jersey in 1996 and her Doctor of Optometry from the State University of NY College of Optometry in 2000 through a joint accelerated B.S.-O.D. program. She then completed a residency in Ocular Disease and Special Testing. In 2003, Dr. Patel joined the New England College of Optometry as Clinical Assistant Professor. Through her role as Director of Eye Care Services at Whittier Street Health Center and then The Dimock Center, one of the largest community health centers in Boston, Dr. Patel brings with her teaching and leadership experience. She is a Fellow of the American Academy of Optometry, with a history of publishing, presenting, and lecturing. During the last 10 years, Dr. Patel has transitioned to direct care and worked in collaboration with ophthalmology. Most recently, Dr. Patel completed a postdoctoral certificate for the treatment & management of glaucoma. Dr. Patel has clinical interests in diabetes, glaucoma, community-based eye and vision care, public

health & epidemiology. Dr. Patel currently lives in Dover, MA with her husband and 3 daughters. She enjoys traveling abroad, reading and tennis.

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each one is family. We have surgical results that rival those of major centers in Boston—we can prove it. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is on you, your vision, and excellent results. We are available in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. All new patients receive a free pair of select glasses. We offer after-hours, same day emergency appointments and Saturday appointments. We have great management focused on quality customer care. Four decades serving our communities and going strong. We remain dedicated to the best in eye medicine and surgery closer to home.

For more details, see our ad on page 14.

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Earls to Present History of Mass. Libraries August 16th

This month's Second Sunday Speaker Series at the Franklin Historical Museum on August 16th will feature "Massachusetts: The Library State," a presentation, by Alan Earls, about the amazing history and cultural treasures represented across the Bay State's hundreds of libraries.

When Benjamin Franklin donated more than 100 books to the tiny Massachusetts town, newly named in his honor, he probably didn't realize the impact he would have. In 1790, the citizens of the Town of Franklin voted to make Ben's books freely available to any resident – a library policy that is all but universal in today's libraries but was a novelty at the time. His books are still on display at the Franklin Public Library, though too fragile for modern citizens to borrow or even touch.

Those books are among the treasures and the remarkable stories of our libraries, including:

- The oldest library building in the United States, now part of the Sturgis Library in Barnstable, MA

- The location of the first dedicated children's library in the world, at Arlington, MA
- The first taxpayer-supported library, at Wayland, MA – a town named for its library benefactor.
- The W.E.B. Dubois Library at University of Massachusetts, Amherst, MA, the tallest in the western hemisphere.
- The first large city library to be funded by the public—the Boston Public Library – with its millions of books and priceless art treasures.
- A death on the Titanic that led to creation of the Centrepiece of the Harvard Libraries -- largest academic library system in the world.
- Local libraries with remarkable art treasures
- In addition to dozens of libraries funded by Andrew Carnegie, the story of many other wealthy individuals who funded local libraries is fascinating and inspir-



Image of a bust of Benjamin Franklin in the Franklin Public Library

ing. For example, merchant Jacob Edwards funded the library that bears his name in Southbridge, MA. He was also responsible for acquiring many of the most famous impressionist paintings now at the Museum of Fine Art!

In his presentation, local author and historian, Alan Earls, will help you look at our library legacy with fresh appreciation and excitement.

The museum opens at 1 p.m.; our presentation begins at 1:15.

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August 2023 at Franklin Public Library

Special Events for Kids

Kids Take & Makes: Cupcake Line Kites

Cupcake Liner Kite Kits will be distributed on a first come first serve basis!

Un-Bored! Wednesdays @10:30 a.m. (Ends 8/23)

A pop-up playtime that's fun for the whole family!

Kid's Paint Party! Wednesday, August 2nd @ 1 p.m.

FOR KIDS AGES 5-11! REGISTRATION REQUIRED!! Join local instructor Denise Palmieri for this step-by-step paint party specifically for kids! All materials will be provided. Register through the events calendar our website to reserve your spot.

Kids Ask an Organizer, August 17th @ 2 p.m.

Join home organizer Danielle Nicholas of Oasis Organizing Solutions as she shares tips & organizing concepts with kids and their caregivers.

Read With Riley! Friday, August 4th and August 18th @ 4 p.m.

Join us this summer for 2 special storytimes with our therapy dog Riley and her human friend Ally!

Elijah T. Grasshopper: Rainbow Dance Party Concert! Saturday, August 5th @ 10:30 a.m.

Ideal for kids Ages 2-8!

Rainforest Reptiles! Saturday, August 12th @ 1 p.m.

Travel with us to the different rainforests around the world and meet the alligators, turtles, snakes and more that call these

places home! Real, LIVE Animal Fun for All Ages! No registration required.

Special Events for Teens

Crime Time Mysteries! Tuesdays @ 1 p.m. (Last Meeting August 15th)

Join us for an immersive murder mystery game from "Hunt a Killer" that is told over the course of six "episodes."

Snack Attack! Monday, August 14th

Taste taste test snacks and candy from around the world!

Ask an Organizer: Back to School August 17th @ 6 p.m.

Join home organizer Danielle Nicholas of Oasis Organizing Solutions to learn organizing tips to prepare for back-to-school.

Special Events for Adults

Adult Take & Makes: Capiz Shell Wind Chimes

Kits will be distributed on a first come first serve basis! *LIMIT 1 PER PERSON*

The Highwaymen Concert, Saturday, August 5th @ 2 p.m.

Longtime New England musician/author Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers. The four songwriting legends joined forces in the 1980's to form the country supergroup The Highwaymen. However, prior to that, they'd each established themselves as stars and their careers intersected many times since the 1960's. In 2022, York was nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was just named one of *Worcester Magazine's* best albums of 2022.

Seaside Escapes: The Art & Architecture of the New England Coast, Monday, August 14th @ 7.m. Virtual Program.

Let's dive into the works of beloved American artists including Winslow Homer and Edward Hopper! Then explore the over-the-top elegance of Newport, RI summer homes alongside Gloucester's eccentric summer retreat Beauport.

RSVP: https://us06web.zoom.us/join/9016757060709/WN_cosq-IV5vThOtT6K6KIZMKA

Brought to you by Ashland Public Library, Belmont Public Library, and Franklin Public Library

Adult Paint Party, Saturday, August 26th @ 1 p.m.

Registration Required All attendees must be at least 18.

Join local instructor Denise Palmieri for this step-by-step paint party specifically for adults! All materials provided!

Cracking the Chains of Convention, Tuesday, August 19th @6:30 p.m.

From Historical Portrayals by Lady J, meet Frances Perkins! The first female cabinet secretary and Unsung Architect of the New Deal!

Special Events for All Ages

Movie Monday, Mondays, @ 6 p.m.

Enjoy a movie at the Library! Bring your own candy. Popcorn Provided!

August 7 - *Dungeons & Dragons: Honor Among Thieves* (PG-13)

August 14 - *Scream VI* (R)

August 21 - *A Silent Voice* (NR)

August 28 - *The Super Mario Bros. Movie* (PG)

Robotics Showcase August 18th @ 11:30 a.m.

Come see ALARM Robotics' robot Pinocchio in action. ALARM stands for A Lot of Awesome Robot Makers; we are a community high school robotics team from Franklin. ALARM Robotics was started by a group of dedicated and invested volunteer mentors in 2007. We are the FIRST Robotics Competition (FRC) team 2079, and we are set up at the RedBrick School House in Franklin. This season we competed in 2 events. At RIDE our team won the Team Spirit Award and at WPI we were in the top 24 teams at the competition. Students learn machining, CAD, programming, design and electrical and wiring and most importantly teamwork. Come check out our team in action!

Mobile Mini Golf August 25th @ 1 p.m.

NO REGISTRATION REQUIRED!

Bring your friends and family and we'll provide the rest! Join us as we transform the library into a Mini Golf course that's fun for all ages*!! *Children under the age of 14 MUST be accompanied by an adult.*

Book Sale

Franklin Library Book Sale

Friday, August 18th, 1-5 p.m. Saturday, August 19th, 9 a.m. to Noon. All books are just one dollar!

Bag Sale - \$5 A Bag—Saturday, August 19th, from 1-4 p.m.

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Voice of Franklin Toastmasters Names New Officers

Voice of Franklin Toastmasters is pleased to announce the new officers for the coming year. They are:

- Faith Bradley President, V.P. Education Dakila Chow
- V.P. Membership Padma Priya,
- V.P. Public Relations Fred Elliott

- Secretary Farah Andre
- Treasurer Bruce Atlas, and
- Sergeant at Arms Vincent Klinga.

Toastmasters is an educational organization dedicated to helping people with public speaking and building organizational skills. This is a supportive and positive learning experience where we all learn from one another.

The club meets twice monthly, usually the first and third Tuesday of the month, at the Franklin Community Cable T.V. Studio 23 Hutchinson St., Franklin. This is a community club open to all.

Meetings are on site and via Zoom.

Our official web site is voiceof-franklin.toastmastersclubs.org.

Coming Up at Bellforge Arts Center

The following events are free, but registration is encouraged. Visit <https://bellforge.org>.

Summer Sounds

Summer Sounds is the perfect mid-week getaway right in our own backyard. Join us after work until dusk for a free evening of food trucks, beer garden vibes, lawn games, and live music performances from rising homegrown bands and artists. All ages, Wednesdays, all summer.

Thursday, August 3, 5 p.m. - 8 p.m.

Thursday, August 10, 5 p.m. - 8 p.m.

Thursday, August 24, 5 p.m. - 8 p.m.

Thursday, August 31, 5 p.m. - 8 p.m.

To Get to Bellforge Arts Center:

Take Rt. 27 to Hospital Road. Make a left on Hospital Road, then a left on Service Drive.

If using Google Maps or Waze: Use 1 Service Drive, Medfield in your GPS

If using Apple Maps: Use 45 Hospital Road, Medfield in your GPS

You will turn in to the hospital grounds when you see the school buses. Drive up the hill, where you will find several available parking lots on your left. Bellforge is on the right (walk between the brick buildings) with events located outside on the grounds of the former Chapel.

For more information, visit bellforge.org/events.

New Members Welcome to Charles River Chorale Open Rehearsals in September

The Charles River Chorale will begin rehearsals for its Fall 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, September 19, from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis. Two additional open rehearsals will take place on September 26th and October 3rd to allow interested new members an opportunity to explore the chorale opportunity.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a non-profit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 8th year with the Charles River Chorale, is also the choral director for Medway High School. Her goal for the chorale is "focused on cultivating a joy-

ful community first, with excellent musical experiences as the vessel to achieve this."

Charles River Chorale members hail from many area communities, and they range in age from teenagers to octogenarians. The group typically holds winter and spring concerts, with the Winter 2023 concert planned for Sunday, December 10, 2023 at 2:00pm at Medway High School. The theme of the Winter 2023 concert is *Joy to the World, Celebrations from around the Globe*. This program will feature music celebrating cultures and seasonal events across the globe, including Chinese New Year, Kwanzaa, Christmas, Hanukkah, Diwali and more!

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>. Those who are interested in joining the chorale for the start of the season on September 17th are asked to complete a short sign-up document via the attached QR code. Sponsorships and advertising opportunities are also available.



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Milford Regional Awarded \$10K for "Spot a Stroke" Initiative

Milford Regional Medical Center, in collaboration with Community Emergency Medical Services and the Milford Fire Department, was awarded a \$10,000 grant to fund its "Spot a Stroke" public awareness campaign. The grant was sponsored by MORE Advertising headquartered in Watertown.

The grant monies financed the production of three educational videos on stroke awareness. Each video will be available in English, with Spanish and Portuguese subtitled versions in order to promote health equity and reflect the diverse population of the hospital's service region.

The primary video kicking off the campaign features Milford Regional Medical Center Emergency Department physician

Karen DeFazio, MD, discussing the signs and symptoms of a stroke and the critical timeliness of calling 911. The second video features Milford Regional Medical Center neurologist Eliezer Sternberg, MD, providing an overview of the testing and treatment necessary when a stroke occurs. The final video features Milford Regional Medical Center vascular neurologist Adalia Jun-O'Connell, MD, discussing stroke prevention and cardiovascular health.

Milford Regional's Quality and Safety Specialist and Stroke Coordinator Kristen Kalalas, RN, applied for the grant on behalf of the hospital's Stroke Committee. Kalalas explained that regardless of age, background or language, the foremost

purpose of the campaign is to educate individuals to recognize stroke symptoms for themselves, loved ones and neighbors and to act quickly.

"Our goal is to educate the public to recognize the signs and symptoms of stroke and the importance of a timely presentation to the Emergency Department by activating Emergency Medical Services (911)," Kalalas explained. "There is a limited window of time for some therapies to potentially reverse a devastating disability from a stroke. Life-saving treatment begins immediately upon the arrival of EMS."

The videos are posted on Milford Regional's website at milfordregional.org/spotastroke.

Additionally, flyers containing the link and a QR code will be distributed at Milford Regional satellite locations, as well as community organizations within the hospital's service region including senior centers, public safety departments, and libraries, among others.

SPOT A STROKE
LEARN THE WARNING SIGNS AND ACT FAST

B E F A S T

- B** BALANCE: LOSS OF BALANCE, HEADACHE OR DIZZINESS
- E** EYES: BLURRED VISION
- F** FACE: ONE SIDE OF THE FACE IS DROOPING
- A** ARMS: ARM OR LEG WEAKNESS
- S** SPEECH: SPEECH DIFFICULTY
- T** TIME: TIME TO CALL FOR AMBULANCE IMMEDIATELY

CALL 911 IMMEDIATELY

Scan here to learn more about stroke.

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Franklin Awarded \$500,000 EPA Brownfields Cleanup Grant

The Town of Franklin has been awarded \$500,000 by the U.S. Environmental Protection Agency (EPA) through the Brownfields Multipurpose, Assessment, Revolving Loan Fund, and Cleanup Grant Program. The funds will be used to complete remediation of soil and groundwater contamination at the town-owned former "Nu-Style Property" at 21 Grove St., a critical step towards continued investment of the Grove St. corridor.

The "Nu-Style Property" is one of several properties in a small mill complex that has a long manufacturing history (at least 90 years). Environmental contamination from previous owners, especially Nu-Style Company & Image Jewelry, was significant. Similar to other communities with brownfields sites, Franklin has struggled to obtain the resources needed to fully clean up the property to unlock

redevelopment, as Federal and State grant funding programs are very competitive, and the cost of brownfields cleanup is costly.

Due to funding from the Bipartisan Infrastructure Law, nationally, 262 communities were selected to receive over \$215 million in competitive EPA Brownfields funding through the Multipurpose, Assessment, Revolving Loan Fund, and Cleanup (MARC) Grant Program. This represents the highest funding level ever announced in the history of the Brownfields Program. Even with this unprecedented level of funding, the Town of Franklin was one of only six Massachusetts communities awarded EPA Brownfields Cleanup funding in 2023.

"Through the bipartisan infrastructure law, Congress put politics aside to invest in our future. Children in Franklin will inherit cleaner water & cleaner soil as a result of this grant, and

everyone will benefit from unlocking more economic development." said U.S. Congressman Jake Auchincloss.

According to Bryan Taberner, the Town of Franklin's Director of Planning and Community-Development, "The Town has worked for well over 15 years to assess the environmental contamination at the former industrial site, and clean it up for redevelopment."

The Town has committed \$100,000 in American Rescue Plan Act (ARPA) funding to support the project. Town Administrator Jamie Hellen notes, "By investing \$600,000 in total funding towards remediation of the Nu-Style property, the town will enhance a more valuable asset, which will pave the way for additional economic development opportunities in town."

For more on EPA's Brownfields Program: <https://www.epa.gov/brownfields>.

Calendar

August 1

Voice of Franklin Toastmasters meeting, 7:30 p.m., Franklin TV, 23 Hutchinson St., Franklin, voiceoffranklin.toastmastersclubs.org

Franklin Rotary Club meeting, 5:30 – 7:30 p.m., Rome Restaurant, 4 East Central Street (Rte. 140), Franklin, Mass. If interested, contact Diane Padula, padularotary@gmail.com.

August 4

Franklin Farmers' Market, 2 p.m.- 6 p.m. For info. visit www.franklinfarmersmarketma.com

Concerts on the Common, 3 p.m. - 5 p.m. Steve Poirier, 5:30 p.m. - 7:30 p.m. Frank Padula Band, 8 – 10 p.m. Movie: *Back to the Future*

August 5

The Highwaymen Concert, 2 p.m., Franklin Public Library, Longtime New England musician/author Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers.

Ticia Low and Jay Tullio of Tigerlily, 8 p.m., Niagara Coffee Haus, 8 Exchange St., Millis, Yellow 45 will be opening band, <https://www.eventbrite.com/e/669495518117>

August 7

Movie Monday, Mondays, 6 p.m., Franklin Public Library, *Dungeons & Dragons: Honor Among Thieves* (PG-13), Popcorn Provided!

August 11

Franklin Farmers' Market, 2 p.m.- 6 p.m. For info. visit www.franklinfarmersmarketma.com

Concerts on the Common, 3 – 5 p.m., Matt Zajac, 5:30 - 7:30 p.m. Pub Kings

August 12

Rainforest Reptiles! 1 p.m., Franklin Public Library, Live animals!

August 14

Seaside Escapes: The Art & Architecture of the New England Coast, 7 p.m., Virtual Program

We all know the New England shoreline is an inspiration. Let's dive into the works of beloved American artists including Winslow Homer and Edward Hopper!

RSVP: https://us06web.zoom.us/webinar/register/9016757060709/WN_csqIV5vThOtT6K6KIZMKA

Brought to you by Ashland Public Library, Belmont Public Library, and Franklin Public Library

Movie Monday, Mondays, 6 p.m., Franklin Public Library, *Scream VI* (R), Popcorn Provided!

August 15

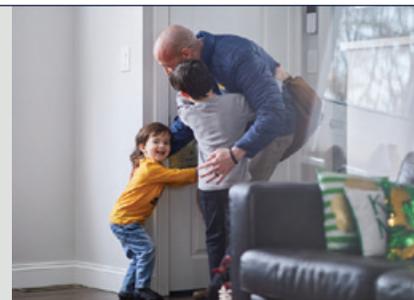
Franklin Rotary Club meeting, 5:30 – 7:30 p.m., Rome Restaurant, 4 East Central Street (Rte. 140), Franklin, Mass. If interested, contact Diane Padula, padularotary@gmail.com.

Voice of Franklin Toastmasters meeting, 7:30 p.m., Franklin TV, 23 Hutchinson St., Franklin, voiceoffranklin.toastmastersclubs.org

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August 16

Second Sunday Speaker Series presents "Massachusetts: The Library State," a presentation by Alan Earls, about the history and cultural treasures across the Bay State's hundreds of libraries. Doors open at 1 p.m., presentation at 1:15 p.m., 80 West Central St., Franklin, free

August 18

Robotics Showcase, 11:30 a.m., Franklin Public Library, Come see ALARM Robotics' robot Pinocchio in action. ALARM stands for A Lot of Awesome Robot Makers; a community high school robotics team from Franklin.

Franklin Library Book Sale 1-5 p.m., All books are just one dollar!

Franklin Farmers' Market, 2 p.m.- 6 p.m. For info. visit www.franklinfarmersmarketma.com

Concerts on the Common, 3:30 – 5 p.m., Bus-14, 5:30 - 7:30 p.m. The Reminiscent 7:50-9:50 p.m., Movie: *The Incredibles*

August 19

Franklin Library Book Sale, 9 a.m. to Noon, All books are just one dollar!

Cracking the Chains of Con-vention, 6:30 p.m., Franklin Public Library, From Historical Portrayals by Lady J, meet Frances Perkins! The first female cabinet secretary and Unsung Architect of the New Deal!

August 21

Movie Monday, Mondays, 6 p.m., Franklin Public Library, *A Silent Voice* (NR), Popcorn Provided!

August 25

Mobile Mini Golf, 1 p.m., Franklin Public Library, **NO REGISTRATION REQUIRED!** *Children under the age of 14 **MUST** be accompanied by an adult.*

Franklin Farmers' Market, 2 p.m.- 6 p.m. For info. visit www.franklinfarmersmarketma.com

August 27

Gilly's House Summerfest, noon to 6 p.m., Wrentham Developmental Center complex, 131 Emerald Street, Wrentham, live music, food, restaurant tastings, soft drinks, kids' activities, special guest appearance, \$50 per adult, accompanying children are free, benefits young men's sober home ounded by David and Barbara Gillmeister in memory of their son Steven.

August 28

Movie Monday, Mondays, 6 p.m., Franklin Public Library, *The Super Mario Bros. Movie* (PG), Popcorn Provided!

Exsultet! Women's Chorus Auditions, 7:30 p.m., First Congregational Church, 725 Washington Street, Holliston, MA, visit www.exsultet.us to download audition piece and learn more!

Franklin Stormwater Credits and Abatements Available for Some

Stormwater Credit

The stormwater credit application is now available! If you would like to apply for a credit on your stormwater utility fee, please fill out the Impervious Area Credit Application. (<https://franklinma.viewpointcloud.com/categories/1078>)

Stormwater Abatement

If you believe your impervious area is incorrect, property owners may complete an Impervious Area Abatement Application at <https://franklinma.viewpointcloud.com/categories/1078/record-types/6619> to evaluate your property.

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Franklin Rotary Planning 7th Annual Car Show – September 16th

Franklin Rotary Club & New England Chapel is “Gearing Up” for their 7th Annual Car Show, slated for September 16th, 2023, from 9:30 a.m. – 1 p.m., located at New England Chapel, 300 Central Street, Franklin, MA 02038. Registration is \$15 per car and entry is FREE to spectators. This show features: Clear Path for Veterans Food Truck, Raffles and welcomes vehicles of all types; Antique, Muscle, Classic, Custom, Motorcycles and out of the norm new cars! Trophies will be awarded at 12:30 p.m.

Sponsorship Levels Available Below... Includes all Media Promos (Print & Social Media)

\$1,000 (Exotic Car Level) - Your company branded area space for 2 cars; live promotion by DJ during Show; large company logo display; Trophy Sponsorship – “Best In Show”; Coupons for handout.

\$500 (Luxury Care Level) - Trophy Sponsorship; company logo display; coupons for handout.

\$250 (Classic Care Level) - Trophy Sponsorship; company logo display; coupons for handout.

\$100 (Friends of Rotary Level) – Business Card on Flyer

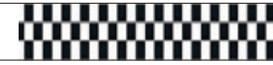
DEADLINE FOR SPONSORSHIP – FRIDAY, SEPTEMBER 8, 2023

To register or become a sponsor contact: Gary Convertino at gconvertino@cox.net or John Power at john@powerpaintingplus.com

All proceeds to benefit Rotary Club of Franklin, MA community service projects. The Rotary Club International is a non-profit organization made up of a diverse group of men and women “who come together to create positive, lasting change in our communities and around the world.” <https://www.rotary.org/en/about-rotary>

If you would like more information about our organization or to become a member, please contact Diane Padula, padularotary@gmail.com. Rotary meets the first and third Tuesday, 5:30 – 7:30 p.m. at the Rome Restaurant, 4 East Central Street (Rte. 140), Franklin, Mass.

Franklin Rotary Club & New England Chapel 7th Annual Car Show



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Sept. 16, 2023**

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Chapel -
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Franklin, MA**

9:30 AM - 1 PM

**Show Entry: \$15 Donation w/Trophies
Free Attendance for Spectators**

**For Sponsorship information and to Register, contact:
Gary Convertino at gconvertino@cox.net**



First Universalist Society in Franklin A Unitarian Universalist Welcoming Congregation

First Universalist Society Seeks Donations for Savers FUNDrive

The First Universalist Society in Franklin is holding a Savers FUNDrive . Please drop off your gently used, CLEAN clothing, accessories, shoes, books, and SMALL household items to the First Universalist Society in Franklin, 262 Chestnut Street, Franklin between 9 a.m. and Noon on:



- **Wed., August 9th ,**
- **Thurs., August 10th or**
- **Fri. August 11th .**

Please BAG clothing and other soft goods; BOX books, small household items, and media. DO NOT INCLUDE: ENCYCLOPEDIAS, ELECTRONICS, FLAMMABLE PRODUCTS, FURNITURE, MAKE UP, OR TOILETRIES.

Questions?
Contact klhulin@gmail.com.

Thanks!

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Caitlin Fahy at cfahy@email.medfield.net
or 508-242-8897**

Exsultet! Women’s Premier Chorus Auditions August 28th

Do you love to sing? Then we would love to meet you! We are Exsultet!— a fun-loving, women’s choral group made up of about fifteen musicians. We love making music and challenging ourselves to present concerts which enlighten and entertain.



Exsultet! sings a repertoire of choral literature spanning musical periods and cultures and incorporates readings and poetry into our performances.

Exsultet! has openings for Soprano 1 singers for the 2023-2024 season. Auditions will take place on Monday, August 28th at 7:30 p.m. at First Congregational Church, 725 Washington Street, Holliston, MA.

- To audition, download the audition piece from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!
- Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a specific audition time.
- Visit www.exsultet.us to learn more about the audition process.

Exsultet! rehearsals for the 2023-2024 Season will be on Monday nights from 7:00-9:00pm in preparation for our two concert weekends this year. We typically perform our Holiday Concert in early December and our Spring Concert in early May.

Sports

Franklin's Dumas: A Two-time All-American in Track

By KEN HAMWEY, STAFF
SPORTS WRITER

Sarah Dumas has been phenomenal in the three years she's competed for Franklin High's indoor and outdoor track teams, and there likely will be more championships, more records and added accolades when her interscholastic career concludes next June.

The 5-foot-8 Dumas has won 10 state titles, set six school records, has been named a high school All-American twice and was selected as a Hockomock League all-star (once indoors and twice outdoors). She also was the Hockomock League's MVP as a junior.

"I can't believe I've compiled all those achievements," Dumas said. "It's exciting, but also shocking to think about them. It's important to be humble. I'm no better than anyone else. As for the year ahead, anything is possible. I achieved more than I thought I was capable of as a junior, so I'll keep my hopes high as a senior."

The 17-year-old Dumas, who's competed in nine indoor events and 11 outdoors, is no stranger to championships.

As a freshman, she won the 100-meter hurdles in the Mass. State Track Coaches Association (MSTCA) freshman-sophomore outdoor meet. She amassed four state titles as a sophomore in MSTCA events — the 55-meter hurdles in the freshman-sophomore indoor meet; the 100-meter hurdles in the freshman-sophomore outdoor meet; the outdoor heptathlon and the outdoor 400-meter hurdles.

During her junior year, Dumas won two state championships indoors and three in the outdoor season. The indoor titles included the MIAA Division 1 55-meter hurdles and the MSTCA pentathlon in the Boston Holiday Challenge. Her outdoor state crowns are the MIAA Division 1 100-meter run, and at the Meet of Champions she won the 100-meter hurdles and the pentathlon.

The Franklin native earned All-American status in a meet she labels as her best. She finished fourth in the pentathlon

at the New Balance National Championship in March.

"The best thing about that meet was that I had to overcome one of my worst long jumps," Dumas said. "Assistant coach Brianna Cummings emphasized that I had three more chances to have a good day. Her words inspired me and I finished with two personal bests in the high jump and the 800-meter run."

When Dumas competed at the New Balance Outdoor Championship on June 17 at the University of Pennsylvania, she finished second in the pentathlon, enabling her to become an All-American for the second time.

"I'm incredibly honored to be included in such a competitive field," Dumas said. "I finished second to Tesaira Williams (Springfield Gardens High of New York), who is extremely talented."

The school records Dumas holds are the 55-meter indoor hurdles (8.43 seconds), the indoor pentathlon (3,275 points), the 400-meter outdoor hurdles (62.70 seconds), the outdoor pentathlon (3,518 points), the outdoor high jump (5-5), and the outdoor Heptathlon (3,879).

"Sarah is the best competitor I've ever coached in the pentathlon and one of the best I've coached in the hurdles," said coach Paul Trovato, who's been at the helm of the girls' indoor and outdoor track programs for 39 years. "Sarah's strengths are a high track IQ and a strong work ethic," said Trovato, "She's also athletic, coachable and highly competitive. A student of the sport, she's a fast learner and she holds herself to high standards. During the off-season, she works on her own strength and conditioning program. She does everything that's needed to succeed."

Dumas' two All-American designations are fabulous honors, but her top thrill in track happened at the Division 1 Championships in her junior year.

"I broke the school record in the 55-meter hurdles," she noted. "The old record was 8.50 seconds, and I was timed



Sarah Dumas and her coach, Paul Trovato, who labels the track star as "the best competitor I've ever coached in the pentathlon and one of the best I've coached in the hurdles."

in 8.48. Since then, I've run the event in 8.43 seconds. The original record was viewed as almost impossible to break, but I kept getting close."

Dumas believes that the winner in a track meet is who wants it the most. "I've explored why I want to win and it comes down to scoring points for my team, pleasing my parents and being eager to win for a coach who helps me to improve."

Dumas' favorite event is the 400-meter hurdles, because she believes it offers an opportunity to improve and it tests her mental toughness.

"It sharpens your competitive edge, it's a challenge, and it's fun," Dumas said. "Just finishing the event can make one proud. You can't rely on stamina to win the 400 hurdles or the 800-meter run. You must be able to withstand the physical pain of competing. Mental toughness is the most important attribute for a track athlete."

Another key is preparation, and few can top Dumas' readiness. "I always gather information on my opponents," she said. "Knowing my opposition is a plus."

Dumas began her track career as a 13-year-old in Franklin's youth program. "I loved it," she said, "and I knew the hurdles would be my favorite event."

Goals are important for Dumas. She's got three as she



Sarah Dumas excelling in the hurdles at the New Balance Outdoor Championship at the University of Pennsylvania. She finished second in the pentathlon, becoming an All-American for the second time.

Photo courtesy of Siddharth Chandra

prepares for her senior year. "I want our team to win a Division 1 title," she said. "And, I want to set a record in the 100-meter hurdles (her 14.37 time is .03 off the record) and I want to strive for improvement and success."

The personable Dumas is quick to credit teammate Rachel

Leitch and Trovato. "Rachel is great promoting team spirit," Dumas said. "She's always helpful and she provides a tremendous emotional lift. Coach Trovato is an inspiring motivator. A good strategist, he gets us fully prepared to compete."

An honor-roll student, Dumas will run track in college, very likely on scholarship. Unsure of a venue, she plans on majoring in biological sciences.

Dumas' athletic philosophy focuses on "working hard, winning, reaching one's potential and having fun." And, valuable life lessons she's learned from sports are "overcoming adversity, resiliency, leadership, teamwork, and how to set goals and build confidence."

Dumas, a triplet, whose sisters do not compete in sports, also developed confidence performing as fairy godmother in a school musical Cinderella. Franklin's opponents have enough to worry about with this Dumas sister on the roster. Sarah Dumas is on her way to becoming a legendary competitor at Franklin High.



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Tony Luzzo with MA State QOV Coordinator Theresa Perreault



Victor Pisini, assisted by Franklin Veteran Dick Hynes and QOV volunteer Martha Burbridge



Donald Davis with Martha Burnbridge, Massachusetts QOV Foundation volunteer



Gerry Bradie, with QOV State Coordinator Theresa Perrault and Franklin Veteran Dick Hynes in background



Murray Davis, assisted by Martha Burnbridge of the Massachusetts QOV Foundation

Photos used courtesy of the Franklin Veterans Services Office, (508) 520-4973.

By J.D. O'GARA

Last month, on July 5, 2023, Massachusetts Quilts of Valor Foundation State Coordinator Theresa Perreault, along with Martha Burbridge and Hollis Turnbow, presented Quilts of Valor to 14 Franklin Korean War Veterans in recognition of National Korean War Veterans' Armistice Day, celebrated

on July 27th every year. So far, 62 Quilts of Valor have been awarded to Franklin Veterans by the Quilts of Valor Foundation (www.qovf.org).

Each full-size quilt is unique and made by volunteers from around the country. To date, over 318,497 quilts have been made by more than 6,000 QOV chapters, awarded "To cover Service Members and Veterans

touched by war with comforting and healing Quilts of Valor."

Many of the Franklin veterans who received the quilts, each designed specifically for them, were accompanied by family members at the monthly veterans' coffee social at the Franklin Senior Center, which is made possible with refreshments from the Franklin Starbucks on East Central Street.

The veterans were literally wrapped in each quilt as it was presented, with presenters welcoming the veterans "home" as they did so. Quilt recipients were encouraged to use the beautiful handmade items, as they were meant to keep veterans warm.

"It is to comfort and remind you that someone is always thinking about you," they were told.

Franklin resident and Mass. State Representative Jeff Roy of Franklin thanked the Korean War Veterans for their service and sacrifices and congratulated them on their well-deserved awards.

For more information on Quilts of Valor, visit www.qovf.org.

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Franklin Senior Center Notes

The Franklin Senior Center, at 10 Daniel McCahill Street in Franklin, Monday- Friday 8:30-4 p.m.

- DeLuna vinyasa Yoga every Monday at 4:30 p.m.- \$3/class
- Friday, August 11th at 11 a.m. We continue our Eat Around the World journey and head to The Philippines. Come learn about the Philippines and taste the delicious cuisine prepared by our Chef Anne! Chef Anne was born and raised in The Philippines so you know this will be fantastic! \$6/person
- Wednesday, August 16th at 11 a.m. Come hear from Photojournalist Jimmy and take a look at his "Restless Abandoned" photography of abandoned places throughout the northeast!
- Friday, August 18th at 11 a.m.- Don your Cowboy hat and boots, and come

to our Country Western Party, complete with Johnny Cash Entertainment and a mouthwatering lunch! \$6/person

- Wednesday, August 23rd at 11 a.m.- Come talk with Nurse Trish about the Five Wishes, an advanced directive everyone should have to talk about your personal, emotional, and spiritual needs as you age, specifically your medical wishes.
- Wednesday, August 23rd at 12:30 p.m.- Please join us in friendship and conversation for a pizza and game party. Those in the LG-BTQ+ community, allies, and friends are welcome!
- Tuesday, August 29th at 10 a.m.- Let's talk about Fuel Assistance- how to apply, eligibility, and application process with our Social Services Coordinator Raeleen Gallivan.

- Wednesday, August 30th at 11 a.m.- Join Nurse Trish to discuss Stroke Awareness signs and symptoms, and life after having a stroke
- And a Major Event happening- our **FIRST ANNUAL CHEF SHOWDOWN** on Wednesday, August 30th at 12 p.m. We have invited local restaurants to come with a delicious treat and compete against each other in various categories including: Best Presentation, Best Taste, and Most Creative! All dishes will be using the "secret" ingredient of Watermelon. We will have 40 slots available for members to try out these delicious treats and cast their votes! \$5/person.

Please reach out for more information and to register for many of our amazing programs (508) 520-4945.

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Annual Rotary Pasta Supper a Big Hit

The Rotary Club of Franklin, MA held their 31st Annual Pasta Supper on June 22, 2023, at 1000 Central Park Terrace, Franklin MA. Each year it has been held, all senior residents of Franklin have been welcomed to this free event.

“My Dad, John Padula started this Rotary Service Project back in 1991. I have so many fond memories of he and my uncle Charlie, playing music and singing to entertain their guests. People were dancing in their seats and in the aisles.” said incoming Rotary President, Diane Padula.

Dan Gentile, a Rotarian for over 30 years, served as Head Chef, leading Rotarians in preparing the homemade meal, which consisted of giant vats



Diane Padula, incoming Franklin Rotarian president, works with other Rotarians to prepare for the 31st annual pasta dinner.
Photo by A. Earls.



Jamie Hellen, Franklin Town Administrator, lent a helping hand in serving homemade pasta and meatballs to Franklin Seniors.
Photo by A. Earls.



Members of The Rotary Club of Franklin MA work together to feed and serve seniors in their annual pasta dinner, held at Central Park Terrace. The pasta supper is supported by many local businesses.



The tables are set, awaiting for hungry Franklin seniors.
Photo by A. Earls.

of tomato sauce and 500 hand-rolled meatballs.

Both Franklin Town Administrator Jamie Hellen and Franklin resident and MA Representative Jeffrey Roy helped out at the event, meeting with the seniors and helping to serve the meal.

“The Rotarians look forward to providing this home cooked meal each year and we work together to make this a special and

memorable event for our Franklin’s Senior Citizens and Residents of the Franklin Housing Authority,” said Gentile.

The Rotary Club International is a non-profit organization made up of a diverse group of men and women “who come together to create positive, lasting change in our communities and around the world.” <https://www.rotary.org/en/about-rotary>

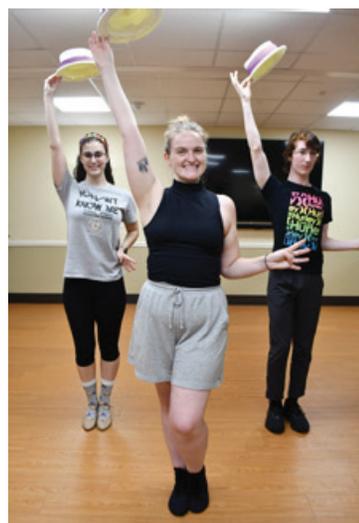
If you would like more information about our organization or Memberships, please contact Rotary Club of Franklin MA at rotaryclubfranklinma@gmail.com and they will make arrangements for you to be their guest at one of the upcoming meetings. Rotary members meet the first and third Tuesday of each month at The Rome Restaurant, 4 E. Central Street, Franklin, Mass.

Franklin Resident to Take Stage in Pippin, Aug. 4-13 in Framingham

A Common Thread Theatre Company’s summer production of *Pippin*, playing Dennison Memorial Hall at Boston Church of Christ, will take place in Framingham Aug. 4-13.

Pippin is a young prince looking to carve out his own corner of the sky. A group of traveling players puts on a show about Pippin’s search for meaning while trying to influence his decisions about war and love along the way. *Pippin* features music and lyrics by the same composer as *Wicked* and *Godspell*, Stephen Schwartz. Bob Fosse directed the original 1972 production, which made a star out of the original Leading Player, Ben Vereen. Songs include “Magic to Do,” “Corner of the Sky” and “No Time at All.”

The cast includes Franklin resident Matthew Packard, who plays Pippin’s half-brother, Lewis.



Alyssa Crocker, Abby White and Matthew Packard in rehearsal for Pippin.
Photos by Colleen Locke, A Common Thread Theatre Company.

Packard is also a featured dancer in the Framingham production.

For more information, email info@acommonthreadtheatre.org.

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MassBay Honors Student Awardees at 61st Commencement Ceremony

MassBay Community College honored the Class of 2023 at the College's 61st Commencement Exercises on Thursday, May 25, 2023. The ceremony celebrated the achievements of 692 graduates. Special honors were awarded to three talented student scholars who earned a 4.0 grade point average (GPA), five students who earned the highest GPA in their academic divisions, and 31 students who earned the highest GPA in their academic program.

The three graduates with a perfect 4.0 grade point average received an All-College Academic Award, the highest academic honor bestowed by MassBay. The award was presented to the following students:

Mena Fenwick of Natick, MA, who earned an All-College Academic Award for her 4.0 GPA, as well as the Division Award for achieving the highest GPA in the academic division of Business and Professional Studies, and the Program Award for the highest GPA in her academic program, Liberal Arts: Elementary Education.

Claire Kearney of Walpole, MA earned an All-College Academic Award for her 4.0 GPA, the Division Award for the highest GPA in the academic division of Humanities and Social Sciences, as well as the Program Award for the highest GPA in her academic program, Liberal Arts.

Jesse Okoche of Weymouth, MA earned an All-College Aca-

demie Award for his 4.0 GPA, the Division Award for the highest GPA in the academic division of Science, Technology, Engineering, and Math (STEM), as well as the Program Award for the highest GPA in his academic program, Mechanical Engineering.

MassBay awarded five Division Awards to the graduates with the highest GPA in each of the five academic divisions. Those awardees include:

- **Automotive Technology Division Award**

Joseph Butler of Jamaica Plain, MA, who earned the Division Award Honor for his 3.9 GPA, the highest GPA in the academic division of Automotive Technology.

- **Business and Professional Studies Division Award**

Mena Fenwick of Natick, MA earned a Division Award Honor for her 4.0 GPA, the highest GPA in the academic division of Business and Professional Studies.

- **Health Sciences Division Award**

Courtney Schultz of Oxford, MA earned a Division Award for her 3.97 GPA, the highest GPA in the academic division of Health Sciences.



MassBay Community College graduates (left to right) Azalea Rodas who served as a student marshal during commencement, Mena Fenwick, Jesse Okoche, Joseph Butler, Courtney Schultz, and Claire Kearney, at the College's 61st Commencement Ceremony, Wellesley Hills, MA, May 2023 (Photo/MassBay Community College).

- **Humanities and Social Sciences Division Award**

Claire Kearney of Walpole, MA earned a Division Award Honor for her 4.0 GPA, the highest GPA in the academic division of Humanities and Social Sciences.

- **Science, Technology, Engineering, and Mathematics Division Award**

Jesse Okoche of Weymouth, MA, earned a Division Award for his 4.0 GPA, the highest GPA in the academic division of Science, Technology, Engineering, and Math (STEM).

MassBay also awarded 31 Program Awards to the graduates with the highest GPA in each of College's academic programs:

- **Program Award Winner – Accounting**

- Jason Manucci of Framingham, MA

- **Program Award Winner – Accounting MassTransfer**

- Phuong Ho of Southborough, MA

- **Program Award Winner – Automotive Technology: BMW**

- Jake Lydon of Ashland, MA

- **Program Award Winner – Automotive Technology: General Motors**

- Joseph Butler of Jamaica Plain, MA

- **Program Award Winner – Automotive Technology: Toyota**

- Robert Summers of Walpole, MA

- **Program Award Winner – Biotechnology**

- Megan Walden of Framingham, MA

- **Program Award Winner – Business Administration**

- Briana Beach of Marlborough, MA

- **Program Award Winner – Computer Science**

- Kelly Ojukwu of Bellingham, MA

- **Program Award Winner – Criminal Justice**

- Brian Proctor of Wareham, MA

- **Program Award Winner – Cybersecurity**

- Choden Thakuri of Sudbury, MA

- **Program Award Winner – Early Childhood Education**

- Terry Murphy of Framingham, MA

- **Program Award Winner – Electrical and Computer Engineering**

- Steven Hopkins of Framingham, MA

- **Program Award Winner – Engineering**

- Frances Power of Waltham, MA

- **Program Award Winner – Engineering Design**

- Jorge Ramirez of Waltham, MA

- **Program Award Winner – General Business**

- Kayla Gooch of Framingham, MA

- **Program Award Winner – General Business: Hospitality Management**

- Yocheved Fleischmann of Newton, MA

- **Program Award Winner – General Studies: Associate in Arts**

- Andrew Fetherston of Ashland, MA

- **Program Award Winners – General Studies: Associate in Science**

- Hannah Shestack - Taunton, MA

- **Program Award Winner – Information Systems Technology & Management: Management**

- Nivedita Chakraborty - Shrewsbury, MA

- **Program Award Winner – Information Systems Technology & Management: Technology**

- Paulette Schmidt - Marlborough, MA

- **Program Award Winner – International Business**

- Sheila De Los Santos - Revere, MA

- **Program Award Winner – Liberal Arts**

- Claire Kearney of Walpole, MA

- **Program Award Winner – Liberal Arts: Communication**

- Benjamin Dubnow - Berlin, MA

- **Program Award Winner – Liberal Arts: Elementary Education**

- Mena Fenwick of Natick, MA

- **Program Award Winner – Liberal Arts: Psychology/Sociology**

- Erin Gallagher - North Grafton, MA

- **Program Award Winner – Mechanical Engineering**

- Jesse Okoche of Weymouth, MA

- **Program Award Winner – Liberal Arts: Human Services**

- Wendy Giblin - Dover, MA

- **Program Award Winner – Life Sciences**

- Marie Kiessling - Franklin, MA

- **Program Award Winner – Nursing**

- Amanda LaRose - Hudson, MA

- **Program Award Winner – Paralegal Studies**

- Jennifer Rahall - Framingham, MA

- **Program Award Winner – Radiologic Technology**

- Courtney Schultz of North Oxford, MA

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Milford Regional Student Volunteers Awarded \$3,500 in Scholarships

Milford Regional Medical Center student volunteers planning to pursue careers in the healthcare field were recently awarded scholarships totaling \$3,500. Three students were awarded the Perry Memorial Volunteer Scholarship and two students were awarded scholarships from the Auxiliary of Milford Regional.

Ryan LeVine of Hopkinton, Julia Philbrook of Uxbridge, and Gretchen Scotland of Franklin were the recipients of the Perry Memorial Volunteer Scholarship, each student receiving \$500. Applicants were required to have volunteered at Milford Regional, among several other considerations.

For more than 20 years, Bill and Anne Perry were dedicated volunteers at Milford Regional Medical Center. The Perry's were known for their commitment to volunteerism and appreciation for education.

LeVine will be attending the University of Connecticut in the fall and would like to become a trauma surgeon. Philbrook will be attending Worcester Polytechnic Institute in the fall and hopes to become a dosimetrist, and Scotland is currently enrolled in Quinnipiac University with plans to become a physician's assistant.

The Auxiliary of Milford Regional awarded two schol-

arships to high school seniors. Anchita Mahanta of Milford and Philbrook were each awarded \$1,000 from the Auxiliary. Mahanta volunteered in the Emergency Department at Milford Regional and hopes to study psychology at the college of her choice.

The Auxiliary serves Milford Regional through programs of education, community service, public relations, and support of volunteer services – along with supporting the hospital through fundraising efforts. Since its founding, the Auxiliary has raised close to \$1 million, resulting in state-of-the-art equipment, advanced technology, key renovations,

scholarships, expansions in patient care, and critical programmatic support.

“Milford Regional is very proud of these students and grateful to the Perry family and the Auxiliary for their continued support of our student volunteers’ pursuit of higher education,” said President and Chief Executive Officer Milford Regional Medical Center and Healthcare System Edward J. Kelly. “These scholarships are an investment in the future of our local youth who are admirably working toward a career in the healthcare field.”



Milford Regional student volunteer Gretchen Scotland, of Franklin, was among those awarded the Perry Memorial Volunteer Scholarship.

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MetroWest Boston Visitors Bureau Holds Annual Meeting

The MetroWest Boston Visitors Bureau (<https://www.metrowestvisitors.org/>) held its Annual Meeting on June 20, featuring two keynote speakers, including Massachusetts State Senate President Karen E. Spilka, and Dr. Nancy S. Niemi, president, Framingham State University.

Erin Lynch, executive director, MetroWest Boston Visitors Bureau, said the event was an opportunity for business, civic and community leaders to hear how the organization is responding to post-pandemic changes in the tourism industry, and share the organization's plans to increase tourism-generated revenue for MetroWest.

In addition to the keynote speakers, Michael Herbert, town manager, Town of Ashland, and Massachusetts Office of Travel & Tourism Director of International Public Relations Maria Speridakos addressed the audience, as well as State Representatives Jack Lewis, James Arena-DeRosa and Priscila Sousa.

"Every person here has a hand in creating the welcoming and inclusive region we enjoy today," said Lynch, "Our diverse cultural, recreational and educational opportunities make us an ideal destination for both local and international visitors, which presents an incredible opportunity for MetroWest."

Stacey David, deputy director, MetroWest Boston Visitors Bureau, shared updates on the organization's marketing efforts, which include a two-pronged approach. Business travelers are being targeted through the corporate meeting and convention planner market, while itineraries highlighting regional attractions will target the consumer market segment. Such efforts are supported by social media campaigns, in the new Guide to MetroWest print publication, national and international advertising campaigns, the fostering of relationships with national and international tour operators and meeting planners, and the hiring of a public relations firm to

share news and information with the media.

"We are thrilled with the impact our new campaigns are already making, with social media engagement up 30 percent, and more than a 380 percent increase in website traffic since June 2022," said David. "We are pleased with the momentum and efforts of the past year and the rise of tourism in MetroWest."

The Visitors Bureau's Economic Development Director Jim Giammarinaro spoke about plans for MetroWest to become the second region in the Commonwealth identified as a Tourism Destination Marketing District (TDMD). The TDMD would collect a special assessment of up to two percent from hotels and motels, with proceeds from the special assessment pooled into a fund for the district to expand economic growth within the tourism and hospitality industry for that district.

"Funds can be used for community programs, marketing and capital projects that will attract visitors to MetroWest," said Giammarinaro. "The TDMD would generate a significant revenue stream for the region, and I hope we are able to continue the process and engage with our hotels to



L-R, Erin Lynch, executive director, MetroWest Boston Visitors Bureau; Dr. Nancy S. Niemi, president, Framingham State University; Michael Herbert, town manager, Town of Ashland; Massachusetts State Senate President Karen E. Spilka; Jim Giammarinaro, economic development director, MetroWest Boston Visitors Bureau; State Representative James Arena-DeRosa; and Maria Speridakos, director of international public relations, Massachusetts Office of Travel & Tourism.

make this initiative a reality."

In addition to the guest speakers and updates, the 2024 slate of officers and board members was also announced. Steve Levinsky, chair, Natick Center Cultural District, will continue to serve as chair. Vice Chair is Chelsie Vokes, associate attorney, Bowditch & Dewey LLP; Towma Rastad, co-director, MetroWest Chamber of Commerce appointed Treasurer, and Lindsey Jaworek, business outreach manager, Marlborough Economic Development Corp., appointed Clerk. Board members

include Lou Carrier, president, Distinctive Hospitality Group; Peter Chisholm, director of community relations, Framingham State University; Dr. John Palabiyik, coordinator, Hospitality and Tourism Management Program, Framingham State University; Jason Palitsch, executive director, The 495/MetroWest Partnership; and Kim Sternick, general manager, Warren Conference Center and Inn.

The event was funded with the support of Framingham State University.

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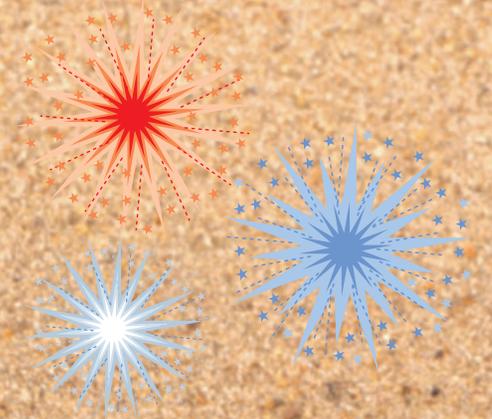
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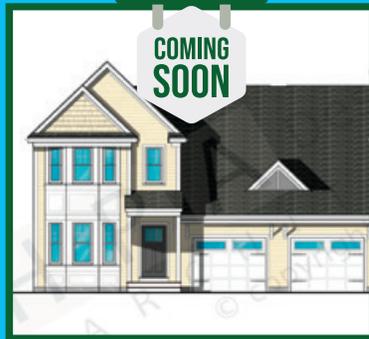
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