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Franklin's Hometown Hero: Kristi Kirshe Wins Bronze in 2024 Olympics

BY MADDIE MIGA

This summer, the U.S. Women's Rugby Sevens Team won bronze at the 2024 Paris Olympics. Kristi Kirshe, one of the team's all-star players who grew up in Franklin, helped make this victory possible. With this being her first-ever Olympic medal, Kirshe describes this accomplishment as "a surreal experience."

The 29-year-old Olympian first got into sports at a very young age. She began playing Pop Warner Football as a kid and picked up other sports like lacrosse, basketball, and soccer as she got older. Kirshe mentions how "growing up in Franklin, I had some really incredible coaches. Franklin offered me the opportunity to get to play a



Franklin's own Kristi Kirshe took home bronze as a member of the U.S. Women's Rugby Sevens Team in the 2024 Paris Olympics, the first time a U.S. women's rugby team has medaled.

Photo used courtesy of Kristi Kirshe

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Grant Writing Pays Off for Franklin Fire Department

BY LYN MACLEAN

BRAVO to the Franklin Fire Department's grant committee, whose valiant efforts have certainly paid off for the town! This grant committee was established in 2017 and typically includes 10-12 Firefighters. The scope of work includes researching and completing grant applications to help offset the costs of updated equipment and specialized training. Aside from receiving funds, writing and applying for grants provide additional benefits to the staff that help build research, writing, project management, collaboration, and administrative skills.

Recently, the town was awarded \$594,654 from the FEMA Assistance to Firefighters Grant Program. Since the infancy of this specific federal AFGP grant established in 2019, Franklin has been awarded \$1,714,084.00 in total, and over \$2.9 million from ALL other various grants including the AFGP grants. That is a number the team should be very proud of!

The most recent FEMA AFGP award will allow \$200,000 of the



grant funds to be utilized to purchase a complete replacement of all vehicle exhaust capture systems for

both stations. The primary function of this system is to ensure all vehicle fumes from the exhaust will not stay in the public and living spaces within the buildings. The current systems were installed nearly 24 years ago in 2000. The old systems used a compressor to move the air through the hoses. A new and improved version is designed to be a magnetic system without a compressor. This new system design will significantly lower the number of service calls needed to maintain the compressors. Long term the magnetic systems will be much more cost effective to operate. This will save the town money with consistent repair costs over the years.

The remaining nearly \$400,000

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GRANT

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will be used for specific department training for ALL fifty-eight firefighters on staff. By mid-September, an additional three will be hired bringing the total staff to sixty-one. Fire Chief James McLaughlin shared, "No matter how long a firefighter has been working with the town, the training is invaluable with all the new emerging technology".

The funds will be allocated for the following:

1. Hire an outside vendor to conduct the instruction on various subjects.
2. Backfill pay to allow staff to get paid when training.
3. Rope training: Basic and advanced technical rescues. Rope rescues can be used in emergencies like pulling a vehicle out of a ditch, a person falling into a well,

or a fire search in a large building.

4. Ladder vehicle training: A new aerial ladder truck is arriving next spring.
5. Electric car fire training: Safe practices for extrication in an electric car with car batteries. For electric vehicles, they learn auto manufacturing specifics that result in fire suppression efforts needing to be more strategic. They need to understand how to cool down the car battery and know where the cables are if they need to cut the doors.

Fire Chief James McLaughlin shared that he meets monthly to collaborate with other towns to see if they can apply for grants as a united front. For example, they just replaced all portable radios with a \$632,000 grant, where they partnered with the town of Norfolk.

Pumpkin Patch Sept. 29 - October 31 at St. John's

The 5th Annual Pumpkin patch will be open from Sunday, Sept. 29 to Thursday, Oct. 31 at St. John's Episcopal Church, 237 Pleasant Street, Franklin.

A good photo opportunity for families and a fun way to start your autumn, the huge selection

of pumpkins and gourds of all sizes, shapes and colors, along with colorful mum plants, will fill the beautiful front lawn at St. John's Church.

Come down Monday-Friday 4-6 p.m., Saturdays, 10 a.m. - 4 p.m., Sundays, 12-4 p.m. Monday October 14, we will be open 10 a.m. to 6 p.m.

For more information: Call (508) 528-2387, email: Admin@StJohnsFranklinMA.org, check Facebook at St John's Episcopal Church, or visit www.stjohns-franklinma.org.

Franklin Residents Urged to Mail Checks inside Post Office

FPD & Postal Inspection Investigating Check Thefts from Blue Mail Boxes

On August 7th, Franklin Police noted on its Facebook page that the Franklin Police Department Detectives and the Postal Inspection Service are currently investigating multiple check thefts from outside blue mail drop boxes including the outside drop box at the Main Street Post Office.

A Postal Employee was robbed of a key to these boxes. As a result, several residents have placed checks to be mailed in these boxes. The suspects in this case have been opening the boxes, taking all of their contents, finding checks, and washing them. This means they are changing the checks in value

and who they are deposited to. They then deposit these checks resulting in people being out thousands of dollars via this check scam.

Residents and people using the Main Street Post Office are advised to use caution if using the outside drop box. If you can, use the box inside the Post Office or consider sending checks and other important mail a different way. If you see suspicious activity around the post office you're encouraged to call (508) 528-1212 or if you believe it's an emergency 911.

Coming Up at the Franklin Senior Center

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

There is always lots to do at the Franklin Senior Center. Here's a peek at what's happening in the month of September.

- Our Pageturners Book Club kicks off on 9/9 with *The Great Gatsby* and *The Double Blind!* We also have our monthly drum circle the same day. Did you know that drumming has been proven to reduce stress and increase mental awareness?
- Explore the benefits and resources available to you through Social Security on the 10th.
- Join us at 9 a.m. on 9/11 for a 23rd Remembrance Ceremony.
- Gametopia meets the 11th and 25th this month. Learn and play an exciting new boardgame!
- Do you know the importance of having a will or a trust? Do you have a health care proxy? Join a local attorney and get informed about Estate Planning: Wills and Trusts.
- Our monthly party is BROADWAY themed! We have James Michael performing for us. This also wraps up our "Spirit Week." See our website (<https://www.franklinma.gov/fsc>) for a list of daily themes and bonus add ons!

- Do you know how to save someone who is choking? Learn how to assist on the 16th.
- What's new with joint replacement? New pathways for hip, knee and thumb replacement will be discussed on the 17th. Also on the 17th What you need to know about medical marijuana! Bring your questions, and no, there will not be samples.
- The power of acupuncture: beyond painkillers is on the 18th.
- SCAM prevention and Body Systems: Sleep as well as a Flu clinic and candle making class fill up our schedule on the 19th.
- The 24th brings us information on how to leverage your home's equity. Retirement planning: Reverse Mortgages.
- Brains need fun for overall neurological health and engagement. Neuroscientist Kymberlee O'Brien teaches us Brain games on the 25th. After giving your brain a workout, sit back and laugh with comedian Alan Ames.
- The month wraps up with Pizza and a Movie on the 26th featuring the movie *Thelma*, and on the 27th travel Around the World with us to India.

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RE-ELECT

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Since 2013 Jeff Roy has helped thousands of Franklin and Medway constituents solve problems concerning unemployment, healthcare, human services, and other issues involving state agencies. In addition he has been part of a legislative team that has tackled the issues of education, economic development, the coronavirus pandemic, healthcare, substance use disorder, criminal justice, civil rights and social equity, gun safety, energy, and the environment.

Delivering results on our shared concerns:

<p>MANUFACTURING Promote economic development by bringing manufacturing back to Massachusetts. ✓</p>	<p>ENVIRONMENT Lead efforts to fight global warming and climate change. ✓</p>	<p>HEALTHCARE Increase access to healthcare statewide, while lowering costs. ✓</p>	<p>EDUCATION Continue current efforts to increase education funding and enhance programs. ✓</p>	<p>CIVILITY Further the commitment to work across party lines and maintain civility in state government. ✓</p>
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Legislative accomplishments:

- Drafted and passed bill accelerating a responsible, innovative and equitable clean energy transition.
- Drafted and passed the clean energy and offshore wind bill.
- Finalized the Roadmap Bill on climate change.
- Drafted and passed the Genocide Education Act.
- Drafted and passed an Act to prevent online abuse and exploitation.
- Drafted and passed an Act concerning step therapy and patient safety.
- Drafted and passed legislation on sexual violence on higher education campuses.
- Helped seniors with Housing, Tax Relief and state funding for Senior Centers.

- Drafted and passed bill that increased transparency and civic engagement by creating a searchable online database of legal notices.
- Drafted and passed legislation lowering thresholds on specialty license plates, making them available to smaller charities.
- Supported Veterans through the HERO and Valor Acts and funding for memorial walkway.
- Brought civics education back to our public schools so young people will understand the importance of participating in government

Local achievements:

- Worked to maintain high quality of the school systems in our communities.
- Aided in re-opening a closed factory in Franklin to manufacture PPE.

- Helped families coping with substance use disorder by co-founding the SAFE Coalition and delivered \$350,000 in state funds.
- Led legislative effort to create a Regional Dispatch Center for Franklin, Norfolk, Wrentham and Plainville.
- Delivered local aid for schools, roads, infrastructure, public safety, arts and recreation.
- Delivered improvements to Commuter Rail Service and infrastructure.
- Secured funding for local food bank efforts.
- Delivered funding for SNETT tunnel and parking at Franklin State Forest, and upgrades to recreational spaces in Medway.
- Advocated for Cultural District in Franklin and supported the arts in our district.



ELECTION DAY
VOTE!
November 5th

An history of delivering impactful local aid for Franklin and Medway:

- | | | | |
|---|--|--|---|
| <p>\$29,717,993 - Chapter 70 (Franklin)
 \$11,042,877 - Chapter 70 (Medway)
 \$10 million - Reconstruction of intersection at Pleasant & Chestnut Streets, Franklin
 \$3 million - Franklin Ridge Senior Housing Development
 \$3 million - Genocide Education Trust Fund
 \$2.42 million - Improvements to the MBTA commuter rail station in downtown Franklin
 \$2.2 million - Intersection and roadway improvements along Grove Street in Franklin
 \$1.3 million - Environmental Bond Bill for improvements to SNETT trail tunnel
 \$1 million - Sidewalk and pedestrian safety improvements in Medway
 \$1 million - Franklin Housing Authority
 \$917,261 - Chapter 90 road funding for Franklin
 \$700,000 - expand the SNETT trail from Grove Street to Union Street
 \$700,000 - Franklin Food Pantry Building Project
 \$525,000 - Grants for Black Box Theatre</p> | <p>\$500,000 - Route 109 access improvements at Choate Park
 \$395,749 - Chapter 90 road funding for Medway
 \$350,000 - Grant for improvements to Medway parks
 \$350,000 - Opioid epidemic funds for SAFE Coalition
 \$200,000 - King Street Park improvements in Franklin
 \$200,000 - Medway THRIVE program
 \$183,000 - Franklin Green Community grant
 \$170,000 - Medway public safety equipment
 \$135,000 - Accessibility and safety improvements at the Lovering Heights Senior Citizens Complex in Medway
 \$100,000 - Dept. of Public Services building in Medway
 \$100,000 - Parking lot at Franklin State Forest
 \$150,000 - Medway Community Farm
 \$100,000 - Franklin Downtown Partnership</p> | <p>\$100,000 - NE Center for Children Program at Parmenter Elementary in Franklin
 \$75,000 - Zoning audit and bylaws modernization grant
 \$70,000 - Quiet Zone study for Franklin commuter line
 \$70,000 - Mental health screenings in the Franklin public schools
 \$65,000 - New firefighter headsets to help prevent hearing loss
 \$60,000 - Solar lighting and traffic controls
 \$58,500 - Development of outdoor fitness programming at the Medway senior center
 \$58,000 - Franklin schools substance abuse task force
 \$50,000 - Medway Food Pantry
 \$50,000 - Veteran's Memorial pathway
 \$50,000 - MetroWest Veterans District
 \$50,000 - Replacement of the playground at Fletcher Field in Franklin
 \$50,000 - Vaping prevention program in the Franklin public schools</p> | <p>\$50,000 - Tri-County School accessible van
 \$50,000 - Horace Mann statue in Franklin
 \$35,000 - Medway historical document preservation
 \$25,000 - Moving Vietnam Wall in Medway
 \$25,000 - Charles River Meadowlands
 \$22,000 - Upgraded communications technology for Medway Fire
 \$21,000 - Senior citizen health program in Medway</p> |
|---|--|--|---|

SCAN THE CODE TO WATCH:

"Making the Case for Re-Election"



PAID FOR BY COMMITTEE TO ELECT JEFFREY N. ROY

OLYMPICS

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ton of different sports.” She goes on to say how grateful she was to be able to have played in different state and division championships. It was these “high-pressure games and high-pressure situations” that helped the future Olympian “develop as a player and as a person.”

After being a three-sport athlete throughout her time at Franklin High School, Kirshe was offered a spot on the Women’s Soccer Team at Williams College. It was there that Kirshe set multiple goal and scoring records, as well as winning the NESAC 2016 Player of the Year Award. She also earned a B.A. in Political Science while at Williams. This degree led Kirshe to take a job at Ropes & Gray, a law firm in Boston, after graduating. While working here,

however, Kirshe began to miss her days of competing. The Olympian first learned rugby at age 23, when a close friend suggested that she should try out the sport. Grace Conley grew up with Kirshe in Franklin, and they were co-captains of their State Championship Soccer Team in high school. Kirshe began playing in February 2018, and in October of that same year, she was asked to move to California to join the USA National Rugby Team. Throughout Kirshe’s athletic career, she describes Conley as “the ultimate part of the journey. I wouldn’t be playing rugby if it wasn’t for her. She’s been there for my entire rugby journey, and my entire journey as a person.” Conley was able to watch Kirshe compete in this year’s Olympics from Paris, along with Kirshe’s close family. When asked about what advice she would give to any past ver-

sion of herself, Kirshe stated that she would tell herself “not to give up on my dreams, because they’re going to take you places you don’t even know.” Kirshe’s first time competing at the Olympics was in the 2020 Tokyo Games. Due to COVID-19, all events at the 2020 Olympics couldn’t allow any spectators. While comparing her experiences from then with this year, Kirshe says how “the entire Olympic experience was really different. It felt so much more special to have record crowds and for there to be such a massive support group.” Kirshe also brought up how important it was for her loved ones to be able to watch her in person from the stands and to be able to meet with them after every game. Throughout the 2024 Olympics, Kirshe played every minute of every game that the U.S. Women’s Rugby Team competed in. This includes her playing the

entirety of the bronze medal match against Australia. When asked about how she keeps her energy and stamina going for a whole match, Kirshe says how her ability to do so is from “years and years of building tolerance. Every one of us has a role on this team, and I think one of my roles is being able to play a lot of minutes.” Kirshe describes winning an Olympic medal as “a huge accomplishment” not only for her and her team but also for helping “put rugby on the map in the U.S.” Prior to her team’s victory, the last time that America took home a medal for rugby was a century ago by the U.S. Men’s Fifteen Team. Kirshe mentions how this victory highlights “how strong and powerful we can be as women, which is something that’s not always celebrated in society.” She emphasizes how the sport “celebrates different body

types and challenges stereotypes of what it means to be feminine while also being powerful.” Looking at the entirety of her athletic career, Kirshe describes her gratitude for the Franklin community and how those in it have always made her feel supported. “Franklin’s a pretty big town,” she explains, “but it feels small in the way people support and stay in touch and care for one another.” Kirshe also brings up how excited she is to be able to come home and “celebrate with the town that really built me. I’m so proud to be from Franklin and to have grown up here. I feel an outpouring of support from the town. I think that kind of helps keep your confidence as a person, knowing that you have so many people who are rooting for you and wishing you the best.”

Franklin Welcomes Kirshe Back Home

By J.D. O’GARA

Hundreds of Franklin residents donned their best red, white and blue and headed down to the Franklin Town Common

to welcome home U.S. Women’s Rugby Sevens Team player Kristi Kirshe back to her hometown on Tuesday, August 20th. Kirshe was ushered in in high style, with

a Franklin Police and Franklin Fire escort. She was introduced and welcomed by Franklin Recreation Director Ryan Jette, commended and recognized on



Local fans crowded the common to greet Kristi Kirshe.



Kirshe arrived with a full police and fire escort.

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behalf of the Town of Franklin by the Town Council’s Debbie Pellegrini, and lauded and thanked on behalf of the MA House of Representatives by Rep. Jeff Roy. Sen. Becca Rausch, unable to come, also sent a proclamation recognizing Kirshe on behalf of the MA State Senate.

Kirshe solidified her status as a hometown hero, answering myriad questions from, largely, young people in town, as well as from Ray Auger, of MYFM 103.3. If anyone had questioned

WELCOMES
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Rep. Jeff Roy presented Kirshe with a proclamation from the MA House of Representatives.

WELCOMES

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her status as a role model for younger girls, it was answered when young Emery asked, “Can I be an Olympics champion when I grow up?” to which Kirshe replied, “Of course you can.” Later, young Laya (sic) asked a similar question, “Do you think I can be an Olympic medalist for soccer?,” to which Kirshe replied, “Do you want

to? That’s your big dream? ... Then chase it, with everything you’ve got.” The young girl pressed further, asking what she’d have to do. The Franklin Olympian responded, “I think you’ll have to work pretty hard, and I think you’re going to have to do it when you don’t really want to do it. People see the 1% of the moments, but it’s the 99% of the moments behind the scenes that get you to that moment.”

Shown are some images from the event.

Children’s Museum Gets Support from Cultural District and Cultural Council

Children’s Museum of Franklin is incredibly thankful for the generous support of the Franklin Cultural District and Mass Cultural Council. By fully funding our 2024 Grant request for \$1,489.75, the Museum was able to build out a MakerSpace exhibit area for our Mobile Museums.

Through this positive trial of the MakerSpace in our Mobile Museums, Children’s Museum of Franklin is now including a MakerSpace into our permanent location being designed and built out at 157 Cottage Street, Franklin.

For more information, visit www.childrensmuseumfranklin.org.





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Dogtopia – A Tail-Wagging Good Time for Your Precious Pups

By JENNIFER RUSSO

According to a recent study published by Forbes, over 65 million US households own a dog. What's more, almost all pet owners consider their pet to be a true part of their family, because... well, they really are. From making sure they get the best in vet care to researching what is in the food we give them, and even replacing a favorite toy again and again when it is chewed beyond recognition, the love we have for them goes beyond words. So, when it comes to making sure they are cared for while we are at work or on a trip, we only want the absolute best.

The good news is that there is a new home away from home for those canine companions that exemplifies the ideal in dog care. It combines a state-of-the-art facility, impeccable safety standards, certified animal-loving team members that are trained to meet the needs of your pup, and a true commitment to the happiness and welfare of your furry, four-legged relatives.

Dogtopia, located in the Franklin Village shopping area, aims to be a haven for dogs by creating a fun and engaging environment for them while their

owners are busy with work, errands, vacations, or other responsibilities.

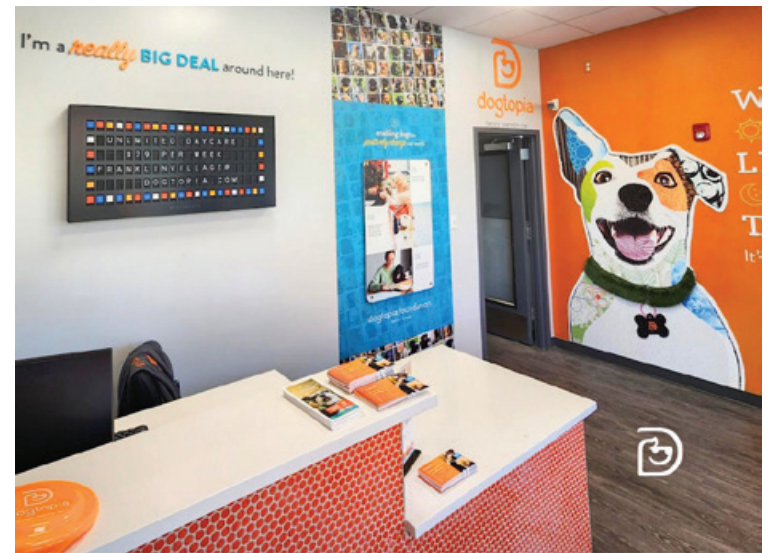
"We treat your pup to fun-filled days of safe socialization with other dogs while they are interacting with our caring team, with exercising and burning off their pent-up energy, as well as basic education to help them improve behavior both inside and outside of your home. We believe daycare and overnight stays should be more than just a place to leave your dog when you are unable to be with them. It should be a place where your dog feels safe and loved while learning valuable socialization skills," says Dogtopia manager Keri Saccoia-Beggs.

Keri is no stranger to the world of canines, coming from a family which bred, raised, and showed Boxers and spending much of her teen years traveling to dog shows.

"You learn a lot about dogs when you are seeing hundreds a day! Now at Dogtopia, I get to meet and play with all breeds of dogs in our playrooms," shares Keri.

That said, Dogtopia understands that not all dogs are the same and they have organized

Business spotlight



The innovative facility is climate-controlled, with compressed rubber flooring to minimize impact on your dog's joints.

Leaving a pet in the care of someone else can be stressful for some owners, but Dogtopia promises true peace of mind. With live webcams in every playroom, owners can check in on their furry family members and watch them play at anytime throughout the day. Owners will also receive periodic report cards to keep them in the loop.

In addition to day care, boarding and spa services are also available. Boarding crates are set up comfortably for rest and that feeling of "home away from home" and pups can even be pampered with a bath, nail trim and blueberry facial!

"We create a safe environment to give owners a trusted second home for their dogs. We can't wait to meet more dogs in the Franklin area! We have some great events happening in September, including a special Labor Day weekend sleepover, Back to School Portraits on Friday, Sept 6th, a Birthday/Gotcha Day party on Thursday, Sept 12th, and our Foundation Fundraiser on Friday, Sept 20th. We will also be at the Franklin Harvest Fest on



Saturday, Sept 28th," says Keri.

In addition to helping the community by caring for local pets, the Dogtopia Foundation also comes together to raise money for important causes. Currently, they are sharing a goal with the community to sponsor a service dog for a veteran, aiming to raise \$6,000 by the end of the year and truly enable dogs to positively impact the world.

Have a pup that could benefit from a place that brings socialization, exercise, love, and all-day fun? Learn more about Dogtopia of Franklin Village and their amazing services by visiting www.dogtopia.com/FranklinVillage and for more information on the Dogtopia Foundation, visit www.DogtopiaFoundation.org.

PAID ADVERTISEMENT

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Amy Azza, Esq

Amy N. Azza, experienced attorney of 24 years, is accepting new clients for their estate planning needs for wills, trusts, powers of attorney and health care proxies.

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WHY YOU NEED A HEALTH CARE PROXY

A health care proxy is a document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

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A Durable Power of Attorney provides extensive power to the individual who is assigned that role. Absent an appointed Agent in a Durable Power of Attorney, it would be necessary for a family member or loved one to petition the court to become the guardian over the incapacitated person.



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their facility in such a way that they can meet the needs of different dogs. Each dog needs to be fit for an open play environment, and they conduct a thorough temperament test during the first visit (called a Meet & Greet). Once they are ready for a fun-filled day, they are separated into one of three spacious playrooms based on similar size, temperament and play style. There is even a dedicated area called the "Wee Pen" for dogs under 8 pounds.

"Safety is always our number one priority," shares Keri. "Our team is certified by two nationally recognized associations in canine behavior and each member has 80+ hours of training. All dogs need to be at least 12 weeks of age and must be up to date on all required vaccinations (Rabies, Canine Influenza, DHPP, and Bordetella). Dogs 7 months old and up must also be spayed/neutered. If you don't have the records on hand, we can even call your vet for you!"

Fall Cleanout is Greener with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic,

Business spotlight

or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.



If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at www.affordablejunkremoval.com.

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Article Correction!

Our paper was recently informed of an error in a headline for a press release that ran in our July issue. The original headline, "5K Race Raises Over \$5,300 for the Franklin & Bellingham Rail Trail Committee," should be "5K Race Raises Over \$8,500 for the Franklin & Bellingham Rail Trail Committee."

According to the member of the Franklin Bellingham Rail Trail Association, "Originally, we only included the \$5,300 donated by TVFR. We later included the donations from TVFR (\$5,300), other corporate sponsors (\$3,000), and the race day raffle (\$200) which brings the total to \$8,500."

For more information on the Franklin Bellingham Rail Trail Committee, visit www.franklinbellinghamrailtrail.org, find them on Facebook or follow them on X.

Franklin Garden Club Sets Programs for Coming Year



The Franklin Garden Club will begin its 2024-2025 season on Tuesday, September 3, 2024, with a meeting at the Franklin Senior Center, 10 Daniel McCall Street, from 6:30– 8:30 p.m. An informal social get-together will take place from 6:30– 7 p.m. followed by a presentation on the coming year's programs and preparation of items to be sold at the Franklin Harvest Festival. The meeting is open to the public, including those interested in becoming a member. All items that are made will be retained by the Garden Club for sale at the festival.

Club Co-Presidents Patricia Donnelly and Mary Anne Dean stated, "The Garden Club, founded in 1987, offers many educational programs, and one

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

In addition to the September 3 meeting, this year's programming schedule includes: October 1– Fantastical Folktales of Flowers at the Franklin Library (This program is supported in part by a grant from the Franklin Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency); November 5 - Foliage Manipulation Demonstration; December

3 - Workshop With Sam's Stems Dried Flower Art; February 4 - Ikebana Presentation; March 4 – Hydrangea Presentation at the Franklin Library; April 1 - What's Wrong with My Houseplant?; May 6 - Day Lilies; June 3 - Year-End Social.

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

Are you looking for a job with school hours and the school schedule? We have the job for you!

The Medfield Foodservice Department is now hiring! Substitute worker positions available with flexible hours, as well as full time, benefited positions.

For more information please contact: Caitlin Fahy at cfahy@email.medfield.net or 508-242-8897

Local Family Supports the Mission of Thanks To Yanks.

Russell Julian, Aria Julian, Preston Julian and Vanessa Cawley of Franklin, owners of Venturi Plumbing and Heating, recently organized a local drive

of personal hygiene items for deployed military and for those veterans currently in need. Thanks to Yanks is grateful for their dedication to their support our

military families. For more information, visit and "like" Thanks To Yanks on Facebook.



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Mastering the College Admissions Process

Navigating the college admissions process can be a complex and stressful experience for both students and parents.

Understanding nuances of early action and early decision, exploring merit-based aid, and utilizing 529 plans and loans effectively can impact this journey. Here's a guide to help clarify these crucial financial aspects.

Early Action vs. Early Decision

When it comes to college applications, Early Action (EA) and Early Decision (ED) are two options usually due November 1st, but they have distinct differences.

Early Action (EA) allows students to apply earlier than the regular deadline and receive a decision sooner, but they do not have to commit immediately. This means students can apply to multiple schools under EA and weigh their options.

Early Decision (ED) is a binding commitment as students agree to attend that college if admitted. Applying ED can enhance acceptance chances because admissions committees view ED applicants as highly motivated. However, it is crucial to request any needed merit aid in the application process, as later requests of needing aid to attend can jeopardize the acceptance.

Focus on Merit-Based Aid

Merit-based aid is financial assistance awarded based on a student's academic, athletic, or

artistic achievements rather than financial need. To maximize merit-based aid:

Take The Road Less Traveled: The "trophy schools" aren't giving a lot of merit, because they receive many applications and don't need to incentivize top students. Therefore, look for niche colleges and/or programs in big schools that excite your student and align to their strengths.

Build Student/Recruiter Relationships: Merit is a relationship business, where personal interactions influence rewards. Encourage students to proactively connect with local recruiters and express their interest in specific programs. Ongoing communication leads to sharing campus visit plans, allowing the recruiter to set up meetings with professor(s) and admissions. Upon applying EA or ED, your student shares with the recruiter and admissions personnel their enthusiasm, application, and calculation of merit needed to attend. Now admissions has a personality with a name and need, plus the local recruiter is making your student's case.

Students must lead these communications, as recruiters are turned off when parents are writing, editing, and/or speaking for the student.

Using 529 Funds

Contributions to a 529 plan grow tax-free, and withdrawals for qualified education expenses are tax-free. To use funds from a

529 plan effectively:

Adjust Investment Strategies: If your child is only a couple of years from starting college, then shift a portion of future expenditures into more stable investments, such as bond funds or money markets, to help minimize future volatility and potential losses.

Qualified Expenses: Ensure that withdrawals are used for qualified expenses like tuition, fees, books, and room and board. Using funds for non-qualified expenses can result in penalties and taxation at the parent's AGI rate.

Exploring Loan Options

Understanding the different types of loans can help in managing student debt:

Federal Student Loans: Typically offer lower interest rates and more flexible repayment terms compared to private loans. They include Direct Subsidized Loans, where the government covers interest while the student is in school, and Direct Unsubsidized Loans, where interest accrues immediately.

Parent PLUS Loans: These are federal loans parents can take out. They have a fixed interest rate and offer flexible repayment terms but place the financial burden on parents.

Private Loans: Offered by banks or private lenders, have higher interest rates and fewer repayment protections than federal loans, so they should be the last resort.

In conclusion, informed parents and proactive students can achieve better financial outcomes and a smoother transition to college life. To learn more, talk with 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 par-



Glenn Brown, CFP

ents and financial independence.

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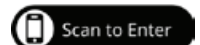
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1. What is your favorite animal or attraction at Southwick's Zoo? _____

2. What would you like to see more of in your local newspaper? _____

Name: _____ Phone: _____



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St. Vincent de Paul's 34th Friends of the Poor Walk: A Tradition of Giving Back

BY MADDIE MIGA

In order to truly understand someone, you need to walk a mile in their shoes. On September 28th, the St. Vincent de Paul Society of St. Mary's Church will be holding its 34th Friends of the Poor Walk as a way to spread this idea of empathy and kindness throughout the Franklin community.

The St. Vincent de Paul Society (SVdP) has been around for hundreds of years. Chris Morris, the President of the Franklin SVdP team, explains that this community has centered itself around "servicing the needs of the poor and the needy in the community." As a way to keep these beliefs alive, the Franklin SVdP often helps those in need by "giving out food and helping with financial assistance." They also work closely with town, state, and federal agencies to make sure that those in need are getting as much support as possible.

Morris mentions that "most people look at Franklin and think of it as a fairly healthy and well-off town, but there's a lot of people here that have needs." Last year, the Franklin SVdP team helped over 2,600 families and donated over \$64,000. These donations helped to provide food and financial assistance to struggling members of the community. The support that the organization received in 2023 allowed them to:

- Distribute 675 bags of donated food & 105 personal hygiene bags
- Give out 72 Complimentary SVdP Thrift Store vouchers worth \$3,600
- Caring Tree 98 families / 224 people with Gifts cards of \$9,500
- Provide Gifts for Mother's Day (48), Father's Day (13), and Veterans (6) of \$2,600



The SVdP team also gave 200 referrals to town, state, and federal agencies. These members have assisted a variety of Franklin residents, such as single moms, seniors, neighbors, and those who are homeless. In the past year, the organization noticed that many individuals faced challenges due to increases in housing, utilities, food, and gas.

To support the SVdP team's goal of continuing to help Franklin's neighbors in need, you can take part in or donate to its 34th Friends of the Poor Walk. The fundraiser will take place on September 28th at the Franklin Town Common. Participants can begin registering at 8:30 a.m., and a Blessing for the Walkers will take place at 9:00 a.m. The event is scheduled to last until 11 a.m., and members of the community are welcome to walk for as little or as long as they'd like. Last year, over 100 people came to participate in this fundraiser. Frequent participants include other groups within Franklin, such as many sports teams from nearby high schools.

The purpose of this tradition is to raise awareness of the struggles some residents face every day. The SVdP team begins planning for this fundraiser in May, where they "create a committee" of volunteers who help organize every detail of the event. Morris



The Girl's Franklin High School Field Hockey team leading the SVdP's 2023 Friends of the Poor Walk.

states that all of the hard work that goes into planning this fundraiser is always worth it come the day of the walk. He describes how "the running of the event is pretty fun. We [the volunteers] get there early, we set up all of the tables and tents, we put up the signs, and everybody's really happy."

While a lot goes into planning the Friends of the Poor Walk, the members of the SVdP team support the Franklin community in multiple other ways. Some examples of this include:

- Guiding them to other resources, both state and charitable

- Providing clothing and furniture through our SVdP Thrift Stores
- Supplying non-perishable food and paper products from our pantry to supplement other food resources
- Assisting financially during an unexpected crisis helping pay rent, utilities, medical, food and gas, car repairs, etc.

Participants will be able to sign up for the fundraiser on the day of the walk. If interested in donating to the St. Mary's SVdP Society, you may visit their website: fopwalk.org. Those who wish to donate can also send a check to SVdP, 1 Church Square, Franklin, MA 02038.

Members of the community are also encouraged to call SVdP at (508) 918-2291 with any questions regarding the fundraiser. All donations remain in Franklin, and all information is kept confidential.

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“Flip Your Own Home”

Moms Painting can update your house before you want to sell

BY JANE LEBAK

It’s a truism that homeowners only update their home’s appearance right before they sell.

But why wait? Melinda Currul, owner of Mom’s Painting, says, “When a seller first sees their updated kitchen, the thing I hear most often is, ‘Why didn’t I do this sooner?’”

Caring for a home’s appearance is a vital part of maintenance. Currul says, “Your home sets the stage for your life. Clean, bright walls and cabinets make it more comfortable to live in. Why save the benefits of updated décor for the home’s next owners, when you can have us do it for you right now?”

Mom’s Painting has developed a reputation for updating wood cabinets and trim to modern white or black.

“There’s no reason to delay until you’re selling to create the home of your dreams...and then move out of it,” says Currul. “Instead, homeowners can do the work a bit at a time. We call that ‘flipping your own home.’”

In other words, a homeowner can make all the updates one normally would do to sell, but

spacing them out so to avoid the financial pressures and time pressures inherent in a move. Then afterward, the homeowner gets to enjoy them.

“By flipping your own home,” says Currul, “the person who walks into the home and is delighted...is you!”

Everyone’s heard of “curb appeal,” but updating the trim gives “foyer appeal.” The instant a buyer steps into the home, the first thing they’ll encounter is clean, bright trim rather than a lot of dark, dated wood. Currul says, “In the buyer’s mind, that wooden trim represents a lot of work to be done. It casts a shadow over the way they view the house.”

It’s difficult to turn over one’s home to someone else to change its appearance, and that’s where the “moms” part of Moms Painting comes into play. Currul says, “A mom is a person who cares. We pay attention to details. We look out for your home as much as if it were our own child’s home.”

Irena Cascella is one of the Moms. She says, “A house is so much more than windows and

Business spotlight



wall. This world isn’t always a pretty place, so when you go home, you want to feel comfortable in your space.”

For cabinets and trim, Moms Painting starts on Monday and finishes on Friday. It’s such a reliable process that some homeowners have scheduled vacations during the work so they’ll return to a freshly updated kitchen.

“No one does work like ours,” says Currul. “We’ve developed a process unique to us, using an exclusive combination of products and techniques to deliver results that homeowners cannot believe.”

On Monday, the cabinets come down. The Moms will sand and degrease the wood, then apply two coats of a special bonding primer. “We had to experiment with several primers be-



fore identifying the one that goes on best and is most durable,” says Currul. “It’s not something every painting company will use.”

Once the wood is primed, the Moms apply a self-leveling paint that ensures an even coat. They do not spray on the paint even though that would be quicker. Instead, with a mom’s eye for detail, the Moms use a specialized roller to create an even finish with no brush marks.

By Friday, all the coats are dry, and the work undergoes one final inspection before it earns the Moms’ approval.

Currul says, “We’re so proud of all the bright, beautiful homes we’ve updated. We keep our busi-

ness small because that serves our customers best. Three Moms, one Dad, one part-timer, and one consultant, and that’s it. This keeps tight control over quality and standards. We all know every aspect of every project.”

Currul adds, “We all take pride together in the finished look, and then you can take pride in your beautiful home.”

Are you ready to ‘flip your own home’? Find Moms Painting at <https://www.momspainting-company.com> and on Facebook at <https://www.facebook.com/momspaintingcompany>. Or you can call (617) 304-6654.

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Historic Happenings at the Franklin Historical Museum in September

Sept 8--Second Sunday Speaker Series: As American as The Blues

A large and important part of the American experience is captured in the origin story of Blues music in the African American community. And the music itself has become embedded in musical artforms nationally and globally. Dean College History Professor, Dr. Rob Lawson will share his insights on this topic on Sunday, Sept. 8 at the Franklin Historical Museum, 80 West Central St., Franklin. Doors open at 1 and the presentation begins at 1:15. Presentations typically include audience questions and run about an hour in length. Lawson is the author of Jim Crow's Counterculture: The Blues and Black Southerners, 1890-1945. The event is FREE, but donations always welcomed.

Sept 15 will inaugurate the first "Third Sunday" Music at the Museum program

Commission member and multi-instrumentalist Randy LaRosa will provide an inaugural demonstration and performance of our newly repaired and tuned, 120-year-old, Frank-



lin-made Trowbridge piano at 4 p.m. Expect a lively and informative afternoon, spanning multiple genres.

Sept. 28 -- In Conjunction with Franklin Harvest Fest --We Recap and Remember the Popular, Local St Rocco's Festival

Join us during the Franklin Harvest Festival on Sept. 28 (rain date Sept 29) from 1-5 for a Celebration of the Long-running Saint Rocco's Festival with special guest, PBS Great American Recipe contestant



and Franklin resident, Marcella 'Marcie' DiChiara. In addition to Marcie we will be sharing images, news clips, and memories of the St. Rocco's festival as well as celebrating Franklin's Italian roots (Look for signs at the museum marking well-known family names where kinfolk are encouraged to reconnect.) And, of course, it wouldn't be St. Rocco's without food, so The Rome Restaurant will be selling pizza slices in front of the museum! The event is FREE, but donations always welcomed.

'CINEMA 80'

After a well-received experimental run from January to May at the Franklin Historical Museum, Cinema 80, captained by videographer and cinephile Chris Leverone, is coming back

for another season of amazing free 'Silent Saturday' silent film entertainment on Saturdays at 6pm. The program is free but donations are encouraged.

The lineup for September includes:

- 9/7, Modern Times (comedy) – created by and starring Charlie Chaplin
- 9/14, Shorts by the tremendously innovative film maker D.W. Griffith
- 9/21, Orochi – a 1925 Japanese film that tells the story of a troubled samurai.
- 9/28, Man with a Movie Camera –a 1929 mesmeriz-

ing showcase of communist life by the Ukrainian Photo Cinema Administration.

The Franklin Historical Museum is located at 80 West Central Street, Franklin. The museum is open Saturday mornings from 10 a.m.-1 p.m. and Sunday afternoons from 1 p.m.-4 p.m. The museum will be closed Independence Day weekend, July 6 and 7.

When visiting the museum, please consider donating a non-perishable item for the Franklin Food Pantry. Questions? Contact Alan Earls at (508) 560 3786.

Visit us online at <https://www.franklinmuseum1778.com>

Franklin Police Have New EpiPen Program

Recently, Franklin Police shared that officers have been carrying adult and child EpiPens (epinephrine) with their daily first aid equipment. To date, the EpiPen program, initiated by Officer David Ricci, has helped

residents experiencing anaphylaxis. All officers are trained in administering EpiPens. On any given shift, there are 6 EpiPens ready for use across the patrol division to help save a life.

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Franklin Honors Purple Heart Recipients

By J.D. O'GARA

On Wednesday, August 7th, the Franklin Veterans Services Office celebrated Purple Heart Day at its Veterans Coffee Hour at the Franklin Senior Center, catered by Starbucks.

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

After Veterans Services Officer Shannon Nisbett welcomed the group with a brief introduction, U.S. Congressman Jake Auchincloss spoke to the group, which included Purple Heart recipients and family members of



U.S. Congressman Jake Auchincloss speaks to a family member of a Purple Heart recipient on August 7, 2024, at the Franklin Senior Center.

Purple Heart recipients.

Auchincloss commended “the Town of Franklin for becoming a Purple Heart Community ... I think it’s an important way for a town to show respect for the 64 known Purple Heart recipients that you have in the town of Franklin and the 45 deceased Purple Heart recipients, those who have given of themselves for

this country, for this constitution, in times of combat.”

Auchincloss recognized the bravery of the Purple Heart recipients who attended the event, including Richard Douglas, (US Marines, Vietnam), Roger Gilbert (US Army, Vietnam), Robert Gardner (US Army, Vietnam) and Gerald Brady (US Army, Korea).



Franklin Purple Heart recipient Robert Gardner is shown here with Congressman Jake Auchincloss on August 7th, Purple Heart Day, at the special Franklin Veterans Coffee Social.

Following Auchincloss’ remarks, Rayna Nisbett performed “Wind Beneath my Wings,” for the group.

Over the past few months, Franklin’s Veterans’ organizations, the Edward L. Grant American Legion Post 75, and the Veterans of Foreign Wars Post 3402, under the auspices of the Town’s Veterans Council, have developed a program to further honor those town members who sacrificed their lives for our nation.

That program will continue this month, honoring the following:

- September 9 - David Bulukian - WWII
- September 18 - Levi Pieri - WWI
- September 21- Lawrence E. Garron, Jr. - Vietnam, and Alfred L. Mucciarone - WWI

- September 25 - Frank J. Smith - WWI

This program will include the placing of a Memorial Wreath for the day at the town’s Veterans Memorial on the Franklin Town Common, the playing of “Taps,” a salute from those present, and a reading of whatever history we may have on that veteran. This is a way of keeping the memory of that veteran alive.

Families of the veterans, if known, are invited to attend the 9 a.m. ceremony.

The public is invited to attend these ceremonies to honor those who gave their lives.

Franklin’s military organizations support numerous veterans’ activities and encourage all veterans in town to join them.

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FAMILY OWNED AND OPERATED

Suicide Prevention Starts with Support

By ANGIE FITTON

Each year over 700,000 people lose their lives to suicide and one in five people have admitted to having suicidal thoughts. National Suicide Prevention Week is September 8th through 14th and there are a lot of great causes dedicated to helping to prevent suicide.

If you ever feel like you are in crisis and need someone to talk to immediately, please utilize the Suicide Prevention Hotline 988; you can call or text and they are available all day every day. 988 is a nationwide hotline. You can also text "TALK" to 741741 to reach a counselor.

SAFE Coalition is based out of Franklin, MA. It is a non-profit that helps to educate and support those who suffer from mental health and addiction concerns, and they want people to know that they are not alone, even if they feel like they are. They hold a Coffee House every Friday, and anyone is welcome to go for "coffee and conversation." These coffee houses are from 8 a.m. in the morning until

noon and are located at 31 Hayward Street, Suite 2C in Franklin. Saturday mornings from 8:30 am to 10:00 am Michelle Palladini hosts "Trauma-Informed Yoga," and these sessions will take place September through November, at the same location.

Ben Speaks is another great advocate for mental health. Their vision statement is "Ben Speaks...creating a culture where youth and families have access to the resources and support they need to empower themselves." They even have their own pledge; "I pledge allegiance to be myself and to be a stand for change! To take full responsibility for my thoughts, words, feelings and actions. To treat myself and all those around me with kindness and respect. To trust my gifts. To put my energy into growing myself fully. To be a voice for a world where all human beings are loved and accepted for who they are. One world under grace, indivisible with dignity and true justice for ALL." Find the organization at

www.benspeaks.org.

For 50 years, Samaritans of Massachusetts have been saying "We're here for you" as they work towards preventing suicide and providing hope. Each year their volunteers and staff answer more than 90,000 calls, texts and chats on their helpline which is part of and can be reached by utilizing 988. On Saturday, September 28th, they are hosting their 26th annual 5k run/walk for suicide prevention. This will be taking place at Artesani Park in Brighton, MA. You can register or volunteer at www.samaritanshope.org. There you can also access all their resources including the 24/7 helpline, suicide prevention workshops and peer support for suicide loss survivors.

The American Foundation for Suicide Prevention is active in all 50 states, and they are at the forefront of suicide prevention. You can find more information on them at www.afsp.org, and if you need to reach them via email, the address is massachusetts@afsp.org.

The Massachusetts Chapter of AFSP brings together people who want to prevent suicide in their communities. The chapter is comprised of families and friends who have lost someone to suicide, individuals who feel vulnerable, mental health professionals, clergy, educators, students and community or business leaders. Their ultimate goal is to eliminate the loss of

life by suicide. One of the ways they do this is by hosting walks through "Out of the Darkness." You can find out more about these walks at www.supporting.afsp.org, but in Massachusetts in the month of September there are walks on 09/07 (Pittsfield), 09/21 (Hingham), 09/22 (Natick), 09/28 (Worcester) and 09/29 (Newburyport)

Franklin Federated Church Annual Yard Sale September 28th

The Franklin Federated Church, 171 Main St., will hold its annual yard sale on Saturday, September 28th from 9 a.m. – 1 p.m., rain or shine. The church has been holding this annual fundraiser for over 25 years to help support the community and maintain their beautiful building.

Shoppers will find great deals on books, toys, household items, electronics, sporting goods, and much more. The

Thrifty Threads thrift store will be open during the sale as well. The store has clothing and shoes for adults and children, along with accessories and a large jewelry display. There will be special savings the day of the sale and there will be a special Boutique Room set up.

Please come on by! This sale is fun for the whole family. All items not sold will be donated to various locations. No early birds please.

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Franklin Public Schools Offers Meals at No Cost for All Students

Franklin Public Schools participates in the National School Lunch Program and National School Breakfast Program. As part of this program, Jefferson Elementary, Oak Street Elementary, John F Kennedy Elementary, Helen Keller Elementary, Horace Mann Middle School and Franklin High School offer healthy meals every school day. The Commonwealth is supplementing National School Lunch Program funds to ensure all students have access to healthy school meals in Massachusetts, regardless of household income. We ask that families complete a Meal Benefit Application as this provides data for school funding and community resources. The results from each Meal Benefit Application is used to ensure sustainability for this program.

Qualifications for children to receive free or reduced price meals include: belonging to a household whose income is at or below the Federal Income Eligibility Guidelines, belonging to a household that receives public assistance, or if the child is homeless, migrant, runaway, foster, or participates in a Head Start or Even Start pre-K program.

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

FEDERAL ELIGIBILITY INCOME CHART For School Year 2023-2024

Household size	Maximum Household Income Eligible for Free Meals			Maximum Household Income Eligible for Reduced Price Meals		
	Yearly	Monthly	Weekly	Yearly	Monthly	Weekly
1	\$19,578	\$1,632	\$377	\$27,861	\$2,322	\$536
2	\$26,572	\$2,215	\$511	\$37,814	\$3,152	\$728
3	\$33,566	\$2,798	\$646	\$47,767	\$3,981	\$919
4	\$40,560	\$3,380	\$780	\$57,720	\$4,810	\$1,110
5	\$47,554	\$3,963	\$915	\$67,673	\$5,640	\$1,302
6	\$54,548	\$4,546	\$1,049	\$77,626	\$6,469	\$1,493
7	\$61,542	\$5,129	\$1,184	\$87,579	\$7,299	\$1,685
8	\$68,536	\$5,712	\$1,318	\$97,532	\$8,128	\$1,876
Each additional person:	\$6,994	\$583	\$135	\$9,953	\$830	\$536

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

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

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

Under the provisions of the free and reduced-price policy, **Jana Melotti, Interim School Business Administrator, 355 East Central Street, Franklin MA 02038, melottij@franklins.net, or 508-553-4825**, will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the determining official on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to **Franklin Public Schools**.

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

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

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

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

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

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

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

For more information, you may call **Aaron Lenart at 508-613-2477 or e-mail at alenarta@franklins.net**

Community Eligibility Provision

Franklin Public Schools will be participating in the National School Lunch Program and the School Breakfast Program. As part of this program, **Parmenter Elementary, Remington Middle School, and Annie Sullivan Middle School** will offer healthy meals every school day at NO COST to the students due to the implementation of the Community Eligibility Provision for school year 2024-2025. Students will be able to participate in these meal programs without having to pay a fee or submit a household application.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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Charles River Chorale Still Singing Strong after 40 Years

BY DAVID DUNBAR

Over the past four decades, the Charles River Chorale has been providing widely acclaimed performances for members and attendees in area towns including Bellingham, Franklin, Holliston, Millis, Medway, Norfolk, and Wrentham.

The Charles River Chorale is celebrating its 40 years and currently has more than 90 members. It's a non-profit organization, led by Board Chair Robert Archibald, Director Ashley Nelson-Oneschuk, Assistant Director Susan Fortin, and a board of directors.

"It has been an amazing 40 years," notes Archibald. "We are bound together by a love of singing."

And that they are. There are two major performances each year, one in December with a holiday theme. And this past May, the concert entitled "Road Trip Across America" offered songs and styles from many regions of the country.

In addition, there will be 13 rehearsals between September 17 and December 6. On Tuesdays at 7:30 p.m., the first three are "open" and folks who want to know more about the Charles River Chorale, or perhaps want

to join it, can get better acquainted. (See sidebar to this article for details.)

"It is an honor to be the director of this amazing organization, especially on a milestone anniversary," explains Nelson-Oneschuk. "Congratulations to every member and supporter, past and present."

She continues, "Whether I'm working with 10 singers or 100, I always strive to keep everyone engaged, challenged, successful, and laughing. Happy people have a much better chance at creating beautiful music and wonderful experiences." Current members range in age from 15 to 83 (Jeanne Johnson cheerfully admits to being the oldest).

Jean Lynch, a 20-year member and singer, says, "Ashley is extremely talented, super organized, beautiful, young mother and has a super-human ability with music."

"We have members from nearly 20 communities in the Charles River valley and beyond," according to Board Chair Archibald. "We have been rehearsing and singing at the Church of Christ, Congregational, in Millis for all of our 40 years." The winter and spring concerts are held at Med-

way High School. Tickets for adults are \$20 each; seniors and students are \$15; five years and under are free.

"The Millis Chorale began in 1975 as the Bicentennial Chorus with concerts in Millis, Washington D.C., and at the Eastern States Expo in Springfield," according to Jeanne Seyfarth, an original member.

Archibald adds, "the group disbanded after the Bicentennial and continued to sing as a church choir at Church of Christ in Millis. In 1985, the group was revived under Roy Kelley to draw in members from Millis who were not members of the church. That group became the Millis Community Chorale in 1985. As we chose to expand beyond Millis to the Charles River Basin in 2000, we changed our name to the Charles River Chorale."

Roy has been described as a "showman," and has since passed away. Ashley, who took over as director 10 years ago, has been described as a "storyteller."

Seyfarth continues, "All of the music that has been chosen for us has been challenging. I plan to continue singing until I am unable to sing anymore!"



Charles River Chorale members gather to discuss their organization's 40th Anniversary. Seated, from left, are Jean Lynch (20+ year member); Jeanne Johnson (30+ year member); and top row, from left, Anne Czarnowski; Meaghan Quilop, board member, and Board Chair Robert Archibald.

There were moments during the COVID pandemic when many thought they would be "unable to sing anymore." Concerts and rehearsals were cancelled or moved to a virtual presentation "so we could continue to perform," says Archibald.

"We finished the pandemic with zero dollars in the bank and 22 members," recalls Meg Quilop, a 13-year member. Membership and attendance have continued to grow post-pandemic with 350 people attending the last concert, 90+ members now, and the bank account is no longer at zero.

Quilop also mentioned some relatively new programs including a Children's Choir, scholar-

ships for music students, and something called the "Sunshine Committee" that promotes a feeling of closeness among members and organizes birthday celebrations.

Jean Lynch observes that "many people are looking to do something for themselves. Singing can help people become friends."

One dictionary defines music as "an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony, and color." It should have included a picture of the Charles River Chorale next to it.

Discover more at www.charlesriverchorale.com

Charles River Chorale to Hold Open Rehearsals in September

The Charles River Chorale will begin its 40th season with 3 open rehearsals in September.

The non-audition chorale meets on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange Street, in Millis. The open rehearsals (September 17th, 24th, and October 1st) allow those interested to explore the possibility of joining the Chorale. New members are always welcome!

Under the leadership of Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a non-profit 501 (c) 3 chorale. Nelson-Oneschuk, a music professional in her 10th year with the Chorale, is also the choral director for Medway High School. Her goal for the chorale is "focused on cultivating a joyful community first, with excellent musi-

cal experiences as the vessel to achieve this."

Chorale members hail from many surrounding towns and range in age from teenagers to octogenarians. The group presents 2 concerts each year, in December and May. "Let It Snow!" is the theme of this year's winter concert, which will be held the first weekend in December. The program will feature traditional and modern songs all related to snow!

Membership dues for the Chorale support operating costs. There are no dues for high school students and scholarships based on need are available. The Charles River Chorale also supports the Charles River Children's Choir as part of its outreach mission.

For more information about the organization and the upcoming open rehearsals, visit www.charlesriverchorale.com. Those who are interested in joining the chorale for the start of the season on September 17th are asked to complete a short sign up document via the attached QR code or via this link: <https://forms.gle/VLG3EoxvoeeHBCV9>. Sponsorships and advertising opportunities are also available.





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The b.LUXE *beauty beat*

Unlock Your Best Look: Must-Know Haircut Trends for Fall 2024

BY GINA WOELFEL

We're unpacking the hottest trends for the autumn/winter 2024 season with the most sought-after hairstyles. After a mostly minimalist summer with styles that seemed to style themselves, we're seeing a return to bold, highly personalized looks that emphasize definition and texture and are poised to turn heads this season! Bangs are back, shorter and more voluminous bobs are adopting new angles, and there's a noticeable nod to the past with a resurgence of retro-inspired cuts like the mullet, the shag, and even "The Rachel."

One noticeable trend emerging in the salon industry is the increased customization of haircuts for both women and men. Clients want to express their individuality in a unique way instead of simply following what they see on social media. There's more freedom to mix and match looks and showcase inventive ideas; this departure from the norm reflects a deeper ownership of individual style.

Get Ahead of the Curve with This Season's Hottest Style Trends!

THE MODERN SHAG AND WOLF CUT:

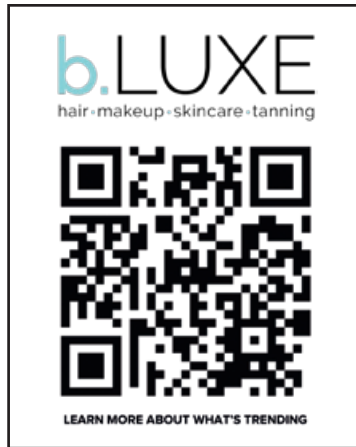
These styles appear similar but are actually different haircuts with similar elements. The **modern shag cut** combines long layers with shorter layers

to frame the face, creating volume and lift. One key element to a great shag cut is bangs! For longer shag cuts, curtain bangs (see below) flow effortlessly into the shag's side layers. The popular butterfly cut is also another name for a longer shag. Its shorter, softer, chin-length side layers and long layers at the back create the illusion of butterfly wings, from which it derives its name.

The **wolf cut** is a popular haircut that combines the fringe of a shag and a mullet's statement style. It's known for its slightly edgy look with choppy bangs, shorter layers on the crown, and longer layers on the back. The style is said to resemble a wolf's wild and unkempt coat. The wolf cut has no exact, definitive shape. It can be long or short, with hair gradually layered thicker around the back and longer base layers that intentionally give a mullet effect.

BANGS:

Bangs are back, adding a fresh and stylish update to our hairstyles this fall season. The most significant trend we're seeing is all about the fringe that frames our faces. From the effortlessly chic **curtain bangs** that soften your facial features and blend beautifully into longer layers to the iconic **Birkin bangs** (inspired by Jane Birkin) that exude vintage charm, there's a perfect style for everyone! **Wispy bangs** add a touch of romantic softness, while **bold baby bangs** can be chunky



and well-defined, with separated strands for a daring statement. For an edgier look, **choppy short bangs** work great with cuts like the wolf cut and French bob haircut, while **layered bangs** are less committal with various lengths that blend into your hair. Whether you prefer a polished center part or the glamorous vibe of vintage **bombshell bangs**, this season's trend invites you to experiment and express your inner glam.

THE RACHEL 2.0:

The **Rachel 2.0** is a modern take on the iconic hairstyle made famous by Jennifer Aniston's character, Rachel Green, on the popular TV show Friends. We all sported this haircut in the mid-90s, even if it didn't quite suit our style. However, the modern version showcases a shaggy, layered, shoulder-length look with plenty of texture and movement and can be tailored to accentuate your best features. It's a versatile and stylish haircut that has



gained popularity for its fresh, effortless vibe. The Rachel 2.0 is a great option for those looking for a trendy yet timeless haircut.

ASYMMETRICAL BOB:

The **asymmetrical bob** is set to be a standout style for fall 2024. This modern twist on the classic bob haircut features a distinctive angled cut, adding edgy elegance and timeless sophistication. With a shorter back and longer front, this versatile haircut complements various hair textures and face shapes, making it a trendy choice for those looking to embrace individuality and defy symmetry. This variation of the bob haircut can be short, medium, or long and can vary in the sharpness of its angle.

These are just a few of this season's most popular hairstyles.

We're also seeing significant demand for high-end men's haircuts, hair extensions, toppers, and faux bangs, as well as no-heat natural styling solutions and layers for all hair lengths. We'll be discussing these in our upcoming Beauty Beats. Scan the QR code to follow along and read our full blog each month, where we share photo inspiration, promotions, and a more in-depth dive into the Beauty Beat.

With so many ways to personalize your style, embrace this season and make it your own.

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BIOHEAT

Sports

Franklin PMC Rider Karen Shaw Treks for a Cause

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

The Pan Mass Challenge is a Massachusetts based bike-a-thon that raises the most money for charity than any other single athletic fundraiser in the country. Its mission is to raise funds for cancer research and treatment at the Dana Farber Cancer Institute. Together, they are looking to get closer, by the mile, to a world without cancer. This year the PMC surpassed the one-billion-dollar mark in funds raised.

Franklin's Karen Shaw is one such rider who has climbed aboard her bike to help the cause. Now riding in her 11th year, Shaw was first introduced to the event when she had some friends, a nurse and a doctor at Mass General, who were already participating in the August ride. With a mother who was diagnosed with cancer, she, too, decided to take part.

"I had cycled locally and in Europe, but when my mom was diagnosed with cancer, I had to get on my bike and do this," the Franklin native said. "I had previously thought about taking part in the yearly ride, but I was afraid of the distance (165 miles from Wellesley to Provincetown) and the fundraising you had to do, but in the end, I realized that the PMC was a great organization and so worth it."

Having decided to hop on her bike with her friends, Shaw would train one day on the weekends until it got closer to the event, and she would then make it both days.

"It's very time consuming," Shaw said. "That first ride, the distance of 165 miles over two days was something very much different than I was used to riding 20 miles at a time."



Cancer hit home for Karen Shaw, of Franklin, who has ridden in the PMC for 11 years, to raise money for Dana Farber. Not only did her Mom struggle and succumb to the disease, but Shaw and a good friend are survivors as well. Photo provided by Karen Shaw

Taking part in an event that spanned over two days and finding herself sitting atop a bike for 165 miles certainly took its toll on the Franklin resident, but she didn't let it dampen her spirits.

"That first year was definitely exhausting. You start very early Saturday morning, ride around 80 miles, sleep on the floor of a dorm with no air conditioning Saturday night only to find yourself back up to do it all again at 4 a.m. on Sunday morning," Shaw said. "Come Sunday night, I was ready for bed by 7:30, but I've come to realize that the PMC is

very well-oiled machine and very impressive."

Now that she has participated in the PMC event for over a decade, Shaw is fully aware of what

to expect and does not find herself as exhausted as she has been in the past. By the time Sunday night of the weekend events rolls around, she is finding herself staying up to 8:30, now.

Following her second year participating in the PMC, Shaw's mother passed away, and she had a friend that was struggling with cancer as well, and things got a lot more emphasized to why she rides. There was also a year in which Shaw herself was told that she had cancer as well as another friend having breast cancer.

"Although my condition was not as serious as my friends', I didn't do the full ride that year and things did slow us down," she said. "It hit a lot closer to home and made the ride that much more meaningful." (Both women are now in remission)

While she still takes part in the event every August, primarily in her mother's memory, Shaw also

does it for her friends and others who have had to deal with the disease.

"When you're riding and see all the people lining the streets and the volunteers at the rest stop, it brings a huge excitement," Shaw said. "The camaraderie of the 6,800 riders and 3,500 volunteers coming together all for the same reason is amazing."

The Franklin rider plans to continue riding as long as she can, and although she may not be able to do the two-day ride, she does plan on continuing to participate and support the PMC in any way she can.

"It may come down to shorter rides or just volunteering, but I will stay involved in some way," she said. "The PMC is such an amazing organization that helps so many people in so many ways, it's just so easy to get swept up in it."

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Living Healthy

Debunking Common Myths in Eye Care

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

When it comes to eye health, myths and misconceptions abound, often leading people to adopt unnecessary or even harmful habits. From the belief that carrots significantly improve vision to the notion that sitting too close to the TV damages eyes, it's time to set the record straight. Here, we debunk some of the most common myths in eye care and provide evidence-based advice to help you maintain optimal eye health.

Myth 1: Carrots Improve Your Vision

One of the most persistent myths is that eating carrots can vastly improve your vision. While carrots are indeed rich in vitamin A, which is essential for eye health, they do not possess magical vision-enhancing properties. Vitamin A helps maintain healthy vision, especially in low light conditions, but it won't correct vision problems such as

myopia or hyperopia. A balanced diet with a variety of fruits and vegetables is more beneficial for overall eye health.

Myth 2: Reading in Dim Light Damages Your Eyes

Many of us were warned as children that reading in dim light would harm our eyes. However, this is not true. While reading in low light can cause eye strain and temporary discomfort, it does not cause any long-term damage to your eyes. To reduce eye strain, ensure that your reading area is well-lit and take regular breaks.

Myth 3: Sitting Too Close to the TV Will Ruin Your Eyes

Another common myth is that sitting too close to the television can damage your eyes. While it might cause temporary eye strain or fatigue, there is no evidence to suggest that it leads to permanent eye damage. Modern televisions emit less radiation than older models, making this concern even less relevant today.

However, it's always a good idea to maintain a comfortable viewing distance to avoid eye strain.

Myth 4: Wearing Glasses or Contacts Will Weaken Your Eyes

Some people believe that wearing glasses or contact lenses will cause their eyes to become dependent on them and weaken over time. This is not true. Corrective lenses improve vision by compensating for refractive errors, and they do not affect the physical health of your eyes. In fact, wearing the correct prescription can help prevent headaches and eye strain.

Myth 5: Blue Light from Screens Is Dangerous for Your Eyes

With the rise of digital device usage, many products have emerged claiming to protect your eyes from the harmful effects of blue light emitted by screens. However, the evidence supporting the effectiveness of blue light-blocking glasses is lacking. Several studies suggest that blue



light-blocking glasses do not significantly improve symptoms of digital eye strain. The American Academy of Ophthalmology does not recommend any special blue light-blocking eyewear for computer use. Instead, focus on taking regular breaks, practicing the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds), and adjusting your screen's brightness to reduce eye strain.

at every stage of life. Conditions such as digital eye strain, dry eye, and even cataracts can affect younger individuals. Protecting your eyes from UV rays, maintaining a healthy diet, and having regular eye exams are important habits for people of all ages.

Myth 9: Sunglasses Are Only for Sunny Days

Sunglasses are often viewed as a summer accessory, but they are important year-round. UV rays from the sun can damage your eyes even on cloudy days. Wearing sunglasses that block 100% of UV rays can help protect your eyes from harmful effects such as cataracts and macular degeneration. Choose sunglasses that offer full protection and wear them whenever you are outdoors.

Myth 10: A Cataract Must Be 'Ripe' Before It Is Removed

False. With older surgical techniques, it was thought to be safer to remove a cataract when it was "ripe." With today's modern surgical procedures, a cataract can be removed whenever it begins to interfere with a person's vision and activities.

Myth 11: Eyes Can Be Transplanted

False. Medical science has no way to transplant whole eyes. Our eyes are connected to the brain by the optic nerve. Because of this, the eye is never removed from its socket during surgery. The cornea, the clear front part of the eye, has been successfully transplanted for many years. Corneal transplant is sometimes confused with an eye transplant.

Myth 6: Eye Exercises Can Cure Vision Problems

Various eye exercises are often touted as remedies for conditions like nearsightedness or astigmatism. However, there is no scientific evidence to support the claim that eye exercises can correct these refractive errors. These conditions are caused by the shape of the eyeball or the cornea and cannot be altered through exercises. If you have vision problems, consult an eye care professional for appropriate corrective measures such as glasses, contact lenses, or surgery.

Myth 7: You Don't Need an Eye Exam If You Have Perfect Vision

Even if you have perfect vision, regular eye exams are crucial. Eye exams can detect early signs of diseases like glaucoma, macular degeneration, and diabetic retinopathy, which may not present symptoms until significant damage has occurred. Regular check-ups can help prevent vision loss and ensure early treatment if necessary.

Myth 8: Only Older Adults Need to Worry About Eye Health

While it is true that the risk of many eye diseases increases with age, eye health is important

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FHS Active Minds Group Promotes Good Mental Health

By ANGIE FITTON

It's the year 2024, and there's still a lot of stigma surrounding mental health, but the students at Franklin High School are doing everything in their power to put a stop to that. To put it into perspective, suicide is the second leading cause of death for people aged 10-34 in the United States. **SECOND LEADING CAUSE OF DEATH.** Let that sink in. For such a developed country in the world, so many people feel helpless, hopeless and lost; like they have no other option but to take their own lives. But, people like Tuhina Pal are here to let you know that you are NOT alone; please let others in.

A Franklin High School Junior this year, Pal is the President of the Active Minds group within the school. The group meets at least a couple times a month and encourages all students to take part if they can. The schedule is available on the advisors' schedule and in Google Classroom as well as on Instagram at FHS Active Minds. Pal notes they cover topics everyone can relate to, so



Members of Franklin High School's Active Minds group, shown, hope to offer a safe space to students struggling with mental health.

as not to trigger anyone with specific hardships, which can otherwise be discussed one-on-one.

"The Active Minds meetings are a safe space for everyone," she explains. "We choose a topic, for example 'perfectionism', and keep it a little vague with room for discussion."

Pal states that she began to really understand about mental health during the pandemic, based on her own struggles. "I joined Active Minds knowing that high school would be a fresh start, and I wanted to be part of helping others with their mental

health." Her passion and emphasis on wanting to raise awareness and be a welcoming light is inspirational.

Another great project that Franklin High School and Pal are part of is The Green Bandana Project. This project is to bring more awareness to mental health and to let others know they are not alone in their struggles. Anyone who is part of the Green Bandana Project wants to honor mental health and let others know that they believe mental health matters. It is a powerful movement where students will



Students in Active Minds participate in The Green Bandana Project, in which wearing a green bandana signifies that you are someone willing to support another who is struggling with mental health.

wear a green bandana on their backpack or around their arms or wrist and this is to let others know they are a safe person to approach, whether it's because you need to talk about something in particular, or even if you just need a hug.

"The Green Bandana Project is so incredible and powerful," Pal states emphatically. She also says that those who wear the bandanas have a message of "I want to help. I want to support

you in your struggles." During the high school's meeting, so many students showed up that they ran out of bandanas. "I was so moved when I saw how many kids were wearing bandanas the next day!" Where it may seem strange to think of approaching someone you don't know when you're having a hard moment just because they're wearing a green bandana, Pal states "Sometimes it's easier to confide in a stranger or peer than an adult or someone you are close to."

Every year, the mental health support group KyleCares, the support behind Active Minds in New England, meets with students involved as mental health supports. In 2024, they met at Gillette Stadium with over 550 students from 37 different schools throughout the state of Massachusetts. The goal is to get every school involved with these mental health support systems for teens and young adults.

It's about time we decrease the number of deaths by suicide, especially since they've been on an incline over the last couple decades.

EYES

continued from page 20

Myth 12: Laser-Assisted Cataract Surgery Is the Same as Traditional Cataract Surgery

False. The five best-ranked eye hospitals in America offer bladeless laser-assisted cataract surgery. We do too. Bladeless cataract surgery aims for better precision, more safety, and excellent outcomes. The laser's advanced precision and ability to correct astigmatism translate into a better likelihood of seeing well without glasses following cataract surgery. The same laser breaks up and softens the cloudy cataract, so less ultrasound is needed to remove it. Less ultrasound translates into less energy used inside the eye and clearer corneas, which helps produce better vision on the first day after surgery. This becomes even more critical if you have a weak cornea or a small eye with a dense cataract.

Dispelling eye care myths is crucial for maintaining good eye health. Instead of relying on hearsay, base your eye care prac-

tices on scientific evidence and professional advice. Regular eye exams, a balanced diet, proper eyewear, and good screen habits are the cornerstones of healthy vision. By understanding and debunking these common myths, you can take better care of your eyes and enjoy clear vision for years to come.

Our eye center and ophthalmologists have state-of-the-art equipment to diagnose and treat almost any eye problem. At Milford-Franklin Eye Center, we continue to serve our communities with state-of-the-art eye care, surgery locally in Milford, and glasses and contacts. With three offices in Franklin, Milford, and Millis, a dedicated surgery center in Milford, and a 50-staff practice ready to help, there is no need to travel hours for your eye care or surgery. We are the area's leading eye care practice. Give us a call or book your appointment online.

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6th Annual Odd Fellows Charity Cornhole Sept. 8th

On September 8, 2024, the public is invited to join the Franklin Odd Fellows for an afternoon of fun and good cheer starting at 1 p.m. at the Bellingham Sportsman Club at 360 Lake St., Bellingham, MA 02019. This will be a fundraiser event with profits going to the Massachusetts Chapter of the Arthritis Foundation. Teams will consist of two players each with a registration

cost of \$25 per player. Team pre-registration is encouraged, but not necessary to be able to participate as cash payment will be collected at the door. Tournament formatting will be round robin play to establish seeding for a double elimination tournament. Last year's event went well, but we're looking for more teams this year. Get your teams together and register today!

The Sportsman Club is an outdoor venue with an indoor lounge, cash bar and TV. The Odd Fellows will provide a buffet lunch and a cash payout to the winning team/teams. Many thanks to the Sportsman Club for use of their facility for this event. Register and prepay at: <https://franklinmassoddfellows.org/cornhole2024/>

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Celebrate the Season and Great Food at Franklin's Harvest Festival on Sept. 28

The 21st Annual Harvest Festival is set for Sat., Sept. 28, with a rain date of Sun. Sept. 29, from 12 noon to 5 p.m. It will take place on Main Street and the surrounding area in downtown Franklin.

More than 150 vendors will display their specialties. Come and enjoy live music, food, kids' activities, artwork and crafts. It's a great time to meet local shop owners and check out all that Franklin offers.

Enjoy delicious choices from local restaurants at the food court: Italian sausage, pizza, hot dogs, barbecue chicken sandwiches, cheeseburgers, chicken fingers, pastries, fried dough, ice cream, gelato and more. Teddy Gallagher's Pub will be working their grill. Dean Bank staff members will be selling cider and fun treats in front of the bank. Proceeds of their sales will go to the Harvest Festival.

Live music will fill the air at The Performance Tent. In separate performances, visitors will hear Dom DeBaggis, Rep. Jeff



This year's Franklin Harvest Festival, courtesy of the Franklin Downtown Partnership and some very generous sponsors, will take place on September 28th, from 12-5 p.m., with a rain date of September 29th.

Roy, and Heath Nisbett. The Performance Tent is located between the Post Office and Dean Bank. This music space presents acoustic guitar and vocal arrangements for all ages.

The Franklin Fire Department will have its popular touch-a-truck attraction. Fire trucks

will be out front at its Route 140 station and Sparky will give out plastic fire helmets to children.

The Franklin Historical Museum will celebrate the long-running St. Rocco's Festival. The museum will share images, news clips, and memories of the St. Rocco's Festival and celebrate



With good food, vendors, entertainment and kid-friendly activities, Franklin Harvest Festival draws neighbors of all ages.

Franklin's Italian roots as well. The Rome restaurant will sell pizza slices in front of the museum.

"Downtown Franklin is a busy social center for shopping, dining and entertainment. The Harvest Festival is the perfect time to get acquainted with local business owners and community groups," said Scott Martin, President of the Franklin Downtown Partnership and Harvest Festival Chair. "We welcome friends from our town and beyond."

The Partnership invites business owners to sponsor the Harvest Festival. Email the FDP office at downtown.franklin@yahoo.com to learn more about sponsorship opportunities.

Thank you to this year's generous festival sponsors: **Platinum sponsor** – Coastal Glow Skin Clinic, Dean Bank. **Gold sponsors** – Dean College; Floor & Décor; Middlesex Savings Bank. **Silver sponsors** – Camford Property Group, Inc.; The Enclave of Franklin; Glen Meadow Apartments; Hockomock YMCA; Notturmo Home Services; Rockland Trust. **Bronze sponsors** – Beaux Regards Photographic Art; Chestnut Dental; DCU; D.G. Ranieri Real Estate; Eagle Stainless Tube & Fabrication, Inc.; Fenton Financial Group; Keefe Insurance; LeafFilter Gutter Protection; Nerds To Go; Simons Furniture; and Turtle 2 Properties, LLC.

The last day to register for booth space is Sept. 15, but spaces usually sell out sooner. Downtown store-front businesses must register to ensure store-front space. Booths are assigned on a first-come first-serve basis. For festival, booth registration or



Franklin Fire Department will hold a touch-a-truck and feature Sparky the Fire Dog during the festival, and next door at the Franklin Historical Museum, see a display of St. Rocco's Feast.

sponsorship info, visit the FDP website at www.franklindowntownpartnership.org.

Follow the Downtown Partnership at:

<https://www.instagram.com/franklindowntownpartnership/> and

<https://www.facebook.com/franklindowntownpartnership.org/>

The Franklin Downtown Partnership is a non-profit 501 (c) 3 organization made up of more than 300 business owners, residents, and community leaders working to revitalize downtown Franklin. Residents can join the Downtown Partnership for only \$25. The Partnership manages events like the Strawberry Stroll and the Harvest Festival, and initiatives such as beautification, streetscape design, green space, alley murals, and sculpture projects. For more information go to www.franklindowntownpartnership.org.



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Energize Franklin Energized to Be Part of Harvest Festival

It seems like only yesterday the Energize Franklin team was enjoying the start of summer weather at the annual Strawberry Stroll. The team recalls the wonderful opportunity



to chat with so many of their Franklin community members and have kids explore solar and wind energy at their table. As summer turns to fall, they're looking forward to more opportunities to connect at the Harvest Festival! The seasons are changing, and the Energize Franklin team believes it's the perfect time to make a sustainable change in your life. Whether folks start small with changing to LED bulbs or are taking the leap with a home energy upgrade or electric or hybrid vehicle, the Energize Franklin team would love to help you with that journey.

Come and join them on September 28th from 12-5 p.m. at the Franklin Downtown Partner-

ship's Harvest Festival. Energize Franklin will have sustainable energy activities again for kids to try out, and they'd love to chat with their adults about sustainable shifts folks are considering. No shift is too small! You'll even be able to check out their website from the festival table. People can check out EnergizeFranklin.org in advance for tips and testimonials from the local community.

Here's some of their sustainable yard care ideas for this fall:

- Fall is the ideal time to fertilize your yard for the coming growing season. Leave some clippings when you cut your grass this fall or mulch leaves in place with your mower to help provide natural nutrients to your lawn.

• Before you add additional fertilizers, test your soil to see what nutrients it might need. This way, you're only providing what's actually needed. Consider natural or organic fertilizer options, such as the ones mentioned above.

- You can move excess leaves to perennial garden beds to help support beneficial insects, pollinators, and earthworms in your garden come springtime.
- When overseeding your yard, consider native grasses.
- Fall is also a good time to aerate your lawn. You can rent aerator equipment from a hardware store or hire a service to do it for you. Not only does aeration help keep your lawn healthy, but it also helps absorb water and reduce run-off and pollutant transport.

Franklin PorchFest Thanks Community; Sets Date

Franklin's PorchFest Committee is pleased to announce that Franklin's first ever PorchFest was an enormous hit! Mark your calendars as we have secured a date for Franklin PorchFest 2025.

Please join us on Saturday, June 7, 2025 for Franklin's 2nd Annual PorchFest. As this 2025 date approaches, use our website at Franklin.PorchFest.Info to register your Band, Porch or sign up to volunteer.

The Franklin PorchFest Committee would like to extend our sincere thanks to the porch hosts for welcoming both bands and residents to enjoy music on their porches. And to the performers whose talent is unbounded, we can't thank you enough for sharing your talent with the residents of Franklin. And to all who helped bring PorchFest to Franklin we say THANK YOU!

We'll see you in 2025!



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FPAC Searching for Young Musicians to Star in School of Rock

The Franklin Performing Arts Company (FPAC) is seeking young local musicians ages 10-16 to complete their cast for their October production of Andrew Lloyd Webber's *School of Rock - The Musical* at THE BLACK BOX. FPAC is holding auditions for singers, guitarists, bassists, pianists, and drummers ages 10-16 to play the students of Horace Green.

Auditions will be held on September 4th at 4:30 p.m. at THE BLACK BOX located at 15 W. Central Street in Franklin, MA. Those auditioning are asked to prepare a brief cut of a song in the style of the show. If auditioning for a role that plays an instrument, prepare one brief cut of a song in the style of the show to sing with the pianist as well as one brief demonstration of playing ability on one's instrument. FPAC will have amps, a drum set, and piano available. For full character descriptions and instrument information, visit FPACOnline.com. All questions regarding the audition/casting process can be emailed to FPACcasting@gmail.com.

The production will be directed by FPAC Artistic Di-

rector Raye Lynn Mercer, choreographed by Broadway's Clay Rice-Thomson (*Moulin Rouge, Matilda, Newsies, King Kong*), with music direction by FPAC's Resident Music Director Hallie Wetzell. The production runs October 18-27 at THE BLACK BOX.

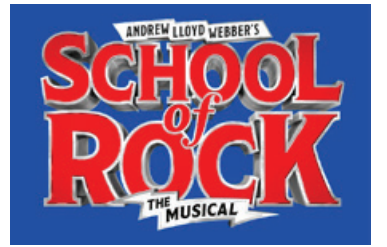
FPAC is a professional regional theater (Actors' Equity SPT Tier 1). The casts and creative teams are made up of Broadway stars, professionals from NYC and Boston, local talent, and student apprentices. All performers 18 (high school) and under cast in FPAC productions appear as "Student Apprentices." The FPAC Student Apprentice program gives students of the arts a chance to share the stage with and be directed/choreographed by Broadway stars and New York, Boston, and local professional artists. A learning experience in the world of professional regional theater, Student Apprentices are sometimes called upon to assist FPAC's Stage Management team and crew with things like technical rehearsals, upkeep of THE BLACK BOX space, and more.

Based on the hit movie, *School of Rock* follows Dewey

Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band. But can he get them to the Battle of the

Bands without their parents and the school's headmistress finding out? With its sensational live kids' rock band, *School of Rock - The Musical* is a loving testimony to the transforming power of music.

Tickets for *School of Rock* and FPAC's entire 2024-25 Season are available now at FPACOnline.com or by calling the box office at (508) 528-3370.



com or by calling the box office at (508) 528-3370.

Special Events at Franklin Public Library

Franklin Public Library's 2024 Reading Challenge!

September: A book whose title starts with the letter "S"!
For complete details and to sign-up, visit <https://www.franklinma.gov/franklin-public-library/pages/2024-reading-challenge>. Grand prizes made possible by the Friends of the Franklin Library!

ESL & Adult Literacy Program

Volunteers and students do not need to be Franklin residents. If interested, fill out the registration form on the library's website.

Special Events for Kids

September Book Bingo! Tuesday, September 3rd - Monday, September 30th
Deadline to pick up prizes is Saturday, October 5th.

Pirate Party! Saturday, September 14th @ 1 p.m.

Captain Robbie Bones Pirate Magic Show! Tuesday, September 17th @ 1 p.m.

Blue Dog Bash! Saturday, September 21st @ 1 p.m.

Special Events for Teens

Hack Your College Application! Wednesday, September 4th @ 6 p.m.

Broadway Musical Bingo! Wednesday, September 25th @ 5 p.m.

Special Events for Adults

Adult Painting Saturday September 14th 1 p.m.
Registration Required

Author Talk with Ted Reinstein, Thursday September 19th @ 6:30 p.m.

One Book, One Community Book Talk: The Humans, Saturday September 21st @ 3 p.m.

Special Events for All Ages

Health Fair! Wednesday, September 25th @ 3:00PM

Winter Berry Farms: Angora Rabbit Visit, Friday September 27th 3 p.m.

Franklin Library Book Sale

Friday, September 20th, 1-5 p.m. Saturday, September 21st, 9 a.m.-noon

Bag Sale - \$5 A Bag—Saturday, September 21st, 1-4 p.m.

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FPAC Announces 2024-25 Season

The Franklin Performing Arts Company (FPAC) is excited to announce its 2024-25 season of musicals and plays in their home venue THE BLACK BOX. The exciting lineup will include *School of Rock*, *Proof*, *To Tell a Story About the Earth*, *The Producers*, and *Little Women*.

FPAC will open its season with Andrew Lloyd Webber's *School of Rock – The Musical* October 18-27 at THE BLACK BOX. Based on the hit movie, *School of Rock* follows Dewey Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band. But can he get them to the Battle of the Bands without their parents and the school's headmistress finding out? With its sensational live kids' rock band, *School of Rock - The Musical* is a loving testimony to the transforming power of music. Directed by FPAC Artistic Director Raye Lynn Mercer, with choreography by Broadway's Clay Rice-Thomson (*Moulin Rouge!*, *KING KONG*, *Matilda*, *Newsies*), and music direction by Hallie Wetzell.

The season continues with David Auburn's Pulitzer Prize-winning play *Proof* November 15-17 at THE BLACK BOX. Catherine has spent years caring for her brilliant but unstable father, Robert. When he dies she has more than grief to deal

with: there's her estranged sister, Claire, and Hal, a former student of her father's who hopes to find valuable work in the 103 notebooks that Robert left behind. And a further problem: how much of her father's madness - or genius - will Catherine inherit? Directed by Nick Paone. Patrons are advised: *Proof* deals heavily with themes of grief, death, and dying and contains strong language and some mature themes.

FPAC Holiday Productions will mount their annual production of *The Nutcracker* with live orchestra, special guest artists, and more than 100 area dancers December 7-8 at the FHS Auditorium. December 20-21, the holidays are jolly and bright as *'Tis the Season!* returns to entertain audiences with great merriment, fanfare, and fun. An original large cast musical first presented by FPAC Holiday Productions in 1995, *'Tis* is an upbeat, jazzy extravaganza with contemporary arrangements of favorite holiday classics in musical styles ranging from R&B, gospel, and Motown to Rock, Pop, and Broadway.

After the holidays, FPAC will present *To Tell a Story About the Earth*, a new play by Miranda Rose Hall in development by LubDub Theatre Co January 10-12 at THE BLACK BOX. After a disastrous first production, a fledgling theater company has decided to call it quits. But when the local librarian requests a new performance for Earth Day, the young artists have a decision to make, and questions

abound: what's the deal with this weird fish? Who built the room we're standing in? Isn't there supposed to be a storm tonight? Part scripted play, part guided introduction to devising methods, part environmental investigation, and part fill in the blank, *To Tell a Story About the Earth* prompts ensembles everywhere to create and share an original show about the natural world close to home. Directed by Caitlin Nasema Cassidy and Geoff Kanick.

The 2024-25 season will continue with Mel Brooks' *The Producers* March 14-23 at THE BLACK BOX. The plot is simple: a down-on-his-luck Broadway producer and his mild-mannered accountant come up with a scheme to produce the most notorious flop in history, thereby bilking their backers (all "little old ladies") out of millions of dollars. Only one thing goes awry: the show is a smash hit. The antics of Max Bialystock and Leo Bloom as they maneuver their way fecklessly through finding a show, hiring a director, raising the money and finally going to prison for their misdeeds is a lesson in broad comic construction. At the core of the insanely funny adventure is a poignant emotional journey of two very different men who become friends. With a truly



hysterical book co-written by Mel Brooks and Thomas Meehan (Annie) and music and lyrics by Mr. Brooks, *The Producers* skewers Broadway traditions and takes no prisoners. Directed by Raye Lynn Mercer, with choreography by Broadway's Clay Rice-Thomson (*Moulin Rouge!*, *KING KONG*, *Matilda*, *Newsies*), and music direction by Hallie Wetzell. *The Producers* is a Mel Brooks comedy full of adult humor and innuendo. Audience discretion is advised.

FPAC's season will conclude with the musical adaptation of *Little Women* June 6-8 at THE BLACK BOX. Based on Louisa May Alcott's life, *Little Women* follows the adventures of sisters Jo, Meg, Beth, and Amy March. Jo is trying to sell her stories for publication, but the publishers are not interested - her friend, Professor Bhaer, tells her that she has to do better and write more from herself. Begrudgingly taking this advice, Jo weaves the

story of herself and her sisters and their experience growing up in Civil War America. *Little Women* embodies the complete theatrical experience, guaranteeing a night filled with laughter, tears, and a lifting of the spirit. The powerful score soars with the sounds of personal discovery, heartache, and hope - the sounds of a young America finding its voice. Directed by Ali Funkhouser with music direction by Hallie Wetzell.

FPAC is an Actors' Equity Small Professional Theater company based at THE BLACK BOX in downtown Franklin. Each season, FPAC produces musicals, plays, ballets, and more featuring Broadway stars, professional actors, local artists, and students of the arts. Tickets for the 2024-25 season will be on sale soon. Follow Franklin Performing Arts Company and THE BLACK BOX on Facebook and Instagram for updates on programming.



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The Common Application Activities Section

Navigating the Common Application is generally very straightforward, although students often encounter challenges when completing the activities section.

Each section of the Common Application (CA) represents a distinct chapter in the student's story, emphasizing their values and strengths. While the CA essay reveals the student's character, and the courses & grades section showcases the student's course rigor and GPA, the activity section illustrates how the student has chosen to spend their time both in and out of school. It offers an opportunity to showcase more than just a student's GPA and test scores - it is a chance for the student to demonstrate their passions, interests, and contributions to their community.

An extracurricular activity for the CA is any activity that a student engages in outside their academic coursework. These activities are particularly impactful when the activity aligns with the student's interests and goals. Traditional examples include



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

athletics, clubs, volunteer work, religious involvement, and jobs. However, family responsibilities, such as caring for younger siblings or working a part-time job to specifically help pay for family expenses are important duties and should also be included. Activities don't need to be limited to school related ones; but some nontraditional activities can be tricky to define in terms of what qualifies as an acceptable activity.

These examples should help:

- Student #1 loves to bake and bakes cakes for her family on holidays. While baking itself is not considered a CA activity, her additional efforts- such as making flyers and distributing them at her grandfather's senior living home and now making theme cakes for her grandfather's friends monthly is considered a CA activity.

- Student #2 enjoys regular exercise. While exercising alone is not a CA activity, he takes it a step further. He sets up a challenge with a group of friends, and they work out together daily, tracking their progress, and as a final challenge they compete in a 1/2 marathon - which is a CA activity.

Additional tips:

1. You are allowed 10 activities in the CA activities section. Although it is perfectly fine if the student does not have 10 activities - every student is unique, and their experiences vary. There is no magic number of activities - what matters most is reflecting on what holds significance to the student. The student should consider the impact they have made on their family, community, or club.
2. What if you have too many activities? (1) Reflect: remember each part of the CA contributes to the student's unique story. They need to take time to reflect on what is the most important and choose activities that paint the truest picture of who they are; (2) Consolidate: If there are a cluster of similar activities, such as various volunteer jobs or theatre-related activities, combine them into a single entry; (3) Use the additional information section in the writing tab to highlight a particular significant activity

- provide context and explain its impact, and (4) some colleges allow applicants to upload a resume in the CA. This is an excellent way to showcase all the activities.

3. Is there limited space in the CA activity section? There are only 150 characters (not words) for the activity description so make every word count. Use action words, be specific, emphasize leadership skills, list items versus using full sentences, quantify involvement with numbers, and use the present tense for current activities.
4. What order should you list activities? When listing activities, students should prioritize them based on the importance. Admissions officers tend to focus more on the initial activities than on the ones further down the list.

And as always - family is a great resource to brainstorm ideas. Moms/dads/guardians never forget all the wonderful things that their children have accomplished!

Good luck and enjoy the journey!

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Calendar

September 3

Franklin Garden Club meeting, 6:30-8:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, open to public

Massachusetts State Primary Franklin Rotary Club Meeting, 5:30 – 7:30 p.m., Arigna Irish Pub & Coal Fire Kitchen, 799 E Main St., Bellingham, MA., contact Diane Padula, padularotary@gmail.com to join as guest

September 4

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, guest artist Kim Morin Weineck will give a fine art gouache, step by step demonstration

FPAC auditions for singers, guitarists, bassists, pianists, and drummers ages 10-16 to play the students of Horace Green in School of Rock, 4:30 p.m., 15 W. Central St., Franklin, prepare a brief cut of a song in the style of the show, questions to FPACcasting@gmail.com.

September 6

No Book Book Club, 6:30 p.m., Love Your Shelf, 9 N. Main St., Unit 1, Bellingham, visit <https://loveyourshelfusedbooks.square.site/events> to sign up. Discuss what you're reading.

September 7

Cinema 80 Silent Film: *Modern Times* (comedy) – created by and starring Charlie Chaplin, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin, free

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

Electronics Recycling Day, 8 a.m. – 12 p.m., First Congregational Church of Milford, 4 Congress St., Milford, Recycling fees \$5 to \$45 per item, portion of proceeds benefits church

September 8

Second Sunday Speaker Series: As American as The Blues, 1:15 p.m. (doors open 1 p.m.), Franklin Historical Museum, 80 West Central St., Franklin, features Dean College's *Jim Lawson*, author of *Jim Crow's Counterculture: The Blues and Black Southerners, 1890-1945*

6th Annual Franklin Odd Fellows Cornhole Tournament, 1 p.m., Bellingham Sportsman Club, 360 Lake St., Bellingham, to benefit Mass. Arthritis Foundation, Register and prepay at <https://franklinmassoddfellows.org/cornhole2024/>

September 10

Yankee Quilters Guild first meeting of season, 7 p.m., Emma's Quilt Cupboard, Horace Mann Plaza, Franklin, newcomers welcome to join in getting quilts to Dana Farber

September 12

Wasted Food, Hunger, and the Climate Emergency: How Food Recovery Helps, 7-9 p.m., First Universalist Society of Franklin (FUSF), 262 Chestnut St., Franklin, Franklin Food Pantry welcomes Liz Miller, of Spoonfuls, to discuss the role of food rescue in fighting food insecurity and the climate crisis

Cruise Night, Craftroots, 4 Industrial Rd., Milford, www.craftrootsbrewing.com

September 13

Magic of Three Meet the Artists Reception, 6 p.m., Lotvin Family Gallery, Hopkinton Center for the Arts, www.hopartscenter.org

September 14

Open House, 10 a.m. – 2 p.m., Encore Music Academy, 3 Bent St., Franklin

Cinema 80 Silent Film: Shorts by the tremendously innovative film maker D.W. Griffith, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin, free

Franklin Rotary Car Show, 9:30 a.m.- 1 p.m., New England Chapel, 300 Central St., Franklin, to sign up or sponsor, contact Gary Convertino at gconvertino@cox.net

or John Power at john@powerpaintingplus.com. Free to spectators.

18th Annual Cactus & Succulent Festival, 9 a.m.- 4 p.m., Norfolk Public Library, 2 Liberty Lane, Norfolk, show and sale with over 25 plant sellers/potters. Free, free parking, free plants to first 50 attendants

Embrace Boston's inaugural Embrace Massó "¡Con Salsa!" International Music Festival (EMCS), 1-7 p.m., Boston Common, headlined by Salsa & Latin Jazz Legend Eddie Palmieri and his Salsa Orchestra. Admission free, registration encouraged.

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

September 15

"Third Sunday" Music at the Museum, 4 p.m., Franklin Historical Museum, 80 West Central St., Franklin, Commission member and multi-instrumentalist Randy LaRosa will provide an inaugural

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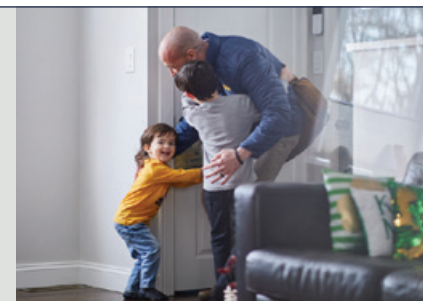


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September 25

Franklin Health Dept. Health Fair, 3 p.m., Franklin Public Library, 112 Main St., Franklin

September 26

4 Precious Paws Rescue, Inc. Fundraiser, 12-9 p.m., Ravioli's Italian Cuisine, 45 River St., Millbury, meet cat rescue team, enjoy food, raffles, music

September 27

Winterberry Farms Angora Rabbit Visit, 3 p.m., Franklin Public Library, 112 Main St., Franklin

"Let it Be" A Musical Celebration of The Beatles, Dean College, 109 West Central St., Franklin, more info.. at www.dean.edu/performance

September 28

Franklin Downtown Partnership 21st Annual Harvest Festival, 12-5 p.m., over 150 vendors, live music, kids' activities, crafts, food court, touch-a-truck at Fire Dept. with Sparky the Fire Dog, St. Rocco Feast display at Franklin Historical Museum

St. Vincent de Paul of St. Mary's Church Friends of the

Poor Walk, 8:30 a.m. registration begins, 9 a.m. Blessing of the Walkers, walk until 11 a.m., Franklin Town Common, fop-walk.org

Franklin Federated Church Yard Sale, 9 a.m.- 1 p.m., 171 Main St., Franklin, rain or shine

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

Cinema 80 Silent Film: *Man with a Movie Camera* – a 1929 mesmerizing showcase of communizing life by the Ukrainian Photo Cinema Administration, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin

"Let it Be" A Musical Celebration of The Beatles, Dean College, 109 West Central St., Franklin, more info.. at www.dean.edu/performance

Celtic Band Runa, 7:30 p.m., Circle of Friends Coffeehouse, 252 Chestnut St., Franklin, \$25, <https://circlefolk.org>

September 29

"Let it Be" A Musical Celebration of The Beatles, Dean College, 109 West Central St., Franklin, more info.. at www.dean.edu/performance

Fall at Bellforge Arts Center

- September 7, Illuminate: Lantern Parade & Festival, 5 p.m.-7:30 p.m.
- September 14, Locally Grown Food, Drink, & Music Festival, 3-7 p.m.
- September 21, The Rat Reunion: 50th Anniversary, 3-7 p.m.
- October 5, Women In Music Celebration with Liz Longley, 3-7 p.m.
- October 13, Culturefest 2024, 10 a.m.-3 p.m.
- October 19, Fun At The Forge: Fall Edition, 10 a.m.-2 p.m.
- October 26, Rocktoberfest: End of Season Celebration, 12-5 p.m.

For more information about Bellforge Arts Center, visit www.bellforge.org.

demonstration and performance of our newly repaired and tuned, 120-year-old, Franklin-made Trowbridge piano

September 17

Charles River Chorale Open Rehearsal, 7:30-9:30 p.m., Church of Christ, 142 Exchange St., Millis, more info. at www.charlesriverchorale.com

Franklin Rotary Club Meeting, 5:30 – 7:30 p.m., Arigna Irish Pub & Coal Fire Kitchen, 799 E Main St., Bellingham, MA., contact Diane Padula, padularotary@gmail.com to join as guest

September 19

Author Talk with Ted Reinstein, 6:30 p.m., Franklin Public Library, 112 Main St., Franklin

September 20

Franklin Library Book Sale, 1-5 p.m., Books \$1

September 21

Franklin Library Book Sale, 9 a.m.-12 p.m., Books \$1

One Book, One Community Book Talk: *The Humans*, 3 p.m., Franklin Public Library, 112 Main St., Franklin

Cinema 80 Silent Film: *Orochi* – a 1925 Japanese film that tells the story of a troubled samurai, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin, free

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

SAFE After Dark Sober Coffeehouse Series: 31 Hayward Street, Suite 2C, in Franklin, open mic 6:30 p.m. to 8 p.m. followed by The Elastic 5, 8:15 p.m. to 9:30 p.m., if interested in performing, email jderick@safecoalitionma.org

September 24

Charles River Chorale Open Rehearsal, 7:30-9:30 p.m., Church of Christ, 142 Exchange St., Millis, more info. at www.charlesriverchorale.com

Franklin Rotary 8th Annual Car Show September 14th

Franklin Rotary Club & New England Chapel is "Gearing Up" for their 8th Annual Car Show, slated for September 14th, 2024, from 9:30 a.m. – 1 p.m., located at New England Chapel, 300 Central Street, Franklin, MA 02038. Registration is \$15 per car and entry is FREE to spectators. This show features: Food, Raffles and welcomes vehicles of all types; Antique, Muscle, Classic, Custom, Motorcycles and out of the norm new cars! Trophies will be awarded at 12:30 p.m.

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

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

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

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or John Power at john@powerpaintingplus.com

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

If you would like more information about our organization or to become a member, please contact Diane Padula, padularotary@gmail.com and she will make arrangements for you to be a guest at one of the upcoming meetings. Rotary meets the first and third Tuesday, 5:30 p.m. – 7:30 p.m. at the Rome Restaurant, 4 East Central Street (Rte. 140), Franklin, MA.

Wasted Food, Hunger, and the Climate Emergency:

How Food Recovery Helps

Thursday, September 12, 2024

7-9 p.m.

First Universalist Society in Franklin (FUSF)

262 Chestnut St., Franklin, MA

The event is free and open to the public.

Tickets are limited.

Registration is required.

Scan QR Code to Register.

Hosted by FUSF's Food Justice Team

As part of Hunger Action Month, the FUSF Food Justice Team will be holding an educational event at the First Universalist Society of Franklin, welcoming Spoonfuls Community Manager Liz Miller on September 12 at 7 p.m. Liz will discuss the role of food rescue in fighting food insecurity and the climate crisis.

Join us for an educational evening examining how collecting fresh, edible food that would otherwise go to waste, and distributing it to social service agencies like The Franklin Food Pantry can help address food insecurity and the climate crisis.



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Yankee Quilters Welcomes Members New & Old to Fall Events

Yankee Quilters, a local guild of dedicated quilters, will begin its program year on Tuesday, September 10th at 7 p.m. at Emma's Quilt Cupboard in the Horace Mann Plaza in Franklin. Quilters from new to experienced are welcome to join throughout the year.

Yankee's Comfort Quilts team of dedicated members work together to create beautiful quilts for Dana Farber cancer patients, homeless/displaced children and for international aid groups through the "Wrap the World in Quilts" organization. Yankee members also contribute quilt blocks for Quilts of Valor for veterans. Each of these charity projects is a great opportunity for learning and practicing quilt skills with friendly volunteers using fabric provided by the guild. Comfort Quilts meets Mondays 10 – 2 at Emma's Quilt Cupboard in Franklin.

Newcomers are encouraged to come and help get beautiful quilts into the hands of people who truly appreciate the gift. The nurses at Dana Farber – Milford recently sent a thank you note to the Yankee volunteers with confirmation that the quilts bring much joy. One nurse wrote "Our patients treasure them and feel the love. You all are making a difference."

For more information about any of these events, please contact YankeeQuilters11@gmail.com.

Yankee Quilters Guild is a 501-c-3 charitable organization based in Franklin with members throughout the region. The Guild meets on the second Tuesday each month at Emma's Quilt Cupboard in Franklin, Horace Mann Plaza, East Central Street, Franklin in space generously donated by the store. Donations to the Guild are tax-deductible to the extent allowed by current law.

Rotary Club of Franklin MA 32nd Annual Pasta Supper October 10th

The Rotary Club of Franklin MA has rescheduled our 32nd Annual Pasta Supper to take place on October 10, 2024, at 5 p.m., at 1000 Central Park Terrace, Franklin MA. "Back in June, Rotary had to make the tough decision to postpone this event, due to the intense heat

that we were experiencing", said President Joseph "Joe" Collins.

All senior citizens and residents of the Franklin Housing Authority are welcome to this free event. President and head chef Joe Collins will lead fellow Rotarians in preparing the meal of homemade tomato sauce and over 300 hand rolled meatballs.

Surprises include some very special guests.

Sign-up sheets may found at:

- Central Park Terrace, 1000 Central Park Terrace, Franklin, MA
- Franklin Senior Center, 10 Daniel McCahill Street, Franklin, MA

First Universalist Society in Franklin – September 2024 Services

First Universalist Society in Franklin (FUSF) is pleased to announce our Sunday Worship Series for September 2024. Interim Minister Rev. Bev will be leading FUSF September services. Please join us each Sunday at 10 a.m

September 8, 2024 Ingathering Sunday; Connecting and Reconnecting

September 15, 2024 Racing in the Rain

September 22, 2024 Peace-ing Together

September 29, 2024 The Power of the Rev.

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SAFE to Host Free Narcan Trainings, Yoga, and Concert in September

SAFE Coalition, based out of Franklin, will offer free Narcan training, trauma-informed yoga classes, and a concert with local band The Elastic 5 this September.

On Tuesday, Sept. 3, SAFE will host free Narcan training at the public libraries in Norfolk (9 a.m. to 10 a.m.), Medway (10:30 a.m. to 11 a.m.), and Wrentham (11:30 a.m. to noon). Attendees will learn how to recognize overdose, practice administering Narcan, and develop confidence in responding to an overdose.

“Hosting community Narcan trainings increases access to Narcan and decreases stigma related to the disease of addiction,” says Jennifer Levine, CEO and co-founder of SAFE. “Here in Norfolk County, we still see the impact of opioids within our communities and to know we have over 5000 doses of Narcan

in the hands of our citizens is incredibly powerful.”

Trainings are supported by Norfolk, Medway, and Wrentham Opioid Abatement Funds. People can also contact SAFE to request one-on-one or group Narcan training.

Starting Sept. 7, SAFE will offer trauma-informed yoga sessions led by Michelle Palladini. Palladini, Norfolk deputy chief of police and founder of the L.E.A.P. program, is active in providing knowledge and training to the community, focusing especially on trauma, empowerment, and wellness.

“Physical and emotional wellness is the cornerstone of healing,” says Palladini. “I’ve found mindfulness to be incredibly helpful and enjoy sharing the practice with others. We all have something to heal from, and this is one path along the journey.”

Trauma-informed yoga focuses on mindfulness and body awareness. This practice is more sensitive to trauma triggers and teaches participants how to recognize trauma-associated spikes in one’s nervous system.

These free sessions will be available from 8:30 a.m. to 10 a.m. on Saturdays through November and take place at the SAFE office.

On Sept. 21, local band The Elastic 5 will perform at the SAFE office as part of the SAFE After Dark series. Based out of Boston, the Elastic 5 plays tributes to 20th century music, from the British Invasion to 80s/90s alternative, Rock & Roll to Power Pop. The evening will begin with Open Mic from 6:30 p.m. to 8 p.m. followed by The Elastic 5’s performance from 8:15 p.m. to 9:30 p.m.

SAFE After Dark is a “Sober Coffeehouse” where artists, comedians, and musicians of all levels of age and experience are welcome to share the open mic.

“There are very few places that artists in recovery can perform that offer a safe, sober, and supportive environment,” says James Derick, director of Family Recovery and co-founder of SAFE. “We recognized this and wanted to provide an alternative.”

“Anyone is encouraged to perform,” says Derick. “Musicians, poets, comedians, spoken word—all are welcome.”

Anyone interested in performing can reserve their spot by sending an email to Derick at jderrick@safecoalitionma.org

SAFE is in the Moseley Mill building at 31 Hayward Street, Suite 2C, in Franklin. Contact SAFE at info@safecoalitionma.org.



SAFE

YOU ARE NOT ALONE

org or (508) 488-8105 for more information on these events or to request Narcan training at a different date.

With support groups, educational courses, events, training, support services and more, SAFE provides a whole-person, whole-family, whole-community approach to addiction, prevention, and recovery. To learn more about SAFE’s offerings or volunteer, visit the SAFE website.

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Franklin Art Association Meeting Sept. 4

The Franklin Art Association invites the public to our Wednesday, Sept. 4 meeting at the Franklin Senior Center at 6:30 p.m. We welcome guest demo-artist, Kim Morin Weineck, who will give a demonstration in fine art gouache. For examples of her work see www.kimweineck.com.

Franklin Art Association will be participating in the Franklin Harvest Festival on Sept. 28 in downtown Franklin Center, with an art scholarship raffle and a Clothesline Sale of art; members are requested to donate work.



Kim Morin Weineck, “Pollinator Garden” a pastel done at Mass Audubon’s Stony Brook Nature Sanctuary in Norfolk, MA.

Learn more at www.franklin-art.org and on Facebook and Instagram.

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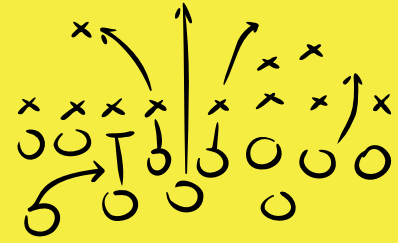
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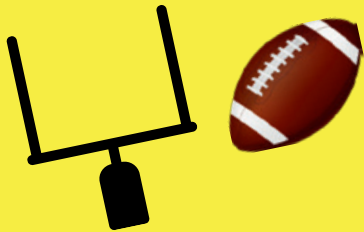
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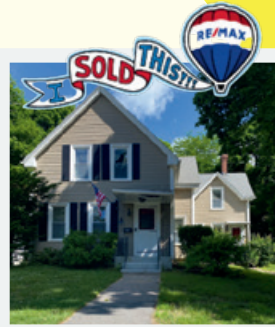
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