

St. Vincent de Paul Announces 33rd Friends of the Poor Walk

Saturday Sept. 30, 2023, 9 a.m. – 11 a.m.

By J.D. O'GARA

Rent is up. Prices have increased. COVID-19 subsidies have ended. SNAP benefits have been reduced. Things are tougher for the folks in Franklin who are struggling, and the St. Vincent de Paul Society of St. Mary's Church is noticing the change.

"The need has definitely increased," says Nancy Schoen, one of the 35-40 members of the all-volunteer Franklin SVdP team, "As rents and the price of food have risen, it has greatly impacted many of our neighbors in need. We're seeing people who have been always able to make do, but since COVID subsidies have ended, they'll get a medical bill they'll have to pay and not be able to pay some of



The Society of St. Vincent de Paul of St. Mary's Parish will host its 33rd Annual Friends of the Poor Walk, its only formal fundraiser, at Franklin Town Common on the morning of September 30th, 2023. Come support your neighbors in need!

POOR WALK
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The annual Franklin Harvest Festival will take place on Saturday, September 30th, from noon-5 p.m. (raindate Sunday, October 1st, 12-4). Photo used courtesy of Franklin Downtown Partnership

Franklin Celebrates 20th Annual Harvest Festival

Franklin's Annual Harvest Festival is set for Sat., Sept. 30, 12 noon to 5 p.m., with a rain date of Sun. Oct. 1, from 12 noon to 4 p.m. 160 booths and attractions will fill Main Street, Dean Avenue, West Central Street, Depot Street, and the parking area behind Rockland Bank.

Visitors to the festival will enjoy musical entertainment, food from local restaurants, kids' crafts, painting and balloon art, specials from downtown merchants, unique artwork and

crafts by local and regional artists. Community groups will be there with helpful information. Dean Bank will sell cider donuts, popcorn, and warm cider, and the proceeds will benefit Downtown Partnership to fund the event.

"The Harvest Festival is always a great time for people to gather and socialize. They can experience what shopping and dining local is really like in our

HARVEST FEST
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POOR WALK

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the other bills. We're seeing people that we haven't seen before, and these are people that are working hard, sometimes two jobs to keep up with the rising costs." Rent and food, she says, seem to be the biggest areas of need, followed by clothing, furniture, medical and car repairs.

Last year St. Mary's SVdP Society helped Franklin residents 392 times for a total of over \$76,000, regardless of race, religious belief, or ethnic background. Those helped span age demographics, from younger singles to elderly on fixed incomes and families with limited resources.

You can help SVdP support your neighbors by taking part in or donating to its 33rd Annual Friends of the Poor Walk, taking place on Saturday, September 30, 2023, from 9 a.m. - 11 a.m. (right before the Harvest Festival). Each year, the St. Vincent de Paul Society (SVdP) of St. Mary's Church walks to bring awareness to the Franklin Community of the struggles some residents experience that impact their daily lives.

The walk takes place around the Franklin Common. Walkers can walk one mile or three miles,



St. Mary's SVdP helped 392 Franklin families last year with rent, food and other needs.

with one time around the common a third of a mile.

"We like the visibility (of the walk around Franklin Common)," says Schoen, "and it's a safer route."

"This is our only formal fundraiser," says Schoen. "People are encouraged to donate, and often they will (donate) in memory or in honor of someone. One hundred percent of the money raised goes back into helping anyone in the Franklin community who is in need. The St. Vincent de Paul Society is thankful to all who have so generously donated in the past."

SVdP Members assist people in several ways to help them retain their dignity and to help them to become self-sustaining, such as:

- Guide them to other resources, both state and charitable
- Provide clothing and furniture through SVdP Thrift Stores
- Supply non-perishable food and paper products from their pantry to supplement other food resources

- Assist financially during an unexpected crisis helping to pay rent, medical, car repairs etc.

SVdP volunteers are members of St. Mary's Parish and are always welcoming other parishioners to join in the effort. If you would like to become involved contact St. Vincent de Paul at (508) 918-2291.

St. Mary's SVdP Society also works closely with other local helping organizations, the Franklin Food Pantry and the Senior Center, notes Schoen.

To sign up for the walk, or to donate online, visit <https://www.fopwalk.org/eventlisting/eventdetail/?eventid=2895>

You may also support SVdP's mission of helping Franklin residents in need by sending a check to:

SVDP, 1 Church Square Franklin, MA 02038

If you have any questions, please call SVDP at (508) 918-2291. All donations stay in Franklin and all information is kept confidential.

Senator Rausch to Host Community Town Halls

District Residents Invited to Hear Legislative Updates and Discuss Issues of Interest

Senator Becca Rausch (D-Needham) will host community town halls this Fall in the Southern, Northern, South Central, and Central regions of her district.

During these town halls, Senator Rausch will provide legislative updates, local and statewide budget victories, and offer residents an opportunity to share their questions, concerns, and challenges.

"Civic engagement is an important part of our democracy," said Senator Rausch. "Listening to the perspectives of my constituents informs my legislative work on Beacon Hill. I look forward to hearing from residents and collaborating with them to further support our families and our communities."

Senator Rausch will host four community town halls throughout the district, as follows:

Southern Region

Monday, September 18, 2023, 6 p.m.
Milford Town Hall, 52 Main St, Milford

Northern Region

Monday, October 2, 2023, 6 p.m.
Needham Town Hall, 1471 Highland Ave, Needham

South Central Region

Monday, October 16, 2023, 6 p.m.
Franklin Senior Center, 10 Daniel McCahill St, Franklin

Central Region

Monday, October 30, 2023, 6 p.m.
Norfolk Library, 2 Liberty Ln, Norfolk

These town halls are open exclusively to residents of the towns comprising the Norfolk, Worcester and Middlesex District: Bellingham, Dover, Franklin, Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham.

For more information, please visit www.beccarauschma.com/townhalls.

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HARVEST FEST

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community,” said Scott Martin, Harvest Festival chairman and president of the Franklin Downtown Partnership. “The mix of activities and entertainment make this event special for all ages.”

What’s on Tap:

- **Refreshments** - Lots of food choices at Main Street restaurants. A food court will be located behind Rockland Trust with many local restaurants selling great fare including Italian sausage, pizza, hot dogs, barbecue chicken sandwiches, cheeseburgers, chicken fingers, fried dough, ice cream and much more. Warm apple cider, popcorn and cider donuts at Dean Bank.
- **Shopping** - With more than 160 vendors, this festival is the perfect opportunity for

residents to meet their local business owners and learn more about what they offer. Many local crafters will be selling everything from paintings and jewelry to handmade gift items.

- **Franklin Historical Museum** - Local entertainer Jamie Barrett will play music on the front porch of the museum at 80 West Central Street (route 140). Popcorn will be served from an old-fashioned popcorn machine, and Ladybug Trail maps and buttons will be handed out.
- **Touch-a-Truck** - The Franklin Fire Department will have its firetrucks out at its headquarters, and Sparky will give out plastic fire helmets to children.
- **Art Show and Sale** - The Franklin Art Association will host an art show and sale at its gallery located inside Escape Into Fiction bookstore at 12 Main Street.

“Downtown Franklin is a busy social center for shopping, dining and entertainment. The Harvest Festival is the perfect time to get acquainted with local business owners,” said Lisa Piana, Franklin Downtown Partnership’s Executive Director. “We welcome friends from our town and beyond to experience the shops, restaurants, and many services Franklin has to offer.”

Piana added, “We love to acknowledge and thank our local business sponsors who make this event a huge success.”

Thank you to this year’s platinum sponsors: Dean Bank, Dean College, Middlesex Savings Bank, RI Motorsports; Gold sponsors: Floor & Décor, Notturmo Plumbing, Heating & Air Conditioning, PhysicianOne Urgent Care; Silver sponsors: Camford Property Group, Glen Meadow Apartments, Hockmock YMCA, Rockland Trust; Bronze sponsors: Beaux Regards Photographic Art, Chestnut Dental, DCU, D.G. Ranieri Real Estate, Keefe Insurance,

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The Partnership welcomes business owners to help support the Harvest Festival while gaining publicity for their businesses by becoming sponsors. Please email the FDP office at downtown.franklin@yahoo.com to learn about sponsorship opportunities.

The last day to register for booth space is Sept. 15, but organizers expect to sell out sooner. Downtown store-front businesses must register to ensure store-front space. Booths are assigned on a first-come first-serve basis. Visit the FDP website at

www.franklindowntownpartnership.org for the registration link or email fdpevent@gmail.com for festival booth questions.

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.

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Biennial Town Election

Nomination Papers Due September 6th

The Biennial Town Election is set for Nov. 7, 2023 at Franklin High School from 6 a.m. – 8 p.m.. Nomination papers are available now and must be returned to the Office of the Town Clerk by Sept. 6 no later than 5 p.m. Questions? Contact the Office of the Town Clerk at (508) 520-4900 or email ndanello@franklinma.gov.

Please note that Oct. 28 is the last day to register to vote in this election. You may check or update your information via the State’s Online Voter Registration tool at <https://www.sec.state.ma.us/OVR/>

For additional Election information, please visit the Town Clerk’s webpage at <https://www.franklinma.gov/town-clerk>.



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Homeward Bound Veterinary Services becomes Upper Charles Animal Hospital

Meet the New Practice at the September 9th Open House

BY JANE LEBAK

On July 7th, Doctor Lyra Read and Doctor Brooke Crosier purchased Homeward Bound Veterinary Services from Doctor Karen Wilson, who formerly owned the practice for 27 years. Homeward Bound is now renamed Upper Charles Animal Hospital, and the doctors are in the process of rebranding the facility to align with their style of practice and design aesthetic.

Dr. Read, from Holliston, has worked as a veterinarian for eleven years after graduating with her DVM from Ross University School of Veterinary Medicine. For ten years, she worked at Foxboro Animal Hospital, as well as Holliston Animal Hospital, Tufts Veterinary Emergency Treatment, and Fresh Pond Animal Hospital.

Dr. Brooke Crosier, who's been a veterinarian for thirteen



Business spotlight



years, worked with Dr. Read at Foxboro Animal Hospital. Prior to that, Dr. Crosier earned her veterinary degree from Cornell University and worked at Adirondack Veterinary Hospital.

Upper Charles Animal Hospital is located on Route 140, near the high school and the library. The practice cares for dogs and cats.

Dr. Crosier says, "We have grown and expanded the practice, while still trying to maintain the family-focused atmosphere that Dr. Wilson fostered. Our goal is to serve the pets of Bellingham with high-quality, affordable care."

The decision to purchase the practice stemmed from the great working relationship Read and Crosier had developed during a decade of working together in Foxboro. With both doctors starting families themselves (they both have two-year-old boys) they wanted a practice that had a strong family feeling.

To that end, they have updated the layout of the building, altered the aesthetic (the waiting room now has tile images of all the staff's pets) and modified the exam rooms to make the animals more relaxed. For example, the dog room has a couch to make the dogs feel more at home. Another exam room has a private entrance for times when an anxious or upset patient may need to exit without passing through the waiting room.

On the medical side, updates include in-house ultrasound, digital ultrasound, full in-house bloodwork, more specialized surgical and treatment options, and in-house hospitalization for pets who require intensive daytime monitoring.

The practice currently offers both Urgent Care and same day appointments for emergencies.

The Upper Charles Animal Hospital's website has been updated to include all current services. It has a patient portal for pet owners to make appointments, set reminders, order medications, and have instant access to their pet's medical records. The site also includes informational handouts on several common conditions and procedures that a pet owner may encounter.

"Our purpose is nurturing the bond between pets and their owners by having owners take an active role in their pet's care," Dr. Crosier says. "We empower clients by giving them information."

Upper Charles Animal Hospital has also entered into a partnership with Angelcat Haven Feline Rescue, an all-volunteer organization dedicated to rescuing stray and abandoned cats in Plainville and the surrounding towns. The doctors will be

assisting the organization with appointments for routine and sick visits, as well as spay/neuter surgeries.

On Saturday, September 9th, Upper Charles Animal Hospital will host an Open House from 10 a.m. to 1 p.m. At the Open House, visitors can tour the updated clinic and meet the doctors and staff. Food from local vendors will be provided. In addition, visitors can enter raffles and other prize giveaways, make balloon animals, peruse goods from local vendors, have fun with a photo booth, and meet some cats available for adoption, as well as submit applications for adoption.

Dr. Read says of the new Upper Charles Animal Hospital, "What sets us apart is that we're privately owned. In the vet world, that's becoming less common. For us, that means we can make adjustments. We have the autonomy to develop our practice in the ways our patients need."

The practice website is located at <https://uppercharlesah.com>, or pet owners can call (508) 966-7605 to book an appointment. The Open House will be held onsite at 116 Mechanic Street, Bellingham (Route 140) on September 9th from 10 to 1.

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Arigna Irish Pub and Coal Fire Kitchen

A high-energy restaurant with huge portions and a huge personality

BY JANE LEBAK

Bellingham is all fired up about its newest restaurant, Arigna Irish Pub and Coal Fire Kitchen.

Owner Gordon Hyde describes Arigna as, “a higher end Irish sports bar with really good food and service. We have a coal fire pizza oven, and we’re named after Arigna, a coal mining town in Ireland.”

Hyde has lived in Bellingham since 2006. He operates two other Arigna locations in Rhode Island, so for his third, he chose to stay close to home.

The vibe is energetic, with several HDTVs in the dining area and a top-notch sound system. The decor features beautiful exposed stonework, a portrait wall of Irish sports heroes, and a larger-than-life mural depicting the miners of Arigna.

With spacious high-top booths, Arigna gives diners plenty of room for pizza trays and multiple appetizers. The menu ranges from pub standards like fish and chips or burgers to Irish specialties like bangers and mash, hog wings, and Irish tater kegs.

Hyde stresses the size of the portions. “We make them big because people like that.”

Co-owner Ryan Blaney, who grew up in Holliston, adds, “We’ve got a scratch-cook kitchen using fresh ingredients all made in house. As a result, we pride ourselves on having guests who visit twice a week and not once a month.”

General Manager Mariah Vega says, “Our service here, from start to finish, is nothing short of an excellent yet memorable dining experience. Customers love our hand cut fries, coal fire seasoned vegetables, coal fire seasoned wings, homemade soups, daily food specials, and best of all, our famous ‘PB & J Bomb.’”

What’s a Peanut butter and Jelly Bomb? “Signature deep fried peanut butter and jelly sandwich, rolled in cinnamon sugar & served with vanilla ice cream and raspberry sauce.” Definitely worth the trip.

Arigna’s Rebel County Banquet Room is airy and spacious, with colorful pictures

Business spotlight

of famous musicians ringing the room. The banquet room can host up to 65 people, and it has a private bar and buffet. Bookings are already filling up for holiday parties, but it’s also useful for overflow seating.

Vega says, “When an entire baseball team called to ask if we could find places for thirty people...? Yes, we did. Easily.”

Naturally, reservations are much preferred to the abrupt arrival of a party of thirty. Reservations can be made over the phone and soon will be available through the website.

Beginning in October, the Rebel County Banquet Room will showcase live music on Friday nights. The restaurant went the extra mile with the sound system, ensuring its plug-and-play tech will allow musicians to plug right into the network for high performance results—and a fun evening for guests.

Arigna is the only location in the area showing UFC events, and the bar area TVs show most of the big games. Hyde says, “We’re eager for football season to start again. That’s always a good time.”

Hyde says, “We make sure everyone enjoys themselves when they come, whether it’s a group of friends enjoying a spontaneous lunch or folks hanging out at the bar watching the game. We offer 27 different draught beers, and with 50 seats around the bar in addition to the 130 in the restaurant, we’ve got space for everyone.”

Regular customers can take advantage of the Arigna Re-



wards Program. Customers earn points for every purchase, and they can redeem 200 points for \$10.00 off.

Arigna offers a full menu, 11:30 a.m. to 9 p.m. from Sunday to Wednesday, and on Thursday through Saturday until 10 p.m. On Fridays and Saturdays, they also feature a late-night menu until midnight, including all the pizzas and most of the appetizers.

“I love it here,” says Hyde. “Every day is different. I meet a lot of people and get to know the community.”

Blaney agrees. “We bring a premium experience that you typically find in a major metropolitan area, but with all the conveniences of being your local gathering spot.”

Arigna offers curbside pickup and Grubhub, and soon will offer Doordash. To check out menu, visit <https://www.arignairishpub.com> or stop by 799 South Main Street (Route 126) in the Bellingham Marketplace.

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Family-Run Affordable Junk Removal Takes the Stress Out of Cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

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

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible,



properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around

Business spotlight

and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

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

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with



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

my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Franklin in particular, Schadler says they are proud to have many repeat customers and friends in the area. The Schadlers' oldest daughter lives in Franklin, and their kids attended softball camp and learned how to skate in town. Prior to starting Affordable Junk Removal, Christine worked for years in Franklin as well.

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

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Franklin Resident Wins PSA Scholarship Contest

Student Wins Project Yellow Light for Second Time

By J.D. O'GARA

Jami Pandiscio, a Franklin resident, and senior at UConn, recently won the 12th Annual Project Yellow Light scholarship competition for her billboard design.

Project Yellow Light empowers high school and college students to create unique PSAs that raise awareness about the dangers of distracted driving and promote safer driving habits. Given that car crashes rank among the leading causes of death for teenagers and young adults in the U.S., this initiative strives to significantly prevent such tragedies.

Project Yellow Light's inception came after Hunter Garner's passing in 2007. His family, Julie, Lowell, and Alex Garner, in loving memory of Hunter, established the Hunter Garner Scholarship.

Jami's 2023 winning entry, chosen from over 2,600 submissions from all 50 states and D.C., was "Don't Scroll. Stay in Control. Don't Drive Distracted."

"I wanted to focus more on social media," says Jami, "I feel like the word 'scroll' embodies

everything of Tik Tok and Instagram. I think, for my age group, social media is more prevalent than just texting on iMessage, because there's so many different platforms on social media." The word "control," worked well for meaning and rhyme, she adds.

Pandiscio learned about Project Yellow Light from her brother, Kyle, five years older. He won the competition several years ago, with his "Park Your Phone" submission.

"I had the opportunity to go to Times Square to see his billboard reveal," says Pandiscio, "and I just thought that it was so inspiring to see his design come to life across the country. Project Yellow Light is such a great cause, and I wanted to get involved."

Not only has Jami been involved; she's actually won before. She first entered the scholarship competition in high school in 2020.

"I actually won the competition in high school as well when I was 18," says Jami. The winning message at that time was "Eyes on the Road, not Your Phone." "I



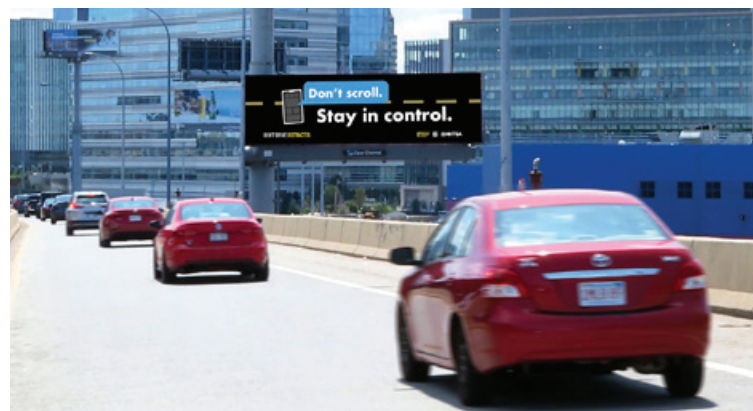
Jami Pandiscio, right, is shown at Times Square with her parents during the billboard reveal of her winning PSA.

Photo by Chris Edgehill.

used the eyes emoji and the phone emoji, so it was more visually appealing," says Jami. She didn't get to attend her own billboard reveal that year because of COVID-19. "But this year I got to go," says Pandiscio. "I went in June. It was so cool!"

Jami's out-of-home winning display will be featured on over 1,700 U.S. displays, in the Boston metro area, provided by Clear Channel Outdoor through the end of this year.

The \$2000 scholarship Jami will receive will help pay for her



Jami Pandiscio's winning submission in the Project Yellow Light scholarship contest is shown here, aiming to prevent texting and driving. Photo by Vicky Chen, Clear Channel Outdoor

last year at UConn. After graduation, she hopes to stick with the Seaport Boston-based software company for which she interned this summer. Winning the contest was a positive experience.

"I was absolutely shocked when I won, because it was the second time," says Jami. "I just never thought I'd get the opportunity to do it all over again. It's just honestly been one of the most rewarding experiences, being part of this community."

"Thanks to the creativity of these students and our partners' support, we are making a difference by reducing the number of crashes caused by distracted driving," said Project Yellow Light

Founder, Julie Garner.

This year's entries were judged by a number of advertising industry executives and artists who lent their time to support this scholarship competition. The panel for this year included recording artist and songwriter Aloe Blacc; renowned filmmaker and social activist Kweku Mandela; Wendy Clark, Partner at The Consello Group; Wordsworth + Booth President Tony Mennuto; Co-Chairman and Partner of Goodby Silverstein & Partners Jeff Goodby; award-winning poet, songwriter, and author IN-Q; and representatives from The Martin Agency, Organic and Project Yellow Light partners.

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Keep an Eye Out For Signs of a Rodent Infestation This Fall

WPC Pest and Termite Control and the National Pest Management Association are sharing the top seven signs that rodents have taken up residence in your home

It's that time of year again — football season, trips to your local farm, and crisp, fall weather.

But before you break out your favorite pumpkin spice-flavored treats, it's important to remember to keep alert for uninvited guests looking to join in on the fun. As temperatures begin to cool,

WPC Pest Control, in partnership with the National Pest Management Association, is sharing signs homeowners should look out for that could signal a rodent infestation.

"Disgusting odors that permeate from insulation in attics and basement's are a sure sign that rodents are present," said Jim Mazzuchelli, owner of WPC Pest and Termite Control.

While rodent infestations are common throughout the year, they are particularly troublesome as colder weather arrives and food sources diminish. These stark changes to their environment make homes the ideal spot for them to hide out in.

Rodents are able to transmit more than 35 diseases to humans, posing a serious health threat to you and your family should they find their way into your homes insulation. Contamination from urine and droppings will cause serious respiratory issues, such as the deadly Hantavirus.

To help keep your family protected this fall, WPC Pest Control is offering FREE rodent inspections and suggestions on decontaminating your home.

WPC Pest and the NPMA have identified the following top seven tell-tale signs of a rodent infestation:

- **Droppings:** Finding droppings in the home is one of the most common signs of a rodent infestation. Homeowners often find these where food is stored, such as kitchen cabinets or pantries, as well as under sinks, inside chewed cardboard boxes and along baseboards.
- **Gnaw marks:** Rodents will chew through almost any type of material to obtain food or water, causing serious damage to a home. Rats are also known to gnaw on wires behind walls, potentially resulting in dangerous house fires.
- **Nests:** Rodents prefer to hide in dark, secluded areas of the home and will use any materials available to build their nest. If you see items such as paper products or cotton strewn about, it might be a sign of a rodent infestation.
- **Tracks or rub marks:** As rats follow a trail between their nest and food sources throughout a home, they will often leave dark grease or dirt marks along walls and floorboards.
- **Strange noises:** Hearing strange noises at night could be attributed to a family of mice scurrying about the house, between the walls and up in attics and crawlspaces.
- **An actual rodent:** Mice are known to reproduce quickly, as a female house mouse can give birth to a half dozen

babies every three weeks or up to 35 young per year. Chances are, if you see one mouse in the house, there are more hidden behind the walls!

- **Contamination:** Odors and staining of ceiling tiles and basement insulation is a sign of what could be droppings and urine caused by nesting rodents having their young.

For more information about rodent infestations, visit www.nobugsnopests.com or contact a licensed pest control professional.

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Your Money, Your Independence

Financial Aid Changes to Impact This Fall's College Applications

We've come to expect Congress naming new legislation that exaggerates impact but does little to be true to its name.

Inflation Reduction Act. Secure Act. American Rescue Plan Act.

Now add "FAFSA Simplification Act," which makes the upcoming 2024-2025 college admissions process a complicated mess.

To be balanced, here are the benefits per advocates:

- Easier FAFSA application process with a reduced number of questions.
- The Federal Pell Grant expands to more students and will link eligibility to family size and the federal poverty level.
- The Estimated Family Contribution (EFC) has been replaced by the Student Aid Index (SAI).

This last one is interesting because SAI is based on a comprehensive database of education costs that includes tuition and fees, room and board, and other living expenses. The index also includes data on financial aid awarded to students, such as grants, scholarships, and loans.

By calculating the average cost of college for a given school and comparing it to the average amount of financial aid awarded, the index can provide a more ac-



Glenn Brown, CFP

curate estimate of the student's EFC and help make more informed decisions about which school to attend.

Ok, enough of the accolades, let's get to the complications and impact.

Two Different Views. Both students and parents must create a Student Aid Account to get an FSA ID before completing the form. Previously a shared sign-on allowed for a singular view, now each completes their respective sections and continuity becomes more challenging.

No longer does the most capable parent complete. For divorced or separated parents, the one providing greater financial support over past calendar year must now complete the FAFSA. Yes, not the parent most engaged to ensure accuracy and meet

deadlines, but the one who provides the most money. So much for a fiduciary process.

Paying for two or more kids in college at same time? Who cares. The number of students a family has enrolled in college will no longer factor into the FAFSA calculation.

You aren't selling the farm or small business you've built, but if you had to...? The net worth of family farms and small businesses with under 100 employees will now be required as part of the application. Maybe having to sell is a strong ask, but borrowing against isn't - otherwise, why ask now?

All applicants, especially Early Action / Early Decision (EA/ED), your school's deadlines will be before FAFSA opens. Historically, FAFSA opens October 1 and EA/ED deadlines followed in mid-October through November. Per the federal government, this year FAFSA has "an anticipated December 2023 launch date." The colleges aren't waiting around, they're keeping October and November EA/ED application deadlines, including CSS Profile schools.

For example, state university UMass-Amherst has a Early Action deadline of November 5 and Regular Decision of January 15, but the FAFSA priority deadline is March 1 and state deadline for Massachusetts is May 1.

CSS Profile school Williams College states, "The FAFSA is not an initial requirement for the 2024-2025 academic year, given the uncertainty of the FAFSA Simplification Act application timeline. Enrolled students will be required to complete the FAFSA by May 15th."

So don't prioritize completing the FAFSA before submitting your college applications this year.

Instead work on the admissions application now, continue your student's building of a relationship with the university's local academic recruiter and stay focused on Return On Invest-

ment (ROI) during the selection process.

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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Franklin Veterans Office Notes

September 6 – Monthly Veterans Coffee Social – 10 a.m. at the Senior Center. All Veterans are welcome!

September 12 – "Tune It Out" Guitar Classes for Veterans Resume – Weekly classes meet on Tuesdays at 5:30 p.m. at the Senior Center. Call Veterans' Services Office at: (508) 613-1315 for details.

September 15 – Veterans Memorial Walkway – Deadline for engraved brick orders for the November installation.

September 21 – Veterans Council Meeting – 7 p.m. at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

Exhale, Let the Dance Journey Begin

Local studio offers instruction to students ages 18 months to adult

Exhale A School of Dance started in Norfolk in 2015 and now has two locations in Norfolk: 18 Union St., Suite 103, next to Town Hall and across from the library; and 65 Holbrook St. Suite 170, in the Rivers Edge Plaza next to Anne's Market and Elvate Salon.

Exhale offers instruction to students of all ages, from 18 months to adults.

"We like them to start with us and stay so they understand our culture and become part of our dance family, but we also specialize in adult programming including Ballet, Tap/Jazz and Dance Cardio which is a fun way for adults to exercise in a judgment-free zone," says Exhale's founder and CEO Jen Cote.

Cote says another popular class is Boys Dance 2. "It's a fun upbeat class with hip-hop, tap and jazz just for boys."

When do you know if your child is ready for dance? "If they can walk, love to move and can follow simple directions they can begin in our Dance with Me class at 18 months," says Cote, recognizing that all children are different.

"Exhale is one huge family, and we love the bond that it has created with the Norfolk community!"

Amerie P

"I would suggest giving it a try and not having any expectations. Dance with Me classes can be difficult the first few lessons when both the students (and parents) are learning new skills. Don't give up, and by the end of the session your child will likely be following directions, dancing and having fun! If the first few lessons are too stressful, wait until they are big enough to do an independent class."

"Most of our teen students are in our Exhale Dance Youth Intensive Program, most have been with us for seven years and loved dance so much they wanted to make it a bigger part of their lives," says Cote, adding teen classes include Tap, Hip-Hop and Lyrical (THL).

"Our Youth Intensive students perform in several Exhale-

Business spotlight

produced shows, just started competing (for the educational experience) last season, and also perform in community and fundraising events."

To adults she says, "Once you attend you will love it. Don't expect to get everything right on the day and just enjoy the movement. We create a judgment-free, fun zone. You will come in for the dance and stay because of the friendships and laughs. Some students in our Tap/Jazz adult class choose to perform while others do not. Either way, simply learning the dance is fun!" Adult classes typically have between 10 to 15 dancers at the most.

Trial sessions are available for those hesitant to enroll.

Cote, also known as "Mrs. Jen" to her students, graduated from Dean College with a Bachelor of Arts in Dance, and taught for many years in the Greater Boston Area. Cote lives in Norfolk and grew up in Norwood.

"For over a decade I managed the youth performance program of the Dance Inn, also known as the 'Legacy Dance Company' in Lexington. My mentor and boss, Thelma Goldberg, has owned the Dance Inn for 42 years and she taught me everything she knows about business and dance and I absolutely loved working there," says Cote. But after her first child was born, her family moved to Norfolk and the commute to Lexington became too challenging with a little one at home.

"I wanted to enjoy her childhood and not spend so much



"We are so grateful we found Exhale. My daughter beams with joy when she has classes and the studio uses a nurturing approach that builds confidence and a love for dancing."

Greta H



I called the Norfolk Grange Hall to inquire about renting space, and the rest is history - Exhale was born in the spring of 2015."

The Exhale instructors have extensive teaching experience and all have degrees in education, dance or theater or are in the process of receiving one.

Each year, in addition to a spring recital in mid-May, Exhale offers special performances including:

- "Clara's Sleepover" which will take place in Dec., and will feature Ella Paralta and Lyla Graham who have been cast as Clara. The story is a spin on *The Nutcracker* with a similar storyline and includes jazz, tap, ballet, modern and hip-hop performances. In this story, Clara has invited all her friends to a birthday sleepover at her house on Christmas Eve, and magic ensues.
- "The Extravaganza" which will take place on Feb. 10 at the Orpheum Theater in Foxboro, and will feature guest teacher Christina Belinski who has performed on Broadway, with ballet companies and has been on faculty/judging panels of several well-known dance competitions and conventions.

For detailed information about all Exhale programs, including registration information (note, classes are filling up fast), visit www.exhaledance.com

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

Don't miss the Franklin Rotary Club & New England Chapel 7th Annual Car Show, slated for September 16th, 2023, from 9:30 a.m. – 1 p.m. at New England Chapel, 300 Central Street, Franklin. Registration is \$15 per car and entry is FREE to spectators. Proceeds from the event support an annual scholarship for a Franklin student.

"We earmark \$500 that goes toward the scholarship every year," says Rotary Club of Franklin, MA President Diane Padula. "The family of Robert Simler also donates \$2,500 every year, so it's a joint effort that we give a \$3,000 scholarship annually."

Padula says the Rotary is looking forward to this event. "It's going to be so much bigger," she notes, adding, "Last year was our first time at New England Chapel."

"They were very welcoming, they're very community oriented, and we wanted to support their mission," says Rotary member Gary Convertino, who has worked with Pastor Cliff at New England Chapel, "They helped us put on a fantastic show last year, and we wanted to work with them. They're great people."

Convertino, a car enthusiast, began this Rotary fundraiser. He got the idea from a project he did while working at Dean College.

"I collect antique cars, I have eight antique cars, and one day, we put together an educational (car) show for the students," says Convertino, who is President of a Lincoln Continental Club. "It entailed having green cars, hybrid cars, and then cars like mine, to show how they wasted gas. We had fully EV cars, fully electric vehicles, and we put profiles together for each car to show how environmentally friendly or environmentally wasteful the cars were. It really kind of resonated with the students."

Convertino was inspired to spread that enthusiasm for the car show to the town. Feeling strongly that all students get the opportunity to go to college, he hoped proceeds from the event could benefit a scholarship fund. Working with Rotary, which al-

ready had a scholarship fund, was a perfect match.

The event began at Dean College.

"I think the first year we had 25-30 cars," says Convertino, "Last year, at New England Chapel, we had 69 cars," some coming from Rhode Island and Connecticut. The Rotary car show welcomes vehicles of all types: Antique, Muscle, Classic, Custom, Motorcycles and out of the norm new cars.

"The cars are what we call 'stock' and 'mod,'" says Convertino, explaining, "Stock cars have never been modified, and mod cars have brand new tires or something different from what it was meant to be. We love having both because kids like the mods and adults like the cars they remember."

This car show also offers awards, says Convertino. The "People's Choice Award" goes to the car with the most votes from the community; The Chariot Award is chosen by Pastor Cliff, of New England Chapel, The Rotary Award is chosen by the Rotary president, and the Lead Sponsor Award is chosen by the event's biggest sponsor, which, last year, was Dean Bank. Convertino himself chooses first, second and third.

The new location last year also enabled Franklin Police and Fire to become involved, adds Convertino.

"We had great participation from Franklin Fire and Franklin Police," he says, "the Fire Department would put out a truck and the Police Department would put out a police cruiser, and the Fire Department would hand out fire helmets, which was great, and the police would put people in the back seat to see what it was like in the cruiser. They're planning on working with us again."

This year, Rotary Club of Franklin, MA is also working with Clear Path for Veterans (<https://www.clearpathne.org/>). Clearpath will bring its food truck, and any proceeds will support their cause.

The event will also feature an ice cream truck, a 50/50 raffle at the event to benefit its scholarship fund, a dog station, and music by a local DJ, Johnny

Iannelli, who solely works car shows, playing a lot of oldies.

Convertino and Padula both can't say enough about their sponsors.

The Franklin Rotary car show is coming up on September 16th, at New England Chapel. As these pics from a past car show demonstrate, both "stock" and "mod" cars are welcomed. The show grows bigger and better each year.



"We rely on our sponsors so much, and we're so grateful to these people. They just keep us moving," says Padula. The top three sponsors this year include Dean Bank, M.T. P. Communications and Vendetta Motors.

There is still time to sponsor the event, as sponsorships will be taken until September 8th.

To register or become a spon-

sor contact: Gary Convertino at gconvertino@cox.net

or John Power at john@powerpaintingplus.com

Convertino says he's grateful, "to the townspeople coming to enjoy the show, the area businesses who sponsor, New England Chapel, who give us the entire place for free, inside and outside ... and the Police and

Fire for their support as well. And Rotary, of course."

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.

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Coming Up at the Franklin Senior Center

The Franklin Senior Center is located at 10 Daniel McCahill Street, Franklin, Mass. Reach them at (508) 520-4945.

9/11 Remembrance Ceremony

Join the Town of Franklin as we remember and honor our heroes of 9/11. The 9/11 Remembrance Ceremony will be on Monday, September 11th at 9 a.m. at the Franklin Senior Center. Open to the entire community.

Save the Date: Senior Expo

Friday, October 6th from 10 a.m.- 1 p.m. There will be live entertainment, raffles, flu shots, tons of resources and more!

September Programs

- Join us on Friday, Sept 8th at 1 p.m. for a live Drum Circle led by percussionist Kimberlee O'Brian
- The Franklin Food Pantry and the Hockomock YMCA have partnered with the Franklin Senior Center monthly for our Mobile Food Pantry on Wed. Sept 13th at 11 a.m. Come to receive a bag of stable items, choice of protein, and dairy items!

- Pizza and Movie Night: Showing the new Indiana Jones Movie: "Indiana Jones and the Dial of Destiny" on Thursday, Sept 14th at 4:30 p.m. Must Call to Register \$3/person
- Feeling BLUE that summer is over- join us for our BLUES BLUES BLUES party with live entertainment and a delicious ham dinner on Friday, September 15th at 11 a.m. Must Call to Register \$6/person
- Continuing to Travel and EAT Around the World- we visit France on Friday, Oct. 22nd. \$6/person
- Our writer's group, the Senior Scribblers, have published a book! Join us to celebrate and get your book personally signed on Tuesday, Sept 26th at 10 a.m.
- **NEW exercise class Wednesday's at 4 p.m.: Cardio Fusion with Judi! \$3/class

There are a lot more programs, so make sure to check out the Senior Connection Newsletter or Stop by the Senior Center for more information!

Save Money and the Earth with Energize Franklin

Are you concerned about the changes to the weather? Are you suffering as the summers get hotter? Do you want to help the climate crisis, but you aren't sure where to start? Well there's a new website for our Franklin community that can help you get started. Energize Franklin has ideas for climate friendly actions you can take to reduce your carbon footprint, such as changing to LED lightbulbs, planting your own garden, leasing or purchasing an electric vehicle, and even installing solar panels. Actions can be big or small but every action helps and most will save you money! People can even leave a testimonial about actions they have taken.

The website was launched earlier this year by a local crew of volunteers. We wanted to have an online space where friends



and neighbors here in Franklin can find inspiration and see what others in their community are doing. It can be tough to get started and we wanted to have an easy way for people to do that. Anyone can go to the site to browse the suggested actions, or you can sign up and track the actions you've done and create a to-do list for items you would like to accomplish. Having a free account also allows you to track your carbon reductions and leave a testimonial. You can find us online at www.energizefranklin.org.

Stop by our table at the Harvest Festival Saturday, September 30th.



The Franklin Art Association Welcomes New Members

The Franklin Art Association will have their first meeting of the season on Wednesday, September 6th, at 6:30 p.m. at the Franklin Senior Center, 10 Daniel McCahill Street, Franklin. Programs are free and open to the public. This month's program will feature artist Sue Pratt Sheridan, who will demonstrate the use and encourage the exploration of many different types of mediums with a slide presentation of artwork, including oils, watercolors, pastels, charcoal and mixed media. Sue holds a Bachelor of Fine Arts degree from UMass Amherst and has been a practicing artist for most of her life.

Established in 1971, the Franklin Art Association has members from throughout MetroWest MA and RI. The non-profit is dedicated to promoting a wide variety of fine art mediums and photography, while providing ongoing educational opportunities through live demonstrations and hands-on workshops. The association gallery is located at the Escape into Fiction Bookstore at 12 Main Street, Franklin. The FAA is supported by the Franklin Cul-



Sue Pratt Sheridan will be the featured artist at the next meeting of the Franklin Art Association, to take place September 6th at the Franklin Senior Center.

tural Council and the Franklin Cultural District. www.franklinart.org, Instagram and Facebook.

Vendor Call: Senior Expo

The Franklin Senior Expo is back! Join us Oct. 6, 2023 from 10 a.m. – 1 p.m. at the Franklin Senior Center, 10 Daniel McCahill St., for live entertainment, raffle prizes, a flu shot clinic, hearing tests and more.

This event is geared towards providing resources to our Seniors in a fun way! Does your business offer information, services or other resources to Seniors? If so, consider tabling as a vendor. Access the Senior Expo Vendor Registration Form at <https://tinyurl.com/FranklinSeniorExpo23>.

Learn more about the expo here:

<https://www.franklinma.gov/franklin-senior-center/pages/senior-expo-2023>.

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Cheryl Wheeler to Open Circle of Friends Season

The Circle of Friends Coffeehouse at Franklin's First Universalist Society is back in full swing. Cheryl Wheeler opens the Circle of Friends Coffeehouse's 34th season on Saturday, September 23rd at 8 p.m. Cheryl is known for her brilliant, often hysterical, performances and beautifully crafted songs. She'll have you rolling in the aisles one minute, then she'll take off her glasses, close her eyes, and sing a heart-breakingly lovely song that may bring you to tears. Her entire concert is an emotional roller coaster. Cheryl will be joined by Kenny White on piano.

Cheryl's songs are often emotional portraits of people, leaving you with the impression that you know the characters. You find yourself being dragged into the song rather than standing out-



side and observing. Other songs by Cheryl are hilarious situation comedies. Find out more at <http://www.cherylwheeler.com/>.

The Circle of Friends Coffeehouse is a non-profit organization affiliated with Franklin's First Universalist Society. Concerts are presented in a smoke free and alcohol-free environment at the Society's handicapped accessible

Meetinghouse, 262 Chestnut St. in Franklin, and begin at 8 p.m.; doors open at 7:30 p.m. Beverages and gourmet des-serts will be available.

Circle of Friends has set their schedule for the year. In addition to Wheeler, the following shows are planned:

2023

Antje Duvekot, October 28
Seth Glier, November 18
Ellis Paul, December 2

2024

Joe Jencks, January 13
The Niels, February 10
Matt Nakoa, March 9
Garnet Rogers, April 27
Susan Werner, May 11

Please visit <http://www.circlefolk.org/> for tickets or more information.

Franklin Newcomers & Friends Club Sets New Schedule for 2023 Meetings

The Franklin Newcomers & Friends Club has changed its meeting schedule to every other month, starting this season. The club will meet in October and December, 2023, and February and April, 2024. Lots of fun activities and outings will continue every month!

October 11 is the first meeting for the 2023-2024 season.

Meetings are held the second Wednesday of the month, from 7 p.m. to 9 p.m. at Escape Into Fiction, the cool bookstore at 12 Main Street in downtown Franklin. Light refreshments are served. Although meetings will now be held bi-monthly, activities are still scheduled throughout its membership year October to April. Members can check out the group's private Meetup page or public Facebook page for up-to-date details.

The \$30/year membership fee gives you access to the club's

Meetup page where you can get detailed info about the meetings and the many activities throughout the year, and the place to sign up. Anyone can look on Facebook for news and updates.

This year, the Newcomers and Friends Annual Craft Fair is set for November 18th at Tri-County High School. This popular event is an opportunity for members to volunteer and work together, help raise funds, and give back to the community.

Whether you have lived in Franklin for years or are new to the community, all are welcome to join.

For more info, find us on Facebook for club information and activities: Franklin Newcomers & Friends Club

For craft fair details: Franklin Newcomers Craft Fair

Email: franklincraftfair@gmail.com

Dean College and the Universalists to be Featured at Historical Society

Dean College has always shared a strong connection with the Universalist Church. Its founder, Oliver Dean, was instrumental in the growth of Universalism in Franklin.

Our next Second Sunday Speaker will be Dean History Professor, Rob Lawson, who will explore that connection and the relationship the Universalists had with the school. Historic documents will be on display from the First Universalist Society Franklin.

Join us Sunday September 10th for this revealing discussion on Franklin's history. Doors open at 1 p.m. and the presentation starts at 1:15.

Looking forward to the annual Franklin Downtown Partnership Harvest Festival, Saturday, September 30th, we're pleased to announce Franklin Music Educator, Jamie Barrett will be providing our musical entertainment on the museum's front porch. Check our website and Facebook page for exact times as we get closer to the event. Fam-



Musical entertainer Jamie Barrett will perform on the porch of the Franklin Historical Museum during the September 30th Harvest Festival.

lies can spread their blanket on the front lawn and enjoy Mr. Barrett's music. Freshly popped popcorn is free to all visitors (outdoors only please). But do come inside and try your hand at our Scavenger Hunt and learn a little of our town's history!

The Franklin Historical Museum is located at 80 West Central Street, we are wheelchair-accessible and admission is always free. Come in and find your history!



Dean instructor Lawson will be a featured speaker on September 10th for the Second Sunday Speaker Series at the Historical Museum. He will discuss the connection between Dean College and the Franklin Universalists.

Save the Date!

Annual Franklin Newcomers Craft Fair November 18th

Mark your calendar: The 48th Annual Franklin Newcomers & Friends Craft Fair is set for Sat. November 18, 2023 from 9 a.m. to 3 p.m.

It will be held at Tri-County Regional Vocational Technical High School, 147 Pond St., Franklin at the school's main lunchroom / community space.

This popular and well-established event features hand-crafted items from artists throughout New England. You'll find a great selection of items for your home, for gift-giving, specialty foods, and more.

The club accepts donations for Franklin Food Pantry when you enter. The entry fee is \$3 for people 12 years of age and older.

For more info, find us on Facebook for club information and activities: Franklin Newcomers & Friends Club

For craft fair details: Franklin Newcomers Craft Fair
Email: franklincraftfair@gmail.com



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Franklin Garden Club Begins Season September 5th

The Franklin Garden Club will begin its 2023-2024 season on Tuesday, September 5, 2023, with a meeting at the Franklin Senior Center, 10 Daniel McCahill Street, from 6:30-8:30 p.m. An informal social get-together will take place from 6-6:30 p.m. followed by a presentation on the coming year's programs and preparation of items to be sold at the Franklin Harvest Festival. The meeting is open to the public, including those interested in becoming a member. All items that are made will be retained by the garden club for sale at the festival.

Club Co-Presidents Patricia Donnelly and Mary Anne Dean stated, "The

Garden Club, founded in 1987, offers many educational programs, and one does not have to be a Master Gardener to join. Meetings provide a wonderful opportunity to learn about various aspects of gardening from experts and to exchange information with fellow members. We welcome anyone who is interested to attend the first meeting to learn more about the Club and planned activities."

In addition to the September 5 meeting, this year's programming schedule includes: October 3: Bridge of Flowers in Shelburne Falls, MA; November 7: Flower Paint Night; December 5: Using Medicinal Herbs; February 6: To be deter-

mined; March 5: Fantastical Folktales of Flowers; April 2: Ergonomic Tips for Healthier Gardening; May 7 - No Flower Thriller, Spiller and Filler Pot Arrangements; and June 4: Year End Social.

Club community service activities include planting and maintenance of the Franklin Town Common gardens and the planters at the Franklin Library, sponsorship of an annual scholarship awarded to a high school graduate, distribution of pine tree seedlings in the elementary schools, and special projects with other community organizations. The Franklin Garden Club is a member of the Garden Club Federation of Massachusetts.



Franklin Federated Church to hold Annual Yard Sale September 30th

The Franklin Federated Church, 171 Main St., will hold its annual yard sale on Saturday, September 30th from 9 a.m. - 1 p.m., rain or shine. Franklin Federated has been holding this annual fundraiser for over 25 years to help support the community and maintain their beautiful building.

The Thrifty Threads thrift store will be open as well during the sale and you can find reasonably priced clothing items for adults and children as well as a new jewelry display. There will even be a "Bag Sale" for select clothing items from 1 - 2 p.m. and some special pricing on jewelry.

Dr. Anne K. Bergin Honored in MA Women's Commission, Commonwealth Heroine Class of 2023

Massachusetts State Representative Jeffrey N. Roy nomi-

nated Dr. Anne K. Bergin for the 20th Annual MA Women's

Commission "Commonwealth Heroine Class of 2023". Dr. Bergin was honored alongside 124 other distinguished women from around the Commonwealth at the State House in the Great Hall of Flags on June 23rd, 2023.

"Throughout her service, Dr. Bergin has put the community of Franklin first, dedicating her life to education and the empowerment of our youth," said Rep. Jeffrey N. Roy (D-Franklin) before the event started. "Dr. Bergin began her teaching career 45 years ago at Davis Thayer Elementary School, eventually stepping into leadership roles such as Principal at the elementary and middle school levels over a span of 29 years."

Throughout her retirement, Dr. Bergin has remained heavily involved in the Franklin & Franklin Public Schools community. She served as the acting Franklin High School English Department Head, as well as creating and hosting two cable access television programs: educating the community on innovative changes to the Franklin Public Schools, and helping to guide young people throughout life in "It Takes a Village...".



Dr. Anne Bergin and Rep. Jeff Roy are shown here. Roy nominated Bergin as a Commonwealth Heroine for 2023.

Photo by Bruce DiLoreto

neighborhoods, cities, and towns better places to live. Commonwealth Heroines use their time, talent, spirit, and enthusiasm to enrich the lives of others in their community."

Each year the Commission partners with state legislators to identify women who make outstanding contributions to their organizations and in their communities. Each legislator is encouraged to submit one woman from their constituency as a means of recognizing their invaluable efforts and extraordinary acts of service, who are making a big difference in their communities but not necessarily making the news.

Rep. Roy was honored to have nominated Dr. Anne K. Bergin for the Commonwealth Heroine Class of 2023. Her lifetime of experience teaching & creating a healthier educational environment for students in Franklin and continuously enriching the lives of others, cement her status as a pillar in the community and a perfect representation of a Commonwealth Heroine.

"The Commonwealth Heroines are women who don't make the news, but make all the difference in their communities," said MCSW Chairwoman Dr. Sarah Glenn-Smith. "Thousands of women in every community across the Commonwealth perform unheralded acts on a daily basis that make our homes,



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September 2023 at Franklin Public Library

Library Hours

The Library's hours are Monday through Thursday, 9 a.m. to 8 p.m., and Friday and Saturday, 9 a.m. to 5 p.m. The Library will be closed Monday September 4th for Labor Day. Sunday hours of 1:30 p.m. to 5 p.m. will resume after Labor Day.

ESL & Adult Literacy Program

The Franklin Public Library has started an English as a Second Language and Adult Literacy Program to serve Franklin and surrounding communities. Volunteers and students do not need to be Franklin residents. If interested, fill out the registration form on the library's website.

Sign up for Girls Who Code

Sign Ups are here! Girls Who Code is a great introduction to coding concepts while building the community and group work skills needed to excel! Our first meeting is September 5th! Sign up here: <https://www.franklinma.gov/children-teen-services/pages/girls-who-code>

Sign Up for Dungeons and Dragons Club for Kids!

Sign Ups are here! Kids are invited to join us for a weekly Dungeons and Dragons Club! The library will supply dice, rule books, and blank character sheets! Our first meeting is September 11th

(Dungeon Masters must be ages 12 and up)

Sign up here: <https://www.franklinma.gov/children-teen-services/pages/dungeons-dragons-club>

September Book Bingo! Friday, September 1st – Saturday, September 30th (Kids and Teens)

Collect your BINGO board at the Children's Room Reference Desk and play along all month long! Complete a row in any direction and win a special coloring sheet! Complete the entire board and win a prize pack!! Deadline to pick up prizes is Monday, October 2nd.

Special Events for Kids

Kids Take & Makes: Apple Core Magnets! Available Friday, September 1st

Stop by the library to pick up your very own Apple Core Magnet Kit! Kits include supplies and instructions for making your very own fruity magnets! Supplies are limited! First come, first serve!

Rockabye Beats! Saturday September 2nd @10:30 a.m.

Rockabye Beats is back for another performance! Enjoy hands on learning through music, dancing, Spanish, and fun! This original music is fun for the whole family!

Apple-icious Scavenger Hunt! Friday, September 8th – Sunday, September 10th

Kids Paint Party! Saturday September 9th @1 p.m.

For kids ages 5-11! Join local instructor Denise Palmieri for this step-by-step paint party specifically for kids! All materials will be provided! REGISTRATION REQUIRED!! The same painting will be taught in Sept., Oct., and Nov. - please only register for 1 date.

Bluey Bash! Saturday September 30th @10:30 a.m.

Let's celebrate everyone's favorite canine family with an awesome morning of games, crafts, snacks, dancing and more!

Special Events for Teens

Teen Take & Makes: Pressed Flower Candles! Available Friday, September 1st

Stop by the library to pick up your very own Pressed Flower Candle kit! SUPPLIES ARE LIMITED! First come, first serve! *To keep things equitable teens must be present when picking up this craft.

Robo-Racer Workshop Saturday, September 16 @10 a.m. Registration Required.

Inviting middle schoolers with a passion for building and tinkering! This Robo-Racer workshop is for you! Come join us for a 90-min. build challenge and experience engineering in a nutshell.

Participants will be grouped in teams of 3-4, Hub, motors and LEGO Technic parts will be provided.

ALARM Robotics, a Franklin High School robotics team, will be conducting the workshop.

RSVP: https://www.event-keeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/16__Robo-Racer_Workshop

Musical Bingo: Broadway Edition! Wednesday September 20th @6:30 p.m.

Monthly program is part Bingo, part trivia! Participants will listen to the music as it plays and fill in their bingo cards! This

month's theme: Broadway musicals!

Special Events for Adults

Author Talk: Emily Franklin "The Lioness of Boston," September 14, 6:30 p.m.

Registration Required

As our town read for 2023, you've enjoyed the life and times of Isabella Stewart Gardner. Join us for readings and conversation with Lioness of Boston Author Emily Franklin! Signed book plates will be available for your copy of the book!

RSVP: https://www.event-keeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/14_Author_Talk_Emily_Franklin

One Step to Safety Self Defense Seminar Thursday September 21st 6 p.m.

Registration Required

Led by Martial Arts Master Elijah Swan. Join us in a prevention concept program that combines basic strikes, tactics, and techniques. Our focus is on verbal and physical self-defense movements, blocks, body positions, and awareness. Open to teens and adults!

RSVP: https://www.event-keeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/21_One_step_to_Safety_Self_Defense_Seminar

Wildlife Photography Workshop Saturday September 23rd 10:00 PM

Registration Required! Zoo admission is NOT included with this program. Discounted admission is available at the Circulation Desk!

Join Nature Photographer Steve McGrath on a Wildlife Photography Workshop where you will learn how to use your preferred digital camera like a pro. In this First Class there will be a short presentation with tips and techniques for getting great zoo photographs that look like they were taken in the wild! Then off to the Zoo to Photograph for the day, making sure you bring the longest lens you have. Includes opportunities to photograph at feeding times and special zoo keeper sessions!

There will be a second class at the Library in October, where we will view our Images and Critique them for a show and tell!

RSVP: https://www.event-keeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/23_Wildlife_PhotoWorkshop

[keeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/23_Wildlife_PhotoWorkshop](https://www.event-keeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/23_Wildlife_PhotoWorkshop)

Adult Paint Party! Saturday September 23rd @1 p.m.

Join local instructor Denise Palmieri for this step-by-step paint party specifically for adults! All materials will be provided and you'll get to take home your very own seasonal masterpiece! REGISTRATION REQUIRED!! All attendees must be at least 18.

Special Events for All Ages

Saturday Strum Along, September 16th 2 p.m. New Program. No Registration Required.

Join the fun and strum along

to simple songs and chords. This music circle is all ages. While Ukulele is the primary focus all instruments are welcome!

Restaurant Expo Wednesday September 27th 2 p.m.

Come join us for a free and exciting time at the Franklin Public Library for Franklin Health Department's Restaurant Expo from 2 p.m.-5 p.m. The event will include tastings, food and beverage vendors, local products and services, and networking with experienced professionals!

Franklin Library Book Sale, Friday, September 15th, 1-5 p.m., Saturday, September 16th, 9 a.m. to Noon, All books are just one dollar!

Bag Sale - \$5 A Bag—Saturday, September 16th, from 1-4:p.m.

Franklin Restaurant Expo Sept. 27th

Get ready for the Franklin Restaurant Expo on Sept. 27, 2023 from 2 p.m. – 5 p.m. at the Franklin Library!

The Restaurant Expo allows for food service/ restaurant/ hospitality industry professionals to connect with a variety of vendors in the region. Exhibitors: have the opportunity to showcase their products, service,

connect with potential customers, and expand their business reach all under one roof! Restaurant owners, chefs, managers and other change makers in the culinary and hospitality industry within the region are encouraged to attend.

Learn more at <https://www.franklinma.gov/health-department/events/436466>.

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A durable power of attorney gives extensive power to your chosen agent to act on your behalf, in case you are incapacitated. Without it, a family member or loved one would have to petition the court for that right.



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Attention College-Bound Students: Important FAFSA Changes

FAFSA is the “Free Application for Federal Student Aid” form that determines the family/college student’s eligibility for federal or state need-based financial aid which includes grants, work-study, and/or student loans. The FAFSA Simplification Act passed in 2021 which simplified the FAFSA form. These changes will become the standard with the 2024-2025 FAFSA- which applies to students attending college in 2024-2025. There are several important FAFSA changes that could significantly impact a student’s financial aid package, and a few are highlighted below.

FAFSA Opening Date: The FAFSA typically is available on October 1st of each year for students who are expecting to enroll into college the following academic year. However, due to the complexities of instituting the FAFSA changes, the 2024-2025 FAFSA will not be available until December 2023. This may impact the colleges’ ability to send out their financial aid packages in a timely manner.

Fewer Questions: The number of questions on the FAFSA form will decrease from 108 to 46. Additionally, the form will better align with the questions asked on the federal tax returns. The hope is that the FAFSA will now be easier to submit.

Expected Family Contribution (EFC) is being replaced with the term - **Student Aid Index (SAI)**. The EFC and the SAI is a calculation of the amount of need-based federal financial aid that a student might be eligible to receive. The term EFC led families to believe that the calculated amount is what they would be responsible to pay annually for their child’s education; however, the cost is often much higher. The new FAFSA terminology will be less misleading, but a family will still not know the final costs until they receive the financial aid package from the college.

Multiple Children in College: This is one of the most important changes. In the past, FAFSA focused on a family’s cash flow, and it was assumed that if a fam-

ily had 2 children in college the family would not have double the money to pay for college. The new FAFSA will ask for the number of children in the family’s household but will no longer provide any discount for multiple children in college.

Separated or Divorced Parents: In the prior FAFSA, financial aid was solely determined by the custodial parent’s income-which is the parent who the child lives with 50% or more of the time. With the new FAFSA, the parent responsible for filling out the FAFSA will be the parent that provides the most financial support to the child - and not where the child resides.

Grandparent 529: Certain untaxed income, such as grandparent-owned 529 plans and/or cash gifts from relatives will no longer be reported on the FAFSA - so the gifts will not impact the student’s financial-aid eligibility.

Income Protection Allowance: Income protection allowance, which is basically the amount of income that is not counted when

determining the student’s financial aid eligibility, will increase for parents by 20% and by 35% for the student.

The Pell Grant: Federal Pell Grants are provided to the neediest of students. In the 2024-2025 year the Student Aid Index (SAI) calculation will be adjusted so that more students qualify for Pell Grants. In addition, incarcerated students will be eligible again.

Financial Aid Appeals: There are quite a few changes in this section, but one of the most significant is that a college can no longer implement a policy that denies all financial aid appeals. All appeals must be processed on a case-by-case basis.

Third Party Assistance: The new FAFSA guidelines do not allow any third party to charge a fee to help complete the FAFSA.

This is an especially important topic and we only touched upon 10 of the changes. There are many resources available to learn a better understanding of ALL the changes, such as in the Federal Student Aid website:



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

<https://fsapartners.ed.gov/knowledge-center/library/dear-colleague-letters/2023-08-04/fafsa-simplification-act-changes-implementation-2024-25>

Good luck and enjoy the journey!

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Dean College to Hold 26th Annual President’s Cup Golf Tournament on September 18, 2023

Franklin, MA (August 15, 2023) – The 26th Annual Dean College President’s Cup Golf Tournament will take place on Monday, September 18, 2023 at the Franklin Country Club, 672 East Central Street, Franklin, MA.

Throughout the past 26 years, the Dean College President’s Cup Golf Tournament has had a profound and positive effect on the education of Dean College students. Support from our players and sponsors has helped us raise nearly \$2 million for Dean

College scholarships. By sponsoring or playing in this event, you could help deserving students attend Dean College.

To learn more about the tournament, sponsorship opportunities and to register, visit www.dean.edu/golftournament.

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The b.LUXE *beauty beat*

More Beauty For Your Buck

BY GINA WOELFEL

Nowadays, it's essential for beauty products to be worth the money we spend on them and to last as long as possible. That's why b.LUXE Hair and Makeup Studio is so excited to introduce you to the three treatment products we've formulated to target today's most common beauty concerns. We make our **BEFORE BRAND** and **NUTRIR** products from only natural, vegetarian ingredients, and to help you get the most from these beauties, we've put together three alternative ways to use them effectively. How's that for multitasking?

Allow me to introduce you to our three unique products.

- **b.LUXE BEFORE OIL** - Preventative, pre-shampoo treatment oil designed to be your first line of defense against hair damage. Applying BEFORE OIL just 10 minutes before shampooing allows you to wash and clean your hair without drying it out. It penetrates the hair shaft, depositing just the right amount of hydration to keep hair smooth, healthy, and well-protected. It can also help with hair color retention and is safe for all hair types. This formula includes organic sunflower oil, prickly pear seed oil, and our powerhouse ingredient - broccoli seed oil.
- **NUTRIR HIGH-IMPACT FACIAL SERUM** - Antioxidant-rich serum formulated with an ideal blend of 2% Bakuchiol extract, hyaluronic acid, tetrapeptides, Coenzyme Q10, and niacinamide to target fine lines, discoloration, and enlarged pores. Bakuchiol is an all-natural, non-irritating alternative to retinol (which can often have unpleasant side effects.) When used regularly, our high-impact serum leaves skin visibly smoother and firmer with a more radiant-looking appearance.
- **NUTRIR HYDRATING MIST & BODY OIL DUO** - Moisture-rich body hydration set packed with some of nature's most potent ingredients. Its unique blend of therapeutic

emollients instantly plumps, soothes, and revives dry, fatigued skin. Start with the all-over body mist for a blast of aloe vera, silk amino acids, and hyaluronic acid. Next, seal in those hard-working ingredients with our **NUTRIR Body Oil**, blended with nourishing coconut, sunflower, avocado, argan, rice bran, and broccoli seed oils.

If those products weren't already good enough, let's make them work double time! Finding ways to cut time and spending is always good, right? So, here are three easy and effective beauty hacks to get more beauty for your buck!

b.LUXE Beauty Hack #1 - DIY Scalp Spa Treatment.

Fun fact about this product: every element of our BEFORE OIL is just as healthy for your hair as it is for your skin (and remember, your scalp is still your skin!) In a small dish, combine two tbsps of natural sugar, two droppers of BEFORE OIL, one tsp of apple cider vinegar, and one tsp of quality honey. Whisk with a fork until scrub forms. Cover shoulders with a towel, and part dry hair down the middle. Gently buff a small amount of scrub into the exposed scalp area. Continue working in sections over your scalp until you've exfoliated every part. Now, take two more droppers of BEFORE OIL and work it through the ends of your hair. This is a great time to indulge in a relaxing scalp massage and remember, BEFORE OIL is beneficial for your skin and scalp, so feel free to move about the cabin and massage your temples, neck, and shoulders. Now, wrap your hair for one hour. Proceed with your regular shampoo and styling routine, and relish the nourishing effects of this easy DIY. Scan the QR code for a video tutorial.

b.LUXE Beauty Hack #2 - DIY Facial Lymphatic Drainage Massage.

If you've yet to hear about the benefits of Facial Lymphatic Drainage Massage, you don't know what you're missing! Your lymphatic system collects and eliminates your body's excess

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fluid, toxins, and waste. Facial lymphatic drainage (or FLD) is becoming incredibly popular because of its multiple benefits to your skin, appearance, and general wellness. When done daily, this gentle massage technique drains the buildup of lymphatic fluid trapped within your face, enhancing and improving blood flow, circulation, muscle tone, and cell renewal. This DIY superhero is an all-natural face-lift you didn't know you had in your back pocket. When applying your NUTRIR High Impact Serum, incorporate this gentle massage into your nightly skincare routine or anytime you'd like to de-puff and sculpt your face.

Scan the QR code for an FLD video demonstration.



b.LUXE Beauty Hack #3 - DIY NUTRIR Bath Fizz

Is there anything like a hot bath at the end of the day? It's the ultimate way to relax and ease your body of stress and fatigue. Our bath fizz recipe combines the nourishing power of our NUTRIR Duo with soothing effervescence. It's also a great way to revive dry, tired skin. This treatment is b.LUXE owner Heather Cohen's favorite DIY beauty boost! Just sprinkle over a warm water tub for a fun and fizzy experience.

Scan the QR code for the recipe and video tutorial.

We hope you found our beauty hacks and video tutorials helpful. Your beauty routine should be fun and flexible. Many



of the beauty products that live on your shelves are just waiting to be repurposed. Be creative, save money, and see how many uses you can get from one product!

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Living Healthy

Computer Vision Syndrome

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

As our scholars go back to schools and colleges, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.

3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every



20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common... As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. 7 dedicated eye care providers here to help you in 3 state-of-the-art facilities in Franklin, Milford and Millis. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

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Dean College Awards \$38,000 Scholarships to Local High School Students

Dean College is pleased to announce that two local high school students have been awarded \$38,000 scholarships to attend Dean: Ethan Pflomm received the Franklin High School Scholarship, and Caleigh Brown received the Hockomock YMCA Scholarship. These scholarships are awarded annually by the College to a deserving high school senior and are renewable each year the student attends Dean, provided they maintain a 2.7 GPA or higher.



Franklin High School Scholarship recipient Ethan Pflomm chose Dean for the sense of community he found here on campus.

To apply, a student must submit an essay about what prompted them to apply to Dean and how they hope to contribute to the Dean community. They must also include a letter of recommendation from a school administrator, counselor or teacher. After all materials are reviewed, applicants meet with the scholarship selection committee for an interview.

"I chose Dean College because of the people and the atmosphere," Ethan said. "Everyone that I met and talked to was kind and welcoming. When I spoke to current and past students, they all told me that they loved their experience. I could see myself fitting in very easily with the community and that's how I knew that Dean was the right choice for me. In the fall, I am looking forward to getting involved with the Theatre program!"

Meanwhile, Hockomock YMCA Scholarship recipient Caleigh Brown is looking forward to taking advantage of all the opportunities Dean offers to help her launch a career in occupational therapy.

"Dean College's close-knit community and vibrant atmosphere drew my attention from the moment I stepped on campus," Caleigh said. "I'm grateful to have been chosen for this scholarship which will give me the freedom to shape my future and reach my dreams. The Exercise Science program aligns perfectly with my future goal of becoming an Occupational Therapist and the emphasis on internships will provide real-world experience and invaluable networking opportunities. This fall, I'm looking forward to getting involved in the honors program as well as Dean's numerous community service initiatives. I'm so excited to be a Bulldog!"

Congratulations to these future Dean College Bulldogs! If you are a current high school senior eligible and interested in one of these local scholarships,

contact your high school guidance office for more information.

To learn more about Dean College, visit www.dean.edu.

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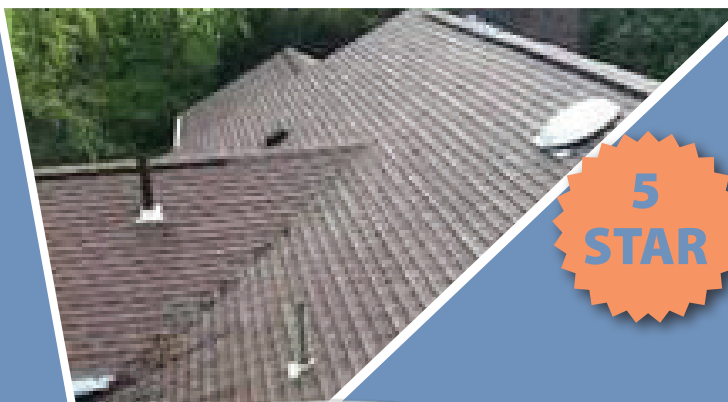
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FSPA to host Fall Open House

The Franklin School for the Performing Arts (FSPA) will hold an Open House for prospective students and families at 38 Main Street. The community is invited to tour the facilities, observe classes, speak with faculty and staff, and learn more about FSPA programs in music, dance, and drama, whether for recreational enjoyment or serious study.

The open house will be held on September 9 from 10am-4pm.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts (FSPA) is committed to quality education in the arts with exceptional curriculum, outstanding professional faculty and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities.



With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to his or her own potential.

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

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

FTD Support Group at Milford Regional Medical Center

Milford Regional Medical Center is hosting a free, monthly support group for family members of loved ones afflicted with Frontotemporal Degeneration (FTD) or others impacted by the condition. The Association for Frontotemporal Degeneration (AFTD) will lead the monthly meetings.

Space is limited and pre-registration is required. Meetings are held the last Saturday of each month from 10 to 11:30 a.m.

FTD is the most commonly diagnosed dementia in individuals under the age of 65. The condition initially impacts behavior or language and, like all dementias, it is neurodegenerative. To learn more about FTD, visit theaftd.org.

To register for the support group, email your name, email, phone number and mailing address to msanford@milreg.org. Additional information will be provided once registration is complete. Call (508) 422-2827 with any questions.

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FPAC Announces 2023-24 Season

The Franklin Performing Arts Company (FPAC) is excited to announce its 2023-24 season of musicals and plays in their home venue THE BLACK BOX. The exciting lineup will include Disney's *The Little Mermaid*, *Buyer & Cellar*, *Bright Star*, *Tarzan*, and *August: Osage County*. Additionally, FPAC Holiday Productions will present holiday favorites *The Nutcracker* and *Humbug!* A Christmas Carol Musical with a twist at the Franklin High School Auditorium.

FPAC will open its season with Disney's *The Little Mermaid* directed and choreographed by Broadway's Christopher Rice-Thomson (*Hamilton*, *Book of Mormon*, *Pretty Woman*) October 13-22. Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's *The Little Mermaid* is a hauntingly beautiful love story for the ages. With music by eight-time Academy Award winner, Alan Menken, lyrics by Howard Ashman and Glenn Slater, and a compelling book by Doug Wright, this fishy fable will capture your heart with its irresistible songs, including "Under the Sea," "Kiss the Girl," and "Part of Your World." With music direction by Hallie Wetzell.

The season continues with the hilarious comedy *Buyer & Cellar* starring Paul Rescigno November 17-19 at THE BLACK BOX. Alex Moore has a story to tell. A struggling actor in L.A., he takes a job working in the Malibu basement of a beloved megastar. One day, the Lady Herself comes downstairs to play. It feels

like real bonding in the basement, but will their relationship ever make it upstairs? *Buyer & Cellar* is an outrageous comedy about the price of fame, the cost of things, and the oddest of odd jobs. Winner of the 2014-2015 Lucille Lortel Award for Outstanding Solo Show. Directed by Nick Paone.

FPAC Holiday Productions will mount their annual production of *The Nutcracker* December 2 and 3 featuring live orchestra, special guest artists, and more than 100 area dancers. The holiday magic will continue on December 16 and 17 with *Humbug! A Christmas Carol Musical with a twist*. With musical hits of every genre and live accompaniment by a 10-piece band of professional musicians, *Humbug!* transports audiences from Dickensian England to contemporary America as the novel's iconic characters and storyline are cleverly reimagined with modern setting and dialogue. FPAC Holiday Productions are presented at the Franklin High School Auditorium.

After the holidays, FPAC will present the musical *Bright Star* January 5-7 at THE BLACK BOX. Featuring the Tony-nominated score by Steve Martin and Edie Brickell, Broadway's *Bright Star* tells a sweeping tale of love and redemption set against the rich backdrop of the American South in the 1920s and '40s. When literary editor Alice Murphy meets a young soldier just home from World War II, he awakens her longing for the child she once lost. Haunted by their unique connection, Alice sets out

on a journey to understand her past—and what she finds has the power to transform both of their lives. With beautiful melodies and powerfully moving characters, the story unfolds as a rich tapestry of deep emotion. An uplifting theatrical journey that holds you tightly in its grasp, *Bright Star* is as refreshingly genuine as it is daringly hopeful. Directed by Raye Lynn Mercer. Music Direction by Hallie Wetzell.

The 2023-24 season will continue with a reimagined immersive production of *Tarzan* the Broadway musical starring Broadway's original Tarzan Josh Strickland March 8-17. THE BLACK BOX will be transformed into a multi-stage rock concert centering the iconic Phil Collins music, while telling the classic story by blending Broadway and concert experience. Conceptualized and directed by Raye Lynn Mercer and Ali Funkhouser with choreography by Broadway's Clay Rice-Thomson (*Moulin Rouge!*, *KING KONG*, *Newsies*, *Matilda*). Music Direction by Hallie Wetzell. Based on Disney's epic animated musical adventure and Edgar Rice Burrough's *Tarzan of the Apes*, *Tarzan* features heart-pumping music by rock legend, Phil Collins, and a book by Tony Award-winning playwright, David Henry Hwang. High-flying excitement and hits, like the Academy Award winning "You'll Be in My Heart," as well as "Son of Man," and "Two Worlds," make *Tarzan* an unforgettable theatrical experience.

FPAC's season will conclude with Tracy Letts's Tony Award

FRANKLIN PERFORMING ARTS COMPANY

<p>Directed and Choreographed by Broadway's Christopher Rice-Thomson OCTOBER 13-22, 2023</p>	<p>JOIN US FOR OUR EXCITING 2023-2024 SEASON!</p> <p>SEASON TICKET PACKAGES AVAILABLE</p>	<p>NOVEMBER 17-19, 2023</p>
<p>JANUARY 5-7, 2024</p>	<p>Broadway's Original Tarzan JOSH STRICKLAND Choreographed by Broadway's Clay Rice-Thomson MARCH 8-17, 2024</p>	<p>JUNE 7-9, 2024</p>

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



and Pulitzer Prize-winning play *August: Osage County* June 7-9 at THE BLACK BOX. A vanished father. A pill-popping mother. Three sisters harboring shady little secrets. When the large Weston family unexpectedly reunites after Dad disappears, their Oklahoman family homestead explodes in a maelstrom of repressed truths and unsettling secrets. Mix in Violet, the drugged-up, scathingly acidic matriarch, and you've got a major play that unflinchingly—and uproariously—exposes the dark side of the Midwestern American family.

FPAC is an Actors' Equity Small Professional Theater company based at THE BLACK BOX in downtown Franklin. Each season, FPAC produces musicals, plays, ballets, and more featuring Broadway stars, professional actors, local artists, and students of the arts. Tickets for the 2023-24 season will be on sale soon. Follow Franklin Performing Arts Company and THE BLACK BOX on Facebook and Instagram for updates on programming.

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The Pumpkins Are Having Fun on Pleasant Street



The 4th Annual Pumpkin Patch Fundraiser will be open all month long from September 24 to October 31 at St. John's Episcopal Church, 237 Pleasant Street, Franklin.

A huge selection of pumpkins and gourds of all sizes, colors and textures will fill the front lawn at St. John's Church. Kids of all ages will have fun picking out their favorites. Parents, it's a good photo opportunity for your family. Fun children's activities will be offered every Saturday during the sale.

Put it on your calendar:
 Monday-Friday 4:00 pm-6:00 pm
 Saturdays 10:00 am-4:00 pm
 Sundays 12 noon-4:00 pm

We can all benefit. The pumpkins are grown using sustainable agricultural practices that help benefit the environment. They are grown in a region of New Mexico with 42% unemployment, providing jobs for Navajo people. In addition to supporting the Navajo Nation in New Mexico, your purchase also supports St. John's Church and its work in our community.

For more information, call (508) 528-2387, email: Admin@StJohnsFranklinMA.org, visit us on Facebook at St John's Episcopal Church or at www.stjohnsfranklinma.org.

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, Sept. 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 Sept. 26, and Oct. 3, to allow interested new members an opportunity to explore the chorale opportunity.

Under the leadership of director and Holliston resident Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a nonprofit 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 joyful community first, with excel-

lent musical experiences as the vessel to achieve this."

Charles River Chorale members hail from many area communities, with several from Holliston, Natick, Ashland and Hopedale, among others. Members range in age from teenager to octogenarians. The group typically holds winter and spring concerts, with the Winter 2023 concert planned for Sunday, Dec. 10, 2023, at 2pm, 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 nonprofit 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 Sept. 17, 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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 Saturday: 9 a.m. - 2 p.m. **CLOSED** Sunday

Calendar

September 4

Author Talk: Emily Franklin "The Lioness of Boston," September 14, 6:30 p.m., Franklin Public Library, Registration Required, https://www.eventkeeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/14_Author_Talk_Emily_Franklin

September 5

Franklin Garden Club First Meeting of 2023-2024 year, 6:30-8:30 p.m., Franklin Senior Center, 10 Daniel Cahill Street, Franklin, informal social get-together from 6 – 6:30p.m. followed by an overview of programs planned for the year and preparation of autumn vases to be sold at Franklin Harvest Festival. Open to the public, including those interested in becoming members.

Franklin Rotary Club Meeting, 5:30 p.m., Rome Restaurant. If you are interested, reach out to Diane Padula at padularotary@gmail.com who will invite you, as her guest, to a meeting.

September 6

Monthly Veterans Coffee Social, 10 a.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin. All Veterans are welcome!

The Franklin School for the Performing Arts (FSPA) Open House for prospective students and families, 10 a.m. – 4 p.m., 38 Main Street, Franklin.

Franklin Garden Club Meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin

September 10

Second Sunday Speaker Series, doors open 1 p.m., presentation 1:15 p.m., Dean History Professor, Rob Lawson explores the relationship the Universalists had with Dean College. Franklin Historical Museum, 80 West Central St., Franklin

September 11

Franklin 9/11 Remembrance Ceremony, 9 a.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, Open to the entire community

September 15

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

September 16

Franklin Rotary Car Show, 9:30 a.m. – 1 p.m., New England Chapel, 300 East Central St., Franklin, Registration is \$15 per car and entry is FREE to spectators. Gary Convertino at gconvertino@cox.net or John Power at jpower@powerpaintingplus.com.

Saturday Strum Along, 2 p.m., Join the fun and strum along to simple songs and chords. While Ukulele is the primary focus all instruments are welcome!

Franklin Library Book Sale, 9 a.m.-noon, Franklin Public Library, all books are just one dollar! Bag sale 1-4 p.m. follows-follow up a bag for \$5 (bags provided)

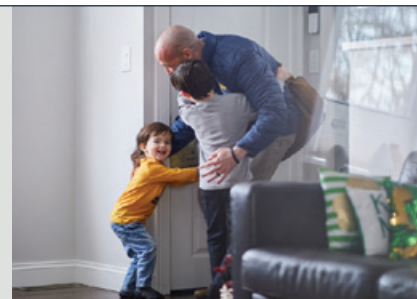
September 18

Dean College Golf Tournament Fundraiser, 9 a.m. shotgun start, Franklin Country Club,

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September 23

Wildlife Photography Workshop Saturday September 23rd 10 a.m., Southwick Zoo (Franklin Public Library program) *Registration Required! Zoo admission is NOT included with this program. Discounted admission is available at the Circulation Desk!* RSVP: https://www.eventkeeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/23_Wildlife_Photoshoot

Adult Paint Party! 1 p.m., Franklin Public Library, led by Denise Palmieri, all materials provided. **REGISTRATION REQUIRED!** 18+ only

September 27

Franklin Restaurant Expo, 2-5 p.m., Franklin Public Library, includes tastings, food and beverage vendors, local products and services, info. at <https://www.franklinma.gov/health-department/events/436466>

for more information regarding the President's Cup registration, sponsorship opportunities, volunteer opportunities, or lunch tickets, contact Alyssa Norton (508) 541-1676 or anorton@dean.edu

Community Town Hall with Sen. Rausch, 6 p.m., Milford Town Hall, 52 Main St, Milford

September 19

Franklin Rotary Club Meeting, 5:30 p.m., Rome Restaurant. If you are interested, reach out to Diane Padula at padularotary@gmail.com who will invite you, as her guest, to a meeting.

September 21

One Step to Safety Self Defense Seminar, 6 p.m. *Registration Required,* Led by Martial Arts Master Elijah Swan, program combines basic strikes, tactics, and techniques. https://www.eventkeeper.com/code/ekform.cfm?curOrg=FRANKLIN&curName=2023/09/21_One_step_to_Safety_Self_Defense_Seminar

September 30

St. Vincent de Paul Announces 33rd Friends of the Poor Walk, 9 a.m. – 11 a.m., Franklin Town Common, <https://www.fopwalk.org/eventlisting/eventdetail/?eventid=2895>

Franklin Harvest Festival, 12-5 p.m., Downtown Franklin, 160 booths and attractions, art show at Escape into Fiction, food court behind Rockland Trust, Jamie Barrett at Franklin Historical Museum, touch-a-truck at Fire Station, crafters, www.franklindowntownpartnership.org

Franklin Federated Church yard sale, 9 a.m.-1 p.m., 171 Main St., Franklin

October 6

Franklin Senior Expo, 10 a.m.-1p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin. Includes live entertainment, raffles, flu shots, tons of resources and more!

SAFE Active for National Recovery Month

Last month, on August 31st, SAFE, a judgement-free community organization committed to educating and supporting those affected by substance use disorder and mental health concern, hosted a moving memorial and vigil in five towns.

During the month of September, for National Recovery Month, SAFE will provide 3000 Narcan trainings, participate in seven community events, and partner with our stakeholders to provide education around the amazing world of recovery.

In October, we are excited to honor our community event and host National DEA Medication Take Back Day in six towns! We also will be trained and certified to provide FREE car seats through our diaper drive, to any community member. All our current programming will run into the fall and our adolescent substance use diversion program will begin at the end of September.

For more information about SAFE and its programs, visit <https://www.safecoalitionma.org>.

Rotary Club of Franklin Donates \$1,000 to Franklin Food Pantry

Rotary Club of Franklin, MA was eager to tour FFP's new facility with Tina Powderly on Monday, August 7th. Rotary is so happy to provide annual support to FFP and proud to present Tina with a check for \$1000!

Photo by Vicky Rawlinson



Franklin Public Schools Offers Another Year of Meals at No Cost for Students

Franklin Public Schools will be participating in the National School Lunch Program and National School Breakfast Program. As part of this program, all elementary schools, middle schools, and Franklin High School will offer healthy meals every school day. The Massachusetts legislature has provided funding to make meals available at no cost to all students during school year 2023-2024, regardless of household income. However, families should still complete a Meal Benefit Application as this provides data for key funding for academic resources and may also connect families to additional benefits. This data will also support the additional funds provided by the Commonwealth for this pilot.

Household size and income criteria are used to determine eligibility for free and reduced-price benefits if the household does not receive assistance or the children are not in the other categories mentioned above. Children can get free or reduced-price meals if the household's gross income falls at or below the limits on the Federal Income Eligibility Guideline chart.

Household size	Maximum Household Income Eligible for Free Meals			Maximum Household Income Eligible for Reduced Price Meals		
	Yearly	Monthly	Weekly	Yearly	Monthly	Weekly
1	\$18,954	\$1,580	\$365	\$26,973	\$2,248	\$519
2	25,636	2,137	493	36,482	3,041	702
3	32,318	2,694	622	45,991	3,833	885
4	39,000	3,250	750	55,500	4,625	1,068
5	45,682	3,807	879	65,009	5,418	1,251
6	52,364	4,364	1,007	74,518	6,210	1,434
7	59,046	4,921	1,136	84,027	7,003	1,616
8	65,728	5,478	1,264	93,536	7,795	1,799
Each additional person:	+6,682	+557	+129	+9,509	+793	+183

To apply for free or reduced-price meals, households can fill out the application and return it to the school unless the household has already received notification that their children are approved for free meals this year. Application forms are being distributed to all households with a letter informing households of the availability of free and reduced-price meals for their children and what is required to complete on the application. Applications also are available at each school main office, central office, and online at franklinps.net/district/food-services. You may also apply online through the Franklin Public Schools Food Service office website at franklinps.net/district/food-services.

Only one application is required for all children in the household and the information provided on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified at any time during the school year by the school or other program officials. An application for free or reduced-price benefits cannot be approved unless it contains complete eligibility information as indicated on the application and instructions. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability.

Families can apply for benefits at any time. If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Guidelines. Contact Maura Crowley at crowleym@franklinps.net at any time to request an application.

Under the provisions of the free and reduced-price policy, Maura Crowley, Assistant Director of Food Services will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the determining official on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Bob Dutch, Interim School Business Administrator, 355 East Central Street, Franklin MA 02038, dutchr@franklinps.net, or 508-55-4825.

When known to Franklin Public Schools households will be notified of their children's eligibility for free meals if they are members of households receiving assistance from the:

- Supplemental Nutrition Assistance Program (SNAP);
- Food Distribution Program on Indian Reservations (FDPIR); or
- Temporary Assistance for Needy Families (TANF), if the State program meets Federal standards.

An application is not required for free meal benefits for Assistance Program participants and all the children in the household are eligible for free meal benefits. If any children were not listed on the notice of eligibility, or if a household does not receive a notice of eligibility, the household should contact the school to have free meal benefits extended to them. Participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) may be eligible for free or reduced-price meals, but they will need to turn in an application including household size and total income.

When known to Franklin Public Schools households will also be notified of any child's eligibility for free meals if the individual child is considered "Other Source Categorically Eligible", because the child is categorized, as defined by law as:

- Foster
- Homeless,
- Migrant,
- Runaway,
- Enrolled in an eligible Head Start, or
- Enrolled in an eligible pre-kindergarten class.

If any children were not listed on the notice of eligibility, the household should contact the school about their eligibility through the list above, or should submit an income application.

Households notified of their children's eligibility must contact the school if the household chooses to decline the benefits.

For more information, you may call Maura Crowley at 508-613-1477 or e-mail at crowleym@franklinps.net.

Non-Discrimination Statement:

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Sports

Franklin's Jeff Alers Rode PMC In Honor of His Mom

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Some seven plus years ago, Franklin's Jeff Alers niece's husband Kayur Shah was diagnosed with the autoimmune disease, Scleroderma. The Franklin resident, along with his brother-in-law (Paul O'Brien), decided that it would be an honor to ride in the Pan Mass Challenge in honor of Shah; so, the duo signed up for the two-day ride from Wellesley into Provincetown.

When he learned of the two doing the ride, Shah wanted to have a hashtag and thus BBS (Brown Boy Strong) was born. Shah is of Indian descent and his nick name was brown boy.

Having previously been a runner, Alers had to put that aside when he had to have his hip replaced, so having the PMC now filled that void. However, before he could take part in the country's largest fundraising event, he had to go out and purchase a bike in which he could grow into over the years. Alers picked out his bike and began preparing for his first PMC by putting in his miles on the bike to get ready for the 192-mile ride.

"In the past, all that I did was basic bike riding, nothing like the event that I was getting myself into mileage wise," he said. "Paul was a bike rider, so he gave me some advice on preparing and maintaining my body for the ride. It was interesting and definitely a learning experience, but I now find myself much more confident."

While this was his seventh PMC ride, he remembers that first one like it was yesterday.

"What Billy Starr created and what PMC is all about allows people to help those in need by raising the money and riding. It's a small way to give back," Alers said. "Leaving in the earlier morning hours of that first day the overall support was crazy. Seeing the crowds along the routes was overwhelming and very touching; the number of people working the water stands and thanking you for your support was just crazy."



Jeff Alers, shown here with his wife and daughter, began riding the Pan Mass Challenge in honor of his niece's husband Kayur (shown with his family, inset left). This year, he rode in memory of his Mom, Caryn (inset right).

Following that two-day excursion into the Cape and ending in Provincetown, Alers realized what he had just accomplished and how it grows on you seeing all the volunteers the entire way. He referred the whole experience to that of a cult, where you get sucked in and just can't leave; although many don't wish to depart, they prefer staying the course to help defeat Cancer.

"Riding in the PMC is something that you really can't describe," he said. "You find yourself doing it once and you're hooked and continue to do it despite the challenge."

Unfortunately, Kayur succumbed to his illness and passed away on June 17, 2019, but Alers continued to get on his bike and help those in need. Earlier this year, he lost his mother Caryn Jean Alers to Stage 4 Lung Cancer, but before she left this world, she was able to give her family another three years of memories.

"We were lucky enough to get the same doctor (Oncologist Dr. Kwiatkowski or Dr K for short), who had worked with Kayur, for my mom," Alers said, "If not for him and Dana Farber, we wouldn't have had my mother for those extra three years. Riding the PMC is my way of giving back to all the support Kayur and my Mom received. Unfortunately, everyone is touched by cancer in some way; that is why I ride."

In addition to his caring and riding in the PMC, the BBS has pulled in a phenomenal \$279,000 in donations over the first six years, not too bad for such a small organization that only has a handful of riders. Alers contributes it all to his unique fundraising abilities.

"With family and friends, it's tough for them to continue year after year to continue giving to the same cause, so I had to come up with a creative way to

hit that minimum amount each year," he said. "I started going after the corporate sponsorships. It's not only a write-off for them, but it goes to a good cause, and you don't feel as bad asking them for a donation each year as you would your friends and family."

The Franklin rider says he will continue to hop onto his bike the first weekend of every August and support Dana Farber for as long as his 56-year-old body will allow him to do so.

"This is only my seventh ride, but you look around at the people who have been doing it for so much longer and are a lot older than myself and you realize that this is something I must continue to do for the people who need the help," Alers said. "I am neither a doctor nor a scientist that can come up with a cure for these diseases, but I can ride in the PMC every year as my way of doing my part in the fight against cancer."

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Franklin Food Pantry Welcomes New Board Members

The Franklin Food Pantry, a private, nonprofit organization offering supplemental food assistance to more than 1,300 individuals per year, is pleased to announce the addition of Jim Barton, Amber Baur, Oona Harrington, and David Stott to the board of directors. The newly elected members hold a variety of backgrounds and expertise in business, civic, and nonprofit leadership, and will strengthen the governance and oversight of The Pantry, which recently moved to a new building at 341 W Central Street, Franklin, Massachusetts.

“As we enter The Pantry’s next phase in our new home, it is critical to enlist additional leadership to help guide and deliver enhanced programs and services,” said Rachel Flum, Chair, Board of Directors, Franklin Food Pantry. “On behalf of the board, I am thrilled to welcome Jim, Amber, Oona, and David whose diverse perspectives and expertise will serve our neighbors and town well.”



Jim Barton co-owns Allegra Marketing Print Mail in Franklin. He previously spent more than 20 years working as a sales and marketing executive in the consumer electronics industry. Jim prioritizes community involvement and supports numerous local businesses and nonprofits including SAFE Coalition, the Franklin Cultural Council, and Foster Care Essentials. He is a graduate of Bridgewater State University and resides in Medway, Massachusetts.



Amber Baur is a demonstrated strong senior leader with more than 30 years in operations, service management, and employee development. She earned her undergraduate and graduate degrees in business administration. She finds great joy in helping others through volunteering at the Franklin Food Pantry, coaching Franklin Youth Soccer, and being a docent at Southwick’s Zoo. She and her family reside in Franklin.



Oona Harrington is passionate about creating inclusive and equitable environments and supports individuals and teams through her work in talent strategy and operations. Oona volunteers as a mentor for her company’s Women’s Business Resource Group and is a senior mentor for The Valedictorian Project. She also volunteers at Franklin Public Schools serving as a sub-committee member, co-chair for the Weekend Backpack Program, and as a parent representative on the school council. Oona earned an undergraduate degree from Boston University and a graduate degree from Babson College. Oona and her family reside in Franklin.



David Stott is Senior Vice President, General Counsel at Sensata Technologies, an NYSE-listed industrial technology company. He practiced corporate law with private law firms in New York City, London, and Houston. David previously served on the Governance Committee of the Food Pantry Board. He and his family reside in Franklin. The four new board members will serve three-year terms, increasing the volunteer-led team to eleven individuals. To support the Franklin Food Pantry’s daily operations, or to provide support for the nonprofit’s new building campaign, please visit www.franklinfoodpantry.org.

Hockomock YMCA Receives \$20,000 Grant for Staff Mental Health Trainings

The Hockomock Area YMCA announced it received a \$20,000 grant from the MetroWest Health Foundation to help address mental health challenges.

The 1-year grant will be used to develop opportunities and trainings aimed at educating YMCA staff around creating a culture where mental health discussion is encouraged. Funding will provide Mental Health First Aid Training for Hockomock Y staff and also support a communication campaign to staff, volunteers and members around the Y’s commitment to address mental health. Staff will learn tools and overall strategies to better support mental health among youth.

“A set of strategic goals arose from this process, with one of them addressing the evolution of our YMCA’s mental health support for all ages in the communities we serve. We recognize that education and normalizing the conversation about mental health is of the utmost importance for every individual in and outside of our YMCA branches. Specifically, education and empowerment of staff around the topic of mental health is imperative for the youth and individuals we support.”

“Our YMCA is thrilled to have the longstanding support of the MetroWest Health Foundation as we continue to grow our Mental Health Programming and supports. During our six months of strategic planning, Mental Health was discussed as the top priority for all populations in each outreach session,” comments Jim Downs, CEO of the Hockomock Area YMCA.

The grant is in response to the 2020 MetroWest Adolescent Health Survey that found 13% of youth reported feeling depressive symptoms in the past year and 11% had seriously considered suicide in their lifetime.

For more information on the YMCA’s efforts around Mental Health, please contact Brynne Kirwan, LCSW, at brynnnek@hockymca.org.

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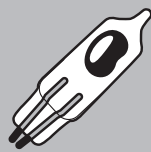
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Lion's Heart 6th Grade Boys Learn about Franklin Rotary Club

The President of Rotary Club of Franklin MA, Diane Padula was introduced to "Lion's Heart" through Julie Vendetti-Lomberto, who invited her to a meeting in her home on May 1st. Lion's Heart is a national non-profit, teen-based volunteer program with several chapters all over the country. Diane was given the opportunity to talk to twenty-five sixth grade boys about Rotary Club and what they are doing for our community.



Rotary Club of Franklin MA President Diane Padula, left, had a chance to teach 6th grade members of Lion's Heart what her organization is all about. Here, they examine their gift Rotary coins. Photo by Paul Vicario and Peter Willis



She began her introduction to the Lion's Heart boys, by talking about her Dad, John Padula, and showing photos. "Any success he had, he shared, and he took a lot of pride in being a Rotarian and filling some of the needs of the Town of Franklin," she said.

even a small group can make a big impact, for so many."

She asked, "Our Rotary motto is "Service Above Self". What does this mean to you?" Many were quick to answer. Padula added, "My primary goal today is to show you all that the dedication of one person can make a difference in so many ways, but together, through organizations like Rotary Club of Franklin MA and Lion's Heart,

Pointing at another picture "My Dad joined Rotary in 1961, and my sisters and I consider ourselves "Rotary Kids." We grew up knowing the importance of giving back to our community, through action." Diane went on to discuss the Rotary's 90 years in the Franklin community, offering an annual scholarship, providing an annual donation to the Franklin Food Pantry and hosting a Valentine's Day Brunch and Pasta supper for Franklin Seniors.

This said, Padula invited the Lion's Heart group to help Rotary its Pasta Supper June 22nd. Not only did they agree to help, but they created 60 gift bags for all of the guests. Each bag consisted of several handpicked goodies and a heartfelt note to the recipient.

"I was really impressed by each of these boys and how they took their time in writing their messages to brighten someone's day," said Padula, "Their presence at this year's Annual Pasta Supper was met with enthusiasm by all and so very much appreciated".

The collaboration could not have gone better. Special thanks to the Lion's Heart boys, State Rep. Jeffrey Roy and Jamie Hellen, who pitched in, making this event a memorable one.

Rotary is able to complete its service projects through many fundraisers and through generous donations. 2023 Sponsors include: Dean Bank, MTP Communications, Vendetti Motors, Franklin Car Wash, Jimmy D's, Vallee Jewelers, Brunelli Electrician and Dr. Jeffrey Morrill & Assoc.

The group's next fundraiser is the 7th Annual Car Show, on September 16th, at New England Chapel, 300 E. Central St, Franklin, MA. For sponsorship information, please contact Gary Convertino gconvertino@cox.net or John Power jpower@powerpaintingplus.com.

Rotary Club meets the first and third Tuesday of each month, 5:30 p.m., at the Rome Restaurant. If you are interested in attending, contact Diane Padula at padularotary@gmail.com who will invite you, as her guest, to a meeting.

PLAN of MA & RI Donates \$25K to Central MA Agency on Aging

The Planned Lifetime Assistance Network of Massachusetts and Rhode Island (PLAN

of MA & RI) recently presented Central Massachusetts Agency on Aging with a \$25,000 grant to

support the organization. PLAN of MA & RI Executive Director Joan McGrath is pictured with CMAA President and CEO Dr. Moses Dixon. A Quincy-based nonprofit, PLAN of MA& RI is recognized as an expert in operating special needs trusts and, since 2020, has granted more than \$1 million to nonprofits supporting individuals with disabilities.

Learn more at www.planofma-ri.org.

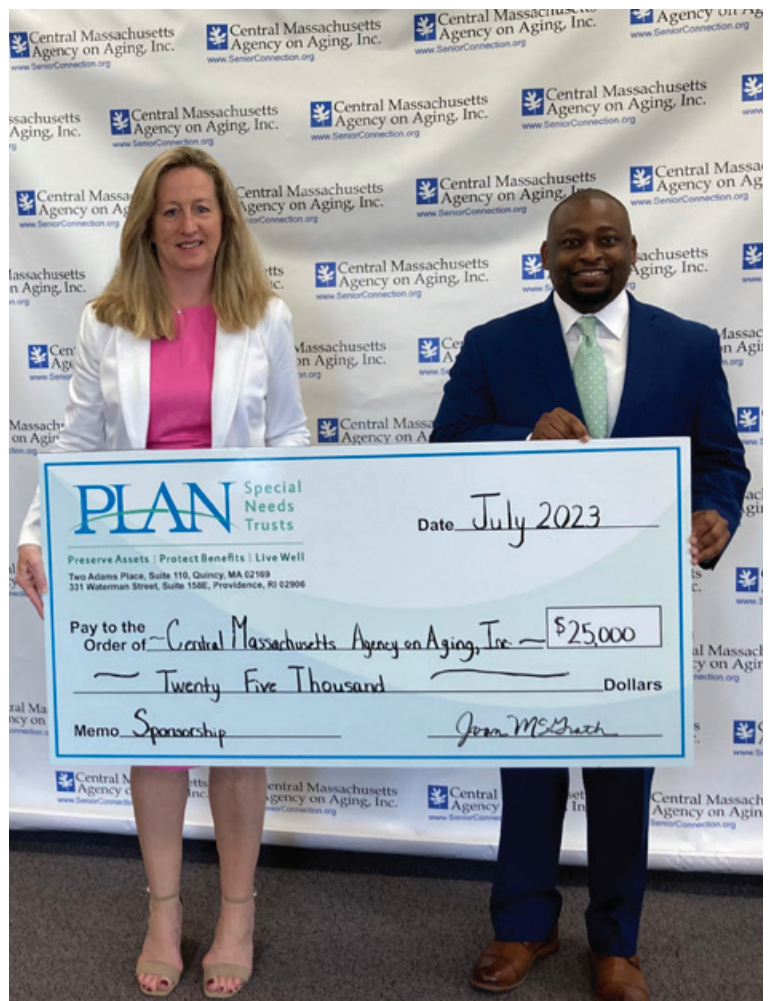


Photo courtesy PLAN of MA & RI

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For more information regarding the President's Cup registration, sponsorship or volunteer opportunities, or lunch tickets, please contact Alyssa Norton at (508) 541-1676 or at anorton@dean.edu

Tri County Regional Chamber Business After Hours September 13th

Business After Hours for the Tri-County Regional Chamber of Commerce will take place on September 13th, from 5-7 p.m.

at the Oasis Patio at the DoubleTree Hotel in Milford. This is a great opportunity to meet your fellow members and friends

and catch up. Rob, Marie and all the team at the DoubleTree Hotel are excited to host us, and are giving away a 1 night stay including breakfast, along with a gift card to spend at The Patio or at the Legends Bar. Make sure to register so that the staff can have

plenty of food for everyone.

Register at <https://www.tricountychamberma.org/events#!event/register/2023/9/13/end-of-summer-sizzler-business-after-hours>.

Best Western in Franklin to Shelter Migrant Families

Town Administrator, Jamie Hellen, was notified this week that the Commonwealth of Massachusetts has entered into a year lease with the Best Western Plus Executive Residency on Upper Union Street in Franklin to shelter incoming migrant families.

"The Town, and its departments, will lead with compassion, support and assistance for families, as allowed by the state" Hellen said. "We are working with various Town departments to proactively organize a managed response and we will communicate more information as it becomes available."

Massachusetts law requires cities and towns to find housing for migrants coming into the state under the right to shelter provision. No local approvals are required, and, at this time, the Town does not have any specifics, such as how many migrants Franklin will host, where the migrants are coming from, and the composition of these individuals.

The Town's Public Health Director, Cathleen Liberty, will be coordinating these efforts in close collaboration with both the Healy Administration and the Town Administrator's office.

SHELTER

continued on page 30

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Milford Regional CMO Lead Author *JAMA Internal Medicine* Article on Older Patient Admissions



Milford Regional Medical Center's Chief Medical Officer Peter Smulowitz, MD, MPH was the lead author of an article published in the *Journal of the American Medical Association (JAMA) Internal*

Medicine. The article, *Association of Functional Status, Cognition, Social Support, and Geriatric Syndrome With Admission From the Emergency Department*, examines the results of a study that evaluated key factors associated with admitting older patients to the hospital following their visit to the Emergency Department.

"We know that Emergency Department clinicians factor in the medical condition and how "sick" a patient is when determining whether a patient needs to be admitted or not," said Smulowitz. "However, there are a number of other often overlooked factors that play into this decision,

among which are some common challenges associated with an aging population."

In the cohort study of 42,392 Emergency Department visits by 11,783 unique patients, the key finding indicates that functional status, cognitive status and social supports were associated with an increase in the likelihood of admission from the Emergency Department.

The study's data makes evident the connection between certain patient-level factors and whether there is a perceived need to admit. "This study demonstrates that specifically physicians seem to recognize these factors

and take them into consideration when deciding whether to admit older patients or not," Smulowitz said.

According to Smulowitz, understanding these factors should encourage health systems and insurers to invest more resources to support older adults who do not require hospitalizations, from a medical standpoint.

"This could mean an investment in case management, home health, support for personal care attendants, staffing for units for patients with cognitive decline, and other mechanisms to help keep our older adults safely out of the hospital," said Smulowitz. "It

also points out the important role that families can play in supporting their older relatives. With an aging population, there is going to be a greater need for families to play an active role in the care of their loved ones, especially in order to prevent them from a trip to the hospital."

JAMA Internal Medicine is a monthly, peer-reviewed medical journal published by the American Medical Association.

Co-Authors of the published piece include: Gabe Weinreb, BA; J. Michael McWilliams, MD, PhD; A. James O'Malley, MS, PhD; and Bruce E. Landon, MD, MBA, MSc.

SHELTER

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As more information becomes available the Town will share it broadly and post it to the Health

Department's website at <https://www.franklinma.gov/health-department>.

More than 80 communities throughout Massachusetts are working with the state to support more than 20,000 homeless

families in crisis. Once the Town becomes aware of the particulars and understands the needs associated with helping individuals and families coming to Franklin, we will notify the community for support.

"At this time, we are asking the community not to send donations until the Town has a better understanding of the needs" said Liberty. "We anticipate there will be a need for aid, and we will

work closely with local human services organizations and the community in the coming weeks to lend a helping hand to those requiring assistance."

"Franklin is a welcoming community, and I have no doubt we will do whatever we can to accommodate and accept migrants with open arms and an open heart," said Hellen. "It is my understanding that the Commonwealth will be providing meals,

public health services, and transitional assistance. With that said, there will still be ongoing impacts and costs associated with hosting these families for Franklin and the Town will work with the state to help alleviate these costs."

The Town is advising the public to not visit the Best Western hotel as there are no families currently housed there and there are no services present.



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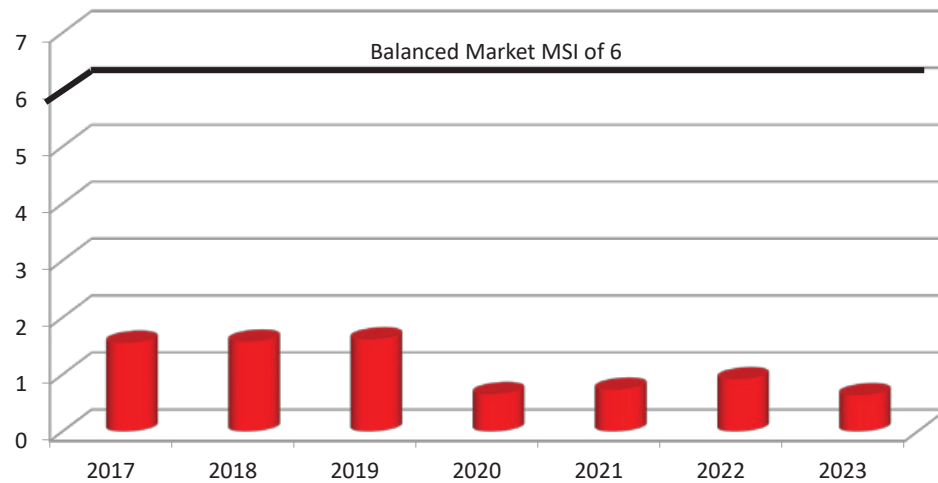
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