# Final Strategy Strate

Vol. 15 No. 11

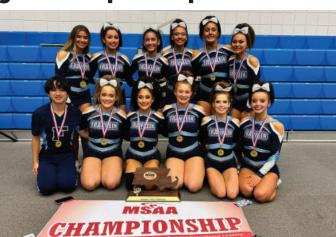
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### Franklin Cheerleading Wins State, Regional and League Championships in Fall 2024

Franklin High School Cheerleading team went undefeated for their fall season, capturing a trifecta of championship titles at the league, regional and state levels.

The varsity team, with a 12-person roster, began its series of championship victories on Nov. 10, by taking down the Hockomock League Championship held at Franklin High School. The Panthers then went on to capture the Massachusetts School Administrators' Association (MSAA) Div. 1 South Regionals held at Franklin High School on Nov. 17. Finally, the Franklin High School Cheerleading team capped it off by winning the MSAA Div. 1 2024 Fall Cheerleading State Championship held at Worcester State University on Nov. 24.

The win at Worcester State marked the fourth state championship in a row for Franklin, spanning fall and winter seasons. Throughout its history, the Franklin High School Cheerleading team has



Franklin High School's varsity cheerleading team won the MSAA Div. 1 2024 Fall Cheerleading State Championship held at Worcester State University on Nov. 24, 2024. The win capped off an undefeated season for the Panthers, who also took first place at the Hockomock League Championship and the MSAA Div. 1 South Regionals. (Photo courtesy Franklin Public Schools)

notched 15 state championship titles.

"It's been inspiring to watch the dedication and camaraderie of this group," said Varsity Cheerleading Coach Doni Gill, who came to Franklin in 2017. "It's been a very special and memorable season, watching them grow into champions together. They've worked so hard since Day 1. We're very proud of all of the student-athletes in our cheerleading program, and we're very happy to once again call them state champions."

The fall 2024 Franklin High School varsity team included

> **CHAMPIONSHIPS** continued on page 2



Deputy Town Administrator Amy Frigulietti and CEO/Town Administrator Jamie Hellen of the Town of Franklin with Senior Executive Director Scott Martin (center) of the Hockomock Area YMCA's Bernon Family Branch in Franklin.

### Hockomock Area YMCA Announces Free Teen Memberships for Franklin Residents

#### A Town of Franklin grant opportunity

The Hockomock Area YMCA's Bernon Family Branch in Franklin has received a grant from the Town of Franklin to provide a free 6-month membership to Franklin residents ages 13-17. These memberships will be available beginning in January 2025.

Teens who fit this criteria are encouraged to visit the Y's website at hockymca.org/teens-join-

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January 2025

YMCA continued on page 4



#### CHAMPIONSHIPS

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seniors Emma Rondeau, Ana Cecilia Pineda Campos, Lea Exposito, Keira Owens, Jeffrey Li and Taylor Briggs; juniors Ariel Orrell, Lilah Wainwright, Cassidy Stanley and Emily Bartlett; and sophomores Aria Nicholson and Ashley Rickey.

In addition to its fall 2024 championship titles, the Franklin High School Cheerleading team also shone at several invitational competitions, winning first place at the King Philip Invitational on Nov. 3, the Shamrock Showdown on Oct. 27, and the Tri-County Invitational on Oct. 20.

"I would like to congratulate the team on a phenomenal season," said Athletic Director Karrah Ellis. "Thank you to all of the families, faculty and community members that have supported our cheerleaders and helped contribute to another successful season. I'd also like to give a special thanks to Coach Doni Gill for her dedication to these student-athletes and for her role in their accomplishments. Congratulations and let's go Panthers."



With 460 student-athletes participating, Franklin High School wrapped up its fall sports season with every team qualified for the MIAA state tournament and a chance to win a championship title.

Some of the highlights for the fall season include the following:

- The Franklin High field hockey team finished the regular season as Hockomock Kelly-Rex Champions, advancing to the Elite 8 Round in the MIAA state tournament.
- The volleyball team finished second place in the league and advanced to the Round of 8 in the MIAA state tournament.
- The Panthers cheer team went undefeated in all its competitions, finishing the season as Hockomock League champions, MSAA South Regional champions and MSAA state champions.
- The varsity football team qualified for the MIAA state tournament as the No. 9 seed, playing in the Round of 16.

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- The boys soccer team inished the season as Hockomock League Kelly-Rex division champions, advancing to the Elite 8 Round in the MIAA state tournament.
- The girls' soccer team finished in second place in the Kelly-Rex division, advancing to the Round of 16 in the MIAA state tournament.
- The boys' cross country team finished in second place in its league for regular season meets, and the team qualified for the MIAA Division 1 Championship Meet.
- The girls' cross country team finished the season as Hockomock League Kelly-Rex Champions. The team also qualified for the MIAA Division 1 Championship Meet.
- The Unified basketball team played in the Special Olympics Jamboree held at Sharon High School to cap off the regular season. The team also hosted a special community night on Nov. 25, playing against another team composed of representatives from the Franklin Police Department, Franklin Fire Department, Franklin High School faculty and Unified alumni.
- The Franklin High golf team finished its regular season as Hockomock League Kelly-Rex co-champions, and the team qualified for the MIAA Division 1 state championship final.

Looking toward the winter, Franklin High is supporting a new sport: varsity level alpine skiing. Franklin participates in an "alpine ski co-op" with Nipmuc Regional High School. Practices and races will be held at Ward Hill in Shrewsbury. Participation in the co-op comes at no cost for Franklin High School.

"We are thrilled to be able to add a new sport and provide opportunities for our studentathletes," said Athletic Director Karrah Ellis.

Franklin High School is also continuing to support girls' ice hockey, as critically low participation rates currently challenge the program. There are currently only 15 student-athletes on the girls' ice hockey team at Franklin High. However, the team is seeking additional players, including a group of eighth graders that will soon be added to alleviate the problem, as permitted through a waiver filed with the MIAA District Athletic Committee by the school.

"Unfortunately, as is the trend across the state, numbers for girls' ice hockey are down significantly," Athletic Director Ellis said. "Those numbers are critically low safety wise in Franklin, but the addition of eighth graders will alleviate that issue."

In addition to the regular season success of all its teams, three Franklin High School coaches were named Coach of the Year for 2023 through 2024 for their respective sports by the Massachusetts Interscholastic Athletic Association. The Coach of the Year award recipients, who were recognized during an MIAA banquet on Dec. 11, include CJ Neely, head coach of the boys varsity basketball team, Lisa Burger, head coach of the Unified track team, and Jess Pridham, former coach of the boys and girls swim team.

Superintendent Giguere congratulated these coaches and all the student-athletes for their victories in fall 2024, while wishing Franklin High School's winter sports athletes a safe, successful season ahead.

"Thank you to Athletic Director Karrah Ellis and all of our coaches who do so much work behind the scenes to provide opportunities for our student-athletes to succeed," Superintendent Giguere said. "Thank you to all of the families, faculty, community members and student athletes that helped make this fall a successful season for all of our teams at Franklin High School."

Franklin High School's varsity cheerleading team won the Hockomock League Championship held at Franklin High School on Nov. 10, 2024.

League Championship held at Franklin High School on Nov. 10, 2024. The win was part of an undefeated season for the Panthers, who also took first place at the MSAA Div. 1 South Regionals held at Franklin High School on Nov. 17, and the MSAA Div. 1 Fall Cheerleading State Championship held at Worcester State University on Nov. 24. (Photo courtesy Franklin Public Schools)

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### **A Wreath of Franklin Wraps Up**

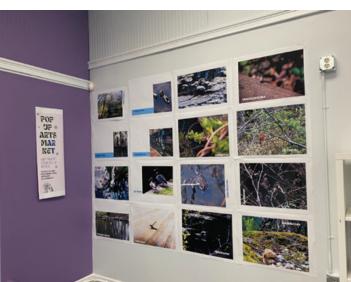
On December 7th, the Franklin Cultural District held its first annual "A Wreath of Franklin" event, "Franklin's Sip, Shop, Stroll & Roll," which included wreaths around town decorated by businesses, nonprofits and other Franklin entities. The event included signature beverages, cookies and other snacks at certain locations, a pop-up art marketplace, and, of course, holiday entertainment.

Here are a few photos from the day:





Some strollers became part of the artwork, with henna tattoos.



A pop-up arts market at 12 Main Street was part of the Sip & Stroll. Art from Franklin High students was also displayed.





Vendors were also part of the affair.





John Risaino, Franklin Cultural Council Chair and Cory Shea, Franklin's Director of Arts, Culture & the Creative Economy



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#### YMCA

continued from page 1

now for all the details. You may also visit the YMCA located at 45 Forge Hill Road in Franklin or call (508) 528-8708 to learn more.

"We are grateful for our strong partnership with the Town of Franklin and this incredible grant focused on the teen population," says Jim Downs, CEO of the Hockomock Area YMCA. "Together, with a shared purpose of enriching the quality of life in our communities, this grant will provide all Franklin teens access to our YMCA with a wide range of opportunities including physical fitness, social connections, service learning, leadership and so much more."

This free 6-month membership will allow Franklin teen residents the opportunity to use the Bernon Family Branch to its fullest with access to the full-service facility including the health & wellness center for cardio and strength training, the gymnasium, the indoor pool & aquatics center, the indoor track and access to all group exercise classes. Teens are encouraged to get connected and join the YMCA community today.

"We are proud to partner with the YMCA as a local leader focused on youth development," says Jamie Hellen, CEO/Town Administrator of the Town of Franklin. "We are so grateful that the town of Franklin can partner with the Y to provide this grant funding so that more young people can become YMCA members and be part of a nurturing and safe community focused on active, healthy and connected



Teens enjoy the wellness center of the YMCA's Bernon Family Branch in Franklin located at 45 Forge Hill Road.

lifestyles and habits."

In addition to these facility features and member benefits, the Y offers many ways for teens to explore unique talents and interests and foster connections with friends through lifelong learning programs. "We have something for everyone at the Y. Teens are encouraged take an active role in strengthening community through joining our Teen Leaders Club. This is a free member benefit program focused on community service and youth empowerment. We also offer Lift Club, a dynamic co-ed program that introduces teens to weight training and fitness. We will also be creating social opportunities at our YMCA including Saturday night events exclusively for teens," adds Scott Martin, Senior Executive Director of the Y's Bernon Family Branch.

Please contact Kristin Torraco, Membership Director by phone at 508-528-8708 or email: kristint@hockymca.org.

#### About the Hockomock Area YMCA:

At the Hockomock Area YMCA, strengthening community is our cause. The Hockomock Area YMCA is an organization of men, women, and children sharing a commitment to nurture the potential of kids, promote healthy living, and foster a sense of social responsibility.

The Hockomock Area YMCA is committed to partnering and collaborating with others to create and deliver lasting personal and social change in the 15 communities they are privileged to serve. The Hockomock Area YMCA is a not-for-profit charitable cause-driven organization with facilities in North Attleboro, Foxboro, Franklin, and Mansfield. For more information visit hockymca.org.

### Franklin Art Association Welcomes Artist Shilpa Adduri January 8th



Shilpa Adduri demonstrating 'One Stroke' approach to painting

The Franklin Art Association invites the public to our Wednesday, January 8 meeting. We will warmly greet Guest Demo-Artist, Shilpa Adduri, our fine art painter for this month's public demonstration. She will be giving a fine art, water-based media demo. Our free to the public meetings are held at the Franklin Senior Center at 6:30 p.m., generally on the first Wednesday of the month.

Shilpa Adduri works in the technique called "One Stroke."

She is a Master Elite Director of this style which combines shading, blending and highlighting in a single brushstroke, central to her teaching. She gives lessons helping others to uncover their art potential while fostering joy and connection. Her approach offers creativity and moments of tranquility. She offers lessons locally.



Wanting to be inspirational, she says, "My art captures the beauty and serenity I find in the world, expressed through acrylics and watercolors."

FAA welcomes the public and its members to attend. Refreshments are served at the break.

Also, FAA is offering an art workshop with gouache paint

ARTIST

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### **Start the New Year with Affordable Junk Removal**

There are plenty of reasons to call a junk removal service. Perhaps, after the cheerful festivities of the holiday season, navigating your basement or venturing into the attic has become a bit more challenging. Maybe 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,

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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#### ARTIST

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artist, Kim Weineck, for February 8, 9:30-4 p.m. at Franklin TV station, 23 Hutchinson Street, for \$95. Contact Susan Plume at susan\_plume@yahoo.com or text her at (508) 846-2589.

There will be an ongoing sale of raffle tickets for our art raffle to raise money for our annual art scholarship which goes to a student choosing to continue their education in the study of the arts. Members are requested to donate work to be raffled. Please come by to see the wonderful creativity of local artists as they demonstrate their skills and support our scholarship fund.

The FAA is supported by the Massachusetts Cultural Council, the Franklin Cultural Council, Franklin Cultural District and www. franklinart.org. And we can be viewed on Franklin Matters, Facebook and Instagram.



Shilpa Adduri "One Stroke blossoms"

### Naval Academy Student Returns to BFCCPS to Speak

#### By J.D. O'GARA

Students at the Benjamin Franklin Classical Charter Public School were treated to a visit by an alum of the school on Monday, November 25th. Artemesia Saparoff, a second-year student enrolled in the United States Naval Academy, said she was grateful for the opportunity to talk to the younger students.

"I'm so glad to have the opportunity to come to the Academy, and now that I know what it's all about, I'm excited to share it...so they can have these opportunities open to them as they get older," said Saparoff.

The child and grandchild of two Harvard graduates, Saparoff had initially expected to follow in those footsteps of academic rigor, but she credits BFCCPS with widening her perspective.

"Being at the BFCCPS definitely helped set me up for this future," said Saparoff, "particularly because of its emphasis on character development. There's more to a person than just their academics. There's that moral



BFCCPS eighth-grader Arnav Garg speaks with Artemesia brother graduated from BFCCPS (and Franklin High School) with Artemesia Saparoff, a second-year student of the U.S. Naval Academy who returned to the school December 7th to share her experiences.

aspect, there's ethics, and when I (visited) the Naval Academy, I thought it was particularly attractive because of this whole integrated view of a person; they're made up of not only their academics, but what they can do physically, what they can do morally, and what they can provide to our nation."

Life at the academy isn't for the faint of heart, however. Artemesia notes that each day begins with a 5:30 a.m. run and is packed with group formations, group class projects and nighttime briefs. She enjoys that motivation, noting that her fellow Academy members have become family.

"You can't get through that place alone, and I just love the aspect of getting to know evervone on such a deep level and what makes them tick," says Saparoff, "You're graduating with these people who are going to be your friends for life, and you're

graduating for a common goal of helping the United States Navy and helping the mission of this country. I think it's a great experience for service, and to develop yourself and be helpful to those around you."



Saparoff hands out information to BFCCPS 7th graders, Swarnamita Majumdar, Zoe Shum, and Poorvi Raiabovina (L-R) about the U.S. Naval Academy and its rigorous requirements for admission. Getting in is difficult, but for those who do, tuition is free.

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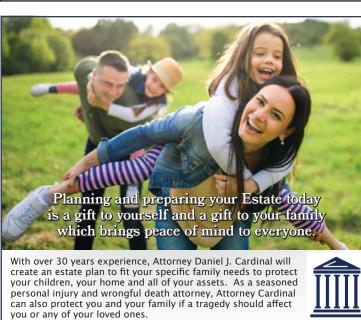
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### Franklin Resident Leaves Corporate America to Curl Up with a Good Book

#### By J.D. O'Gara

Recently, Jenna Reilly took a step away from the constant hustle of the corporate world. The Franklin resident needed time to figure out her direction, time to take a break, and time to do more of what she loves, especially curling up with a good book. She loved to delve into great stories, sometimes getting so excited about a book or a book series that she'd seek out other fans.

Following Book Huddle, Forest & Fawn, book reviewers, and book-related social media personalities on Instagram, Reilly noticed a few offered book retreats.

"One of the retreats sold so fast, I thought, there must not be a lot of people doing this," said Reilly. Maybe she and her friend Kristen, also searching after leaving corporate America, could try to create something like it.

Reilly, her friend, Kristen Waidalowski, and another travel agent friend in Florida, Kelly Baldwin, decided to try their hand at creating a new business, one they're calling Book a Break (www.bookabreak.com). So far, they've planned book retreats of their own, with the first starting this month in the Berkshires



Franklin resident Jenna Reilly, along with her friends Kristen and Kelly, have decided to combine their loves of reading and travel with their fledgling startup, Book a Break.

focusing on the book, Onyx Storm, part of the Fourth Wing series.

The main idea is a retreat in a picturesque location, where anyone who goes gets a copy of the book, meals included and activities they can choose to take part in or not. Reilly says she and her friends seek out activities related to both the book and the area in which the retreat will take place. They've also put together retreats for Provincetown and Vermont, and they're even fashioning an adult summer camp.

"Essentially, we want people to just be able to not have to worry about anything once they arrive, with all the accommodations taken care of," said Reilly. "Obviously, it's a reading retreat, sort of choose your own adventure. If you want to sit and read at the fire in the inn or in your room, you can. You don't have to participate in anything if you don't want to, but if you want some of the community we're trying to create in this retreat, there'll be crafts and little things, fan fiction writing workshops, and more."

So far, the idea is getting a warm reception.

"One of the things I love is the book community is a very positive, supportive community," said Reilly, "People want you to succeed, and it feels like this community just wants to celebrate something everybody loves. That type of community is perfect for building something new and exciting."

So far, they've spread the word online and through word-of-mouth.

Reilly even took a digital marketing course, posting on Instagram, Tik-Tok, Blue Sky and LinkedIn. "We're trying all the different platforms to see what resonates with people," she said. She and Kristen have also been meeting folks through book clubs and through family and friends.

Each retreat, said Reilly, will be different based on the book and the location.

"As we are going through the process we're leaning into different ideas," said Reilly, adding, "All of the inns we're working with have been so supportive of the idea." The startup entrepreneur says she and her partners chose "shoulder season" time frames, so the locations could be flexible for their groups.

Women, said Reilly, have been particularly open to the idea, which makes sense to her.

She said, "It's like combining book club with a girls' weekend, and, ideally, all the good things that go with that – the best parts of both of those things."



### **Thanks to Yanks Supports Franklin Vets**



Pictured left to right is Shannon Nisbett Director of Veterans Services Office, Franklin, Vanessa Cawley Treasurer of Thank To Yanks, Deborah Martin Veterans' Services, Executive Assistant Franklin and Michael Shain, the President and founder of Thanks To Yanks. Recently, the local charity made a donation

of pharmacy gift cards, supermarket gift cards and personal hygiene items to the Veterans Services Office of Franklin.

Thanks To Yanks has a long history of supporting our local veterans.

Shain said, "We are excited to support our veterans year round, but especially during the holiday season. The town of Franklin has a long history of helping our veterans, and we are thrilled to again be able to support them this year."

For more information on Thanks To Yanks ,please like them on Facebook.



### **New Year's Resolutions that Trim Your Energy Diet!**

It's that time of year again! We often use the new year to commit or re-commit ourselves to improve our habits for the good of ourselves or those around us, and commonly look at diet and exercise as 2 popular areas for improvement, among other ideas.

For something different, here are some other things you could consider acting on for the coming new year – how about committing to make some changes, even small changes, to the way we consume energy!

The team at Energize Franklin has developed a list of potential ideas and actions for you to consider adopting as a New Year's resolution. These are things that will potentially benefit your comfort, your budget, and our shared natural resources!

Please consider adopting one of these ideas / actions below in 2025:

• Register and get a MassSave home energy audit, which can include free energysaving devices and discounts on home insulation. (Mass Save, a state sponsored energy efficiency program, can reimburse customers for any needed insulation at 75%. See more information at masssave.com. There are also significant federal tax credits for 30% off the costs of heat pumps, heat pump hot water heaters, insulation, solar, windows, and more. You can find more details and information from the United States Department of Energy and the IRS.)

- Attend a 350Mass Franklin Node meeting
- Switch from a gas only car to an electric or gas/electric hybrid car, either eliminating car CO2 emissions or cutting them in half.
- Register on EnergizeFranklin.org and choose a goal for 2025.
- Caulk gaps at windows and doors and insulate the water heater. Clear plastic window treatments can cover windows in the winter and help keep your heat in and make



your home more comfortable and energy-efficient. Flexible gap-fillers can be used to reduce leaks around windows. Simple draft stoppers can be placed on the floor in front of old drafty doors. Install electrical outlet and switchplate insulators on exterior walls. Place covers over drafty A/C vents. Close fireplace dampers when not in use.

- Keep the heat turned down a few degrees and wear a sweater.
- Consider installing a minisplit heat pump for energysaving space heating and



#### cooling.

- Investigate and install solar panels, which can reduce or eliminate monthly electric bills.
- Wash your laundry with cold water. This will save energy on heating, and most detergents are designed to clean just as well with cold water as with hot water. It will also help expand the lifespan of your clothes. If possible, use a longer spin cycle to cut down on drying time. Alternatively, air dry your clothes!
- If you have a dishwasher, stop it after the wash cycle and let the dishes air dry. Your dishwasher may have a feature that allows you to

**DIET** continued on page 9

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#### Your Money, Your Independence

### Hoping "New Year, New You" Makes Financial Goals Come True?



**Glenn Brown, CFP** 

Made New Year's resolutions to improve your financial wellness in 2025?

Now is when many of us reflect on what we've accomplished and where we fell short. This introspection often leads to the creation of New Year's resolutions, with financial goals ranking high on the list. Whether it's paying down debt, saving more, or investing smarter, the start of the year feels like an ideal time for a fresh financial start.

Yet, people often struggle to make lasting changes to their financial habits. Understanding the reasons behind these challenges can help create more sustainable financial planning strategies for the year ahead.

Let's examine 5 common challenges.

1. Unrealistic Expectations - A common reason why New Year's resolutions fail. Take someone who wants to save 50% of their income or pay off long-standing debt in a short period. While ambitious, these goals often don't align with one's current financial reality, thus

frustration and discouragement occur when progress is slower than expected. Setting unattainable goals results in burnout and abandonment.

**Resolution:** Break goals into small, manageable steps. Instead of resolving to pay off a debt in one year, consider reducing the balance by 25% in 6 months. If you end up with more, great, but an incremental approach brings accomplishment and makes the goal feel more achievable.

**2. Lack of a Clear Plan -**Vague goals like "save more money" or "get out of debt" lack actionable steps, making it difficult to execute. Without a structured plan and understanding your "why", it's easy to become distracted by day-to-day life, leading to stagnation.

**Resolution:** Develop an outline of specific considerations, steps and timelines. For example, if building an emergency fund is a goal, then create a budget, set up logistics like automatic transfers and monitor progress/ spending to stay on track.

**3. Failure to Track Progress** - An easy way to lose sight of financial goals is not having scheduled check-ins. It doesn't need to be weekly or even monthly, but there needs to be consistency in times to review and identify where adjustments are needed. Without this, bad habits persist or worse, form, and now you're battled to unwind new problems.

**Resolution:** Leverage technology and objective people that are unafraid to tell you much-needed truths. For many couples, an outside intermediary saying what needs to be said greatly benefits relationships. Also, make sure you celebrate milestones along the way.

**4. Emotional Spending and Instant Gratification** - Many struggle with impulse spending or seek instant gratification, especially after a stressful day. Afraid to look at your Amazon spending history? This behavior derails the best-laid financial plans.

**Resolution:** Identify triggers and implement strategies to delay or review purchase decisions. Create a spending prioritization strategy by identifying where you want to spend your money, this helps shift focus from immediate desires to longterm financial goals.

**5. Lack of Accountability** - Some are great at executing on their own, for others going it alone can make sticking to financial goals even more challenging. Without a support system or accountability partner, it's easier to lose focus and fall back into old habits.

**Resolution:** It goes beyond someone telling you "No" when needed, as by sharing progress and/or changes along the way, an accountability partner can help reassure you're on track and motivate you with confidence to keep pushing forward.

#### Conclusion

Financial resolutions are a powerful tool for creating longterm financial security, but they require more than just wishful thinking.

Maybe it's time to socialize your goals, set monthly action steps to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2025 resolutions happen.

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 Plan-Dynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner<sup>™</sup> helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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#### DIET

continued from page 8

#### turn off heated drying.

• If buying a hybrid consider a plug-in hybrid, such as the Toyota Prius Prime, which provides 40-mile range, sufficient for more most local daily driving, before the very efficient gas engine kicks in. This makes it effectively an Electric Vehicle (EV) for people who mostly drive locally, but the convenience of not having to stop and charge on long-range trips very simple, effective shortterm plan until solid state batteries come into use with longer range.

The Energize Franklin website hosts the free exchange of these and many other money-saving and energy-saving ideas, and the team encourages local residents to leave a testimonial about the actions they have taken.

The website www.energizefranklin.org was launched in 2023 by a local team of volunteers who wanted to have an online space where friends and neighbors here in Franklin can find inspiration and see what others in their community are doing. Anyone can go to the site to browse the suggested actions, or you can sign up and track the actions you've done and create a to-do list for items you would like to accomplish. Having a free account also allows you to track your carbon reductions and leave a testimonial. For easy access or more information, use the QR code here!



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**Business** 

**sp**©tlight

### **A Year of New Friendships and Fur-tastic Adventures at Dogtopia**

By JENNIFER RUSSO

Whether you added a new pup to your home over the holidays, are planning on doing some travel without your furry friend or have been looking for just the right place where you can leave your favorite canine companion for the day, Dogtopia understands that dogs are more than just pets, they are a part of your family.

Dogs are unique in that they are full of unconditional love, they give all of themselves to the people who care for them, expecting nothing in return except some food and attention. They bring a joy to their owners that can't really be described, so finding a caregiver for a them is an important choice for any pupparent.

Dogtopia is committed to giving these extended family members a happy, loving, and safe environment to play and learn in. With their state-of-theart facility, impeccable safety standards, and certified animalloving team members who are expertly trained to meet the needs of every pup, dog moms and dads can rest assured that their animals are very well taken care of and having a fabulous time.

Dogtopia, located in the Franklin Village shopping area, aims to be a haven for dogs by creating a fun and engaging en-

vironment for them while their owners are busy with work, errands, vacations, or other responsibilities.

"We want your pup to look forward to coming here. Nothing makes us happier than when one of our furry clients shows up and their tails are wagging in excitement to start their day with their friends," says Dogtopia Director Amy Hughes.

The Franklin Dogtopia location has three spacious playrooms where the dogs are placed based on their size, temperament and play style. Safety is always the first priority, and there are a number of protocols in place to ensure the pups' wellbeing, such as certified staff, compressed rubber flooring to reduce impact on the dogs' joints, soundproofing, a climatecontrolled environment, and pet-friendly cleaning supplies.

Dogtopia requires a meet and greet for new clients, so that they can find the best placement for the pup, since all dogs are different. Each dog needs to be fit for an open play environment, and they conduct a thorough temperament test during this visit to better understand how the pup prefers to interact with others.

"We want to safely socialize the pups so they can release their energy, while getting lots of exercise and having fun," shares Hughes. "We have agility exercises, brain games, and



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more. It's an activity-filled day that will leave pups happy and fulfilled, so when they go home, they can relax and snuggle with their families."

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, Dogtopia is able to call your vet and obtain them for you.

For those who welcomed a new pet to the family this year, Amy shares some important tips:

- 1) Early socialization is extremely important so that the pup understands how to act within different environments and becomes more desensitized to distractions.
- 2) Be consistent with everything and have a routine in place that the pup can expect. A certain mealtime, play time, bedtime, potty time, etc. can make all the difference.
- 3) Be patient and calm while training. All dogs are different, and no pup is perfect. Praise for good behaviors and calmly correct those that need improvement.

"If the dog is still a puppy, we do offer a puppy pre-school that can help dogs acclimate early and be more adaptable," she says. "Bringing any pup into Dogtopia is always a win, because they will learn to safely socialize, have fun playing in a structured way, and reinforce good behaviors that make home life even smoother.'

Dogtopia promises peace of mind for dog parents, with live webcams in every playroom that can be looked at any time, and periodic report cards to keep them in the loop.

In addition to davcare, boarding and spa services are also available. Homestyle 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!

Dogtopia operates with a community mindset, with events that clients can take part in with their pups, such as a craft day where pups create gifts for their human parents, themed dance parties, Mini Mondays which offer specialized play for small dogs, and more. They even recently had a Santa and pup photo op and an ugly sweater party.

In addition to helping the community by caring for local pets, the Dogtopia Foundation also comes togetswher to raise money for important causes, such as service dogs for Veterans. Stay tuned to learn how to help them with these efforts.

Does your pup need a place for socialization, exercise, love, and endless fun? Take advantage of a special, limited time offer for just \$99 a week, your pup can enjoy unlimited daycare visits. This deal won't last long, so grab it while it's available!

Learn more about Dogtopia of Franklin Village and their amazing services by visiting https://www.dogtopia.com/ massachusetts-franklin-village/ or check out their Instagram at @DogtopiaFranklinVillage

- PAID ADVERTISEMENT -



### Local Agriculture Community Gathers for Annual Tradeshow and Conference

By LISA GENTES-HUNT

For the second year in a row, a group of nine local organizations are gathering to provide local farmers, fishers, food producers and community members with a workshop and conference that they are hoping will help educate and inspire about 400 attendees.

The Second Annual Southeast New England Agriculture Conference is scheduled to take place on February 2, 2025.

The event, which is open to the public and will feature programs for both children and adults, is offering those in the food producing community the chance to gather, network in person and learn about valuable resources.

"They are doing the hard work, and we are connecting them to resources," Susan Murray, Southeastern Massachusetts Agricultural Partnership's (SEMAP) Executive Director, said of the farmers and food producers.

The conference, being held at Bristol County Agricultural High School in Dighton, is a collaboration of SEMAP, the Massachusetts Farm Bureau Federation, Northeast Organic Farming Association of Rhode Island, Plymouth County Extension 4-H, Buy Fresh Buy Local Cape Cod, The Pocasset Pokanoket Land Trust, Oasis on Ballou, and Cluck & Trowel Farm, according to Brad Fesmire, the SEMAP Community Engagement and Program Director.

"Workshops range from hands-on production and training, business skills such as workforce development and risk mitigation, and broader issues facing small farms, such as land access and climate change," Fesmire stated.

One Bellingham farmer and

business owner is excited to be able to attend the upcoming conference.

Justine Cruz Corchado, the owner and operator of Jaebird Farm in Bellingham, has attended SEMAP events in the past, but this will be her first time attending the group's "Annual Southeast New England Agriculture Conference."

Corchado, who has owned and operated her farm for the past two years, is a fan of SEMAP and its resources.

"SEMAP is great at providing information for farmers in a centralized spot," Corchado said. "They do a lot of great workshops" and also provide locals with information on farming grants, she stated.

The Chelsea native's farm focuses on fresh eggs and growing pesticide-free fruits and vegetables, she noted.

Growing up in a city without much green space, Corchado came into farming with the idea of giving back to the community with fresh food that is locally grown and nutritious, something that can be harder to come by in an inner city like Chelsea, the business-owner stated.

After taking a leave from her busy lifestyle in the city and leaving her demanding government job, Corchado was inspired by growing strawberries with her son. She eventually bought the just-over-two-acre farmland in Bellingham and established the female-owned and operated Jaebird Farm.

"We are a very new farm and only in our second year and rolling into our third season come spring," she said. "This is an awesome thing I get to do after living in a city and not having any green space and remembering when fresh food was hard to come by."



Justine Cruz Corchado, who owns and operates Jaebird Farm in Bellingham, plans to attend SEMAP's upcoming annual conference in February. On top of centralized information for farmers, she says, the organization offers great workshops and provides information on farming grants. Photo used courtesy of Jaebird Farm.

The Bellingham resident said one of her goals of farming is to share with others that fresh food can be grown anywhere. With microgreens, people can grow fresh food like lettuce in a small container on a windowsill, she noted.

SEMAP's executive director said connecting farmers like Corchado to educational and grant resources is part of the aim of the conference and aligns with SEMAP's mission.

"We're building stronger agricultural communities," Murray said. "Farmers reach out to us (at SEMAP.) We meet with them, walk their farms, talk about what problems that they're having and what goals they have, and we sit with them to put together an action plan."

Those plans can involve educational goals, financial assistance goals, or connecting the growers with specialized consultants who can assist them in everything from website creation and marketing to getting into sustainable farming.

"We are a problem-solving organization that's working on farm viability and making sure that our farms stay in business," Murray said.



At the Second Annual Southeast New England Agriculture Conference in February, the consortium of local groups will be working together to make the conference an enjoyable and educational day for farmers, fishers, food growers, community members and children too.

This year's conference will feature a full day of workshops and 4-H activities for children ages three and up.

Children will be able to have fun taking part in the agriculture, nature-based and educational activities provided by outside educators, Murray said.

"We're making it a super fun day for kids," she noted, adding that the children's tickets include breakfast, lunch and workshop fees.

Murray noted that tickets for the 2025 event are available on a sliding-scale basis, and any farmer or community member can contact SEMAP for more details.

For more information on the Second Annual Southeast New England Agriculture Conference or to purchase tickets, go to: https://semaponline.org/.

#### CITATION ON PETITION TO CHANGE NAME

Commonwealth of Massachusetts The Trial Court Probabte and Family Court

Norfolk Probate and Family Court 35 Shawmut Road Canton, MA 02021 781-830-1200

Docket No. NO23C0104CA

In the matter of:  $\ensuremath{\text{Daric Mounier Hood}}$ 

A **Petition to Change Legal Name** has been filed by **Daric Mounier Hood** of **Franklin, MA** requesting that the Court enter a Decree changing their name to **Tarick Hood** 

#### **Important Notice**

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probabte and Family Court** before **10:00 a.m.** on the **return day of 1/22/2025**. This is not a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Lee M. Peterson, First Justice of this Court

Date: December 18, 2024

Coleen M. Brierley, Register of Probate

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# The b.LUXE *beauty beat*

### Get to Know the b.LUXE Experience - 2.0

Many of you loved the original Beauty Beat article, "Get to Know The b.LUXE Experience," from a few years ago. We've grown and evolved over the past two years, adding new services, talented team members, and more ways to enjoy your beauty experience. We're excited to share what's new and what's been happening-there's so much to update you on!

As the creative minds behind The Beauty Beat, the team at b.LUXE Hair and Makeup Studio loves sharing the latest trends, tips, and inspiration. But did you know many of our ideas and new service offerings are sparked directly from our conversations with our incredible clients? Your stories, challenges, and beauty goals motivate us to innovate, create, and seek services to meet your unique needs.

#### What's New at b.LUXE?

- Apprentice Services at Specially Discounted Prices: Enjoy top-notch beauty services at a fraction of the cost while supporting our training stylists! In collaboration with the Massachusetts State Board of Cosmetology, b.LUXE is proud to introduce an apprenticeship program offering hands-on experience and high-quality, supervised services at specially discounted rates. This program provides our young talent with exceptional education and training, all while delivering great value to you.
- Wig & Topper Hair Services: We now offer com-

solutions for clients experiencing hair loss or seeking hair-enhancing options. Our full range of human hair and synthetic wigs, toppers, and holistic scalp treatments restore your appearance, confidence, and well-being.

- Expanded Beauty Services: We're excited to announce the addition of new treatments and services alongside our signature offerings! Our new Mind Body Facial is a holistic skincare treatment that combines the rejuvenating benefits of facial therapy with the healing energy of Reiki and aromatherapy, providing a complete mindbody experience.
- The Saphira Defrizzing Treatment: This hair treatment features Hyaluronic Acid with a formula enriched with 26 minerals from the Dead Sea, diamond powder, lily flower, and essential oils. It removes frizz and transforms dry, brittle hair into soft waves that enhance natural hair patterns and texture. Each treatment includes a full-sized Prep & Maintain Shampoo and Mineral Mist for you to take home.

#### Why Choose b.LUXE?

We're excited to be recognized as Google's highest-rated salon in Massachusetts, with over 800 five-star reviews! Additionally, we're proud to be a two-time recipient of The Salon Today 200 Award, which honors the best beauty

passionate, customized establishments in the country. Our bright and vibrant studio is home to passionate professionals who genuinely care about our clients. Whether you're visiting for a haircut, coloring, or a spa day, we strive to make every experience luxurious.

#### **Our Specialties:**

Hair Services: We offer a full range of expert hair services, including precision cutting, all aspects of hair coloring, foiling, balayage, smoothing treatments, and more. Our team specializes in curly haircuts, extensions, and gray-blending to help you achieve your perfect look.

- Hair Loss Solutions: We offer fully customized human hair and synthetic wigs, toppers, and bangs designed to add volume and coverage. Our compassionate services support individuals experiencing hair loss or thinning due to conditions such as alopecia or the effects of cancer treatments, as well as those seeking easy options for added volume and variety. Customization and adjustments are also available, including cutting, coloring, and styling to ensure a perfect fit and look. Additionally, our Scalp Spa services provide a holistic approach to promote continued scalp health.
- Superior Skincare and Spa Services: We offer a full line of luxurious spa services, including luxury facials, lash extensions, waxing, and dermaplaning.
- Makeup Services: Ready for a beauty boost? We offer various makeup services, including special occasion, editorial, and wedding makeup, along with makeup lessons and our mature makeup makeovers. Our team of skilled makeup artists will work with you to craft a look that's uniquely yours and perfect for any event!
- Wedding Beauty: On-site and in-studio services for your big day.



#### The b.LUXE Experience:

From the moment you arrive, you'll feel the difference. Our friendly staff will greet you warmly, check you in, and invite you to unwind in our relaxing lounge with refreshments from our deluxe coffee bar.

Your personalized consultation ensures every service meets your goals, budget, and style. And don't forget our complimentary LUXE for Everyone add-ons, designed to surprise and delight:

- BEFORE Oil Treatment: Nourishes hair and scalp with a soothing massage.
- Moisturizing Hand Treatments: Perfect during color or smoothing sessions.
- Hot Stone Foot Treatment: A relaxing bonus with luxury facials.

#### **Community and Conve**nience

At b.LUXE, we operate as a team-based salon, ensuring you're comfortable in the expert hands of your usual stylist or any of our talented professionals. There is no "my client" or "your client" at b.LUXE-only "Our Clients."

For your convenience, we offer:

- Online booking for easy scheduling
- · Evening and Monday hours to fit your busy lifestyle
- A private service room for clients requiring added privacy
- Three large parking areas

#### **Our Products**

We proudly carry top-tier hair products from Oribe, Kerasilk, Goldwell, Ouidad, and G.M. Collin skincare. Our team is always ready to provide personalized product recommendations to help you maintain your look at home.

#### Visit Us in the Historic **Medway Mills**

Our studio isn't just a place for beauty-it's a vibrant community. Located in the historic Medway Mills, it's a space where creativity thrives, along with many other local businesses. We treat our clients like valued friends, welcoming them with warmth and care at every visit.

Wishing you all a Happy New Year! We can't wait to meet you and help you achieve your beauty goals—after all, beauty is our business!

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### **Sports**

### Tri-Country Girls' Hoops Hoping to Get Back to State Tourney

By Christopher Tremblay, Staff Sports Writer

Last winter, the Tri-Country girls' basketball team finished third in the Mayflower League Large Division and was able to advance into the Division 4 State Tournament, where unfortunately the Cougars fell to Lunenberg 49-31 in the first round.

From that squad, the Franklin vocational school graduated its best scorer and top defender but returns a solid group of girls to this year's team. Amongst the mix of players coming back, TC will have three sophomores, all who saw starting time on the court last season. With a year under their belts, Coach Stephanie Caffrey is looking for them to use that experience and take the next step forward.

The Cougars will be led this winter by third year varsity athlete and senior shooting guard Jolee Tofani and senior guard/ forward Matilda Keating, who will bring a quickness to play up top on the wing defensively. Junior Ava Gill, who will be beginning her third year on the squad, will be looked upon as the Cougars "Big," despite only being 5'10."

According to the Coach Gill, a board monster, will play underneath and down low looking to continue with her rebounding prowess, while also directing the team's defensive play.

This year, the Cougars are rather guard heavy, and Caffrey is hoping to use their quickness to their advantage this season. Two juniors who played the majority of the year on junior varsity team but did see some minutes with the varsity team will be looked upon to bring that quickness to the team. Becca Paul and Reina Batista, two guards who both who can knock down the three while also going into the paint to score as well.

"When they got their opportunity with the varsity team last year, they both always gave 100% whether they got time at the end of the game or saw minutes here and there," Caffrey said. "Hopefully they can take that experi-

ence and find a way on to the team and help us be successful."

The three sophomores, Kerin Conolly, Nelia Schweitzer and Leah Hull, proved well as starters for Caffrey during the season.

Conolly ran the point and was not afraid to pull up and take a three-point shot. Defensively, the coach sees her as an important cog in the wheel.

"She has absolutely no problem going up against the other team's best player and preventing them from scoring," the TC Coach said. "She also like to push the ball up court and start our fast break."

Schweitzer will see time at both guard and forward. She is one of the most knowledgeable athletes on the team in regard to the game. She will battle down low but will also be looked upon to put the ball into the net. Last winter, she averaged 6 points per game, but on other nights could add double figure scoring. Caffrey will be looking for her to take the ballot the net this year and increase her scoring.

Hull is a super quick guard with long arms that allow her to reach in and make many steals; she will also be relied upon battling down low for the Cougars this season.

"Leah creates her own offense, but has been hesitant about leading the break," the Coach said, "I'll be looking for her to take charge and do more of this."

In addition to the underclassmen, Kailyn Appolon can be yet another decent guard for the Cougars this winter. The senior has a great shot and is probably the quickest on the team, but unfortunately she can be too quick at times for her own good.

"We've been working on a lot of fast break drills trying to get her to learn to catch the ball first instead of going," Caffrey said. "She needs to learn how to dribble the ball out in front of her instead of on the side, this will help her to be in control."

Caffrey noted the Tri-County revved up their fast break last season, so she wants to be able to continue that this year. If they can continue to get out of their side of the court with quickness, she is hoping that it can help their scoring.

"Our biggest issue is trying to figure out how to score," she said. "We have been able to take the shots and have seen the open looks. Unfortunately, we can not get the ball to find the basket."

If the Cougars are able to adjust and get their shots to fall, Caffrey sees the team getting back to the State Tournament.

"We want to get back and win a playoff game," the Coach said. "Being a vocational school, it is difficult to compete on this level, but I feel after getting here last year and getting the experience, it's a good thing for the team."

The TC Coach is hoping that the experience will help the girls, not only during the regular season, but in the tournament this upcoming year."







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### Get Ready for Franklin's (and Massachusetts') 250th !

MA 250 is all about celebrating America's 250 birthday! Communities around the commonwealth are curating programming to reflect and celebrate this milestone.

The Franklin Cultural District is excited to announce Franklin's MA250 Program, (https://www. franklinculture.org/ma-250-franklin-250 ) our local programs and celebrations will be threaded together in a cultural program guide that aligns with the national Massachusetts' 250th anniversary campaign. This initiative highlights the rich history, innovation, and culture that make Franklin so special.

#### We Need Your Help!

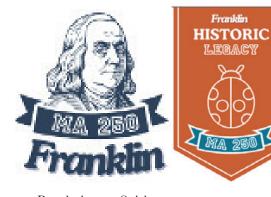
We're inviting community members and organizations to contribute to this program by sharing events and programs that align with the MA250 themes. Whether it's a historical tour, cultural festival, educational talk, or civic engagement initiative, we want to include it!

Submit your event by January 3rd to be featured in our first-ever MA250 Franklin program booklet. Visit https://www.franklinculture.org/ma-250-franklin-250 for program submission.

How the Program & Stickers Work:

The MA250 program booklet will guide residents through themed events happening in Franklin throughout the year, organized into six categories:

- Historic Legacy
- Innovation & Industry



- Revolutionary Spirit Cultural Heritage
- Environmental Stewardship
- Civic Engagement

At each event, participants can collect a unique sticker for their booklet, creating a fun and interactive way to engage with Franklin's rich heritage. Can you collect them all?

Join us in celebrating our community stories, traditions, and achievements as we build excitement for Franklin's history and culture!

Submit your programs by January 3rd and help us make this a memorable community initiative.

Visit https://tinyurl.com/franklin250booklet to see a rough draft of the program booklet.

Have questions? Please email Cory Shea, Town of Franklin Director of Arts, Culture and the Creative Economy, at cshea@franklinma.gov.

### Check Out Revamped Franklin Downtown Partnership Website

The Franklin Downtown Partnership invites you to visit our website. The FDP's website recently had a facelift. We welcome the public to visit and rediscover Franklin on the newly designed and easy-to-navigate website.

Look for us at www.franklindowntownpartnership.org. It's a great way to see what's new and happening downtown and throughout the town. You will find dates for upcoming events such as the June Strawberry Stroll, September Harvest Festival and April Ladybug Trail Spring Walk. Go to the Visit Franklin page to shop for all your needs by category – business services, medical professionals, pet services, shopping, entertainment, restaurants, and more.

The Partnership works with many community groups and businesses always with the goal to strengthen our connections and keep business strong and thriving. We all benefit from these partnerships making Franklin a great place to live, work, and visit.

Stay up to date info and follow the Downtown Partnership on Instagram and Facebook 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 350 business owners, residents, and community leaders working to revitalize downtown Franklin. Residents can join the Downtown Partnership for \$25. The Partnership manages events like the Strawberry Stroll and the Harvest Festival, and initiatives such as beautification, streetscape design, greenspace, alley murals, and sculpture projects. For more information go to www.franklindowntownpartnership.org.

### January 2025 – VSO Notes

Reach the Franklin Veterans Services Office at (508) 613-1315

There will be no Veterans' Coffee Social in January as the first Wednesday of the month falls on New Year's Day. The next Social will be held on Wednesday, February 5, 2025 at 10 a.m. at the Senior Center. All Veterans are welcome! Thanks to Franklin Federated Church for donating pastries for our December Coffee Social. Our vets were so appreciative! January 16 - Veterans' Council Meeting - 7 p.m. at the Senior Center. All Franklin residents interested in Veterans' activities and events are welcome to join us!

January 27 - Vietnam Peace Day – On this day in 1973, the Paris Peace Accords arranged a ceasefire which officially ended America's involvement in the 20year Vietnam War. The Tune It Out guitar lessons program for Veterans meets on Tuesdays at 5:30 p.m. at the Senior

Center. There is no charge for lessons and no guitar experience is required. We have guitars!

Warrior Within Yoga Classes for Veterans and First Responders meets Thursdays at 6 p.m. at the Franklin Senior Center. There is no charge for classes. Call the Veterans' Services Office to sign up for guitar or yoga classes. There will be no yoga class on January 2. Class will resume on January 9.

The next engraved brick installation on the Veterans Memorial Walkway will be in May. Bricks are installed in May and November to coincide with Memorial Day and Veterans' Day. Brick order forms are available in the Senior Center and Town Hall lobbies and on the Veterans' Services web page at: https:// www.franklinma.gov/veteransservices

Thank you to all who have supported this project!



Thanks to members of the Franklin Federated Church for donating pastries for the December Veterans Coffee Social. All veterans are welcome to the next Veterans Coffee Social, February 2nd, 2025 at 10 a.m. at the Franklin Senior Center. Photo used courtesy of the Franklin Veterans Services Office.





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### Rotary Club of Franklin MA Plans 6th Annual Valentine's Brunch

All Franklin Seniors Invited - February 10, 2024



The Rotary Club of Franklin MA is proud to announce that their 6th Annual Valentine's Brunch is slated for February 18, 2025, from 10:30 a.m. to 12 p.m., at the Franklin Housing Authority Hall, located at 1000 Central Park Terrace, Franklin, MA 02038. All Franklin seniors and residents of Franklin Housing Authority are welcome to join the Rotary Club as their special guests, where all will be treated to a delicious, homemade Valentine's brunch. Feel free to show your love and wear your red!

Seniors are urged to enter

their names on a sign-up so that no one is left out. Sign-up sheets may be found at the following locations:

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

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 interested in attending a meeting, please contact Diane Padula at padularotary@gmail. com, and she will make arrangements for you to be a guest at one of Rotary's upcoming meetings.









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# **Living Healthy** Decades of Service to the Community: Welcoming a New Provider and Exploring What's New in Eye Care for 2025

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

Milford-Franklin Eye Center has proudly delivered outstanding eye care to the community for decades. We are excited to announce that Dr. Mark Barsamian has joined our team as a vitreoretinal specialist and Chief of our Retina Service. Dr. Barsamian will see patients every Thursday in our Franklin office, enhancing access to advanced care for retinal disorders.

With locations in Milford, Franklin, and Millis, outreach services to Marlborough, and an award-winning surgery center in Milford, we are the leading provider of medical and surgical eye care in the region. Our dedicated team of 58 professionals, including experienced surgeons and four optometrists, is committed to providing comprehensive, high-quality care. As one of

the few ophthalmology practices in Massachusetts with a licensed surgical facility, we eliminate the need for patients to travel long distances for procedures like cataract surgery.

Dr. Roger Kaldawy, Medical Director of the Cataract Surgery Center of Milford, has completed over 30,000 cataract surgeries and introduced bladeless laser-assisted techniques to the area. He is among the first surgeons in New England to perform the iDose TR implant for glaucoma, an innovative drug delivery system recently featured on Boston's Channel 5. Dr. Kaldawy also holds distinctions in corneal transplantation and has trained numerous ophthalmologists in advanced surgical techniques.

Dr. Dan Liu, a fellowshiptrained corneal specialist, brings expertise in cataract surgery with ORA technology, corneal transplants, keratoconus management, and glaucoma procedures. She provides comprehensive care for conditions like macular degeneration, diabetic eye disease, and dry eye. Dr. Liu is boardcertified and an active member of professional ophthalmology organizations.

Dr. Barsamian, a boardcertified vitreoretinal specialist, focuses on the medical and surgical management of retinal disorders. He completed a two-year surgical fellowship at The Ohio State University and is an active member of organizations like the American Society of Retina Specialists. Outside of work, he enjoys cycling and family activities.

Our optometry team includes Dr. Shalin Zia, who specializes in routine eye care, contact lens fitting, and managing eye diseases; Dr. Michael Adams, with expertise in corneal pathology and specialty contact lenses; Dr. Donald Conn, who completed



his residency in Ocular Disease and Primary Care and provides comprehensive eye care for all ages; and Dr. Purvi Patel, a seasoned optometrist with experience in diabetes, glaucoma, and public health. Together, they offer exceptional care for patients of all ages.

#### What's New in the Eye World for 2025?

The year 2025 marks a pivotal moment in the realm of eye care and ophthalmology, with groundbreaking innovations poised to revolutionize the way we diagnose, treat, and prevent vision impairments. From cutting-edge technologies to pioneering research, the landscape of eye care is undergoing a transformative shift.

Artificial Intelligence (AI) and Machine Learning (ML) continue to play a pivotal role in enhancing the precision and efficiency of eye care. AI-powered diagnostic tools are becoming increasingly sophisticated, capable of detecting subtle signs of eye diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration (AMD) at earlier stages. This early detection empowers healthcare providers to intervene promptly, significantly improving patient outcomes.

In the realm of surgical procedures, minimally invasive techniques are gaining prominence. Femtosecond laser technology, for instance, is revolutionizing cataract and refractive surgeries, offering faster recovery times and enhanced precision. Additionally, robotic-assisted surgery is emerging as a game-changer, enabling surgeons to perform intricate procedures with unparalleled accuracy and dexterity.

Gene and stem cell therapies are also making significant strides in treating previously untreatable eye conditions. Researchers are exploring innovative ways to repair damaged retinal cells and restore vision in patients with inherited retinal diseases. While still in their early stages, these therapies hold the promise of transforming the lives of countless individuals.

The integration of telemedicine into eve care has accelerated, especially in the wake of the COVID-19 pandemic. Remote consultations and monitoring allow patients to access expert care from the comfort of their homes, particularly beneficial for those in rural or underserved areas. Telemedicine also facilitates the sharing of medical images and data, enabling specialists to collaborate seamlessly across geographic boundaries.

In the realm of contact lenses,

**EYES** continued on page 17

### Free COVID-19 Test Kits at Franklin Senior Center

The Franklin Senior Center has received more COVID-19 test kits. Please call to coordinate pick-up at the Franklin Senior Center!

Monday, Wednesday, & Thursday 8 a.m. – 4 p.m.

Call us: (508) 613-1341

### **SAFE Coalition Delivers Housing-Support Services**

#### Effort Possible through Town of Franklin ARPA Funds

SAFE Coalition, a local nonprofit agency, is proud to offer ARPA-supported services to the Town of Franklin's housing-insecure population.

A longtime partner with Franklin's local schools, police, fire, faith, and civic communities, SAFE is dedicated to enhancing the security and wellness of each individual and family they connect with. SAFE has become a staple in the community for local, no-cost, accessible care, understanding that partnering with other systems of care offers the greatest opportunity for success for those receiving support.

In 2021, the American Rescue Plan Act federal stimulus bill (ARPA) was created to address public health and economic recovery from the COVID-19 pandemic. This bill included support for rental and housing services, affordable housing initiatives, utility assistance, grant programs for tenants and landlords, food security programs, childcare, and com-

SAFE

munity outreach services. In receiving an ARPA grant from the Town of Franklin in 2024, SAFE increased their ability to meet the needs of residents experiencing housing insecurity and the issues that come with it.

"We are excited to support our community and know we can meet the shifting needs of those asking for help," says Jen Levine, CEO and co-founder of SAFE. "SAFE is the dedicated non-profit in Franklin doing this work. These funds have allowed us to provide necessary, direct, and timely care to all Franklin residents." Over the last eight months, SAFE has been providing consistent, compassionate support to sheltered and unsheltered homeless populations through an array of services:

- One-on-one support planning with staff social worker. Housing insecure individuals receive guided assistance assessing needs, connecting with resources, wellness checks, and creating a 90-day plan to execute their goals
- Welcomed the South Middlesex Opportunity Council (SMOC) into parttime office space at SAFE HQ, connecting people with federal housing vouchers
- Skill-supported pipeline for helping people apply for state-aided, subsidized housing system CHAMP, health insurance, SSI, SSDI

• Transportation access to help people reach emergency housing and shelters

• Rental assistance program for housing-precarious families

These services empower people to make decisions in their own best interest.

"I honestly don't know how to thank you guys," said a client recently, "you literally saved us. I am beyond thankful. I would love to give back if there are any volunteer opportunities."

SAFE believes that when we uphold the dignity of our housing-insecure neighbors, we support the building of relationships and the strengthening of our community.

Those looking to get involved with SAFE's housing support initiatives can do visit www.safecoalitionma.org or email info@ safecoalitionma.org.

#### EYES

#### continued from page 16

advancements in material science and design have led to the development of more comfortable and durable lenses. Smart contact lenses, equipped with sensors and microelectronics, are on the horizon, offering the potential to monitor vital health parameters like glucose levels and eye pressure.

As we navigate the future of eye care, personalized medicine is gaining traction. By analyzing an individual's genetic makeup and medical history, healthcare providers can tailor treatment plans to maximize efficacy and minimize side effects. This personalized approach is particularly relevant for complex eye conditions like glaucoma and AMD, where treatment options vary widely.

In conclusion, the year 2025 marks a period of extraordinary progress in the field of eye care and ophthalmology. From AIpowered diagnostics to revolutionary surgical techniques and groundbreaking therapies, the future holds immense promise for improving vision and quality of life for individuals worldwide. As technology continues to advance and research breakthroughs emerge, we can anticipate a brighter future for eye health.

#### Why Choose Milford-Franklin Eye Center in 2025?

Our commitment to excellence, advanced technology, and patient-centered care sets us apart. We provide world-class cataract surgery and advanced treatment options close to home, with results that rival major Boston centers. All surgeries are performed in our accredited surgical facility, never office-based, ensuring the highest standards of care and no additional out-of-pocket surgical fees. Our in-house optical shop crafts glasses while you wait, with new patients receiving a complimentary pair of select frames. We also offer after-hours, same-day emergency appointments, and Saturday availability to accommodate busy schedules.

With over four decades of dedicated service, Milford-Franklin Eye Center is proud to deliver advanced eye care, close to home. Welcome 2025!

For more details, see our ad on page 16.

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### **Franklin LGBTQ Alliance Events for January**

#### **Brunch with Friends**

January 4th from 10 a.m. to 12 noon at Mak's Roast Beef 451 West Central Street Franklin

Join the LGBTQ Alliance at Mak's for brunch! Start the new year off right by making new friends with some great food! Anyone of any age is welcome!

#### Wicked Queer Game Night

January 4th from 6 p.m. to 9:30 p.m. at Pete's Nerd Emporium 10 Main Street Franklin

Join Fiona Shade Stories and the Franklin LGBTQ Alliance for our monthly game night! There will be a variety of card games and board games. Feel free to bring your own! There will also be games to purchase at Pete's Nerd Emporium. Recommended ages teen and up, but anyone is welcome!

#### **LGBTQ Book Club**

January 8th from 6:30 p.m. to 8:30 p.m. at Pete's Nerd Emporium 10 Main Street Franklin

Join the LGBTQ Alliance for our monthly book club. This month, we will be reading Q.E.D by Gertrude Stein. You can borrow a copy from the library, then join us in our discussion. Q.E.D. is autobiographical, based on an ill-fated relationship between Adele (Stein), an exuberant young woman, and Helen, who seduces her. Helen eventually rejects Adele for Mabel, a manipulative wealthy woman who uses her money and passionate nature to dominate Helen.

#### **Gift Swap**

January 9th from 6:30 p.m. to 8:30 p.m. at Franklin TV and Radio 23 Hutchinson Street Franklin, Mass

Did you receive a gift for the holidays you don't want? Well, don't let it go to waste! Join the LGBTQ Alliance for our annual gift swap. Trade the unwanted gift out for a new one!



### 13th Annual Franklin Turkey Trot Raises \$49,630 for Franklin Food Pantry

#### Over 950 Participants Enjoyed Thanksgiving Morning Tradition

The Franklin Food Pantry, which provides supplemental food assistance and programs in Franklin, Massachusetts announces that a record-breaking \$49,630 was raised by more than 950 runners

and 65 sponsors at this year's annual Turkey Trot held on Thanksgiving Morning, Thursday, Nov. 28, 2024. The funds raised support programs and services that assist more than 1,800 individuals and families and surpasses last year's fundraising effort of \$45,000. Organized in conjunction with The Church of Jesus Christ of Latter-day Saints in Franklin, this is the 13th year for the family-friendly fun run, which welcomed participants of all levels and abilities.

"Whether you ran, walked, donated, or cheered us on, your support means the world to those we serve," said Tina Powderly, Executive Director of the Franklin Food Pantry. "Thanks to your generosity and he help of our mazing sponors, we raised nearly \$50,000 to provide nutritious food and essential goods to our neighbors in need. We're

so grateful to be part of such a caring and giving community thank you for making a difference!"

The Franklin Food Pantry is grateful for the following organizations and individuals who served as this year's race sponsors:

**Presenting Sponsors:** G&C Plumbing & Heating and Sweetgreen

**Platinum Sponsors:** Accurate Baker Elman, LDS Church Franklin, MyFM 101.3, Next9Up, Physician One Urgent Care, Notturo Home Services, Terrazza, and Wild Birds Unlimited **Gold Sponsors:** America's Best Defense, Body Fit Training, Club Pilates Franklin Village, Eagle Stainless Tube & Fabrication, Inc., Franklin Knights of Columbus Council 1847, Franklin Physical Therapy, Middlesex Bank, Mount Street Farm, Paul A. Longobardi & Sons Trucking, Sabolinski Family, Vet Med Pet Supplies, and Wicked Fitness Franklin

Silver Sponsors: Active Recovery Boston, Adirondack Club, Advanced European Repair, Baur Family, Dean Bank, Elizabeth's Bagels, Emmons St. LLC, Franklin Matters, Grove Street Auto Repair, Hilltop Auto, Junk Dunkers, Keefe Insurance, Mint Dental, Nutrify Performance Nutrition for Women, LLC., Poirier Home Improvement, Simon's Furniture, Spiffy Designs, Starr & Glick Orthodontics, Valerie Fila, Vendetti Motors, Inc., and Xpression Prints

Friends Sponsors: Allegra Marketing, Daniella Bush, Chestnut Dental, Donohue Family, Robert Doyle, Fitzgerald Family, Franklin Interfaith Council, Alexandra Frey, William Haddad, Rebecca Hauk, Timothy Hughes, Johnson Family, Janine Kizik, Lobo Family, Normandin Family, O'Neill Family, Powderly Family, The Rome Restaurant, Sancher Family, Allison Sheen, Tait/Shimer/Shanks Family, Van Roon Chiropractic, and Whitmore Family

The Franklin Food Pantry thanks the following local businesses and partners who provided food for race day morning: Garelick Farms, Shaw's Supermarket, and members of The Church of Jesus Christ of Latterday Saints

The Franklin Food Pantry thanks the following local business and partners who provided door prizes for the event: Body Fit Training, Child Therapy Boston, Comer Teng Studio, Elizabeth's Bagels, Learning Express Toys, Kevin Holmes, Level 99, Muffin House, Stott Family, Urban Air Adventure Park, USMMA, and Wicked Fitness Franklin

For more information on the Franklin Food Pantry, to receive food assistance, or to donate funds and food, please visit www. franklinfoodpantry.org.

#### About the Franklin Food Pantry, Inc.

The Franklin Food Pantry. Inc. offers supplemental food assistance, household necessities, and resource referral programs to more than 1,800 individuals per year. The Pantry relies on donations and grants to purchase items and pay for daily operations, and partnerships with The Greater Boston Food Bank, Spoonfuls, and local grocery stores to achieve greater buying power and lower costs. Programs include In-person Shopping, Curbside Pick-up, Emergency Food Bags, Mobile Pantries, Home Delivery, Kids' Snack Bags, Weekend Backpacks, Holiday Meal Kits, and the SNAP match at Franklin Farmers Market. The Pantry is a 501(c)3non-profit organization in good standing in Massachusetts, recognized by Charity Navigator as a Four-Star Charity, and awarded GuideStar's Platinum Transparency ranking. The Pantry is located at 341 W. Central St. in Franklin, MA on Route 140. Please visit www.franklinfoodpantry.org for more information.

### Franklin Food Pantry Distributes Record Number of Thanksgiving Meals

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The Franklin Food Pantry, which provides supplemental food assistance in Franklin, provided 484 Thanksgiving meals this November— a 73% increase from the 279 meals distributed last year. The significant increase is attributed to a new Thanksgiving meal distribution process. This year, every client who shopped at The Pantry in November was provided with a grocerv store gift card and extra bag to choose traditional Thanksgiving offerings or culturally relevant options and celebrate in ways that are meaningful to them.

The new distribution process was made in response to client feedback, and to reach a greater number of people over an extended period of time. In previous years, The Pantry distributed pre-packed holiday meal kits during a single, designated time. The new process eliminates the need to sign up in advance to receive a meal, confusing pickup times and waiting lists, and the burden of an additional trip to The Pantry.

"The Pantry's new approach to providing holiday meals allows us to reach more families and provide food and resources to help everyone celebrate this special time of year," said Tina Powderly, Executive Director, Franklin Food Pantry. "We are grateful to the dedicated volunteers and generous donors who have made this enhanced clientcentered program possible."

This December, The Pantry repeated the successful meal distribution process for the winter holidays. For more information on supporting the Franklin Food Pantry through donations or volunteerism, please visit www. franklinfoodpantry.org/get-involved.

If you or someone you know needs food assistance, please visit www.franklinfoodpantry.org/get-help, or contact The Pantry at (508) 528-3115.

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### Calendar

#### January 4

Brunch with Friends, 10 a.m.-12 noon, Franklin LGBTQ Alliance event, Mak's Roast Beef 451 West Central St., Franklin.

Wicked Queer Game Night, 6-9:30 p.m., Pete's Nerd Emporium, 10 Main St., Franklin, Franklin LGBTQ Alliance for our monthly game night

**Greater Milford Community** Chorus first spring season rehearsal, 7 p.m., Memorial Hall, Milford, new members always welcome

#### January 8

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, artist Shilpa Adduri to give fine art, water-based media demo, members and public encouraged to attend, refreshments served at break

LGBTQ Book Club, 6:30-8:30 **p.m.**, Pete's Nerd Emporium 10 Main St. Franklin,

Franklin LGBTQ Alliance monthly book club, title: Q.E.D by Gertrude Stein

#### January 9

**JUNTO Non-Fiction Book** Club, 6:30 p.m., Franklin Public Library, 118 Main St., Franklin, The JUNTO (from the Spanish junta or assembly) was a club for mutual improvement established in 1727 by Benjamin Franklin. January Book is *Think Again* by Adam Grant

Franklin LGBTQ Gift Swap, 6:30-8:30 p.m., Franklin TV, 23 Hutchinson St., Franklin, Trade an unwanted gift out for a new one!

Ben Franklin Birthday Bash! 1 p.m., Franklin Public Library, 118 Main St., Franklin, Family

program, music, games, costume contests, and more!

#### January 11

Franklin Underground Concert! Saturday, 1 p.m., Franklin Public Library, 118 Main St., Franklin

#### January 12

Second Sunday Speaker Series, 1:15 p.m., Franklin Historical Museum, 80 West Central St., Franklin

#### January 15

Franklin's Historic Union Street Cemetery, 6:30 p.m., Franklin Public Library, 118 Main St., Franklin, learn about historic cemetery's gravestone carvers and monuments

#### January 17

Franklin Public Library Book Sale, 1-5 p.m., Franklin Public Library, 118 Main St., Franklin, Books \$1

#### January 18

Winter Carnival! 1 p.m., Franklin Public Library, 118 Main St., Franklin, family program with games, crafts, snacks and more

#### January 19

Moving Towards an Indigenous Worldview, 10 a.m., First Universalist Society of Franklin, 262 Chestnut St., Franklin, info@fusf.org; (508) 528-5348, Guest preacher, Claire Karl Muller will about what UU Mass Action is doing with Indigenous leaders here in Massachusetts. Find out more at www. uumassaction.org

Interactive Workshop, 11:45 a.m.- 1 p.m., First Universalist Society of Franklin, 262 Chestnut St., Franklin, info@fusf.org; (508) 528-5348, Members of the LGBTQIA+ community, their allies, and anyone interested in learning more, are welcome.

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HOME SERVICES

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Third Sunday Music at the Museum, 1:15 p.m., Franklin Historical Museum, 80 West Central St., Franklin, features musical Ben Franklin in Paris

#### January 22

#### Family Literacy Night, 5:30

p.m., Franklin Public Library, 118 Main St., Franklin, presented in partnership with the Franklin Public schools, curated tables of family read-alouds, tips, tricks, and free resources to make reading fun at home, and a visit from Franklin's favorite police dogs.

#### January 23

Ben Franklin Autobiography LIVE Readathon, 1:30 p.m.- 8 p.m., Franklin Historical Museum, 80 West Central St., Franklin, Come and participate! 'Kick off ' reader (prerecorded)

will be Franklin's Congressman, Jake Auchincloss followed by State Senator Becca Rausch (also prerecorded). Volunteer readers participate for 10-15 minutes in sharing this classic.

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The Golden Age of Silent Movies, 6:30 p.m., Franklin Public Library, 118 Main St., Franklin, with Silent Movie pianist Richard Hughes and an opportunity for attendees to synchronize sound effects as well as a demonstration of animation devices that preceded the motion picture camera

#### January 24

Jigsaw Puzzle Tournament and Sale, 6-8 p.m., friendly fun competition, each team receives same 500-piece puzzle and races to finish first, prizes for 1st, 2nd, 3rd place. \$40 per team up to four members, take home completed puzzle, sign up at FUSF. org or call Vicki at (508) 654-6740 with questions.

#### January 25

Jigsaw Puzzle Tournament and Sale, 10 a.m.-12 p.m., friendly fun competition, each team receives same 500-piece

puzzle and races to finish first, prizes for 1st, 2nd, 3rd place. \$40 per team up to four members, take home completed puzzle, sign up at FUSF.org or call Vicki at (508) 654-6740 with questions.

**The Great African American** Musicians! 2 p.m., Franklin Public Library, 118 Main St., Franklin, Rodney Mashia performs a concert of jazz, gospel, soul, folk, and pop

#### January 26

Vera Meyer and Ben Franklin's Glass Armonica, 1:30 p.m., Marvin Chapel (second floor of Dean Hall), Dean College Among Ben Franklin's most amazing inventions is the glass armonica (or harmonica), a series of concentric, rotating crystal glass bowls that can be played (think of the sound of wine glass rims being rubbed). Mozart and others composed music for it. Event to include performance of Ben Franklin's tongue-incheek play, Ben Franklin and the

### **Remington Students Warm Hearts** (and Toes) with Thanksgiving Drive

In a heartwarming display of compassion and community spirit, students from Remington Middle School in Franklin, Mass. organized a wildly successful SocksGiving Drive this past month.

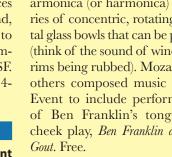
Students collected and donated more than 1,400 pairs of socks to Heading Home, one of the state's leading providers of shelter and services for homeless families with children.

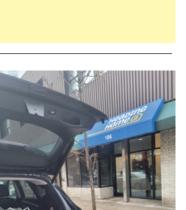
"This clothing will go a long way in helping so many families forced to rely on help," said Heading Home COO Heather Martin, a Franklin resident. "We're grateful the school chose our organization. There's an added sense of pride knowing that these are students in my town rallying to make such a compassionate and caring gesture."

Students turned their enthusiasm and dedication for cause into a tangible act of kindness, making a meaningful difference in the lives of those in need.



Photos used courtesy of Emily Laliberte, 7th & 8th Grade Science Teacher and student council advisor at Remington Middle School.





### **College Application Decisions**

This is the time of year when students start to hear back from their colleges. Congratulations to all the students who have received acceptances! Students are also receiving decisions where they have either been deferred, waitlisted, or denied, which is hard to not take personally, but think of it in this way, in 2024 UCLA received 173,651 applications and only accepted 12,737. So, focus on what can be done.

#### If you are ACCEPTED:

- If you have been accepted at your Early Decision college, which is a binding agreement, your decision has been made. You will need to pay the deposit by the deadline the college provided, and you will need to withdraw all other applications immediately.
- For Early Action, Regular Decision, and Rolling Admission acceptances, you do not need to commit immediately. Carefully weigh the pros and cons of each college before you make your final decision.

- May 1st is National Decision Day, the final day that you can submit a non-refundable deposit to a college (except for early decision and transfer students).
- Many universities grant early priority status in housing and roommate selection for students who commit early.

#### If you are DEFERRED:

- A deferral means the college wants to review your application again with the regular decision pool of applicants. A deferral is not a rejection and it does not mean that you are not a strong candidate.
- There are generally 2 main reasons why a college issues a deferral. For some students, their senior year academic performance is critical in the college's decision, so 1st semester grades are needed. Second, the student falls in the middle of the pack academically and the college wants to compare the student's application to the overall applicant pool.
- The deferral letter will include the protocol for your next steps in the application process. The deferral letter may state that no further action is needed; however, some schools will allow additional materials to be submitted, such as a new recommendation letter, an updated resume, test scores, or a Letter of Continued Interest (LOCI). When writing the LOCI be very college specific by citing exact reasons why you and XYZ University are a good match.
- Meet with your guidance counselor and ask for feedback. They often have good relationships with the college admission representatives and will be able to provide insight on how to best move forward.
- Finally, assess your current college list to determine if there are colleges on your list where you can already achieve your goals.

Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

#### If you are WAITLISTED:

- If you are waitlisted, you have met the college criteria for acceptance, but the college is limited in spaces.
- If you are still interested in the college, accept the college's waitlist offer.
- You can also email your college admissions representative and express your interest in the college. Consider providing additional recommendation letters or any new academic achievements to support your application review.
- Consider: According to NACAC (National Association for College Admission Counseling) 20% of all students who chose to remain on waitlists were ultimately admitted.

#### If you are DENIED:

- Give yourself time to grieve, especially if it was your dream school.
- You are still in the game. Review your college list and determine if you want to apply to additional colleges. Several colleges have Regular Decision deadlines on January 15, February 1 and 15. Additionally, ED II and EA II are options.

- Many schools would be thrilled to have you as a student, so review what college criteria are important to you and where you feel like you would genuinely fit in academically, socially, and financially. Collegeboard.org, Niche.com, and your high school's college platform, are 3 useful resources to research additional colleges.
- Be certain that the new additions are balanced with likely and probable admit schools.

Remember, it is important to focus on what can be done, instead of dwelling on the "what ifs." The goal of the college process is to find and attend a college that is a right-fit for you, where you will be happy- and with a little extra work you can accomplish this goal.

Good luck and enjoy the journey!

College 101 Admissions Consultants LLC. Website: www.mycollege101.com. Email: tracy@ mycollege101.com. Phone: 508-380-3845.

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### Historic Happenings at the Franklin Historical Museum for December 2024

NOTE: The last two Decembers and Januarys at the Museum have featured a display of detailed miniature models of the center of Franklin, circa 1932. This year, the exhibit has been postponed and will be back bigger and better in March, 2025!

#### Sat. January 4. Two Exhibits Open as part of Ben Franklin Month. (https://benfranklinbookweek. com)

• Franklin-ventions: Revolutionary Ideas in Franklin Industries + a look at some of Ben Franklin's famous inventions and patents and innovations "made in Franklin." 'Ben Gave us Books and We Gave the World Books'
-- a display of Franklinauthored books, past and present. (Are you a Franklin Author? -- contact alan.r.earls@gmail.com to join the display!)

Both exhibits continue all month during regular hours (Sat. 10-1 and Sun 1-4) at the Franklin Historical Museum, 80 West Central Street. FREE

**Sun. Jan. 12--Second Sunday Speaker Series:** (Speaker to be announced) at the Franklin Historical Museum. Museum open 1-4, program starts at 1:15. Sun. Jan. 19 "Third Sunday" Music at the Museum program – Come learn about and experience the lively, underappreciated musical, *Ben Franklin* in Paris that ran for 215 performances on Broadway (1964-5)! Free. The museum opens at 1 and the program will start at about 1:15. The event is FREE, but donations are always welcomed.

Wed. Jan. 22, 6 p.m. Dean College Student History Reception at Franklin Historical Museum 80 West Central Street

Thurs., Jan 23, Ben Franklin Autobiography LIVE Readathon at the Franklin Historical Museum, 80 West Central Street, 1:30 p.m. to approximately 8

p.m. Come and participate! Contact Alan Earls with any questions (alan.r.earls@gmail. com). FREE. "Kick off' reader (prerecorded) will be Franklin's Congressman, Jake Auchincloss followed by State Senator Becca Rausch (also prerecorded). Volunteer readers participate for 10-15 minutes in sharing this classic American work. Event will also include a 'tea' (Ben's favorite kind!) and reading of a short play written by Ben Franklin. Watch for a signup link on the website or just come by to listen or participate!

#### **`CINEMA 80'**

Cinema 80, captained by vid-

eographer and cinephile Chris Leverone, will be back in the New Year.Check the museum website for updates https://www. franklinmuseum1778.com.

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. (except as noted above) and Sunday afternoons from 1-4 p.m.

When visiting the museum, please consider donating a nonperishable item for the Franklin Food Pantry. Questions? Contact Alan Earls at (508) 560 3786. Visit us online at https://www. franklinmuseum1778.com.

### Ben Franklin Book Week Becomes Ben Franklin MONTH in Franklin

Ben Franklin Book Week was born in 2024 as "A Community Rediscovery of Ideas, Literature, and the Shared Gift of Language." In its second year, this is annual event, now the whole month of January, celebrates the birth month of Benjamin Franklin, America's most inspiring founding father. Ben's gift of books to the town of Franklin led to creation of the First Free Public Lending Library in North America and set the tone for Franklin's history ever since. Ben Franklin Month recognizes the town's ongoing book- and learning-friendly culture and the many other ways Franklin has inspired and continues to inspire creative endeavors with a growing slate of events and activities! Ben Franklin Month is led by the Franklin Historical Museum, with support from Franklin Public Library, and Dean College with grant funding provided by Mass. Cultural Council through the Franklin Cultural District Committee.

### PLANNED EVENTS INCLUDE:

Sat. 1/4 Franklin-ventions: Revolutionary Ideas in Franklin Industries + a look at some of Ben Franklin's famous inventions. Continues all month during regular hours (Sat. 10-1 and Sun 1-4) at the Franklin Historical Mu-



seum, 80 West Central Street.

Sat. 1/4 'Ben Gave us Books and We Gave the World Books' -- a display of Franklin-authored books, past and present. Continues all month during regular hours (Sat. 10-1 and Sun 1-4) at the Franklin Historical Museum, 80 West Central Street. (Are you a Franklin Author? -- contact alan.r.earls@gmail.com to join the display!)

Thurs. 1/9 JUNTO A Non-Fiction Book Club at the Franklin Library Starts in January! (Inspired by Ben Franklin's famous Philadelphia reading group, the Junto)! The first meeting is Thursday January 9th at 6:30PM. The January Book is Think Again by Adam Grant! Get a physical or digital copy through the Library Catalog! **Sat. 1/11 1:00—3:00 PM Ben Franklin Week Kickoff Concert** at the Franklin Public Library with popular local favorite, Franklin Underground!

**Sun 1/12 Second Sunday Speaker Series** (Speaker to be announced) at the Franklin Historical Museum. Museum open 1-4, program starts at 1:15.

Fri. 1/17 Franklin Library Children's Dept features Ben Franklin Birthday Bash. Check library website for details.

Sat. 1/18 Short Franklin-related films at Historical Museum during regular 10-1 hours.

Sun. 1/19 Third Sunday"music at the museum' – Come learn about and experience the lively, underappreciated musical, *Ben Franklin in Paris* that ran for 215 performances on Broadway (1964-5)! Free.

Wed. 1/22 (event Dean College Student History Reception at Franklin Historical Museum 80 West Central Street

Thurs., 1-23, Ben Franklin Autobiography LIVE Readathon at the Franklin Historical Museum, 80 West Central Street, 1:30 p.m. to approximately 8 p.m. Come and participate! Contact Alan Earls with any questions (alan.r.earls@gmail.com). FREE. Note, the 'kick off ' reader (prerecorded) will be Franklin's Congressman, Jake Auchincloss



followed by State Senator Becca Rausch (also prerecorded). Volunteer readers typically participate for 10-15 minutes in sharing this classic work of American literature. Event will also include a 'tea' (Ben's favorite kind!) and reading of a short play written by Ben Franklin. Watch for a signup link on the website or come by to listen or participate!

Fri. 1/17 Big Library Book Sale at the Franklin Public Library Friday, January 17th, 1-5 p.m.

**Sat. 1/18 Big Library Book Sale** continues 9 a.m. to 12 Noon and from 1-4, it's a BAG SALE

Sun. 1/26 Vera Meyer and Ben Franklin's Glass Armonica at Marvin Chapel, Dean College (second floor of Dean Hall) at approximately 1:30 (check back closer to the date) Among Ben Franklin's most amazing inventions is the glass armonica (or harmonica), a series of concentric, rotating crystal glass bowls that can be played (think of the sound of wine glass rims being rubbed). Mozart and others composed music for it. Musician Vera Meyer will perform. The event will also include Ben Franklin's tongue-in-cheek play. Ben Franklin and the Gout. FREE

Check back for updates and/ or new events and activities at https://benfranklinbookweek.com

### January 2025 at Franklin Public Library

The Library will be closed Wednesday January 1st for New Year's Day and Monday January 20th for Martin Luther King Jr. Day.

#### Franklin Public Library's 2024 Reading Challenge!

#### January: Get inspired!

Welcome to the Franklin Public Library's second Annual Reading Challenge! For each monthly prompt that you complete and submit on time you will receive a Free Book Coupon that's good at the library's Book Sale. Submissions MUST be submitted by the last day of each month in order to qualify for that month's Free Book Coupon. For complete details and to sign-up, visit our website! Grand prizes made possible by the Friends of the Franklin Library!

#### **Franklin Public Library VITA: Volunteer Income Tax Assistance**

#### Site Opening Saturday February 1st!

Volunteers are always needed for the IRS Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs... better known as VITA and TCE.

Many volunteer roles are available. You can help as a greeter, an interpreter, and many other roles, but most of all, we need tax preparers. Training for certification is provided!

Learn more at https://www. irs.gov/individuals/irs-tax-volunteers or email site coordinator Mitzi Gousie at mgousie@minlib.net

#### **ESL & Adult Literacy** Program

The Franklin Public Library has started an English as a Second Language and Adult Literacy Program to serve Franklin and its surrounding communities. 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**

#### Ben Franklin Birthday Bash! Friday, January 17th @ 1 p.m.

Join us as we celebrate the birthday of Ben Franklin himself! Music, games, costume contests, and more!

Winter Carnival! Saturday, January 18th @ 1 p.m.

Join us for an epic afternoon of winter fun for the whole family! Enjoy a variety of carnival games, crafts, snacks, and more!

#### Family Literacy Night! Wednesday, January 22nd @ 5:30 p.m.

Join us for an evening celebration of reading for the whole family! Presented in partnership with the Franklin Public schools! Browse our curated tables of family read-alouds, get tips, tricks, and free resources to make reading fun at home, and visit with Franklin's favorite police dogs for some fun independent reading practice!

#### **Special Events for Teens** Teen Vision Boards! Wednesday, January 8th @ 5:30 p.m.

Teens! Set your intentions for 2025! Join us as we get crafty, creating vision boards and setting our reading resolutions!

#### **Teen Interactive Movie!**

Wednesday, January 15th @ 5 p.m. Teens! Join us for a cozy winter movie! An interactive viewing of Little Women, complete with snacks and fun activities!



This section will be a guide to the local job seeker looking for a career change or a new job! Editorial will focus on best resume writing techniques, how to answer top interview questions, changing careers and so much more.

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ZONE 1 **REACH 73,149** Auburn, Charlton, Douglas, Dudley, Grafton, Hopedale, Mendon, Millbury, Northbridge, Oxford, Sutton, Upton, Uxbridge and Webster

**ZONE 2 REACH 96,651** Ashland, Bellingham, Franklin, Holliston, Medway, Milford, Millis, Natick, Norfolk, Norwood and Wrentham

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#### **Special Events for Adults**

#### JUNTO Non Fiction Book Club, Thursday, January 9th 6:30 p.m.

The JUNTO (from the Spanish junta or assembly) was a club for mutual improvement established in 1727 by Benjamin Franklin. Franklin Public Library's JUNTO Book Club is a place to discuss a book of the month and share our insights from the book and beyond! The first meeting is Thursday January 9th at 6:30 p.m. The January Book is Think Again by Adam Grant! Get a physical or digital copy through the Library Catalog!

#### **Friends of Franklin Library** Meeting, Tuesday January 14th @ 7 p.m.

Love the Library? Join the Friends! Attend the next meeting or contact the FOFL at: fofl02038@gmail.com | Follow the Friends on Twitter: @ FriendsFranklin

#### Franklin's Historic Union Street Cemetery: Its gravestone carvers and monuments, Wednesday, January 15th @ 6:30 p.m.

Come learn about the Union Street Cemetery, one of Franklin's historic cemeteries founded in 1752. We'll discuss the families buried there, the gravestones and the men who carved them. We'll also look at the types of monuments and the symbols found on them.

#### Painting for Adults, Saturday, January 18th @ 1 p.m.

Grown-ups! Are you feeling creative? Join Miss Lily to create your very own step-by-step painting of a covered bridge! All materials will be provided. Registration is required!

#### The Golden Age of Silent Movies, Thursday, January 23rd @ 6:30 p.m.

Silent Movie pianist Richard Hughes creates a living history by way of fascinating silent movie clips of newsreels, educational films, melodramas, cartoons, comedies and more. Attendees will have an opportunity to synchronize sound effects like a train whistle, siren and wind machine to a popular melodrama of 1913. Hughes will demonstrate ingenious animation devices that preceded the motion picture camera and then play silent movie 'Mood Music' to selected films.

#### **Special Events for All** Ages

#### Franklin Underground Concert! Saturday, January 11th @ 1 p.m.

It's Ben Franklin's birthday Week and the Library is kicking it off with a rocking good time with Franklin Underground in Concert! Listen and dance while getting the inside scoop on all the great events in around Franklin celebrating our namesake!

#### The Great African American Musicians! Saturday, January 25th @ 2 p.m.

Join us in welcoming Rodney Mashia performing a concert of jazz, gospel, soul, folk, and pop celebrating great African American musicians.

#### **Franklin Library Book** Sale

Friday, January 17th, 1-5 p.m., Saturday, January 18th, 9 a.m. noon, books \$1

#### Bag Sale - \$5 A Bag—Saturday, January 18th, from 1-4 p.m.,

Come fill a brown bag with all the books you can!

### **21st Annual Gary Mirliss Memorial Blood Drive**

#### Blood Drive January 11, 2025

King Philip Middle School, 18 King St., Norfolk, MA 02056

#### 8 a.m. – 3 p.m.

Walk-ins will be accommodated on a first-come, first-serve basis, so we recommend that you make an appointment! Spots are filling up fast!

To make you appointment you can go to

https://bit.ly/Mirliss2

For information, please email: GM.Memorial.Drive@Gmail.com

### Franklin Reading Specialist Presents Three Sessions at NCTE

Horace Mann Middle School Reading Specialist Erin O'Leary presented three sessions during the NCTE 2024 Annual Convention held recently in Boston, sharing perspectives on English education and reading in line with the event's theme of "Heart, Hope, Humanity."

The four-day conference held by the National Council of Teachers of English is the largest event of its kind for literacy educators, drawing hundreds of teachers to share ideas and discuss successful practices for inspiring the next generation of learners, thinkers, readers and writers. The event, which took place at the Boston Convention and Exhibition Center, was highlighted by a keynote speech delivered by U.S. Supreme Court Justice Ketanji Brown Jackson.

The sessions presented by Reading Specialist O'Leary and the conference on a whole offered encouragement for teachers to become bold, ambitious and innovative in their efforts to share the life-changing power of literature with the next generation of readers.

"There are a lot of teachers out there with good ideas," said Reading Specialist O'Leary. "The difference between those being able to execute them and those who don't is often fear and



From left to right, author Ruta Sepetys, Mary Giuffre, a West Bridgewater elementary school principal who formerly taught at Horace Mann Middle School, author Steve Sheinkin, and Horace Mann Middle School Reading Specialist Erin O'Leary. The four took part in a session called "When History Meets Humanity" at the NCTE 2024 Annual Convention held at the Boston Convention and Exhibition Center.

lack of administrative support."

Reading Specialist O'Leary presented alongside Mary Giuffre, a West Bridgewater elementary school principal and her counterpart from the "Crazy Reading Ladies," a spirited duo of teacher-trainers promoting the uplifting power of reading.

Their partnership as the "Crazy Reading Ladies" dates back to 2012, when the two both taught at Horace Mann Middle School. The pair started an interactive book club program called "All In!" at a time when a feature film based on The Hunger Games novels was about to be released in theaters, culminating in a field trip to the movies attended by 221 students.

The Crazy Reading Ladies, who are aficionados of young adult and middle-grade literature, presented a session called "Books Build Bridges," which expounded on the concept of social-emotional learning through young adult literature. Using an evidence-based social-emotional



Mary Giuffre, a West Bridgewater elementary school principal who formerly taught at Horace Mann Middle School, and Horace Mann Middle School Reading Specialist Erin O'Leary together presented a session at the NCTE 2024 Annual Convention called "Books Build Bridges," which focused on a personalized, social-emotional learningbased approach to pairing students with young adult literature. Photos courtesy of Franklin Public Schools

learning framework to guide a personalized approach to matching students with books to read, the program was introduced at Horace Mann Middle School after receiving a special grant in 2019. The grant allowed the Crazy Reading Ladies to spend \$5,000 on books that are still being used today as part of the initiative.

"We've always known that children who are emotionally available to learn do better in school," O'Leary said. "What we didn't know was how to support the development of those critical skills. Let the books do the work. In our Massachusetts middle school, we have found that books are the best way to support social and emotional learning. The highly-individualized approach uses contemporary young adult literature to teach students about

**NCTE** continued on page 24



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

### New England Patriots #27, Marcellas Dial, Chooses SAFE for "My Cause My Cleats" Initiative

The SAFE Coalition, in Franklin, was recently chosen to participate in the NFL's "My Cause, My Cleats" program, with their logo featured on Patriots running back Marcellas Dial's cleats for the December 1st game against the Indiana Colts.

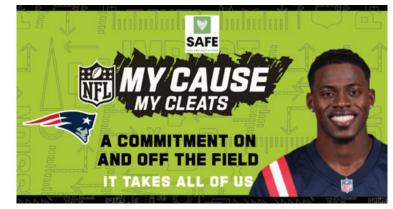
NFL's "My Cause My Cleats" program (#mycausemycleats), a longstanding outreach initiative, allows NFL players to "reveal their passions beyond the game and wear their hearts on their feet.". Players are given the opportunity to pick a cause that is important to them and represent their chosen organization on custom designed cleats.

Dial decided to participate after learning of SAFE's service to those suffering substance use and mental health. Dial feels connected to this issue having witnessed the passing of his dad in 2021 due to cirrhosis of the liver. He wanted to honor his dad and tell his story in the hopes of helping people going through similar experiences.

"It's a big platform, because I can bring attention to people who are going through it about how it doesn't only affect you, but the people around you," Dial Jr. said in a recent article on the New England Patriots' website.

"My dad knew what he was going through was affecting him, but early on, I don't think he was thinking about how it would impact us later on," Dial says. "By the time he tried to get a hold on everything it was too late. That's the message I want to share and get out to everybody who is struggling – to not be self-centered in your thinking. Think about the people in your life who love you."

In addition to SAFE's logo, Marcellas also had the words "Sobriety is a superpower" painted on the side of his cleats.



Joe Flynn @footballfunnyguy

A new recruit to the Patriots in 2024, Dial's wife and young daughter now regularly cheer him on from the sidelines.

SAFE Coalition, a nonprofit founded to combat the rising threat of opioid addiction and overdose in southeastern Massachusetts, now supports over 37 towns across the state with recovery and support groups, referral services, one-on-one nonclinical recovery support, resource connection, community trainings, educational programming for adolescents and schools, events like film screenings and talks, sober art and music nights, and trauma-informed yoga. SAFE also voluntarily advises opioid abatement funding boards in municipalities across the state.

Those interested in SAFE's services or wanting to collaborate with the organization can contact SAFE at (508) 488-8105 or info@safecoalitionma.org



Leanna Puccio

#### NCTE

continued from page 23

themselves and the world around them, developing their social and emotional competencies in a safe and comfortable environment."

O'Leary and Giuffre also presented a session on Bringing Libraries and Schools Together (BLAST), a collaborative introduced in 2018 at Horace Mann Middle School to provide students with a part-time certified librarian on loan from the local public library. Now, BLAST has spread to four of the district's other schools.

And the Crazy Reading Ladies also presented a session called "When History Meets Humanity: A Conversation with Ruta Sepetys and Steve Sheinkin," speaking with the co-authors of a recently published historical fiction called "The Bletchley Riddle." This session stressed the importance of reading regimens that include a healthy dose of both nonfiction and historical fiction, with Sepetys and Sheinkin sharing how their works of his-





Horace Mann Middle School Reading Specialist Erin O'Leary presents a session at the NCTE 2024 Annual Convention called "BLAST: Bringing Libraries and Schools Together." O'Leary shared how she introduced a collaborative in 2018 at Horace Mann Middle School to provide students with a part-time certified librarian on loan from the local public library.

torical fiction are meant to open up a world full of secrets and fascinating facts.

"Their books are exceptionally well-researched, but they are also beloved," O'Leary said. "They turn students into readers and readers into thinkers, giving young people the courage to question historical events and decisions while nestled safely between the pages of a book."

Reading Specialist O'Leary offered a special thanks to Horace Mann Middle School Principal Rebecca Motte and Assistant Principal Jennifer Santosuosso, for supporting her work to promote a culture of literacy at Horace Mann Middle School.

"Not everyone is so lucky," O'Leary said. "Theirs is the kind of support educators dream about. They have consistently upheld and prioritized the culture of literacy I strive to build, and made me feel valued as an educator. They are thoughtful collaborators who offer the insight that helps me both reach and refine."

### **Dean College Announces Two New Executive Hires**

Dean College, in Franklin, audit deliverable timetable; enhas formally welcomed two new accomplished professionals to its leadership team. Basil A. Stewart joins the College as Vice President for Financial Services and Treasurer; and Marly A. Norris joins as Vice President for Institutional Advancement. Both Stewart and Norris will report directly to Dean's interim president, Mark D. Boyce.

Stewart most recently served as Vice President for Finance and Administration/Chief Financial Officer and Assistant Treasurer for Western New England (WNE) University, where he led the campus master planning effort that resulted in the creation and development of a 10- to 15-year capital. While at WNE, he also modernized the finance, facilities, and public safety teams by emphasizing cross-training and career progression; streamlined the

hanced the legal review process of agreements and contracts; and supported many technological advancements ranging from long-term financial planning to data visualization and reporting.

Prior to WNE, Stewart was the Vice President of Finance and Chief Financial Officer for Lasell University and Assistant Treasurer and Chief Financial Officer of Lasell Village. He has also held senior level finance positions at Merrimack College, MIT, and Northeastern University.

Stewart earned his MBA and BBA in accounting from the University of Massachusetts Amherst and holds designations as a Chartered Global Management Accountant (CGMA) and Certified Public Accountant. He is a member of the American Institute of Certified Public Accountants, Inc. and the Massachusetts Society of Certified Public Accountants.

"We are excited to welcome Basil Stewart to our Dean leadership team, as he brings a wealth of knowledge that will be invaluable as we advance the College's financial priorities and continue to support our mission," said interim President Boyce. "With Basil's extensive experience, including his commitment to modernizing financial practices and enhancing institutional efficiency, the Dean community will greatly benefit from his leadership."

Norris has a long history of success in fundraising for higher education and cultural institutions. She has played a key role in three comprehensive campaigns, including two with \$1B+ goals.

Norris most recently served as the Vice President of Advancement for the State University of New York's (SUNY)

Empire State University and Executive Director of the Empire State University Foundation. She was instrumental in ensuring a smooth transitional period for the organization, which included a new president; a change from college to university; and a marketing rollout as the only public online university in the state. Norris was tasked with building the advancement infrastructure and professionalizing operations to support the university as it experienced extraordinary enrollment growth.

Prior to the SUNY system, Norris served as Vice President for Advancement and Public Affairs at Dominican University of California where she led the university's fundraising and alumni relations functions. Norris has also held leadership roles at the University of San Francisco, the Smithsonian Institution, and the University of California, Berke-

Norris earned dual bachelor's degrees from the University of Missouri-Columbia and an MBA at Saint Mary's College of California. She also completed the Leadership Development Program at the University of California, Berkeley.

"We are delighted to welcome Marly Norris to Dean College as our new Vice President for Institutional Advancement," said interim President Boyce. "Marly's proven track record in advancement and her strategic leadership in fundraising and alumni relations will be invaluable to our community. Her experience with transformational campaigns and her commitment to building meaningful relationships with alumni, families, and supporters will play a pivotal role as we continue to strengthen and expand Dean's impact."

### Real Estate Corner



# Real Estate Corner



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### First Universalist Society in Franklin January 2025 Happenings

#### Moving Towards an Indigenous Worldview

#### Sunday January 19, 2025 @ 10 a.m.

Our planet faces so many crises, it can be hard to read the news. And yet, throughout the world, Indigenous communities and nations hold out a different way of being. Guest preacher, Claire Karl Muller will speak to this vision, finding our personal stake in it and what UU Mass Action is doing with Indigenous leaders here in Massachusetts to get there. Find out more about UU Mass Action on their website www.uumassaction.org

About CLAIRE KARL B.W. MÜLLER (THEY): Claire Karl is a force of nature. They are a 5th generation Germanic settler to Eastern Massachusetts and identify as a white, middle-class, non-binary, small-fat, queer organizer. Their values are curiosity, compassion, and truth and people power. They feel called



to work with other white middle class folks on racial, economic and climate justice and joined the team at UU Mass Action in 2020. Claire Karl is coordinator of the statewide climate justice coalition Mass Power Forward, which they co-founded in 2015, as well as the UU Mass Action staff lead for Indigenous Solidarity.

#### Find Your Oxygen Mask -An Interactive Workshop

#### Sunday, January 19, 2025 from 11:45 a.m. – 1 p.m.

The *FUSF* Welcoming Congregation Initiative Team invites you to an interactive workshop titled, "Find Your Oxygen Mask." Members of the LG-BTQIA+ community, their allies, and anyone interested in learning more, are welcome to attend. We will connect, learn, and share resources, fears, and hopes during these uncertain times. We hope that whoever you are, wherever you are from, whomever you love, whether your heart is heavy or light, you will join us.

#### Jigsaw Puzzle Tournament and Sale

#### Friday, January 24, 2025 6 to 8 p.m. OR Saturday, January 25, 2025 10 a.m.- Noon

Team Tournament: Enter your team to puzzle against other teams in a friendly and fun competition on either Friday night or Saturday morning. Each team receives the same 500-piece puzzle and races to finish first. Prizes given for 1st, 2nd, 3rd place. It's only \$40/team for teams of up to four people to participate and your team goes home with the completed puzzle! Team registration and puzzle tournament rules can be found at FUSF.org. For questions call Vicki @ (508) 654-6740. Cash, check or electronic payment accepted.



Puzzle Sale: Over 500 Jigsaw puzzles will be for sale both Friday and Saturday. You do not need to enter a tournament to shop. Most puzzles are priced between \$3 and \$5 - Some are brand new! Be sure to stock up for all those puzzlers in your life (or yourself). Cash, check or electronic payment accepted.

The First Universalist Society in Franklin (FUSF) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin.

Our Interim Minister is Reverend Beverly Waring.

For more information about FUSF please visit our website at fusf.org or contact us at info@ fusf.org; call (508) 528-5348.



### Franklin Fallen Heroes' Upcoming Remembrance Ceremonies

In honor of the 45 Franklin Veterans who made the ultimate sacrifice while serving in the U.S. Armed Forces, remembrance ceremonies are held on the anniversary of their KIA date. The ceremonies are led by members of the American Legion Post 75 and VFW Post 3402 and are held at 9:00 a.m. on the Veterans Memorial Walkway on the Franklin Town Common. Family members, friends and members of

the community are all welcome to attend. In the event of inclement weather, the ceremony will be postponed to the following day.

January	26 – William	0.	Mar	tello
- WWII				

February 18 – Alan W. Willard -Vietnam

February 22 – James P. Murray -WWI

February 24 – David Laughlan III - WWII

February 26 – Richard L. Desper -Vietnam

March 10 – Marshall E. Rollins -WWII

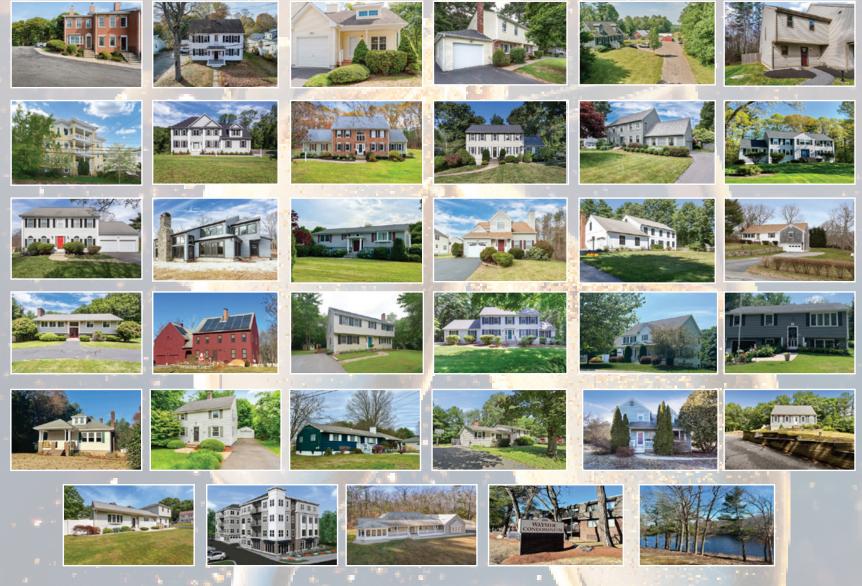
March 10 – John A. Schur - WWII

March 18 – Elton E. Ekstrom - WWII

March 30 – W. Franklin Lynch -WWI



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### Wishing everyone a Safe and Happy New Year!



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