

Franklin Police Plan Halloween Haunt October 28

By J.D. O'GARA

The dead will come alive – and party! – at 911 Panther Way in Franklin on Saturday, October 28th, from 2-6 p.m. That's the date the Franklin Police will hold their annual Halloween monster bash (rain date, Sunday, October 29th).

In addition to a bouncy house, obstacle courses, games, and other tricks, and of course, candy (just see any Franklin Police Officer and don't forget to bring a bag), the free event will offer hot dogs, cotton candy, popcorn, face-painting and pumpkin painting. All souls are invited to don their favorite costume and come on down to join the fun. The 20+ year-old event, run by the Franklin Police Department, the Patrol Association and the Sergeant's Association, is an especially big smash with creatures enrolled



The Franklin Police Department Presents:
HALLOWEEN PARTY
October 28th

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HAUNT

continued on page 2

Tri-County Towns to Vote on New School Building Bond October 24th

This month, voters in 11 districts that make use of Tri-County Regional Vocational Technical High School will be asked to vote to decide whether the school can borrow \$285,992,692 to fund a new school building to replace its dated, 50-year-old building. The vote will take place on October 24th, from 12-8 p.m. in all towns, including Franklin, with absentee voting available, but no early voting.

"It's a vote on whether we can borrow the money to do the project. How a town will pay for its assessment is up to each individual town," says Brian Mushnick, Chair of the Tri-County Building Project Committee. "A town can choose to use some rainy-day fund to offset this, and that number could be lower," adds Mushnick, noting, "There are some towns that have already said that they're going to absorb it as part of their annual budget and don't expect to have any taxpayer implica-

tions. North Attleboro is one. But those numbers are there if the town chooses to assess the total value to the taxpayers of the town."

At press time, the Franklin Town Council was considering a vote on September 20th to

put a debt exclusion for its share, which, for its 164 enrolled students was an estimated yearly debt of \$2,081,813, on the ballot for the town election on November 7th, according to Franklin Town Administrator Jamie Hellen.

The Massachusetts School Building Association, which moved the project to schematic design phase in March, with the three-story design completed in June, will reimburse "29.2% of eligible costs to the district," says Mushnick, so the total cost to the district will be \$205 million, with contingency built into those numbers.

VOTE

continued on page 4

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HAUNT

continued from page 1

in elementary school.

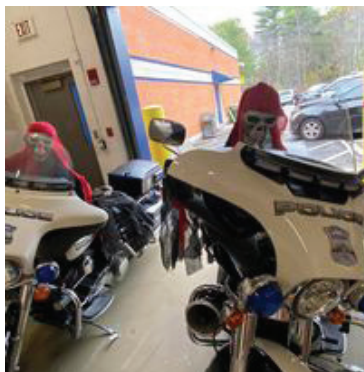
If you dare, enter the Hall of Justice, a (not-too-scary) dungeon where villains are imprisoned.

"We take (kids) to our cells... and we've put villains in there," explains Franklin Police Officer Paul Guarino. In the past, these costumed creepies have been embodied by Franklin High School theatre kids, but all entrapped monsters are volunteers.

The Franklin PD's Halloween party is one of the officers' favorite ways to strengthen relationships with the community.

"It's a very positive event, a good way for our officers and to break down barriers between us and our community," says Guarino. He wants youth to "see us as more of a community member who's looking to help and experiences rather than someone who's looking to get them in trouble. It's a continued effort to build those relationships. That's our main objective, and we really enjoy it," says Guarino.

The annual event draws hundreds of people, and it's a great way to kick off a mad Halloween!



For updated information about the event, visit the Franklin Police Department's Instagram (@franklinmapolice), Facebook page (franklinmapolice) or Franklin PD's web page on the town website (https://www.franklinma.gov/police-department).

Passport Acceptance Facility at Town Hall

Franklin's Passport Acceptance Facility accepts appointments the following days:

Tuesdays and Thursdays: 8:30 a.m. – 11:45 a.m. and Wednesday 8:30 a.m.- 4:45 p.m.

Plan accordingly, as appointments fill quickly, especially the Wednesday afternoon appointments.

Keep in mind that Passport Processing times start when application is received at The National Passport Agency and not appointment day. Current Processing times:

- Routine Service: 10-13 weeks.
- Expedited Service (an additional \$60 fee): 7-9 weeks.

For more information refer to the Town of Franklin's website (passport acceptance facility office) or visit the U.S. Department of States travel site at travel.state.gov.

Sponsors Sought for Franklin Turkey Trot November 23rd

The Franklin Food Pantry is pleased to announce the 12th annual Franklin Turkey Trot, a 5K family fun run, will take place on November 23, 2023, at 8 a.m.

Walkers and runners of all ages and abilities are invited to register on The Pantry's website and participate in the Thanksgiving morning tradition which begins and ends at 91 Jordan Road, Franklin, Massachusetts. Participants will receive a free breakfast, and category medals and door prizes will be awarded following the race. Registration fees, which are \$20 per person prior to October 18 and \$25 thereafter, will help The Pantry provide supplemental food assistance and programs to those facing food insecurity.



Race day sponsors are needed to make this year's event a success.

Sponsorship levels include:

- Presenting Sponsor \$2,000
- Platinum Sponsor \$750
- Gold Sponsor \$500
- Silver Sponsor \$250
- Friend Sponsor \$100
- Door Prize Sponsor

Sponsors will receive a variety of promotional opportunities (depending on level) and are encouraged to sign up prior to October 28 to ensure sponsorship benefits. Complete information is listed on The Pantry website, www.franklinfoodpantry.org.

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SAVE THE DATE

Merit Haunted Hayride

10/14/2023

Tangerini's Farm located in Millis

Low spooky times: 5:00-6:30 p.m. • High spooky times: 6:30-9:00 p.m.

Tickets will go on sale September 25

MERIT is looking for a few new additional groups to volunteer as Scare Stations during our Haunted Hayride.

For more information, contact:
Shayna Canestrari 781-727-7055 or Lisa O'Neill 617-694-9957.

MERIT (Millis Educational Resource Initiatives Team) is a nonprofit organization. MERIT's Mission is to award grants in the Millis School District to fund educational tools that are not typically provided by the district's budget.

Location: Tangerini's Farm, 139 Spring Street
Price: \$10 per person

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Operation Care Package Sends Comfort to Those Deployed

By J.D. O'GARA

Chaplain Bob Markunis, of Franklin's American Legion Post 75, wants Franklin town members to know that Operation Care Package is back up and running. Last month, volunteers packed 10 boxes full of snacks, toiletries, books, magazines, and other items to supply comfort from home for soldiers deployed in Poland in the 325th Transportation Group.

As Chaplain Bob sees it, Operation Care Package has three main functions. The man of faith, who had miraculously close calls during his own time in the service, hopes to renew a faith in a higher power, "because I see it slipping away, and from my own experience, from what I've gone through, it's been extremely valuable, just having fellowship with the different churches I have has strengthened me in my own time of need ... if you inspire people, that's a step forward."

Second, he says, support for the troops is critical. Operation Care Package currently has been supported by New England Chapel, United Methodist and legionnaires, as well as other veterans, but Markunis envisions other community groups, becoming involved to show support for the young men and women deployed and far from home.

"Being deployed, as many years ago as I was, to hear from someone from the outside besides my family, to get hot chocolate from someone who doesn't even know me, who wants to take care of me, means a lot," says Markunis.

In addition to providing comfort for deployed military, Markunis also hopes Operation Care Package can provide comfort and aid to soldiers' families.

"In many military families, their main breadwinners are not there. Their team is split up," says Markunis. "We can help send them in the right direction, easing some of that stress. We can get them services they don't even know about. If you don't have your partner, you freeze up. We've got the resources, through the Veterans Services Officer, through the Legion, through the VFW, to relieve the burden of stress when an issue pops up.

Markunis encourages anyone in Franklin or surrounding ties



Volunteers for Operation Care Package ready boxes for pickup in the foyer of New England Chapel in Franklin. The 10 boxes packed last month will comfort soldiers deployed in Poland.



Vicky Parker, Pat Doyle, and Steve Szilniczky pack items into boxes for troops overseas, keeping careful notes of what's in each box.

to deployed soldiers to contact Shannon Nisbett, Franklin's Veterans Services Officer, to connect the soldiers and their families with services to help them.

Operation Care Package is currently taking monetary donations, which can be sent to:

American Legion Post 75
Franklin
43 Main St., P.O. Box 42
Franklin, MA 02038
Att: Chaplain Bob Operation Care Package

"With the funds, we can go and purchase commodities," says Markunis. Those with questions are encouraged to contact Chaplain Markunis, putting "operation care package" in the memo, at mapost75@gmail.com.

Markunis hopes younger veterans returning from deployment will become involved in the Edward L. Grant Post 75 of the American Legion to continue the efforts to support their brethren and community. The post meets at 7 p.m. the second Wednesday of the month at the Franklin TV, 23 Hutchinson Street, Franklin, MA 02038. The next regular Post meeting will take place Wednesday, October 11, 2023.

Orthopedic Surgeon Accepting New Patients

Milford Regional Physician Group is proud to welcome **C. Brittany Boisvert, MD**. Dr. Boisvert comes to Milford Regional from Emerson Health Orthopedics in Littleton.

Dr. Boisvert is a board certified orthopedic surgeon with over 20 years of experience in general orthopedics and sports medicine. She specializes in ACL and rotator cuff tears, shoulder dislocation, meniscus problems, knee replacements, fracture care, sprains/strains, and ligament and tendon injuries.

Dr. Boisvert received her medical degree from UMass Medical School in Worcester, where she also completed her post-graduate training in research and orthopedic surgery.

A sports medicine fellow at The Rothman Institute at Thomas Jefferson University Hospital in Philadelphia, Dr. Boisvert worked as a member of the orthopedic staff for many professional sports teams, including the Philadelphia Phillies, Philadelphia Eagles and the Philadelphia Flyers. She looks forward to taking care of patients with a variety of orthopedic issues.



C. Brittany Boisvert, MD

Milford Regional Physician Group

Milford Regional Orthopedics & Sports Medicine

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VOTE

continued from page 1

“What happens when you do a project like this, you have to add contingency, because in no way, shape or form, can we come back looking for more money, but you don’t know where pricing is going,” says Mushnick, “You do the best you can to figure it out, and then you go from there, so we’ll see. Our goal is to come in early and under budget.”

Building a new vocational school building made sense, says Mushnick, as repairs to the current building, which is not ADA-compliant and has issues such as pipes built under concrete floors, were assessed at about “\$160 million just to repair it and keep it at the present level,” he says.

For detailed information on the Tri-County School Building project, visit <https://www.tri-countybuilding.com>.

Tri-County Regional Vocational Technical School Building Project

Enrollment 10/1/2022

Assumption - District Share of 200 Million Borrowed for 30 years at 4.25%

	10/1/2022 Enrollment	Town Estimated Yearly Debt	Yearly Residential Impact House Value \$100,000	Yearly Residential Impact House Value \$250,000	Yearly Residential Impact House Value \$500,000
Franklin	164	2,081,813	\$28.77	\$71.93	\$143.86
Medfield	6	76,164	\$2.20	\$5.49	\$10.99
Medway	85	1,078,988	\$36.06	\$90.16	\$180.31
Millis	38	482,371	\$27.06	\$67.66	\$135.32
Norfolk	41	520,453	\$21.99	\$54.99	\$109.97
North Attleboro	238	3,021,168	\$56.86	\$142.14	\$284.28
Plainville	113	1,434,420	\$63.31	\$158.28	\$316.57
Seekonk	86	1,091,682	\$28.27	\$70.67	\$141.33
Sherborn	5	63,470	\$3.98	\$9.94	\$19.88
Walpole	90	1,142,458	\$17.97	\$44.92	\$89.84
Wrentham	73	926,661	\$29.26	\$73.16	\$146.32



Estimated Total Project Budget: \$285,992,692

For taxpayer impact by Town please visit our website www.tri-countybuilding.com

NOTE: See above assumptions. The amount of District borrowing and interest rate are subject to change based on market conditions. Yearly town debt assessments will be affected by student enrollment. Future property valuations and tax rate key metrics will affect residential tax values.

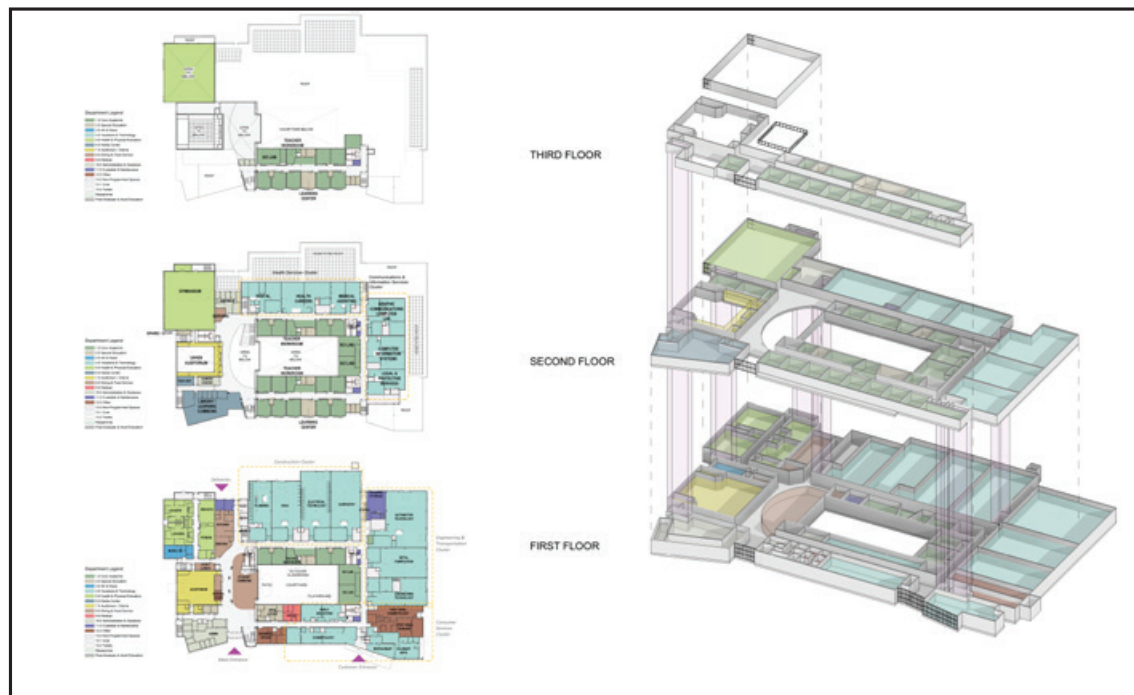
On October 24th, voters in Tri-County Regional Vocational Technical High School’s 11 district towns will vote on whether the school can borrow \$285,992,692 to pay for a new school building, a portion of which would be reimbursed by the Massachusetts School Building Association (MSBA).



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Shown is the final design of the layout of the new building.

Meals on Wheels Seeks Friendly Volunteers
 The Franklin Meals on Wheels office needs volunteers! We have both onsite positions & delivery driver positions, all with very flexible, morning shifts. Volunteer drivers receive \$0.56 per mile with a stipend. Meals on Wheels provides nutritious meals to in-need, homebound seniors in Franklin, Bellingham, Blackstone & Medway. If you are interested in helping out or want further info please call Jeanne at (508) 520-1422, Monday through Friday, from 10 a.m. - 1 p.m.

For These Franklin Residents, a Labour of Love

By J.D. O'GARA

Fall is upon us. Time for harvests, leaves changing color, cool temps, and in this neck of the woods, King Richard's Faire. The annual interactive event in Carver, Mass. is New England's largest and longest-running Renaissance Faire, and it will run weekends and Monday holidays this year through October 22nd. From eight stages, featuring hundreds of performers, from brave knights battling in the jousting tournament, bawdy beggars in the Mud Pit, frolicking faeries dancing through the forest, and villagers, from bawdy beggars to lords and ladies, two actors, Franklin residents Jamie Dellorco Hanley and Ryan Hanley, have created their own fairy tale.

"During the final song of revels, they kind of set it up, (Ryan) pulled me forward and asked me to marry him," says Jamie, who, like her father and grandmother before her, grew up in town. She and Ryan, now parents to two-year-old son, Rocco, are raising their family in Franklin, while still performing at King Richard's Faire.

Jamie has acted all her life, a student at the Franklin School for the Performing Arts all through her high school career at Bishop Feehan. She received her BA in Musical Theatre from Rhode Island College and was a member of Merry-Go-Round

Youth Theatre and children's band Rock-n-Railroad while she lived in New York. She was first introduced to King Richard's Faire in 2010 when she stood in for a friend at a children's trunk show at the fair.

"There's a big trunk on stage, and you bring up kids to play all the characters," says Jamie. "I had never performed at a renaissance fair before, and I had so much fun, I auditioned the next year for the main cast." That audition cast her as a member of King Richard's Court, and she's played "Princess Snow, of Weisenheim," sister to the Queen, since 2014.

Ryan, a Cranston, RI native, is a union rep for the Actor's Equity Association by day.

He has an MFA in theatre from Rhode Island College, with an undergraduate degree in Fine Performing Arts from the Mass. College of Liberal Arts. Versed in community theatre and improvisation theatre, he spent time working with Speed of Thought Players, originally based in North Attleboro, and then, while in New York, he trained with the Upright Citizens Brigade to hone his craft.

Ryan joined King Richard's troupe, in part, to see Jamie.

"I auditioned in 2012, because I would never get to see her in the fall," he laughs. "I think one of the special things about it, from a professional

standpoint, is it's a place we've been given the opportunity to grow as performers," says Ryan, who started off working the pickle booth, developing his improv character into Piers the Pickle Purveyor, who would sing Shakespearean-style parody songs. Adding to that role, Ryan served as various characters on the court, as well as the town crier. Later, he was offered the position of Director in the village program, and he's also been host of biannual pub crawls for the fair.

"From a more personal standpoint, the relationships that both Jamie and I have built at the festival just get better and better. Everyone that takes part in this festival is passionate about that work. They have a solid understanding of just how special that festival is for a lot of patrons, and many of us have had experience as a patron. We all really take seriously the responsibility of creating that magic."

"It's a magical place," says Jamie. She paraphrases one of the previous queens in the show who's passed on, "We're 'the childhood memories of tomorrow's adults.' That's why I do it. I love to make magic, especially for the kids. I love to be part of that."

For more information on King Richard's Faire, visit

<https://www.kingrichardsfaire.net/>



King Richard's Faire has special meaning for this Franklin couple.

Ah, romance! Congratulations to Jamie Dellorco (Princess Snow) and Ryan Hanley (Piers the Pickle Purveyor) who got engaged at Final Revels last Saturday!



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Dean College Announces 2023-2024 Theatre and Dance Season

Dean College is proud to announce its new 2023-2024 performing arts season. Running from October to May, the lineup includes four theatre shows, four dance shows and multiple showcase performances featuring Dean College students in the School of the Arts and the Joan Phelps Palladino School of Dance. Season ticket packages and individual show tickets are now available online at www.dean.edu/performance. Packages include the Full Season Package (eight theatre and dance events), the Theatre Series Package (four events) and the Dance Series Package (four events).

The 2023-2024 theatre season starts with the Olivier Award-winning comedy “The Play That Goes Wrong” by Henry Lewis, Jonathan Sayer and Henry Shields from October 25-29, 2023. The fall musical production is Jonathan Larson’s iconic show “RENT,” winner of five Tony Awards including Best Musical, which runs from November 15-19, 2023. Moving into 2024, “She Loves Me” is an intimate and heartwarming musical by Joe Masteroff, Jerry Bock and Sheldon Harnick, which runs from February 28 to March 3, 2024. Closing out the theatre series, from April 4-7, 2024, is Samuel D. Hunter’s bittersweet comedy “Pocattello” in its regional premiere. Please see the attached show breakdown for more details on each event.

The 2023-2024 dance series begins on November 3-4, 2023 with the collaborative show “Arts Mosaic,” showcasing student works in dance, theatre, music, film and much more. “Faculty Dance Works” runs from December 7-8, 2023 and will be comprised of original works created by School of Dance faculty and guest artists in a wide diversity of dance styles. “Choreographers’ Concert” runs from March 22-23, 2024, featuring Dean emerging student-choreographers’ work. The dance series concludes with the annual “Dance Company,” from April 25-28, 2024, with mixed bill repertoire ranging from hip-hop to jazz, tap, modern and ballet in new and restaged works by award-winning faculty and guest choreographers. Please see the attached show breakdown for more details on each event.

In addition to the mainstage performances listed above, there are multiple showcase events

featuring the diverse talents of Dean College students, including “New Thespian Showcase” (November 30 & December 2, 2023), “New Dancer Showcase” (December 1-2, 2023), “Dance Senior Showcase” (April 12-13, 2023) and “Theatre Senior Showcase” (April 19-20, 2024). These events are not included in season ticket packages but are available for single ticket purchase.

Full season ticket packages offer a 20% discount on regular single ticket prices. The Full Season Package (eight events) is \$132 for general public and is \$72 for senior citizens and non-Dean students.

The Dance Series Package (four events – “Arts Mosaic,” “Faculty Dance Works,” “Choreographers’ Concert” and “Dance Company”) is \$66 for general public and \$36 for senior citizens and non-Dean students.

The Theatre Series Package (four events – “The Play That Goes Wrong,” “RENT,” “She Loves Me,” and “Pocattello”) is \$66 for general public and \$36 for senior citizens and non-Dean students.

Individual show tickets range from \$5-\$22.

Dean College has moved to a ticketless validation system for all events. There are two ways to receive your online season tickets – digitally, via your cell phone or mobile device (highly preferred) or by printing your receipt at home and picking up your tickets at the Will Call line at the Main Stage kiosk starting 60 minutes prior to performances with a valid I.D.

All events and performances are subject to change. Please be sure to visit www.dean.edu/performance for all up-to-date and applicable venue policies. Ticket holders who do not comply with venue policies will not be admitted.

Please note: Dean College welcomes children and families to all of our performances. However, infants and children under 2 years of age are not allowed in the theatre, and children under the age of 16 must be accompanied by an adult. All patrons must have their own ticketed seats; lap sitting is not permitted. Only ADA-certified service animals are allowed in the theatre.

2023-2024 School of the Arts Theatre Season breakdown

The Play That Goes Wrong

October 25-28, 2023 – 7:30 p.m.

October 28-29, 2023 – 2:00 p.m.

Main Stage

By Henry Lewis, Jonathan Sayer, and Henry Shields

An Olivier Award-winning comedy that is a hilarious hybrid of Monty Python and Sherlock Holmes. A farcical murder mystery, a play within a play that was conceived by the hysterical Mischief Theatre Company from London.

It’s the opening night of “The Murder at Haversham Manor,” where things are quickly going from bad to utterly disastrous. There’s an unconscious leading lady, a corpse that can’t play dead, actors who trip over everything (including their lines) and lots of laughs for everyone in the audience.

“By far the funniest show of the season.” – Forbes.

“The Play That Goes Wrong” is presented by arrangement with Dramatists Play Service under license from Mischief Worldwide Ltd.

RENT

November 15-18, 2023 – 7:30 p.m.

November 18-19, 2023 – 2:00 p.m.

Main Stage

Music, lyrics, and book by Jonathan Larson

The iconic musical “RENT” is finally coming to Dean College! “RENT” opened on Broadway in April 1996. The Pulitzer Prize-winning show ran for 12 years and was nominated for 10 Tony Awards, winning five including Best Musical.

Based loosely on Puccini’s “La Boheme,” Jonathan Larson’s “RENT” follows a year in the life of a group of impoverished young artists and musicians struggling to survive and create in New York’s Lower East Side, under the shadow of HIV/AIDS.

“There’s only us, there’s only this. Forget, regret, or life is yours to miss. No other road, no other way. No day but today.” – “RENT”

“RENT” is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are supplied by MTI.

She Loves Me

February 28-March 2, 2024 – 7:30 p.m.

March 2-3, 2024 – 2:00 p.m.

Main Stage

Book by Joe Masteroff, Music

by Jerry Bock, Lyrics by Sheldon Harnick

An intimate and touching show perfect for the Dean College Main Stage! “She Loves Me” was nominated for five Tony Awards in 1964. The 1993 Broadway revival won the Olivier Award for Best Musical Revival, the Drama Desk Award for Outstanding Revival of a Musical and the 1994 Critics Circle Award for Best Musical.

Considered by many to be the most charming musical ever written, “She Loves Me” is a warm romantic comedy with an endearing innocence and a touch of old-world elegance. The Mikos Lazlos play “Parfumerie,” on which it is based, has inspired many adaptations, including the beloved film “You’ve Got Mail” starring Meg Ryan and Tom Hanks.

The New York Times wrote, “This musical is remarkably generous to all its performers: a half-dozen supporting characters are given showstoppers, too.”

“She Loves Me” is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.

Pocattello

April 4-6, 2024 – 7:30 p.m.

April 6-7, 2024 – 2:00 p.m.

Main Stage

Written by Samuel D. Hunter

In its regional premiere, the bittersweet comedy “Pocattello” will close the 23-24 theatre season at Dean College.

Eddie manages an Italian chain restaurant in Pocattello – a small, unexceptional American city that is slowly being paved over with strip malls and franchises. But he can’t serve enough soup, salad & breadstick specials to make his hometown feel like home. Against the harsh backdrop of Samuel D. Hunter’s Idaho, this heartbreaking comedy is a cry for connection in an increasingly lonely American landscape.

People have raved about “Pocattello” – “Skillful and moving, humanely rendered and shrewdly structured.” – Time-Out New York and “Hunter, as warmhearted a dramatist as can be experienced these days, crafts Pocattello as if it were a Robert Altman film.” – Entertainment Weekly. Pocattello premiered off-Broadway at Playwrights Horizons in 2014. The perfect show to close an outstanding season

of theatre at Dean.

“Pocattello” was originally conceived and developed under the title “When You’re Here ...” at the Williamstown Theatre Festival, Jenny Gersten, Artistic Director and further developed at Geva Theatre Center, Rochester, New York.

2023-2024 Joan Phelps Palladino School of Dance Season breakdown

Arts Mosaic

November 3-4, 2023 – 7:30 p.m.

November 4, 2023 – 2:00 p.m.
Guidrey Center

Enjoy select student works and collaborations, integrating dance, theatre, music, film and much more. Join us as we celebrate the diversity of the arts on the Dean College campus.

Faculty Dance Works

December 7-8, 2023 – 7:30 p.m.

Main Stage

Join us for two energetic and exciting evenings of dance, featuring outstanding works conceived by the Joan Phelps Palladino School of Dance faculty and renowned guest artists. Dean College Dance students will perform in a diverse variety of dance styles, from modern dance to ballet to tap and more.

Choreographers’ Concert

March 22-23, 2024 – 7:30 p.m.

Main Stage

Student choreographers will have selected works showcased and adjudicated by renowned industry professionals in this two-night opportunity. You will have the chance to see the creative talents of emerging student choreographers in a full production setting. Friday evening’s presentation will feature live commentary from the guest artists following each work, while the program will be reprised as a regular concert on Saturday evening.

Dance Company

April 25-27, 2024 – 7:30 p.m.

April 27-28, 2024 – 2:00 p.m.

Main Stage

Award-winning faculty and guest choreographers showcase the impressive talent of our dance majors through a mixed bill of new and restaged dance works, ranging in style from hip-hop to jazz dance, tap to modern and ballet.

To learn more about performances, venue policies, and to purchase tickets, visit www.dean.edu/boxoffice.

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Don't Miss the Franklin Senior Expo 2023

October 6th, 10 a.m.- 1 p.m.

We are excited to start back up the tradition of having our annual Senior Expo!

On Friday, October 6th from 10 a.m.- 1 p.m., come on down to the Franklin Senior Center, 10 Daniel McCahill St., Franklin, for a day of fun.

We will have live entertainment, raffle prizes throughout, opportunities to get the flu shot,

hearing tests, etc. And, most importantly, the opportunity to meet a variety of vendors to provide you a wealth of information and resources, specific to YOU!

Plus, the first 200 seniors that come that day will receive a free lunch!

This is an event you won't want to miss! Open to the community

Franklin Rocker Celebrates Single Release at Local Farm

By J.D. O'GARA

New England Music Awards' "Female Performer of the Year" winner (2021) Jennifer Tefft celebrated the release of her brand new single "Love and War" with a concert at Tangerini's Spring Street Farm in Millis on September 8th.

Jennifer grew up in Medfield and currently lives in Franklin with her 2 kids. The artist, who frequently plays solo at Tangerinis, brought her full band Jennifer Tefft & The Strange to her favorite family farm for an evening of alternative rock, farm fare and craft cocktails.

"I play at Tangerini's during their lunch hours – solo acoustic play. I really love the farm and I love (owners) Linda and Steve," says Tefft. She chose the venue for her release because, "There aren't many original music rooms around. There are a lot of bars, but they're largely cover band-oriented, so a lot of my original music friends, we sort of create our own spaces."

Jennifer Tefft and The Strange have put out five albums and a handful of singles, but "Love and War" is the first



release from the newest formation of her band, which includes new bass player Stephen Beccia, new drummer Chris Georgenes, and John Parrillo, who has played guitar with Tefft for years.

"I'm really excited, because the new lineup has brought a ton of energy to what I do," says the musician. "We're just having so much fun."

The band has signed on with new music producer Bob St. John, who has worked with

Duran Duran, Extreme and Lisa Loeb. "I'm really excited to work with him and see what we can do together," says Tefft, who feels fortunate to "make a living making music, doing what I love."

Potential fans can, of course, find Tefft's alternative tunes on the mainstream platforms, but she hopes to direct listeners to her website, <http://www.jennifertefft.com>, where they can listen, purchase, and download her music.


A Note from the Franklin Assessors Office:

As of July 1, 2023, Property Owners who are 70 or older, Surviving Spouses, Blind, or Veterans with a Purple Heart or a 10% or greater disability may be eligible for a Real Estate Tax Exemption for Fiscal Year 2024. Exemption applications have been available since July 1, were sent to those owners who were eligible in FY 2023 and are continuing to be accepted and processed by the Board of Assessors. If you think you may be qualified, you are encouraged to apply as soon as possible by early Autumn; this way if granted, your exemption credit could be applied to your 3rd (January) and 4th (April) Quarter Tax Bills. Applications are available in person and at the Assessors' webpage at <https://www.franklinma.gov/board-assessors/pages/applications-brochures-forms>. Questions? Call the Assessors Office at (508) 520-4920.



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Free Fun at 4th Annual St. John's Pumpkin Patch

The 4th Annual Pumpkin Sale will be open all month long from October 2 to 31 at St. John's Episcopal Church, 237 Pleasant Street, Franklin.

A huge selection of pumpkins and gourds of all sizes, shapes and colors will fill the front lawn at St. John's Church. Kids of all ages will have fun picking out their favorites. It's a good photo opportunity for families.

Family activities will be offered every weekend in the Patch:

Music Together for families on Saturday, Oct. 7th at 11a.m., FREE

Pet Blessings and outdoor worship on Sunday, Oct. 8th at 10 a.m., FREE

Pony Rides on Saturday, Oct. 14 from 1-2 p.m. - \$5 per ride

Beaded bracelets craft on Saturday, Oct. 21 from 11 a.m. - 2 p.m., FREE

Haunted House on Saturday, Oct. 28, FREE

Watch the St. John's Episcopal Church Facebook page for updates.

See you there: Monday-Friday 4-6 p.m., Saturdays 10 a.m.-4 p.m., Sundays 12 noon-4 p.m.

We can all benefit. The pumpkins are grown using sustainable agricultural practices that help benefit the environment. They are grown in a re-

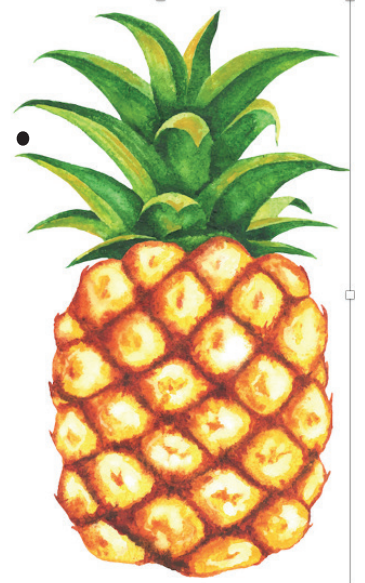


gion of New Mexico with 42% unemployment, providing jobs for Navajo people. In addition to supporting the Navajo Nation in New Mexico, your purchase also supports St. John's Church and its work right here in our community.

For more information on activities:

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

Not just for Newcomers ...



Come join your Franklin friends and neighbors at the Franklin Newcomers and Friends Club October Meeting. Join us Wednesday, October 11th, 7 p.m. at Franklin's local bookstore, Escape Into Fiction, 12 Main Street, Downtown Franklin. This season we will meet in October, December, February and April. There is always time to socialize, and we offer varied speakers and events at our gatherings. Light refreshments are provided.

Come early to shop the Bookstore ... for yourself or for gifts. There is always a wonderful selection for all ages.

We are a multi-generational, member-driven organization and are always excited to welcome new faces and new ideas. Residents of Franklin, or any surrounding town that doesn't have a Newcomers Club, are welcome to join us.

We hold fun and varied events to stay connected throughout the year. We're excited to announce

that our 48th annual Craft Fair is set for Saturday, November 18th at Tri-County High School in Franklin. You'll find a great selection of items for yourself, your home or for gift-giving. This popular event is an opportunity for members to volunteer and work together, help raise funds, and give back to the community. Look for us on social media for more information: <https://www.meetup.com/Franklin-Newcomers-Friends> <https://www.facebook.com/FranklinNewcomersCraftFair/>

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Your Money, Your Independence

Update: Changes to 2024 Catch Up 401(k) Contributions

Since 2019, Congress continues to place a growing number of changes as well as restrictions on Americans' retirement planning.

Passed in December 2022, Secure Act 2.0, which stands for "Setting Every Community Up for Retirement Enhancement," was designed to further improve retirement-saving opportunities.

One would believe expanding personal choices would be an enhancement.

Think again.

Planned changes for 2024.

For Secure Act 2.0, when lawmakers drafted changes to 401k catch-up provisions (currently \$7,500 additional to 401k plans by those over age 50) they "mistakenly" left out specific language. As a result, under their original Section 603, no participant could make catch-up contributions whether on a pre-tax or Roth basis starting in 2024.

This was a big problem.

Congressional leaders said this was not the intended outcome, but instead to broaden the amount of employers offering a Roth option in their 401k plans.



Glenn Brown, CFP

Interesting, cause simply mandating a Roth option in 401k plans does this and provides more choice for everyone.

Instead, Congress determined it was best to require individuals who earned more than \$145,000 in FICA wages the previous tax year to make all catch-up contributions on a Roth basis only. Meaning, it eliminated the choice of taking upfront tax break on catch-up contributions for "higher earners" by only allowing these deposits in after-tax Roth accounts.

With this as the only catch-up option available, lawmakers know this pressures employers to update both retirement plans to allow the Roth option AND align payroll service capabilities with retirement plans to identify those who earned more than \$145,000 in FICA wages the previous year.

The cynic in me asks:

- Why is this link being established?
- What's in future laws given these new aligned capabilities?
- When did \$145,000 become the new \$400,000 for "high earners"?

It gets complicated.

Beyond employers, plan administrators and plan/payroll service providers having to update capabilities at additional costs, there are several unanswered questions on how to execute.

For example, what's in place to allow an employer to verify a new employee's FICA wages made the previous year at a former employer? Or what of those who don't have FICA wages and

are omitted from the new law, like state and local government employees or partners at a law firm? Ironic or mistakenly omitted?

This led to over 200 entities made up of Fortune 500 companies, firms, and public employers, plus the American Retirement Association and plan administrators including Schwab, Vanguard, and Fidelity to ask Congress for a two-year delay to the Roth catch-up rule to 2026.

IRS delays changes until 2026.

On August 25, 2023, the IRS released Notice 2023-62 which pushed enactment of Section 603 out to January 1, 2026.

Thus, it is business as usual for 2024 and 2025, while stakeholders work behind the scenes to get compliant. It also gives time for revised Congressional legislation.

Your next steps.

If over age 50, you can continue making catch-up contributions to 401k plans based upon your personal choice of what's best for you now and later in retirement, regardless of income.

Now, don't get me wrong, the Roth 401k selection can have tremendous benefits.

Furthermore, I've actively illustrated to clients the potential benefits and drawbacks to switching to the Roth 401k option. But in the end, it should be about choice for the individual to do what is best for them in planning for their retirement.

If you don't know which choice is right for you, talk to your Certified Financial Planner.

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 First Universalist to Recognize LGBTQ History Month Oct. 22nd

In recognition of October as LGBTQ history month, First Universalist Society in Franklin is pleased to invite all to two opportunities on Sunday October 22, 2023 to honor LGBTQ individuals and allies alike. At 10 am, our worship service will focus on the contributions of LGBTQ folk to our religious tradition and society at large. Then from 11:30 am – 1:30 p.m., we will view a movie

described as a teen romance/comedy. This sweet movie explores teen relationships, connections, and the nature of love. Discussion and conversation will follow the movie. First Universalist Society in Franklin is located at 262 Chestnut Street, Franklin.

For more information, please contact our interim minister, Rev. Bev Waring at Minister@FUSE.org or (508) 528-5348.



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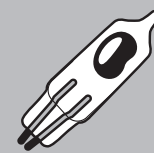
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Royal Conservatory of Music Assessment Results Are In!

Another round of RCM assessments has come and gone! At Encore Music Academy and Recording Studios, students of all ages and musical abilities come throughout the year to perform their exams in front of adjudicators who travel from all across Canada and the U.S. in order to administer the assessments.

In addition to academic assessments in music theory, harmony, analysis and history,

students perform practical assessments on their instrument of choice. Instruments represented include piano, voice, classical guitar, flute, clarinet, saxophone, drums, violin, and viola. In August, students from all over the northeast traveled to Encore to take their assessments.

The Royal Conservatory of Music Certificate Program provides a recognized national standard of success in music study

from beginner to advanced levels. It inspires excellence through individual student assessments that are central to the program, while also supporting teachers with high-quality and innovative resources. The RCM allows students to measure and celebrate accomplishment and track their progress throughout the country. All students and teachers across the United States are invited to participate, and Encore Music Academy is proud to offer these opportunities at the school and through outreach to the surrounding communities.

Levels of achievement are determined by the following scale:

- First Class Honors with Distinction: An assessment score of 90 to 100.
- First Class Honors: An assessment score of 80 to 89.
- Honors: An assessment score of 70 to 79.
- Pass: An assessment score of 60 to 69.

Students are graded on proficiency in the following areas: performance; technical require-

ments; aural skills; rhythm; and, sight-reading ability. This year, Encore is very proud to recognize the following Encore students for their outstanding achievement in Royal Conservatory of Music assessments:

First Class Honors with Distinction:

- AJ Courtright-Lim - Theory Level 5, 13, Franklin
- Amelia MacEvoy — Theory Level 7, 15, Medway
- Alyssa McGuirl - Theory Level 8, 15, Millis
- Aneesha Pathangay - Theory Level 5, 15, Hopkinton
- Esmee Perera - Theory Level 8, 16, Holliston
- Rishika Pericherla - Theory Level 5, 12, Franklin
- Rishita Phanse - Theory Level 7, 15, Mansfield
- Aagam Shah - Piano Prep A, 11, Franklin
- Sunehri Verma - Theory Level 7, 16, Franklin

First Class Honors:

- Michelle Gonzalez - Piano Prep B, 9, Franklin
- John Kane - Theory Level 7, 17, Franklin
- Grace O'Sullivan - Piano Level 2, 12, Franklin
- Danny Pylee - Saxophone Level 4, 15, Medway
- Anne Wu - Voice Level 8, 17, Shrewsbury

Honors:

- Hope MacEvoy — Piano Level 2, 10, Medway
- Aneesha Pathangay — Piano Level 7, 15, Hopkinton

To learn more about Encore Music Academy and Recording Studios and the Royal Conservatory of Music program, please visit: www.encoremusicacademy.net

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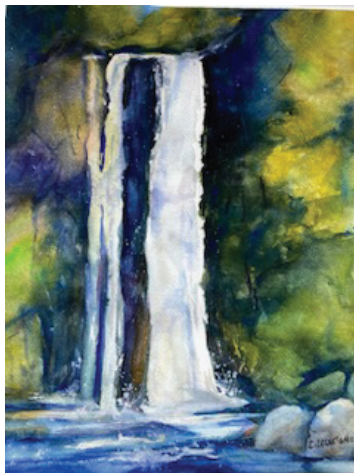
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Franklin Art Assoc. to Feature Artist DeGaetano October 4th

The Franklin Art Association will hold its meeting on Wednesday, October 4th, at 6:30 p.m. at the Franklin Senior Center.

The featured artist is Carlie DeGaetano who will do a watercolor painting demonstration. Carlie resides in Blackstone and spends most days painting or teaching painting at the Medway Senior Center. Her medium of choice is watercolor, but she also paints in acrylic and water-soluble oils. She paints in a loose free style with lots of color. Her work can be seen at www.etsy.com/shop/CarlottasArt.

Established in 1971, the Franklin Art Association is a non-profit organization 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 Cultural Council and the Franklin Cultural District. www.franklinart.org, Instagram and Facebook.



We welcome members, friends, students and the public to attend this interesting program. There is no admission fee.



Franklin DPW to Host Touch-a-Truck October 14th

Save the date! The Department of Public Works will host a Touch A Truck event on Saturday, October 14, 2023 from 10 a.m. – 2 p.m. at 257 Fisher St. Winners of the Hydrant Painting contest will be announced at the event! There will be plenty of trucks including food trucks!

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Info at: www.facebook.com/MontgomeryLodgeAFAM/

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www.montgomerylodge.org

www.massfreemasonry.org

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The College Admission Interview

The college admission interview is a great way to humanize the college application. It provides the admission counselor the opportunity to get to know the student as a person and not just as a number, and more importantly, it allows the student to tell their story.

What is the Purpose of the College Admission Interview?

The admission interview is a conversation where the student and the college learn more about each other to determine if there is a match. With the more selective colleges, the interview often takes a more evaluative approach where the student's overall performance is one of the factors that is considered in their final application assessment. The most common approach though is the informative interview, which allows the college and student to ask questions in a more casual and relaxed environment. These interviews do not weigh in as an admission factor, but offer a chance for the admission coun-

selors to get to know the student better and for the student to learn more about the school—a win-win.

An interview can seem terrifying for some students, but colleges are honestly just looking for ways to connect with the student and learn more about their interests. The interview is rarely ever the deciding factor in an admission decision. A student should think of the interview as a chance to share information beyond their transcript—talk about their passions, their future goals, go deeper with an activity that is important to them, demonstrate how they will contribute to the college's vibrant campus life—just be real! Interviews are also a way for the student to learn firsthand if the college is a “good fit” for them. It is important to note that not all colleges offer interviews. Check the college admission requirements on the college websites to see if they include information about the types of interviews that are available and the registration timeline.

Preparing for the College Interview

The most effective way to have successful results with the interview is simply to prepare. Regardless of how nervous a student may be, it will be easier if they take time to prepare ahead for the interview. One of my favorite interview resources is from the College Essay Guy—“How to prepare for the college interview in 1 hour.” Highlights are below.

1. Prepare an answer to the following three topics

- 10 minutes: Research the “Why Us”. Why do you want to attend their college and how does their college help you meet your goals.
- 5 minutes: Think about potential majors, interests, and the fields of study that you may want to pursue - and why?
- 5 minutes: Identify your favorite interests besides academics.

2. 5 minutes: Prepare three questions to ask your interviewer. A few sample questions are below.

- Inquire about a specific program that you are interested in and what have students from this program accomplished after graduation?
- What makes students at your university different?



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

- What sort of internship and career-placement services does the school offer?
 - What types of onboarding programs do they have for first-year students?
 - **FREE RESOURCE:** if you would like a complete list of College 101 Interview Questions, email tracy@mycollege101.com.
3. **5 minutes:** Write down 4 or 5 things you would like to share with the representative about yourself.
 4. **5 minutes:** Organize the information onto one sheet of paper and keep it in front of you for reference.
 5. **20 minutes:** Read through the brief article below from the College Board to help with potential interview questions and response tips:

<https://bigfuture.collegeboard.org/plan-for-college/your-college-application/prepare-for-interviews/college-interviews-practice-questions-and-strategies>

We have an in depth PDF that offers questions and strategies. Email tracy@mycollege101.com for a copy.

6. **5 minutes:** Meditate - as Amanda Augustine, a career-advice expert says, “Meditation can be as simple as closing your eyes for a minute, taking a few slow, deep breaths, and visualizing yourself crushing the interview.”

Good luck and enjoy the journey!

College 101 Admissions Consultants LLC.

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Dean College Announces New Deans for School of the Arts and Sanders School of Business

Dean College is pleased to announce the appointment of Bill Ingram, Ph.D., as the new dean for the Dean Sanders '47 School of Business and Patsy Collins Bandes as the new dean for the School of the Arts.

Bill Ingram joins Dean from the University of North Texas Dallas, where he was on the faculty since 2016, most recently serving as the assistant dean for the School of Business. He brings 10 years of experience teaching business and hospitality operations at both the undergraduate and graduate levels, as well as over 10 years of professional experience in hotel and restaurant management with Walt Disney World Resort, Loews Hostels and Sky Hotels and Resorts. Ingram holds a Ph.D. in hospitality management from the University of Central Florida and an MBA from the University of North Texas. He is also an alumnus of Texas Tech University, where he earned both a bachelor's degree and master's degree in restaurant, hotel and institutional management.

As dean of the Sanders School of Business, Ingram will oversee programs in Athletic Coaching

and Recreation Management, Business Management, Communications, Criminal Justice, Criminal Justice and Homeland Security, Marketing, Sport Management and Sports Broadcasting. He is tasked with building the baccalaureate culture and raising the bar for the College's business programs to stay current with the ever-changing industry.

"My biggest focus is aligning our business programs with what the industry wants and needs, especially in areas of cross concentration, whether that be data analysis, accounting, artificial intelligence or business ethics," Ingram explained. "I'm also here to create business partnerships locally, maximize the relationships we already have, like with Kraft Sports + Entertainment, and think globally so that our students have opportunities that lead to careers."

Ingram is also heavily focused on building experiential learning into every area of the Sanders School of Business.

"I want our faculty to be as innovative as possible," he said. "I want to be able to walk through downtown Franklin and see our students out there working, get-

ting hands-on experience and getting outside of the traditional classroom. The courses they are taking should look very similar to the jobs they'll be doing once they graduate, so they are prepared for a seamless transition to their careers or graduate work."

Meanwhile, Patsy Collins Bandes comes to Dean after 18 years with the Boston Conservatory at Berklee. She first joined the Conservatory as the production stage manager in 2004, joined the theatre and dance faculty in 2006, and served as chair of the Conservatory's Theater Division from 2018 to 2022. As an arts administrator and academic leader with a diverse background in the management of theatre production, Collins Bandes has directed, produced and stage-managed productions for a number of companies, including the Boston Conservatory, North Shore Music Theatre, National Theatre Conservatory, Lizard Head Theatre Company, Intermezzo Chamber Opera, Prometheus Dance, Boston Children's Chorus and Denver Center Theatre Company, which received a 1998 Tony Award for Excellence in Regional Theatre

during her tenure. She holds a B.A. in theatre with an emphasis in directing from the University of Northern Colorado and a Master of Liberal Arts with a concentration in dramatic arts from Harvard University Extension School.

Collins Bandes will oversee the entire School of the Arts at Dean, which includes Bachelor of Arts degree programs in Arts and Entertainment Management, Performance, Production and Design, and Theatre Studies, as well as new Bachelor of Fine Arts degree programs in Acting and Musical Theatre. She aims to build on the school's foundation of holistic education while increasing the visibility of Dean's arts programs both locally and nationally, as well as building industry-leading inclusive and diverse curriculum and practices.

"In the first semester, my focus really is getting to know the students and the culture and learning what everybody feels like they love and what they feel could change," Collins Bandes explained. "Another priority is how we can make our performances, our season and our curriculum culturally aware and as

diverse and inclusive as possible and actively engage in anti-racist theatre work. Over the course of the year, we'll be looking at what is working really well and how we can bring some change into our curriculum and productions."

To accomplish this, Collins Bandes is taking a holistic approach – not only training students to be artists, but to be citizen artists.

"Every student is a unique human being that has something to offer the world," she said. "I truly believe that the goal of art is to change the world. By training students to be citizen artists, they can each go out and do so. My responsibility as an arts educator and an arts leader is to help students be a better version of who they are, not strip them down and make them into cookie cutter artists. And what's great about Dean is that the idea of training the whole student and using a holistic approach is already built into The Dean Difference. It is perfect synergy with my own personal philosophy of how we teach theatre and the arts."

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The b.LUXE *beauty beat*

Get To Know The b.LUXE Experience

By GINA WOELFEL

As the team that brings you The Beauty Beat each month, we love writing engaging and informative content for our readers and connecting with you to share the latest trends and hot topics in our industry.

But what many of you may not know is that we often find ourselves inspired by our client conversations at our salon. When you're in our chair, we love chatting about your beauty routines, challenges, and goals and use those insights for our monthly topics.

That's why, this month, we'd love for you to get to know the studio behind The Beauty Beat!

We're your one-stop beauty destination and take pride in being Massachusetts' most highly-rated beauty salon. Check us out on Google.

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The "b.LUXE Experience" is our unique approach to beauty and wellness and guarantees your visit will be exceptional. We understand your time is valuable and we respect that. The b.LUXE Experience helps you reset, revive, and leave our studio feeling better than when you walked through our door.

Upon arrival, our friendly front desk staff will check you in and invite you to relax in our comfy waiting area. You can also grab a refreshment from our deluxe coffee bar, where we have a wide variety of refreshments including coffee, teas, seltzers, and snacks.

Your stylist or esthetician will then accompany you to their station or private skin care room for a thorough consultation where you can discuss your beauty goals and budget. They'll evaluate the whole picture to create an individual plan that delivers your desired look and feel.

We offer complimentary "LUXE For Everyone" add-ons to surprise and delight our guests because who doesn't love surprise luxury? We work these mini pop-up services right into your appointment for an extra touch of relaxation.

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- For our color and smoothing clients, we offer our NUTRIR OIL Hand Treatment during your processing time. This therapeutic hand scrub and massage leave your hands feeling soft and supple.
- Our clients who receive luxury facials enjoy a Hot Stone Foot Treatment to alleviate stress and tension.

b.LUXE is a team-based salon. We don't use the words "my client" or "your client," only "our clients." We want you to feel relaxed and at ease with every appointment, and we'll never make you feel uncomfortable if, for any reason, you need to book with another stylist. Be-



cause of this shared client base, we can typically accommodate you with a different hairdresser if your preferred stylist is unavailable or if your beauty budget changes.

We carry many popular hair care products, including Oribe, Kerasilk, DualSenses, and Ouidad. Additionally, our award-winning skincare line from G.M. Collin is an undisputed industry favorite. Our knowledgeable team members are always here to provide product education and helpful recommendations.

For extra convenience, b.LUXE offers complimentary consultations, a private service room for clients requiring social distance, online booking, as well as Monday and evening hours.

Thanks for taking the time to get to know us a little better!

We warmly welcome you to visit our studio located in the historic Medway Mills. It's not just a space. It's a vibrant community of artists where you can connect with like-minded individuals, exchange ideas, unwind, and learn from our seasoned experts. Our main goal is to help you achieve your beauty aspirations because beauty is our business...

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National Archaeology Month at Franklin Historical Museum

In observance of National Archaeology Month, two events will be sponsored by the Franklin Historical Museum.

On Saturday, October 14th all are invited to meet at 10 a.m. at the Franklin State Forest parking lot on Grove Street as we go back to the 1930's with the CCC. View a brief historical film clip of the Civilian Conservation Corp Camp that once existed here in Franklin. The footage covers the construction (and deconstruction) of the Camp. After the short film, we will walk through the Camp as it exists today within the Franklin State Forest. This is

a special opportunity to uncover our State Forest's CCC history in plain sight. This free event is scheduled from 10 a.m. – 12 Noon and parking is in the Grove Street Lot. Bring water (and bug spray). The short presentation and walk through is sponsored by



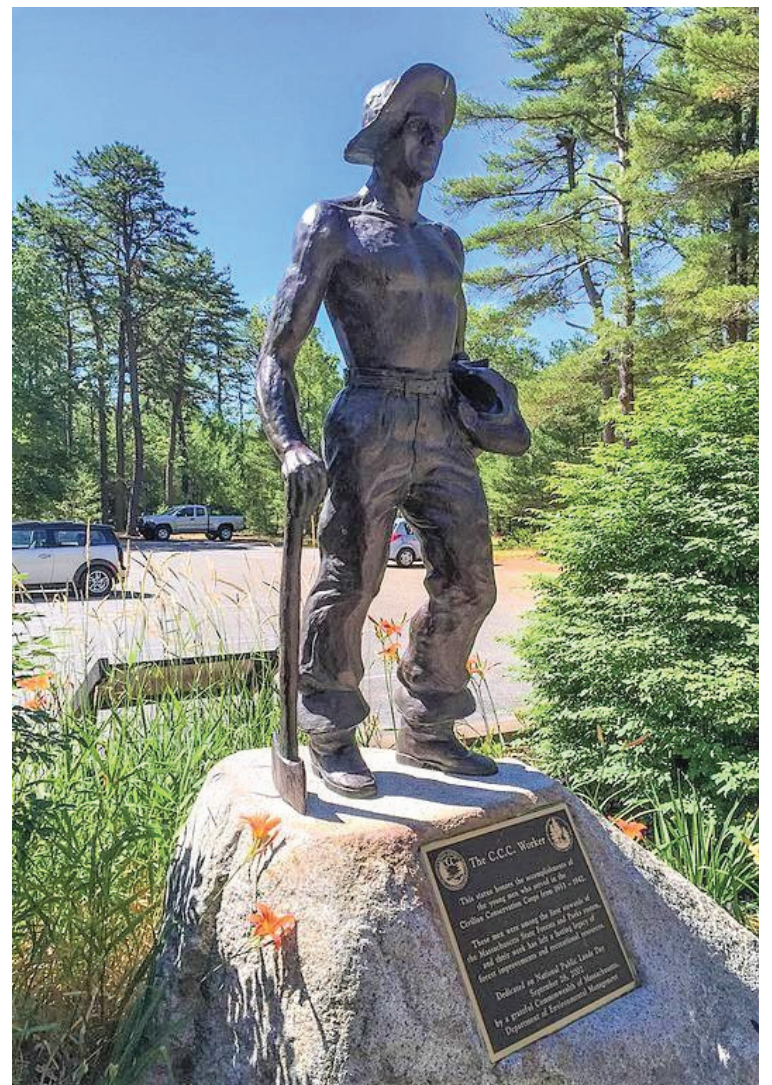
Professional Archaeologist Dianna Doucette, from PAL, will present her findings of Native American activity in the Franklin area at the Franklin Historical Museum on October 15th.

the Department of Conservation and Recreation and the Franklin Historical Commission.

This event is part of a weekend-long offering that also includes a Professional Archaeological Talk at the Franklin Historical Museum. On Sunday,

October 15th, Dianna Doucette from the Public Archaeology Lab (PAL), a private company that performs archaeology surveys for public and private projects, will be presenting at the Museum. She and her firm did work in Franklin in connection with utility corridor work and found significant evidence of Native American activities. As part of their charter, they also do public education and, thus, are happy to come to us during Archaeology Month to discuss their findings. Doucette, and perhaps a colleague, will deliver a talk and slide presentation, possibly even accompanied by some artifacts!

The museum opens at 1 p.m. and the presentation begins at 1:15. It will last about an hour, including a question-and-answer session. As always, events at the museum are free and open to the public.



Statue of CCC worker in Freetown-Fall River State Forest, Freetown, MA.

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Living Healthy

Understanding Ocular Migraines

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

Migraines are notorious for their debilitating headaches, but they can also manifest in other ways. Ocular migraines, often misunderstood and underdiagnosed, are a unique subtype of migraine that primarily affects vision. In this article, we'll delve into the world of ocular migraines, exploring their symptoms, causes, diagnosis, and management.

What Is an Ocular Migraine?

Ocular migraines, also known as retinal, visual, or ophthalmic migraines, are a distinct form of migraine characterized by temporary visual disturbances. Unlike typical migraines, which involve throbbing head pain, ocular migraines primarily affect the visual system. They can be frightening and disorienting, but they are generally not as painful as traditional migraines.

Symptoms

The hallmark symptom of an ocular migraine is visual disturbance, which can vary from person to person. In those shapes can appear when they do not exist (positive hallucinations) and in other shapes disappear when they exit (negative hallucinations).

Common symptoms include:

Shimmering lights: Perhaps the most recognizable sign of an ocular migraine are the scintillating scotomas which are shimmering or flickering lights that appear in the field of vision. These lights often have a jagged or zigzag pattern and can expand over several minutes before fading away.

Blind spots: Some individuals may experience temporary blind spots in their vision. These blind spots typically last for less than an hour and can occur before or during the headache phase of an ocular migraine.

Blurred vision: Distorted im-

ages or a sense of looking through frosted glass may occur during an ocular migraine episode.

Headaches: Although ocular migraines are primarily associated with visual symptoms, some individuals may experience a mild headache after the visual disturbances subside. However, this headache is usually less severe than typical migraines.

It's important to note that ocular migraines do not result in permanent vision loss. The visual disturbances are temporary and resolve on their own- on average, 10 to 15 minutes later.

Causes

The exact cause of ocular migraines remains unclear, but they are believed to be related to the same underlying mechanisms as traditional migraines. Some potential triggers and factors that may contribute to ocular migraines include:

Vasospasm: Ocular migraines

are thought to involve the temporary narrowing (vasospasm) and subsequent dilation of blood vessels in the retina or other parts of the eye. These vascular changes can disrupt blood flow and lead to visual disturbances.

Cortical Spreading Depression: This is a neurological event, which occurs in both traditional and ocular migraines, characterized by a wave of decreased electrical activity in the brain. It is believed to contribute to the visual aura experienced during migraines.

Hormonal Fluctuations, particularly in women, may trigger ocular migraines. These can be linked to menstruation, pregnancy, or the use of birth control pills.

Stress and Anxiety: Emotional stress and anxiety can be migraine triggers for some individuals, including those with ocular migraines.

Dietary Causes: Certain foods and beverages, such as caffeine, alcohol, and processed foods, may play a role in triggering migraines, including ocular migraines, in some people.

Diagnosis

Diagnosing ocular migraines can be challenging because their symptoms often resemble other eye conditions, such as retinal detachment or glaucoma. There-



fore, it's crucial to seek medical attention if you experience any unusual visual disturbances. A comprehensive eye examination and medical history review are typically conducted to rule out other potential causes of visual symptoms.

In some cases, diagnostic tests like visual field testing, optical coherence tomography (OCT), or imaging of the blood vessels may be necessary to confirm the diagnosis and rule out other conditions.

Management and Treatment

Managing ocular migraines often involves a combination of lifestyle changes, preventive measures, and acute treatments:

Identify Triggers: Keeping a migraine diary can help identify specific triggers or patterns associated with ocular migraines. Avoiding triggers like certain foods, stress, or hormonal fluctuations may reduce the frequency of episodes.

EYES

continued on page 17



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State Rep. Jeffrey Roy Secures \$50,000 for Franklin Food Pantry's Capital Campaign

MA Legislature Allocates Funds to Address Food Insecurity in the Commonwealth

The Franklin Food Pantry, a private, nonprofit organization offering supplemental food assistance in Franklin and the surrounding community, was allocated \$50,000 in the Massachusetts Fiscal Year 2024 State Budget. State Representative Jeffrey Roy assisted in securing the much-needed funding for The Pantry's capital campaign, which will support enhanced client programs and services, and subsidize the purchase, renovation, and

maintenance of a new building located at 341 W Central Street in Franklin.

Since moving to its new location, The Pantry has seen a sharp increase in client visits. This past July, average weekly visits to The Pantry increased by 35%, compared to the same month last year. Pantry staff attributes the increased client need to the continued high cost of food, housing, utilities, clothing, and other expenses.

"The Franklin Food Pantry is essential to Franklin and surrounding towns, providing

supplemental food assistance to more than 1,300 individuals each year," said State Representative Jeffrey Roy (D-Franklin). "The Pantry's new building offers access to nutritious food in a dignified, modernized, larger space, and I am pleased to advocate for such a worthy community partner."

The state budget also designated funding for no-cost school meals for Massachusetts public school children in grades K-12, including the nearly 5,000 children enrolled in the Franklin Public Schools.

"The Franklin Food Pantry is committed to addressing child-level food insecurity, and we are extremely proud of our advocacy work with Project Bread and the Greater Boston Food Bank to ensure students are well nourished" said Tina Powderly, Executive Director, Franklin Food Pantry. We are grateful to Rep. Jeff Roy, Sen. Becca Rausch, Governor Maura Healey, and the entire Massachusetts Legislature for making universal school meals free for all and investing in our children and their future."

The Franklin Food Pantry also partners with the Franklin Public Schools to provide meals and snacks to children over the weekend. As with all services at The Pantry, the Weekend Backpack Program is free to clients and depends on support and donations from individuals, corporations, foundations, and other strategic partners. To support the Franklin Food Pantry's programs and daily operations, or to provide support for the new building campaign please visit www.franklinfoodpantry.org.

Biennial Town Election

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.

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

You can access the official candidacy list for the upcoming election at

https://www.franklinma.gov/sites/g/files/vyh1if10036/f/news/nom_in_out_november_7_2023_17.pdf

EYES

continued from page 16

Lifestyle Modifications: Adopting a healthy lifestyle can be instrumental in managing ocular migraines. Adequate sleep, regular exercise, stress reduction techniques, and a balanced diet can all contribute to migraine prevention.

Medications: In some cases, healthcare providers may prescribe medications to help prevent or alleviate ocular migraines. These can include beta-blockers, calcium channel blockers, or anti-epileptic drugs. Additionally, acute treatments like pain relievers or anti-nausea medications may be prescribed for the headache phase.

Vision Correction: Correcting any underlying vision problems with eyeglasses or contact lenses may improve overall eye health and reduce the frequency of ocular migraine episodes.

Migraine Medications: Some individuals with frequent ocular migraines may benefit from medications specifically designed to prevent migraines, such as triptans or CGRP inhibitors.

Conclusion

Ocular migraines are a unique and often bewildering subtype of migraine that primarily affects vision. While they may not cause

severe head pain, the temporary visual disturbances they produce can be disconcerting. It's essential to understand the triggers, causes, and management strategies for ocular migraines to minimize their impact on daily life. If you experience unusual visual disturbances, consult a healthcare professional for proper evaluation and guidance on managing this condition effectively. By addressing triggers, making lifestyle changes, and, when necessary, using medication, individuals with ocular migraines can often find relief and maintain a better quality of life. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including ocular migraines. 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 the problem of ocular migraines and continue to provide world class eye care for the entire family.

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FPAC to Host Annual Fundraising Gala

The Franklin Performing Arts Company (FPAC) will hold their annual fundraising Gala hosted by Broadway's Ben Cameron (original cast of *Wicked*) on Saturday, November 4 at 6 p.m. at THE BLACK BOX. Attendees will delight in a vibrant fundraising extravaganza filled with cocktails, fine dining, and Broadway celebrity guest entertainment. Both in person and live-stream options are available to participate in the live, silent, and online auctions. A Red Carpet will be hosted by Broadway's Christopher Rice-Thomson (*Hamilton*). Proceeds from the Gala support the professional development of emerging artists and enable world-class talent to perform in downtown Franklin, amplifying the cultural fabric of MetroWest Boston.

From the beginning, FPAC has followed a mission dedicated to promoting the performing arts with an emphasis on youth development. Through FPAC, THE BLACK BOX stage is graced by Broadway stars, professional artists, local performers, and students of the arts. Their performances feature live orchestras and professional artists, and they often provide a first glimpse into the world of theater for local youth.

Gala and Telethon host, and longtime FPAC friend, Ben Cameron has appeared on



Broadway in *Aida* and the original casts of *Wicked* and *Footloose*. He has toured with *Sweet Charity*, *Fame*, *Tommy*, *Footloose*, and *State Fair* and is currently the creator/host of Broadway Sessions at The Green Room 42 in New York City.

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. This season FPAC will present Disney's *The Little Mermaid*, *Buyer & Cellar*, *Bright Star*, an immersive *Tarzan* starring Broadway's original Tarzan Josh Strickland, and *August: Osage County*.

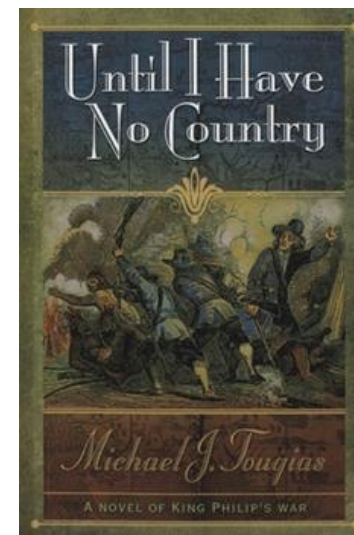
For tickets and more information, visit www.FPAConline.com or call the box office at (508) 528-3370.

Author Michael Tougias to Speak at Historical Museum

NY Times best-selling author Michael Tougias returns to the Franklin Historical Museum Sunday, October 8th, where he will give a slide presentation and talk on his two books covering the war between the Colonists and Native Americans in 1675-76. Tougias is the author of the acclaimed *Until I Have No Country* (A novel of King Philip's War), and co-author with Eric Schultz of *King Philip's War: The History and Legacy of America's Forgotten Conflict*.

The first part of the presentation will discuss the Native American way of life, Colonial settlements, and the events leading up to the war as depicted in his novel. The second part covers the battles and the strategy during this cataclysmic war, which on a per capita basis was the bloodiest conflict in our nation's history. Book signing and questions will follow.

Slides include battle sites, period sketches, historic markers, maps, and suggestions for visiting road-side history. Tougias also discusses Native strategy during the war and the challenges of writing a historic novel. Former Commissioner of Indian Affairs



for Massachusetts and member of the Wampanoag Tribe, Edith Andrews, is quoted on the novel's back cover, commenting that *Until I Have No Country* "captures the essence of the Native American." The novel includes adventure, romance, and intrigue while staying true to historical facts.

Tougias is best known for his seven books about true survival and rescue stories. His latest book is *Extreme Survival: Lessons From Those Who Have Triumphed Against All Odds*.

The author grew up in Longmeadow, Massachusetts which was the scene of a raid during King Philip's War and that is where the author's fascination

with this conflict began.

Tougias is the author and co-author of 29 non-fiction books. More about the author can be found at <http://www.michael-tougias.com>

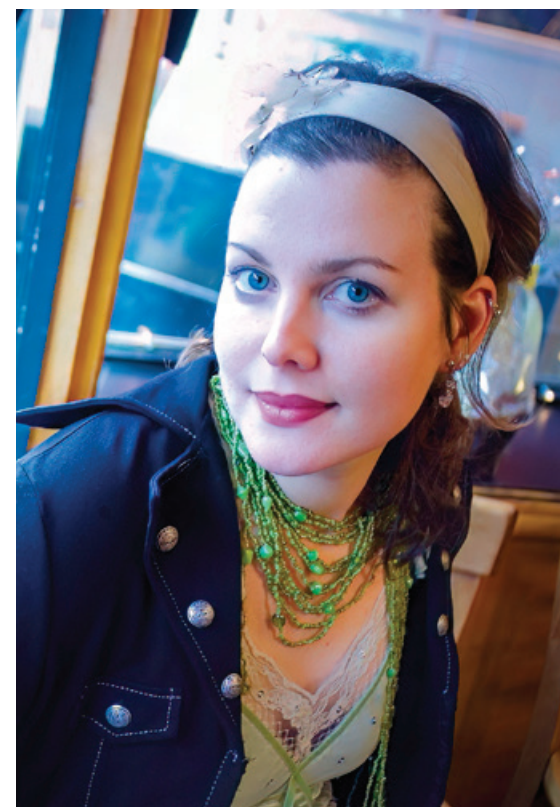
The museum opens at 1 p.m. and the presentation will start at 1:15 p.m. The Second Sunday Speaker Series is free, open to the public and sponsored by The Friends of The Franklin Historical Museum. Handicap access is available through the back entrance of the museum. Be sure to visit our gift shop!

Antje Duvokot October 28th at the Circle of Friends Coffeehouse

Antje Duvokot returns to the Circle of friends Coffeehouse in Franklin on Saturday, October 28th, at 8 p.m.. Antje has solidified her reputation as one of Boston's top singer songwriters. Her songs are stunning paintings of color and shade and always generate the heat and light that real art should. In an unpoetic and 'in your face' world, she is lyrical and subtle.

She has won some of the top songwriting awards including the Grand Prize in the John Lennon Songwriting Competition, the prestigious, Kerrville (TX) "Best New Folk Award" and in one of the nation's top music markets, she won the Boston Music Award for "Outstanding Folk Act", three of the top prizes in the singer songwriter world. <https://antjeduvokot.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 desserts will be available. Admission for this performance is \$25. Please visit <http://www.circlefolk.org/> to purchase tickets or for more information.



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October 2-31

4th Annual Pumpkin Patch, Monday-Friday 4-6, Saturdays 10-4, Sundays noon-4,

St. John's Episcopal Church, 237 Pleasant St., Franklin, sustainably grown pumpkin sale supports church.

October 3

Bridge of Flowers: A Unique Garden, 7 p.m., Franklin Public Library, 118 Main St., Franklin
Explore Shelburne Falls' Bridge of Flowers with photographer Kirsten Torkelson

October 4

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, features demonstration by watercolorist Carlie DeGaetano (www.etsy.com/shop/CarlottasArt)

October 5

Community Conversations, 6:30 p.m., Franklin Public Library, 118 Main St., Franklin, Our Topic for Discussion: Book Banning

October 7

Music Together at St. John's Pumpkin Patch, 11 a.m., 237 Pleasant St., Franklin, free family concert

October 8

Author Michael Tougias, 1:15 p.m., Second Sunday Speaker Series, Franklin Historical Museum, 80 West Central St., Franklin, will discuss Native American life and local colonist-Native American con-

flict.

Pet Blessings and outdoor worship on Sunday, 10 a.m., 237 Pleasant St., Franklin, bring your leashed and contained pets.

October 11

Franklin Kids' Flu Shot Clinic, 3-6 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, <https://home.color.com/vaccine/register/franklin?site=kids-flu-clinic-2023>

Franklin Newcomers meeting, 7 p.m., Escape Into Fiction, 12 Main St., Franklin

October 12

Q&A with Mystery Writer Andrea Penrose, 7 p.m., (virtual program), presented by Franklin Public Library, 118 Main St., Franklin, RSVP on the Library Calendar!

Wildlife Photography Showcase, 6 p.m., Franklin Public Library, 118 Main St., Franklin, photos from Wildlife photography workshop

October 13

Farm-to-Table Cheese & Chocolate, Bellforge Arts Center, 5-7:30 p.m., more info. at <https://bellforge.org/event/farm-to-table-cheese-chocolate/>

October 14

Franklin DPW Touch-a-Truck, 10 a.m. - 2 p.m., 257 Fisher St., Franklin, hydrant contest winners to Presentation on Civilian Conservation Corp Camp and walk at Franklin State Forest, 10

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a.m. - 12 Noon, park at Grove Street Lot, sponsored by Dept. of Conservation and Recreation and Franklin Historical Commission.

Pony Rides at St. John's Pumpkin Patch, 11 a.m., 237 Pleasant St., Franklin, 1-2pm - \$5 per ride

October 15

Professional Archaeological Talk by Dianna Doucette from the Public Archaeology Lab (PAL), 1:15 p.m., Franklin Historical Museum, 80 West Central St., Franklin, talk and slide presentation will discuss evidence of Native American activities in Franklin.

14th Annual Paws & Claws 5k Run/Walk, registration 9 a.m., run/walk 10:30 a.m., Hopkinton State Park, 164 Cedar St., Hopkinton, <https://baypathhumane.org/news-and-events/signature-events/paws-and-claws/>

October 21

Beaded bracelets craft at St. John's Pumpkin Patch, 11 a.m.-2 p.m., 237 Pleasant St., Franklin, FREE

October 22

FUSF Recognizes LGBTQ Month, 10 a.m. worship service and 11:30-1:30 p.m. film and subsequent discussion, all welcome, 262 Chestnut Street, Franklin

October 23

Ghosts and Legends with Jeff Belanger, 7 p.m., Franklin Public Library, 118 Main St., Franklin

October 24

Ballot vote regarding Tri-County Regional Vocational Technical High School bond to pay for new building, 12-8 p.m., info. at <https://www.tri-countybuilding.com>

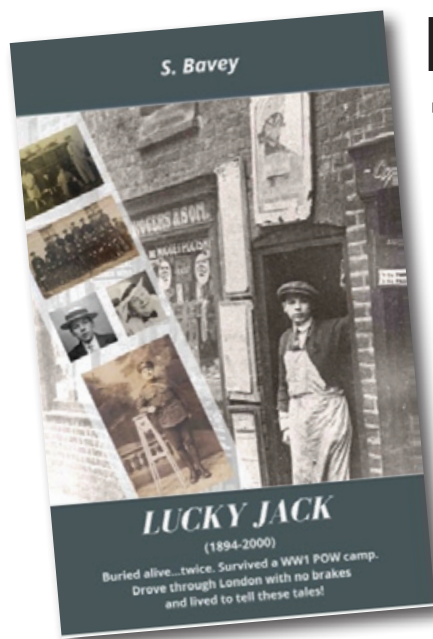
October 28

Trunk or Treat, 10:30 a.m.-12:30 p.m., Franklin Public Library, 118 Main St., Franklin
Franklin Police Halloween Party, 2-6 p.m., Franklin Police Station, Panther Way, Franklin
Haunted House at St. John's Pumpkin Patch, 10 a.m.-4 p.m., 237 Pleasant St., Franklin, FREE

Antje Duvekot, Circle of Friends Coffeehouse, 8 p.m., Franklin's First Universalist Society Meetinghouse, 262 Chestnut St. in Franklin. Doors open 7:30 p.m. Visit <http://www.circlefolk.org/> to purchase tickets.

November 7

Franklin Biennial Town Election, 6 a.m.- 8 p.m., last day to register to vote in this election is October 28



Local Author Wins Top Prize

Franklin author Sue Bavey recently won the 2023 gold medal award in the Non-Fiction: Biography category from Readers' Favorite for her book *Lucky Jack* (1894 - 2000), available on Amazon. The book centers on Jack Rogers. Born in 1894, he once locked eyes with Queen Victoria and was one of the first travelers on London's 'Tube.' An early car owner, he had many escapades on his days out to Brighton. His skills as an entertainer earned him popularity throughout his life and kept him out of the deadly mines while a prisoner during the First World War. At the tender age of 103, Jack earned the title of "The World's Oldest Columnist," as he began dictating his life's exploits to a reporter from the local newspaper.

Bavey will be attending the award ceremony in Miami in November during Miami Book Week.

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October at the Franklin Public Library

The Library will be closed October 9th for Columbus / Indigenous People's Day

Special Events for Kids

Kids Take & Makes: Paper Plate Jack-O-Lanterns! Available Monday, October 2nd

Kids Paint Party! Saturday October 7th @ 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 provided. **REGISTRATION REQUIRED!!** The same painting will be taught in November.

Book Baddies Scavenger Hunt! Friday, October 20th- Sunday, October 22nd

Rainforest Reptiles presents: **Creepy Crawlers!** Saturday October 14th @ 10:30 a.m.

Trunk or Treat! Saturday October 28th, 10:30 AM - 12:30 p.m.

Special Events for Teens

Teen Paint Party! Wednesday, October 4th @ 6 p.m. (12+)

Join local instructor Denise Palmieri for this step-by-step paint party for teens! All materials provided. **REGISTRATION REQUIRED!!** For Teens Ages 12+

Teen Pumpkin Painting! Wednesday October 11th @ 5:30 p.m.

ALARM Scratch Hack-A-Thon! Saturday October 21st @ 11:30 AM - 4:30 p.m.

Registration Required. 3rd-8th graders to be part of a day-long Hackathon! Participants will create games or animations in Scratch 3.0. Bring your own laptop/Chromebook or use one of the Library's. Register on the Library web page!

Musical Bingo: Disney Edition! Wednesday, October 25th @ 6:30 p.m.

After Hours Scary Bad Horror Movie Night, Saturday October 28th @ 4:45 p.m.

No Registration Required.

Special Events for Adults

Adult Take & Makes: Pressed Flower Candles! Available Monday, October 2nd

LIMIT 1 PER PERSON

The Weekend Watercolor, Sunday October 1st & 15th @ 2 p.m.

Registration Required. New Program. Relax with a Sunday watercolor class for adults 18 and over. Register on the Library Calendar!

Bridge of Flowers: A Unique Garden, Tuesday October 3rd @ 7 p.m.

No Registration Required

Explore Shelburne Falls' Bridge of Flowers with nature photographer Kirsten Torkelson, registered as a Garden Club Federation of Massachusetts speaker since 2017.

Wildlife Photography Showcase, Thursday October 12th @ 6 p.m.

Come see the pictures from the Wildlife Photography Workshop!

Q&A with Mystery Writer Andrea Penrose, Thursday October 12th @ 7 p.m.

(Virtual) We are so excited to be in conversation with An-

drea Penrose! Her newest book, "Murder at Merton Library" is right up our alley. RSVP on the Library Calendar!

Ghosts and Legends with Jeff Belanger, Monday October 23rd @ 7 p.m.

Special Events for All Ages

Community Conversations, Thursday October 5th @ 6:30 p.m.

Everyone is welcome to join us each month as we unpack, discuss, and engage with topics relevant both within our community and beyond. Come with an open mind, leave with plenty of food for thought!

Our Topic for Discussion: Book Banning



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Sports

Franklin's #1 Golfer Sets Expectations High

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Franklin's CJ Steele has been playing golf from a very young age, and the first time he swung a club he pretty much fell in love with the game. The now Panther senior not only found the game fun, but seeing the progress he made with the sport gave him the optimism that he could actually become really good someday.

"I was playing in my first tournament (on the Cape) in the eighth grade when I realized that I had the talent to play. I finished second, and knowing some of the kids on the high school team told me that I had what it takes to play and that I should try out," Steele said. "I went in very nervous but just stuck to my game; made good shots and visualized those shots and let my swing do the rest."

Come that September as he entered high school, the incoming freshman made the varsity squad, but with a lot of talented golfers in front of him, he found his spot as the Panther's number seven golfer. Although he was swinging the clubs on the links for Franklin, he thought that his putting was rather shaky, and he would need to improve upon that if he wanted to move up in the ranks. As a freshman, over nine holes, Steele averaged a 42 that season.

Not wanting to be at the tail end of the golfing rotation, Steele went out and purchased a new putter and began working religiously on his craft, hoping to move up. As his sophomore season began, he quickly found that the hard work paid off, and with Franklin graduating five seniors he was now the Panther's number one golfer. However, now as the top dog on the team, Steele found himself squaring off against the best of the best in matches, going up against upper classmen.

"I believe that I belonged there, my game stacked up with everyone in the Hock that I went up against. I had a solid game, so I wasn't worried, and come the end of the year, I think that I was either the 11th or 12th best golfer in the league. The

work I put in showed that I was instantly better and ended up reducing my average by three strokes to a 39."

As Steele played out his sophomore season, Franklin Golf Coach Bob Pingeton noticed that his putting had gotten better, but he still needed to continue to work on it to be the best possible golfer that he can be.

"He is dedicated to the sport, golf is what he is, and he's all in," said the Franklin Coach. "He came in as a very good golfer, having played the sport his entire youth, so with that said, there really wasn't too much room for improvement. He can hit the ball long and good on the fairways, but the only way for him to drop his score is to work on his putting. You can see that he has done that and has putted much better, but he can still improve."

While his sophomore campaign was considerably better, it was his junior season in which he felt his game went to the next level. Steele prepared for the season by playing in many tournaments during the summer and once again, he found himself walking away with a second-place finish at the Major Championships at Crossland. Only losing by one stroke, Steele considered the match the highlight of the summer, and by the end of his junior year, he was sitting at an average of 38.

Coming into his senior and final season with Franklin, Steele was once again named a captain (he was also a captain as a junior). Being a captain is one thing, but being named a two-time captain has humbled the senior.

"Being named a two-time captain really means a lot to me," he said. "When I was a freshman, Jack Patterson was a two-time captain, and I want to follow in his shoes, so to speak and encourage the team."

After qualifying and playing in some really good tournaments this past summer, Steele feels that this is the season, and he's ready for it. As a team captain, he has set the season's goals for the Panthers high. He is looking to guide the team to the top of the Hockomock and take home an individual League Champi-



Franklin High Senior CJ Steele found his confidence as a golfer in his first tournament, back in 8th grade. Now, the two-time captain has set high goals for himself and for his fellow Panthers.

onship. (Last year, Franklin tied for the Title with King Philip). Once the Panthers have secured the league, Steele wants to help the team get to the States.

"We definitely have the talent; we just need to all play our game and do our job. There are five of us who can shoot in the 30's," he said. "If we go out and do that, then there should be no problem of accomplishing our goals."

Individually, Steele is hoping to lower his 18-hole average by three or four shots by the end of the season. He noted that he feels really good swinging the club and hopes to be around 36 over nine holes when the season concludes.

Although he still has his senior season in front of him, the Franklin native would eventually like to take his golf game to the next level and play on a college course.

"At this time, I have some ideas (where he would like to

play), but nothing specific as of yet. Most likely, I'll be staying close to home," Steele said.

Come next fall, there is no doubt that the Franklin golfer will be swinging the clubs for

some college, but for right now, he still has the majority of his senior campaign to play out and capture the goals that he and the team have set.

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FPAC's *The Little Mermaid* to be Directed by Broadway Star

The Franklin Performing Arts Company (FPAC) will open their 2023-24 Season with Disney's *The Little Mermaid*. FPAC is known for bringing Broadway talent to their casts and creative teams and the Disney hit is no exception. Broadway's Christopher Rice-Thomson will direct and choreograph the show running October 13-22 at THE BLACK BOX.

Rice-Thomson, who recently finished a stint touring North America with *Hamilton*, has appeared on Broadway in *The Book of Mormon* and *Pretty Woman*. He is also the creator of the viral dance series "#Tappy." His impressive performance credits also include a five year history

with FPAC. Rice-Thomson first came to Franklin in 2018 when he starred in their production of *Newsies*. Since then he has appeared in shows like last season's *Something Rotten!*, many galas and concerts, and choreographed *The Sound of Music*. He even premiered Christopher Rice's *The Tappy Christmas Special: LIVE with FPAC in 2019*. "I never thought I'd say that I have a home-away-from-home in Franklin, Massachusetts, but I am so thrilled I get to say that now," says Rice-Thomson. "So many things about the beautiful town and supportive community stuck with me. I am honored to be back with my Franklin family for this exciting new production



of *The Little Mermaid*?"

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 the heart with its irresistible songs, including "Under the Sea," "Kiss the Girl," and "Part of Your World." On staging this iconic story at THE BLACK BOX, Rice-Thomson comments, "THE BLACK BOX is so unique and truly allows us to tell the story a million different ways. We have chosen new and inventive ways to bring the worlds above and under the sea to life. You'll have to come see it to experience it for yourself!"

Featuring a cast of New York and New England talent, the show is led by NYC's Malia Monk as Ariel, Mike Cefalo (Broadway's New York, New York) as Eric, Oscar Whitney Jr. as Sebastian, Katie Gray as Ursula, and Daniel Barrett as Scuttle. Rice-Thomson notes, "Our new staging— with the audience on both sides of the theater and the actors at the heart of it all, creates an immersive experience that will make you feel like you're part of Ariel's world."

Disney's *The Little Mermaid* runs October 13-22 at THE BLACK BOX. For tickets and more information, visit FPA-Online.com or call the box office at (508) 528-3370.

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FANN Volunteer Fair First of More to Come

The Franklin Area Nonprofit Network (FANN) held a volunteer fair last month at THE BLACK BOX. Despite bad weather, scores of attendees learned about local nonprofits and volunteer opportunities. FANN plans to hold more of these events. For information, visit <https://www.franklinareanonprofitnetwork.org/>



Shown, members of the SAFE Coalition talk to attendees.

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Local Man Pens Book about Adults in Kids' Sports

Obnoxious Parents and Ruthless Coaches Details Youth Baseball Gone Awry

By GRACE ALLEN

A Norfolk resident with years of experience coaching and officiating in youth baseball games has written a book about the damaging role adults often play in kids' sports. Randy Corwin's book, *Obnoxious Parents and Ruthless Coaches* is a compilation of true stories of bad behaviors by parents, fans, and coaches in recreational leagues locally and across the country.

Corwin has coached and umpired Little League and Babe Ruth baseball games for a combined 25 years now. The book took him twelve years to write, plenty of time to gather the stories that deftly illustrate how problematic adult over-involvement in kids' sports can be.

His goal, he said, was to point out that seemingly well-intentioned parents and coaches are ruining a kids' game by competitive, intense behavior and over-complicated organization.

"I found that even in the local recreational baseball league, where winning is supposedly not the priority, so many coaches and parents were taking these games way too seriously," said Corwin. "I saw coaches doing anything to win games, from cheating, to trying to 'stack' their team, to benching the weaker players while the stars played every minute."

The book details instances of parents almost starting a brawl in the bleachers, coaches getting into fights with each other, and adults screaming at Little Leaguers who dropped a fly ball. Corwin himself once needed a police escort to his car after officiating a game.

While some stories might elicit a headshake, others illustrate the earnestness of competitive parents fixating on a child's game in the unspoken hope of a college scholarship or a professional contract for their offspring later on in



Randy Corwin's book addresses the insanity he and others have seen in youth baseball.

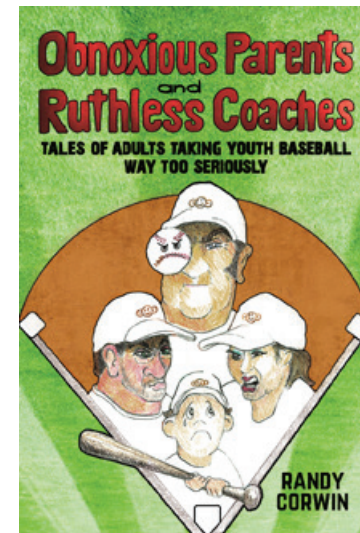
life. The risk of burnout for the kids is real, says Corwin.

He points out that Little League is geared for boys and girls ages 9-12, and that parents and coaches forget that baseball for his generation used to be a simple pickup game, no adults allowed. It's now evolved into an almost-unwieldy apparatus that employs a draft, pages of rules,

a code of conduct for spectators, and all sorts of political machinations designed to field teams that coaches secretly hope will dominate the league.

The real losers here are the kids, argues Corwin.

"What really bothered me about all the things I saw was that the kids look up to the coaches and parents at this age," he said.



"They watch what their coaches do in game situations. They watch how their parents conduct themselves at the games. And that's how they learn to conduct themselves, not just on the field but in real life."

After his own children aged out of youth sports, Corwin turned to umpiring as a way to stay involved with baseball, even-

BOOK

continued on page 25



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Franklin Residents Participate in Boston Marathon® Jimmy Fund Walk presented by Hyundai

101 residents from Franklin were registered to participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, October 1.

John Moore, Molly Kruse, Katherine Caruso, Peter Willis, Michael Gibeault, Harriet Rauffenbart, Ariel Doggett, Emerson Laing, Angel Moscatelli, Peter Sullivan, and 91 Franklin residents along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

Mark Lewis will participate as a Walk Hero for the Boston

Marathon Jimmy Fund Walk. Heroes are matched with Jimmy Fund Walk teams to give participants an opportunity to connect with patients. Mark was diagnosed with Stage IV GI cancer with liver metastases. Mark walks on his match team, The Rak Pack.

"Dana-Farber gives me a sense of security," Mark writes. "The Jimmy Fund is a way for me to give back and help others who are going through the same thing I am. I am hoping to be able to watch my two boys grow up."

"Throughout the past 34 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-Farber. The 2023 Walk will be held during the Jimmy Fund's 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer," said Zack Blackburn, Director of the Jimmy Fund Walk. "This



year also marks the 35th annual Jimmy Fund Walk. We are eager to get out on the course and see all our outstanding walkers and teams come together to support this great cause."

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon® course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber Cancer Institute's Longwood Medical

Campus), 10K walk (from Newton), Half Marathon walk (from Wellesley), and Marathon walk (from Hopkinton).

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration. All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line Powered by Schneider Electric. Due to construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. Walkers should know that distances may be slightly shorter as we finish the walk in front of Fenway Park. The finish line will include a celebration complete with food, music, and a speaking program.

For walkers who wish to participate a bit closer to home, the

Jimmy Fund Walk has flexible opportunities. Participants can also join the event virtually by "walking their way" from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Materials to support Virtual Walkers are available.

To support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255.

About the Jimmy Fund

The Jimmy Fund, celebrating its 75th anniversary in 2023, is comprised of community-based fundraising events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute's lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. Follow the Jimmy Fund on Facebook, Twitter and Instagram: @TheJimmyFund.

Local Volunteers Remember Fallen Soldiers

On September 9th, 2023, volunteers, representing Thanks to

Yanks, a local charity dedicated to serving our military heroes,

distributed fruit and snacks at the 2023 Run for the Fallen, an event that honors and remembers those killed while serving in the military post 9/11. The event took place at Barnes Memorial Park, where boots with flags placed inside emotionally represented those killed while in service to our nation. Volunteers pictured include, from L-R, local residents Pat Rosenthal, Mark Lafountain, Chaplain Bob Markunis, John Milot, and Nancy Boates

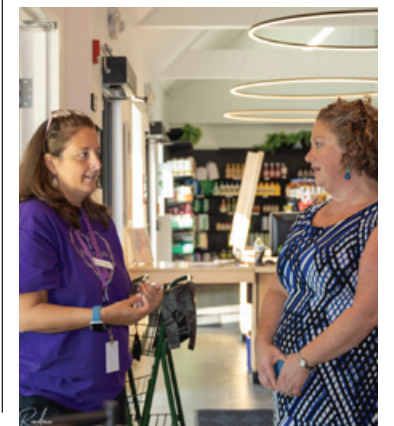
For information on Thanks to Yanks please follow us on Facebook.



Rausch Visits Franklin Food Pantry

On September 7, 2023, Senator Becca Rausch (D) toured the Franklin Food Pantry's new 4,992-square-foot facility at 341 W Central Street, in Franklin. Shown, Laura Du, Client Services Manager (L), and Sen. Becca Rausch (R) discuss supplemental food assistance services and programs offered at the Franklin Food Pantry.

For more information, visit www.franklinfoodpantry.org.





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Franklin Kids' Flu Shot Clinic October 11th

Franklin will hold a flu shot clinic for children residing in Franklin on October 11th, 2023, from 3-6 p.m. at the Franklin Senior Center, 10 Daniel McCa-

hill St., Franklin. Visit <https://home.color.com/vaccine/register/franklin?site=kids-flu-clinic-2023> to register.

Franklin Public Schools Free and Reduced Meal Application

The Commonwealth of Massachusetts voted to make universal free school meals for all students permanent. This means that breakfast and lunch will continue to be served at no cost to all students through the 2023-2024 school year!

Please note that even though meals will be free for all, it is important for families to still complete the Household Application for Free and Reduced Price Meals (<https://linqconnect.com/>) or the 2023-2024 school year if you believe you might qualify.

BOOK

continued from page 23

tually running the Norfolk youth umpiring program up until two years ago. He himself still umpires close to 150 games a year.

A member of the Central Massachusetts Baseball Umpires Association (CMBUA), Corwin says the bad behavior by adults in youth sports has also impacted the number of officials certified to umpire and referee games. When he first joined the CMBUA in 2011, there were 175 umpires but now there are only 92 members left. Ironically, by badgering officials, parents and coaches are only hurting themselves and the kids, because youth umpires and referees are now quitting in high numbers, says Corwin. And they are the pipeline to patched officials, so high school games get impacted, too.

Earlier this year, umpires in Taunton stopped officiating Little League games because of threats of violence towards them. In May, referees and umpires rallied at the Massachusetts State House, asking for stronger protections from parents and fans at youth sporting events. Several bills are now pending on Beacon Hill that seek to impose strict penalties on anyone verbally or physically harassing sports officials at kids' games.

Corwin, 67, uses humor and sarcasm to deal with the serious situations in the book. The owner of Housework Haters Cleaning Service, Corwin and his family have lived in Norfolk since 1986.

Corwin says he has always enjoyed youth sports because he believes they teach valuable life lessons, including how to handle adversity.

"It's always more fun to win than to lose," he acknowledged. "But you have to learn how to win graciously, lose with dignity, and when you disagree with something that may happen in a baseball or football game, you have to learn to accept what the authority figure has ruled and move on. Because that's the way it is in life. You can't challenge everyone you disagree with to a fight in the parking lot."

Obnoxious Parents and Ruthless Coaches has been endorsed by Dan Shaughnessy, sportswriter for the *Boston Globe*, and Dave Wallace, former pitching coach for the Boston Red Sox, among others. It's available online at Amazon and Barnes and Noble, as well as at An Unlikely Story in Plainville.

For more information, or to contact the author, visit <http://www.obnoxiousparentsandruthlesscoaches.com>.

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Franklin Renews Utility Relief Program, Secures Stable Rate amid Inflation Concerns

The Franklin Community Choice Power Supply Program has successfully saved ratepayers an estimated \$11.5 million dollars in electricity costs throughout the previous three-year contract. In an effort to continue to stabilize electricity costs and lower carbon emissions, Franklin has signed a new 24-month contract with energy consultant Colonial Power Group and renewable electricity supplier Dynegy Energy Services to continue to manage and supply its electricity program for all residents in Franklin.

The new fixed rate is 15 cents per kilowatt-hours (kWh); which is an increase of \$.043 cents per kWh over the current rate of 10.7 cents per kWh and is slated to begin with the November 2023 meter reads and end with the November 2025 meter reads. The change will be reflected in ratepayers' December 2023 bill.

"In these challenging fiscal times, this new contract represents a continued commitment to help stabilize electricity bills for ratepayers during this period of high inflation for all residents and small businesses," said Jamie Hellen, Franklin Town Administrator. "Also, as a certified Green Community, I know many Franklin residents are concerned about our carbon footprint. This electricity program has allowed us to reduce our dependence on non-renewable energy sources and decrease our carbon emissions by securing a contract that relies on 100% wind renewable energy."

The Franklin Community Choice Power Supply Program, is an electricity aggregation program that allows a municipality to purchase electricity in bulk on behalf of its residential and small business customers. The goal of municipal aggregation is to stabilize energy costs, achieve

more affordable pricing and deliver savings over the life of the program against National Grid Basic Service, reduce the community's carbon footprint, and enhance local control in its energy purchasing. To date 10,260 meters are participating in the program and Franklin ratepayers have saved a combined \$11.5 million through March 31, 2023.

Franklin Community Choice Program customers currently enrolled in the program will not need to re-enroll or do anything to continue to participate. Residents and business owners are eligible to opt-in or opt-out of the program at will, and those currently not enrolled in the program will need to enroll if interested in participating. There are no fees for enrollment or cancellation. However, residents and business owners with a supplier block on their account must contact National

Grid to request that the block be removed to participate in Franklin's Community Choice Power Supply program, and anyone switching from a contract with a third-party supplier may be subject to penalties or early termination fees charged by that supplier. Ratepayers should verify terms before switching.

Basic Service rates change twice a year or more, depending on rate class. As a result, the aggregation rate may not always be lower than the Basic Service rate. The goal of the aggregation is to deliver savings over the life of the program against National Grid Basic Service. However, such savings and future savings cannot be guaranteed.

As a Green Community since 2018, the Town of Franklin aims to help displace fossil fuel generation and consumption. The Franklin Community Choice Power Supply Program aligns well with the community's re-

newable energy program, which utilizes 100% National Wind Renewable Energy Certificates (RECs).

The Town encourages any ratepayers to use the contact information below for the most efficient service to answer any questions about your bill or enrollment status. The contact information for Franklin's Community Choice Power Supply Program is colonialpowergroup.com/franklin or call (866) 220-5696.

Learn more about the Town of Franklin's Community Choice Power Supply Program at www.franklinma.gov/MunicipalAg

Media Contact: Amy Frigulietti, Deputy Town Administrator, afrigulietti@franklinma.gov
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Our beloved pets are an important part of our lives and our families. At St. John's, we want to thank them for their companionship, and all that they give us.

In honor of St. Francis of Assisi, we'll offer blessings for the animals in our lives, whether they be real or plush. Crate-up, leash-up, or tack them up and bring them with you to the Out-

door Service at 10 a.m. on Sunday, October 8th. Everyone is welcome!

For more information, call (508) 528-2387, email admin@StJohnsFranklinMA.org.

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