

Franklin's Edward L. Grant American Legion Post 75 Turns 100

*Post Recognized on First Purple Heart Day,
August 7, 2020*

By J.D. O'GARA

On August 7th, 2020, the Town of Franklin celebrated its Purple

Heart recipients for the first time. No small part of that ceremony was the recognition of the cen-



Members of Franklin's American Legion Edward L. Grant Post 75 participated on August 7, 2020 in the first Purple Heart Day in Franklin, Mass. The post was also recognized for celebrating 100 years of service to Franklin.

ennial of the Edward L. Grant American Legion Post 75, which participated in the ceremony.

The national organization (www.legion.org) began as "a patriotic veterans' organization devoted to mutual helpfulness." This helpfulness included supporting and sponsoring youth programs, promoting patriotism and honor and continued devotion to fellow service members and veterans. Today there are over two million members in more than 13,000 posts around the world. In Franklin, the post has 82 members, most from the towns of Franklin, Bellingham and Medway. The diverse membership encompasses all branches of service, including The US Army, Marines, Navy, Air Force and Coast Guard and service from WWII up through the Global War on Terrorism.

"Right now, our monthly meetings have been postponed due to

POST 75

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POST 75

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COVID-19, but meetings are normally on the first Monday of each month at 7 p.m. at the Franklin Cable Access TV Station at 23 Hutchinson Street, Franklin," says Legionnaire Kimberley Leone.

Members of the American Legion are veterans who've pledged service to the community. Recently, eligibility requirements have changed and currently the eligibility requirements are:

- Veterans who have served federal active duty in the United States Armed Forces since December 7, 1941, and have been honorably discharged or are still serving honorably.
- U.S. Merchant Marine eligible only from December 7,

1941 to December 31, 1946 (WWII).

Applications can be found on the Post 75 website, www.ma-post75.com.

Despite some activities this year having been suspended due to COVID-19, the Franklin American Legion has still been active this year.

"We haven't been able to accomplish very many of our normal activities which normally include the following, writes Leone:

- 1) Our quarterly visits to the Brockton VA Hospital where we host game nights and provide snacks and deliver donations of toiletries, t-shirts, ear buds or other needed items
- 2) Honor guards at the wakes and funerals for local veter-

ans who pass away.

- 3) Sponsorship of an American Legion Baseball Team in Franklin.
- 4) Color Guard and Rifle Squad and our annual poppy drive at the Franklin Memorial Day Parade.
- 5) Our Annual Scholarship Road Race normally held in June at the Remington/Jefferson School in Franklin.
- 6) Monthly visits to the four senior living facilities in Franklin - Magnolia Heights, Enclave, Benchmark Senior Living and Cedarwood Gardens.
- 7) Our annual fundraising raffle. And more.

Leone explains that, thanks to a good rapport with Franklin's Veterans Service Officer, Dale Kurtz, Legionnaires are usually quick to jump in and help whenever there's a need for volunteers or assistance locally.

"Since we were unable to participate in Memorial Day activities this year per usual - we did join in this year on placing flags at the graves of all Veterans at the three Franklin cemeteries," says Leone. "We were very pleased to be able to participate in the Purple Heart Ceremony, and we hope that we might be able to participate in the Wreaths Across America event in December at the Bourne National Cemetery - another one of our favorite events each year."



Purple Heart recipients who attended the ceremony on August 7th were invited to stand and be recognized by their community for their sacrifices.



Franklin Veterans Services Officer Dale Kurtz read the proclamation recognizing both Franklin's Purple Heart recipients, and later, congratulating Post 75 on its centennial.

Post 75 was named for Franklin native, Edward L. Grant. According to a biography of Grant undertaken by veteran Natalee Webb, Grant was the son of a Franklin contractor who helped build Victorian houses that still stand today in town. Known as "Harvard" Eddie Grant, the Major League ball player "was born and educated in Franklin including attendance at Dean Academy (Dean College)." Later, he earned a law degree from Harvard University, where he played baseball and basketball. After college, he spent ten years in the major leagues, after which Grant practiced law in Boston. He left his practice to attend a military training camp in Plattsburgh, New York, among the first to enlist when America entered World War I in April of

1917. He was appointed Captain of Company H of the 307th Infantry Regiment, 77th Division of the American Expeditionary Forces (AEF). The following year, Grant was assigned to the greatest American battle of WWI, the Meuse-Argonne offensive in France. He found himself in charge of a rescue mission for a "Lost Battalion," an Army Division of 463 men who had been ensnared by the enemy, and moving forward with the mission was killed by mortar shells as he shouted for others to take cover. Grant became the first Major League Baseball player to be killed in action.

To learn more about Franklin American Legion Edward L. Grant Post 75, visit www.ma-post75.com.

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Support Group for Legion Post Launched

John Milot, Commander of Franklin's Edward L. Grant American Legion Post 75, has announced the relaunch of a "Sons of the American Legion" (SAL) squadron in connection with celebration of the Post's centennial.

Founded in 1932, Sons of The American Legion exists to honor the service and sacrifice of Legionnaires. S.A.L. members include males of all ages whose parents or grandparents served in the U.S. military and were eligible for American Legion membership.

"We had a Sons Squadron for many years," Milot explained, but through attrition it gradually shrank and ceased operations. Alan Earls, whose father served in World War II and was a Legion member, has become the first new member of the Squadron and is reaching out to others in the community who may be interested in joining.

The Sons organization is divided into detachments at the state level and squadrons at the local level. They are permitted flexibility in planning programs and activities to meet their needs, but must remember S.A.L.'s mission: to strengthen the four pillars of The American Legion. Therefore, squadrons' campaigns place an emphasis on preserving American traditions and values, improving the quality of life for our nation's children, caring for veterans and their families, and teaching the fundamentals of good citizenship.

Post 75 was launched in 1920 and named in honor of Franklin-native, Edward L. Grant, a Dean College and Harvard graduate and major league baseball player who volunteered for service in World War I and was killed in action in France.

Anyone interested in joining the Post 75 Sons should contact the post at MAPost75@gmail.com or call Alan Earls at (508) 528 6930.

Families Continue to Pay Tribute to Veterans

The fourth installation of engraved bricks on the Veterans Memorial Walkway took place recently on the Franklin Town Common. The next installation is planned for November 2020 to coincide with Veterans Day. Bricks must be purchased by September 14 for this installation.

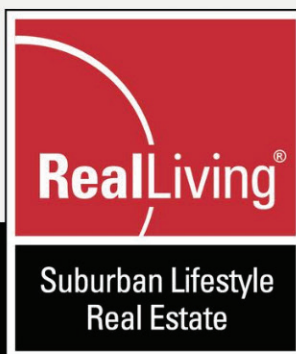
Veterans being honored do not have to be Franklin residents. For more information or to purchase an engraved brick, contact the Franklin Veterans Services Office at: (508) 613-1315 or go to: www.franklin-veteransbricks.com for online orders. Engraved bricks are \$100 each.



Pictured left to right: Dale Kurtz, Franklin VSO, and members of the Franklin Veterans Council, Sue Theriot, Ernest Carruthers and Bob Gardner with Bill Fredrick of C & A Masonry, Inc. of Franklin.

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Franklin Fire Leaves Civil Service, Restructures

By J.D. O'GARA

On July 22, 2020, at Franklin Fire Headquarters at 40 West Central Street in Franklin, the town of Franklin celebrated the promotion of 11 new officers promoted by rank as well as welcomed the addition of a new firefighter/paramedic. The event included a processional with Lt. Scott Keefe of the Milford Fire Department and Worcester Fire Brigade on bag pipes, the National Anthem sung by Liz Cassidy, and invocation by Chaplain Rick Marcoux. Deputy Chief James P. Klich opened the event, which featured Franklin Fire Chief James G. McLaughlin and Franklin Town Administrator Jamie Hellen as speakers.

"This ceremony was a bit unusual due to the large amount of officers promoted," says Chief McLaughlin. "The reason is that we just completed a major restructure of the Department, which includes four new Battalion Chiefs, which is a brand new rank for the Department."

The restructuring of the Department comes as a result of the Franklin Fire Department's departure from the Massachusetts Civil Service hiring system. The Department now has four Battalion Chiefs, four shift Captains, one EMS Captain, four Lieutenants and 36 Firefighters (which is planned to eventually increase to 40).

Honorees included:

Battalion Chief Charles Allen
Battalion Chief Thomas Carlucci
Battalion Chief Keith Darling
Battalion Chief Steven Sims

Captain William Blanchard
Captain Thomas Konieczny
Captain Sean Lovely
Captain Kevin Marshall

Lieutenant Paul Molla
Lieutenant Laurie Roy
Lieutenant David Smith

Firefighter/Paramedic Dylan Voss

The Franklin Fire Department receives about 4,500 calls a year, with most for emergency medical services.



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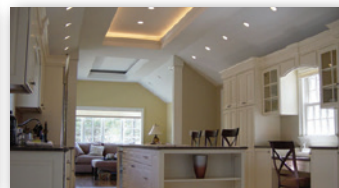
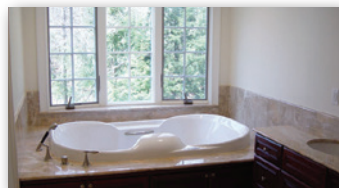
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Franklin Schools Reopening Plan

Franklin Public Schools will begin mainly remote instruction on September 16th. The district has created a web page at <https://sites.google.com/franklinps.net/returntoschoolplan/home> to answer questions regarding various aspects of school commencing in the fall. Part of that site includes the following discussion of how the district will keep residents apprised of the plans:

Regular District and School Communications:

District and School Communications will be shared via Regroup (see details below) as well as posted to our Reopening Website. News and alerts can also be found on our FPS website homepage, <https://www.franklinps.net>, under the District News tab. We encourage community members and

family members (such as grandparents or other caregivers) who do not receive Regroup messages to subscribe to District News e-mail alerts via this sign up form, <https://lp.constantcontactpages.com/su/R7hHeRh/SCnews>. Individual school websites will be updated accordingly.

E-mail Address for Opening Related Questions

General questions related to the opening of school may be forwarded to a collective mailbox. The mailbox will be monitored on a daily basis. Routine questions will be answered and incorporated into Frequently Asked Questions, found on the FPS Reopening Website. More specific questions will be routed to individuals for a response.

Please forward general

questions here: Reopening@FranklinPS.net

For more immediate assistance or for questions that involve unique family circumstances, families should contact the classroom teacher, guidance counselor, school nurse, administrator, or other FPS employee. Visit our district website at <https://www.franklinps.net/district/pages/franklin-public-schools-invite-you-or-visit-individual-school-websites-for-directory-information>.

Emergency Communications

Our "Regroup" mass notification system will continue to be used to alert families of any emergency communications. Please be sure to update your emergency contact information with your child(ren)'s school sec-

retary in order to receive notifications. In general, informative notifications will be issued via e-mail and subsequently posted to the district's reopening school webpage. Emergency notifications are issued by e-mail, text messaging, and telephone calls.

Social Media and Local News

Franklin Public Schools may share information related to reopening via our social media accounts. These communication methods will be used to remind, reinforce and share but will not be used as the primary source of communication. Individual school social media accounts will be used in a similar manner.

Facebook: <https://www.facebook.com/FranklinSchoolDistrictMA>

Twitter: <https://twitter.com/FranklinPSNews>

Youtube: <https://www.youtube.com/channel/UCr0pe33QnCdA2FI-045LADwg>

Information may also be shared through other media channels including Franklin TV & Radio, *Franklin Matters*, *The Milford Daily News*, *Franklin Country Gazette*, *Franklin LocalTownPages*, and others.

The Full reopening Proposal can be found on our website here https://www.franklinps.net/sites/g/files/vyhlf4431/f/uploads/franklin_public_schools_reopening_proposal_2020-21_1_1.pdf

Tri-County Reopening Plan

Following is a letter sent to Tri-County students, parents, faculty and staff from Tri-County Regional Vocational Technical High School from Stephen Dockray, Superintendent.

Dear Tri-County Families, Faculty and Staff:

Our School Committee unanimously approved the Tri-County Final District Reopening Plan at their August 5th School Committee Meeting. As required by the Department of Elementary and Secondary Education (DESE), we prepared In-Person, Hybrid and Remote Plans. The Committee voted to adopt the Hybrid Learning Model to begin the 2020-2021 school year. Phase 1 of the Hybrid Plan will be implemented starting September 16th. Under Phase I we would provide in-person vocational instruction two and one half days for underclassmen and two days for upperclassmen each week. On the other two days for underclassmen and two and one half days for upperclassmen students would receive remote vocational instruction. This would provide live instruction to 25% of our total student enrollment. If the logistics and safety protocols work out, we would expand this to Phase II with both grades in a particular vocational program

attending together, or 50% of our total enrollment. For both Phase I and Phase II, academics would start remote. Phase III would begin a hybrid model for students to transition back to in-person academics.

We have posted our complete Reopening Plan on our website for your review at <https://www.tri-county.us/news-events/return-to-school-september-2020-information/>. Included with the detailed Reopening Plan is an Executive Summary and a Letter from the Superintendent.

I would like to remind the community that while we have settled on a hybrid model to begin the year, we are still awaiting significant data and direction from DESE and the state. This includes guidance on athletics and using COVID-19 positivity rates to determine how we move into a full remote or full in-person learning. We are also anticipating some guidance on COVID-19 testing for educators and students. When this information is received, it will be incorporated into the plan.

We are also in the process of finalizing our school calendar for the 2020-2021 school year. The tentative start date for faculty and staff is September 3rd and the first day for students is scheduled for September 16th. Freshmen

Orientation would take place on September 14 and 15, in-person, from 11 a.m. – 2:10 p.m. Once the full school calendar is approved by the School Committee, it will be posted to our website. Parents should already have received an email including a survey regarding transportation to and from school. This survey data is very important to our reopening plans. If you did not receive this survey please contact, Virginia Karpouzi in our Main Office, at karpouzi@tri-county.us. Please routinely check for emails from Tri-County in the coming weeks as information about virtual town halls, to answer family questions about the

schedule and health and safety protocols, or other important issues will be coming out.

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Steve



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WEBSITE

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and streamlined new look. Our goal is to create a site that's about you, your neighborhood, your businesses, your community resources, your town's news, one stop – the voice of your community.

Online, you will be able to access the entire newspaper and features to empower you to become an active member of the community. Post events and what's happening around town directly to our community announcement page. Easily share to your social media! Don't forget to "like" us on Facebook! We have built an online directory, with maps, where you can effortlessly explore local businesses serving our community. Get updates on what's going on in your area on our event and calendar page. You'll find user-friendly guides to get information faster and a reference directory with links to the town schools, library, town

government, fire, police, and more. You can easily link to the same resources in neighboring towns.

Remember, these have been difficult times, and it is so important to support the businesses that support our community. You can check out business profiles, leave a review, connect to their Facebook page and website.

Businesses – a corporate profile on our new directory can feature your company on our opening page and drive visitors to your website with links, a map, and graphics. You can take advantage of becoming a community sponsor, that will allow you a more prominent presence on Franklintonews.com. You can sponsor content that will keep you in mind with readers.

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Dean College Moves Online for the Fall 2020 Semester

Dean College has recently announced that all Fall 2020 semester classes will be held online.

"In reviewing our COVID-19 Fall opening plans, current health data, the worsening conditions across the country, and the guidance of medical and public health officials, we have grown increasingly concerned in recent weeks by the resurgence of the virus," says Dr. Paula M. Rooney, President of Dean College.

"Our careful and thorough planning process has led us to the difficult decision that all classes and activities will be online for the Fall 2020 semester. This decision was made with our firm belief that the safety of our entire



community cannot and will not be compromised," Dr. Rooney added.

Fall semester classes will begin online Monday, September 9, 2020, and conclude on the last day of the fall semester, Thursday, December 17, 2020.

While classes are online for the fall semester, the College is

hosting tours for families by appointment. Dean hopes to reopen its doors to students for the Spring 2021 semester.

"With the health and well-being of our entire Community as our primary concern, we look forward to inviting students to campus for the spring semester. We will continue to update the Community throughout the fall with details regarding an anticipated spring residential experience," says Dr. Rooney.

To learn more and read the full message, visit www.dean.edu/fall2020.

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Spier Family Issues Giving Challenge at Hockomock YMCA

Donations to Be Matched to Help Lessen Food Insecurities in Area Communities

Greg and Kathy Spier of Foxborough are issuing a \$50,000 challenge grant to support the Hockomock Area YMCA's commitment to support kids and families during this pandemic. The Spiers are matching every donation made from August 10th through September 26th up to \$50,000. When the Spier Family Kindness for Kids Challenge is met, it will result in \$100,000 to benefit food security initiatives through the Hockomock Area YMCA.

Since the pandemic started, when the Y's doors were closed in March, the Hockomock Area YMCA immediately began providing food for people in need and providing emergency child care for essential personnel. As of August 7th, 152,000 meals and 15, 623 grocery bags have been provided to people in the local communities that the YMCA serves.

Every Wednesday, since March 18th, the Hockomock Y has provided free family-size grocery bags valued at \$50 each at their branches in Foxboro, Franklin and North Attleboro to anyone in need. Additionally, the Y has been working with school nutrition departments and community partners to ensure that children and families have grab and go meals for breakfast and lunch while schools have been closed and through the summer

months. As the need for food access continues to grow, grab and go meals are now offered in Bellingham, North Attleboro, Milford and Wrentham.

"In these challenging times, our YMCA has been there for our community providing an important safety net for so many kids and families," said Ed Hurley, President of the Hockomock Area YMCA. "I'm so proud of the work our Y has done - reflecting our mission and values - to provide emergency support focused on the needs of those challenged with food insecurity. Greg and Kathy Spier have been passionate partners for so many years with our Y. This incredible challenge will help our neighbors when they need it most and is the latest example of the Spier family's commitment to our YMCA and the communities we are so proud to serve."

Greg and Kathy Spier, long time Foxborough residents, Y members and volunteers, and community leaders, are committed to improving the quality of life in their community. The Spier Family's legacy includes the naming of the indoor and outdoor aquatics centers at the Y's Invenstys Foxboro Branch, along with their parents, Sonja and the late Alex Spier.

Through the Spier Family Kindness for Kids Challenge, Kathy Spier expressed her hope



Shown is the Spier family at the opening of the Spier Family Outdoor Aquatics Center at the Hockomock Area YMCA. The family will match up to \$50,000 in donations for food security initiatives at the local Y from August 10th through September 26th.

that this challenge "will inspire people to make a gift to help feed kids and families and spread kindness and a caring hand to those who need it during a difficult time in our communities."

"Our family has always believed in giving back to the community and this YMCA. We have learned from our mom and dad the importance of paying it forward and making your community a better place. Through this challenge, and with the support of our community, together we will make a difference providing food access to our neighbors in need during this pandemic," said

Greg Spier.

When asked why the Spiers are issuing this challenge, Greg shared, "Kathy and I give because our hearts feel good when we do so, and we advocate for

the Y because we know the Y's reputation and commitment to helping people. Now more than

SPIER

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"I didn't like the way things were going in this industry," he says. "I wanted to make a change. I started Mario's with the philosophy that I wouldn't do to your house what I wouldn't do to mine."

Thus began a fifteen-year quest for the perfect balance of craftsmanship, quality, and affordability. Mario's Roofing has grown beyond Stoughton to over a dozen local offices servicing Eastern Massachusetts and Rhode Island. Mario's has also garnered several awards, including the Diamond Approval Award from Customer TrackRecord, the CertainTeed Tenured Member and Governor's Awards, and the Triple Crown Champion Award.

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achieved Triple Crown status and we are one," Goulston says. "We're really proud of that."

A phone call or a website request for a quote brings a Mario's Roofing specialist right to your home. They'll make targeted recommendations, then spend time with the homeowner explaining what they've found.

"With roofing, we have a video for the customer to demonstrate every step in the process," Goulston says. "The key to a good roof is the preparation of the roof and the underlayment beneath the shingles. For the homeowner, it's the way it looks. For us, it's the way it performs."

Goulston stresses continuing education for his teams, regularly inviting experts to teach his staff

Business spotlight

about the latest developments in techniques and materials. "Our guys are quality experts. Delivering the best to our customers requires we know what the best is. Then to make optimal use of it, we've got to know how and when to apply it. That's where my team comes in. We invest in experts so we can make the right recommendation for a client's situation." They'll even offer help with financing.

That commitment to cutting-edge materials is at the forefront with their siding. While Mario's offers basic vinyl siding, they also showcase a full selection of the newest and most versatile options, such as Everlast, a triple-composite formula that combines inorganic minerals, polymer reins, and acrylic colorant to create the most durable siding on the market.

"September and October are the best times to work on your



house," Goulston says. "Massachusetts winters can be hard on a home. Your roof needs reliable drainage to protect against ice dams. You need the gutters clear and ready to do the hard work. The siding needs to insulate against the snow and wind. Every part of a well-maintained exterior works together for the entire house's protection."

Take windows, for example, which directly impact heating and insulation. Older windows may vent heat in winter or trap too much warmth in the summer. Replacing old windows with energy-efficient ones is an easy way to enhance a home's beauty and efficiency.

Mario's offers a variety of windows, including custom design. Goulston says, "With windows, the installation is the most important part. All our window installers are highly-trained, and our policy is that the person who measures the windows is the person who installs them."

Window installation involves work on both the inside and outside, and Mario's will move the furniture and the curtains rather than expecting the homeowner to do it, then set it back in place. Goulston says, "It's part of doing the job one hundred percent. Our workmanship separates us

from everybody else, but over the years, it's also become a huge part of our reputation that we care."

Early on, Mario's adopted the tag line, "We won't soak you to keep you warm and dry." They've held to that commitment with quality materials, expert craftsmanship, and competitive pricing.

Mario's website showcases a photo gallery of their best work, as well as before and after pictures with a slider bar so homeowners can visualize their own home's transformation.

Jobs range from new front doors to re-roofed apartment complexes, or even a single basement window. Goulston says, "A small touch like that is important—not only because it looks good, but for increased security and insulation. Our customers see those details every day, and when it's all working right, they feel proud of their home."

To get a quote for your home repairs and upgrades, visit <https://mariosroofing.com> or call (781) 344-2420.

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Op-Ed: Submitted by Mass. Superintendent's Office

Safely Reopening America's Schools and Communities

The AFT's flexible blueprint for imagining a new normal for public education, public health and our society

Until a vaccine is developed for COVID-19, each community is going to need support in charting a path to safely and responsibly reopen school buildings and other institutions crucial to the well-being and economic vitality of our communities.

The AFT's detailed, science-based "Plan to Safely Reopen America's Schools and Communities" features five core pillars based on the science as well as educator and healthcare expertise—not on politics or wishful thinking.

To gradually reopen, we need to:

1. Maintain physical distancing until the number of new cases declines for at least 14 consecutive days. Reducing the number of new cases is a prerequisite for transitioning to reopening plans on a community-by-community basis.
2. Put in place the infrastructure and resources to test, trace and isolate new cases. Transitioning from community-focused physical distancing and stay-in-place orders to case-specific interventions requires ramping up the capacity to test, trace and isolate each new case.
3. Deploy the public health tools that prevent the virus' spread and align them with education strategies that meet the needs of students.
4. Involve workers, unions, parents and communities

in all planning. Each workplace and community faces unique challenges related to COVID-19. To ensure that reopening plans address those challenges, broad worker and community involvement is necessary. They must be engaged, educated and empowered.

5. Invest in recovery: Do not abandon America's communities or forfeit America's future. These interventions will require more—not less—investment in public health and in our schools, universities, hospitals, and local and state governments. Strengthening communities should be a priority in the recovery.

The blueprint acknowledges Americans' eagerness to return to some semblance of "normal." But to do so, we must meet an unprecedented challenge: figuring out how to reimagine our society and the physical places

we hold dear—public schools, places of worship, workplaces, restaurants and more—in ways that put our ultimate priorities first: the safety and well-being of working families, especially front-line workers, and the economic health of society.

The comprehensive document shows how, to effectively respond to the crisis, we must plan and align logistics, educational

strategies and public health approaches into one coherent response. And we expect the plan to evolve as the data, and the facts, change.

AFT President Randi Weingarten said: "Our blueprint serves as a stark contrast to the conflicting guidance, bluster and lies of the Trump administration. The input of educators and healthcare workers, as well as parents, is crucial in making any reopening plan work. They

are the eyes and ears, and are indispensable in making any plan work safely and effectively. We hope this blueprint will be the start of a real discussion on reopening schools, universities and other workplaces that allows our workers and families not only to dream of a safe and welcoming future, but to realize it."

The plan can be read at https://www.aft.org/sites/default/files/covid19_reopen-america-schools.pdf.

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Massachusetts State Primaries Tuesday, September 1, 2020

**Last Day to Register to Vote October 24th
for November 3 Election**

BY J.D. O'GARA

Tuesday, September 1st is the Massachusetts Primary Election. Polls will be open on election day from 7 a.m. to 8 p.m. for town and state elections at the Franklin High School on Oak St. "Everything that you'll need is on our web page," said Nancy Danello, Deputy Town Clerk, in the third week of August. At that point, the Town Clerk's office, she said, was "plugging away" at sending absentee ballots for the Primary Election.

"The ones we've received we have sent out," she said, adding, "We're recommending, (for absentee voters) that they forego the mail and drop it off in the white mailbox. That way, we'll get it quicker." Danello explained that ballots being sent from Franklin are brought to Brockton to be sorted before being sent back to Franklin for delivery, which was resulting in somewhat delayed response. "It's taken a really long time for some people to get their ballots," says Danello, who adds that the volume of ballot requests alone are most likely impacting the process.

"Thousands of cards have come in. Thank God for our senior workers, they have been a blessing—without their help it would have been impossible to

get it done. We're coming in at 4 in the morning, working until midnight," said Danello.

While it is too late for early or absentee voting in the Primary Election, Early voting for the general election (November 3) is available by mail and in person (at Franklin High School gym in Franklin) to all registered voters. No excuse is required. In-person early voting for the State Election will be held October 17-30.

Voting by MAIL:

Voting by mail is available to all voters for all elections in 2020. You do not need an excuse to vote by mail this year.

To vote by mail in the state election, all you need to do is:

1. **Complete** a Vote by Mail Application; available here: <https://www.sec.state.ma.us/ele/elepdf/2020-Vote-by-Mail-Application.pdf>
2. **Deliver** your application by October 28th to your local election office;
 - **Franklin Mailing Address:**
Town Clerk
355 East Central Street
Franklin, MA 02038
EMAIL: townclerk@franklinma.gov, FAX: (508) 520-4913

3. **Vote** when your ballot arrives;

4. **Return** your ballot by MAIL, postmarked no later than November 3 (must be back at your local election office no later than November 6)

You can also return your ballot, in Franklin, to the white mailbox outside Franklin Municipal Building, by November 6th.

Apply early, in order to have enough time to return your ballot.

For more information on voting by mail, find Voting by Mail FAQs at <https://www.sec.state.ma.us/ele/eleev/early-voting-faq.htm>

To download a Vote-by-Mail application, visit <https://www.sec.state.ma.us/ele/eleev/early-voting-by-mail.htm>

In-Person Early Voting

In-person early voting for the State Election will be held **October 17-30**.

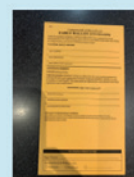
You may vote at any early voting location in the city/town where you are registered to vote.

A list of early voting dates, times, and locations for your community will be posted at least one week before early voting begins. Please check www.MassEarlyVote.com at a later date for a full in-person early voting schedule.



How to return your ballot! (For on time delivery)

1. Put your ballot in the yellow envelope
2. Put the yellow envelope in the white envelope
3. Put the white envelope in the white mailbox



A Message from the Town Clerk's Office

Please know that we are processing ballot requests as quickly as possible. Our office is currently processing 1,000's of requests each day; be assured that you will receive your ballot. We will be returning phone calls to citizens who have left messages after the workday. We appreciate your patience and understanding!
Thank you and have a great day!

This is Veronica

Veronica is sad. She is sad because she spent waaaayyy too much on her divorce. She hired an expensive lawyer. Over the next two years, she was so stressed she didn't eat.

While her lawyer is on a fancy vacation, Veronica can't even go to Starbs, yoga, or spin classes.

Veronica can't get her nails done or even get a decent cut and color because her divorce cost so much.

Veronica wishes she called the nice mediators, who are also experienced divorce lawyers, at Next Phase Legal & Dispute Resolution in Norfolk and used the divorce mediation process.

Don't be like Veronica. Call Next Phase to resolve your divorce or other family law conflict through mediation. Then you can still enjoy other nice things.



(508) 359-4043
65 Holbrook Street, Suite 270,
Norfolk, MA 02056
NextPhaseLegal.com

SPIER

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ever in these uncertain times, we all need to come together to support one another."

Every gift matters. To learn more about this challenge and ways to make a gift, visit www.hockymca.org/spier-challenge

To learn about other ways to support this initiative, please contact Katie Moore at katiem@hockymca.org.

Many family and individuals have lost jobs which has an increasingly hard strain on people's budgets for basic needs like food and other necessities and are not able to make ends meet. Through the YMCA, people will have access to healthy meals and food as a result of these philanthropic efforts and the support of a caring community of people who want to strengthen our community and make a difference.

For more information about the Y's food securities initiatives, visit hockymca.org/food-access.

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OpEd: Senator Rausch Explains Voting by Mail

Free, fair, open, and safely accessible elections are a central pillar of our democracy. In the midst of a global pandemic of epic proportions that renders traditional in-person voting a public safety concern, it is critically important that we protect both our communities' health and our constitutional right to vote. That's why I spent months on Beacon Hill advocating for robust mail-in voting this year. I'm glad we passed a law allowing every registered Massachusetts voter to cast their ballot by mail or safely vote in person, whether during early voting or on Election Day. As one of the foremost champions of election access in the Legislature, I hope this information will help empower every voter to cast their ballots in the September 1st primary and the November 3rd general election. Comprehensive resources and links for online tools are available on my website: www.beccarauschma.com/2020-elections.

Register to vote: You must be registered to vote in order to request a mail-in-ballot. I urge you to register as soon as possible. Registering to vote and checking your registration status can be done online. (Information can be found at [https://www.sec.state.ma.us/ele/eleifv/how-](https://www.sec.state.ma.us/ele/eleifv/how-reg.htm)

[reg.htm](https://www.sec.state.ma.us/ele/eleifv/how-reg.htm))

Eligibility to vote by mail: If you're a registered voter, you can vote by mail in 2020! That's it. No additional qualifications required.

Get a vote by mail ballot application: Every registered voter should have already received a vote-by-mail application in the mail. If you haven't received your application and wish to vote by mail, download the application or call 1-800-462-VOTE to request one be sent to your home. You can also write to your local election official requesting a mail-in-ballot if you include your full name, address, and signature.

Submit your application: I recommend sending in your application as soon as possible. Submit your application by mail, email, or drop-off. If you mail it, do it now in order to leave plenty of time for the application to arrive by the deadline (10 days before the election). No need to worry about postage; it's prepaid on the application sent to you. If you submit the application ballot via email, make sure the application still has your signature on it. No matter how you submit your application, you only have to do it once: if you check the "All 2020 Elections" box on the applica-

tion, a ballot will be mailed to you for both the primary and general election.

Check that your application was received: You can track the status of your mail-in voting application online. If your status is listed as "pending" then your application was received and your ballot should be on its way. Call your local clerk with any concerns.

Get your mail-in ballot: If you've successfully applied to vote by mail, your ballot will be mailed to you. Primary ballots have already begun to arrive, so keep an eye on your mailbox.

Complete and submit your ballot: First things first: read the instructions! If you're voting by mail but get an instruction sheet for absentee voting, ignore the part that says you should check to be sure you're eligible; **the eligibility requirements for voting absentee do not apply to voting by mail in 2020.** Fill in the ovals on your ballot with a **black pen or pencil.** Remember to check the back side of your ballot and vote there too. Put your completed ballot inside the yellow ballot envelope. Seal the ballot envelope and complete the top portion of the exterior. **Do not forget to sign it.** Then, put the signed and sealed ballot envelope inside the white mail-

ing envelope and seal that one. Like the application, the ballot mailing envelope will be pre-addressed and postage prepaid. **For the primary, your ballot must be received by your local clerk by 8:00 p.m. on Election Day, Tuesday, September 1, regardless of whether you mail it or drop it off.** If you're mailing it, do so as soon as you can to ensure your ballot arrives on time and will be counted. The U.S. Postal Service is experiencing delays, sometimes up to or exceeding 10 days. Again, you can track your ballot online at <https://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx>.

What about my "I voted" sticker?! Unfortunately, if you vote by mail, you're probably not getting an "I voted" sticker this year. It's disappointing, I know. It's definitely one of my (and my four-year-old's) favorite parts.

I want to change my mind: If you requested and received a mail-in ballot but decide not to use it, you can still vote in person. However, if you already cast your mail-in ballot, either by mailing it back or dropping it off, you may not vote in person.

In-person early voting: Along with voting by mail, voters this year also have expanded options for early in-person voting: one

week of early voting for the primary, and two weeks for the general. Early voting schedules and locations will be posted online at <https://www.sec.state.ma.us/ele/eleev/evidx.htm> by Friday, October 9th for the general. You can also check with your local clerk for in-person early voting information. Wear a mask when you go to cast your vote.

In-person voting on Election Day: Polls will be open from 7 a.m. - 8 p.m. on Election Day for both the primary and general election. Check your town or city clerk's website for more information on your polling place. Wear a mask when you go to cast your vote.

I am so proud that Massachusetts voters have broader voting options and increased safety precautions for this year's elections. I encourage everyone to vote by mail for both the September 1st primary and the November 3rd general election; if you choose to vote in person, please be diligent with your COVID-19 precautions -- wear a mask, keep your distance, and use hand sanitizer. Please visit www.beccarauschma.com/2020-elections for a detailed FAQ and email me directly at becca.rausch@masenate.gov with any specific questions or concerns. Happy voting, everyone!

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

Milford Federal Awards Scholarships to Local High School Students

Milford Federal Bank has awarded several scholarships to local high school graduates towards expenses in furthering their education. "Milford Federal Bank is pleased to help each student pursue their dream of higher education," said Paul Gilbody, President and CEO of Milford Federal Bank. "As a community bank, we are committed to supporting the communities we serve. An investment in education is an investment in the future, and these bright students are the future of their communities."

The Milford Federal scholarship program has awarded \$10,000 annually, for over 10 years. Each school selected a scholarship recipient based on need, academic standing, and involvement in school and extracurricular activities.

The following graduating high school seniors from Milford and surrounding areas were each awarded a \$1,000 scholarship: Blackstone Valley Regional Vocational Technical High School: Sage Hurteau, attending Coastal Carolina University; Hopedale High School: Taylor Maddalena, attending University of Tampa; Milford High School: Reese Dutcher, attending Pace University; Nipmuc Regional High School: Casey Costello, attending Bryant University; Northbridge High School: Hailey Bober, attending Hofstra University; Uxbridge High School: Sonila Murati, attending University of New Hampshire; Whitinsville Christian School: Hadley Koeman, attending Calvin University and Camily De Oliveira Sena of Douglas High School.

Franklin Public Library

Doors Closed but Still Active in September

We're making changes to our curbside pickup so that you can pick up your items comfortably in all kinds of weather! Curbside pickup is now in the vestibule of our new entrance at the top of the ramp! You'll be able to grab your items from this spot going forward! As a reminder, pickup is from 10 a.m.-4:30 p.m.!

Due to the COVID-19 pandemic, the Franklin Public Library will not be resuming Sunday hours in September.

In observance of Labor Day, Curbside Pickup will not be available Monday, September 7th.

No donations are being accepted at this time. Please do not place them in the return bins or outside the building.

We are living in a time in history that will be remembered and discussed for generations. The Library would like to collect images of Franklin's experiences, ranging from the good to the challenging. Please share with us images of your experience during the Covid-19 pandemic and staying at home. Add your images to Twitter or Instagram with the hashtag #FranklinStayHome. We will get through this together!

Programs for Children and Teens

Weekly Facebook Live Events for Kids!

Wake Up Wiggles! Mondays 9:15 a.m.

Tummy Time for Babies! Tuesdays @9:30 a.m.: email Miss Caleigh at ckeating@minlib.net to register for Tummy Time!

Zoom Cool Cruisers! (Music and movement!) Tuesdays @4 p.m.: email Miss Caleigh at ckeating@minlib.net to register for Cool Cruisers!

Tummy Time for Babies! Thursdays @9:30 a.m.: email Miss Caleigh at ckeating@minlib.net to register for Tummy Time!

Bookworm Bounce! Thursdays @4 p.m.

Adults

Kitchen Table Art Workshop: Gel Printing

Sunday, September 27, 3 p.m.

Gel plate printing is a simple and spontaneous way to produce your own original prints! Each time we want to "pull a print" we will ink-up a gel plate (provided) and mark a design in textures and patterns. The workshop is an intro to printing art papers for collage, wrapping paper, mono prints for an accordion book and more. The process and projects are limitless.

Kitchen Table Art Workshops (KTAW) are on-line open studios intended to foster creativity and encourage experimentation in the safety of our homes while being socially and artistically connected. We will take turns sharing our creations as we work together in an on-line meeting. Participants are asked to help create an atmosphere where we all feel open to exchange conversation and inspire each other's individual freedom of expression. So – let's say yes to our creativity by coming together online to make art!

Each workshop experience is unique. For each workshop a special kit of materials and tools to create during the workshop is supplied. Artists are welcome to add their own tools and materials and will sometimes be asked to supply items commonly found around their home. The workshops are for adult and young adult artists, non-artists, and

emerging creatives from all fields. No prior art experience is necessary, but experienced artists may self-select how they would like to proceed after I have presented my methods.

The number of kits for each workshop are limited to the first 15 confirmed registrants. Additional participants may make up their own kit with a provided supply list and participate in the on-line meeting. Zoom will be the platform used for the meetings.

Registration is required. You can register at the library's adult programs page or visit <https://us02web.zoom.us/j/81314167656?pwd=NXBZL3IwTjFEYkdZTU9IVTRzd2hHQOT09>.

Once registered you will receive a confirmation email followed shortly by another email with either instructions about picking up your kit OR you will receive a supply list to put together your own kit. All registrants will receive the link to connect to the (Zoom) workshop.

Kits will be available for pick up 1-2 weeks before the workshop. The kits for the Franklin Public Library sponsored workshops will be available to pick-up curbside at the library.

Email questions to Jacqueline Volpe at thecreativitycurator@gmail.com. Please register early if you would like to receive one of the pre-made kits since quantities are limited, likewise, register early so you have time to collect items on the supply list to make your own DIY kit.

Franklin Public Library Book Club, Tuesday, September 22, 7 p.m.

The book for discussion is *The Dutch House*, by Ann Patchett

At the end of the Second World War, Cyril Conroy combines luck and a single canny investment to begin an enormous real estate empire, propelling his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves. Cyril's son Danny and his older sister Maeve are exiled from the house where they grew up by their stepmother. The two

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Circle of Friends Presents John Gorka, Online Concert

Saturday, September 12, 7 p.m., Donations Benefit Franklin Food Pantry

The Circle of Friends Coffeehouse presents an online concert by John Gorka, on Saturday, Sep 12 at 7 p.m. to benefit the Franklin Food Pantry. Called “the pre-eminent male singer-songwriter of the New Folk movement” by *Rolling Stone*, John Gorka possesses a commandingly beautiful baritone voice. His articulate guitar playing compliments his superb lyrics on songs that are romantic, cosmic, poetic, haunting in their imagery or hilarious.

Many well-known artists have recorded and/or performed his songs, including Mary Chapin Carpenter, Nanci Griffith, Mary Black and Maura O’Connell. With a tangle of songs that emotionally connect us all and leave a tender trace, John Gorka stimulates the cerebrum, keeps our smiles agile and fit and recon-

nects us with what really matters most in music: honesty. His atmosphere allows for the listener to feel his individualized attention, his lyrical tenderness, his care for the guitar and his true presence. <http://johngorka.com/>

There is no fee, but donations will be accepted in a virtual tip jar and will benefit the Franklin Food Pantry.

You will be able to view this show on YouTube, Facebook, or you may join a Zoom meeting to interact with the performer. More information and links will be available on the Circle of Friends website closer to the concert date. <http://www.circlefolk.org/>

The Circle of Friends Coffeehouse is a non-profit organization affiliated with Franklin’s First Universalist Society.



photo by Jos van Vliet

Help Franklin Public Library Document this Historic Time!

We are living in a time in history that will be remembered and discussed for generations. The Library would like to collect images of Franklin’s experiences, ranging from the good to the challenging. Please share with us images of your experience during the Covid-19 pandemic and staying at home. Add your images to Twitter or Instagram with the hashtag #FranklinStaysHome. We will get through this together!

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wealthy siblings are thrown back into the poverty their parents had escaped from and find that all they have to count on is one another.

A limited number of copies of the book will be available for checkout at the Circulation Desk. For more information, please contact Assistant Library Director Kim Shipala at kshipala@minilib.net. To register, please visit <https://us02web.zoom.us/j/84451200000>.

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Franklin School for the Performing Arts Begins Registration for Fall 2020

The Franklin School for the Performing Arts (FSPA) is currently enrolling for Fall 2020. The school is following FSPA's Reopening Plan in accordance with the Mass.gov/Reopening Massachusetts guidelines and will continue to update procedures and practices as updates become available. Prospective students are invited to make an appointment to come in person for a tour and to discuss program options. As an alternative, previously conducted virtual tours can be viewed on the FSPA Facebook page. Advance registration for fall is recommended. All FSPA programs will be taught in person or in a hybrid format. Students may elect to take all classes virtually if preferred.

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

education in the arts with exceptional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to his or her own potential.



Shown is a scene from a Franklin School for the Performing Arts student performance of *42nd Street*.

Performance is an integral part of an FSPA education and the school offers unrivaled performing opportunities for students throughout the year. On the calendar annually are student recitals, concerts by faculty and guest artists, master classes, student showcases, holiday shows, the school's signature Spring Concert, and summer camps and intensives. In addition, for students whose level of interest is more focused, there are special performing ensemble opportunities available by audition.

FSPA Academy combines the flexibility of a virtual education with the practicality of a schoolroom, and can accommodate professional opportunities, rehearsal, and performance schedules. FSPA Academy partners

with TECCA, a virtual Massachusetts Public School. The curriculum is taught by licensed, certified teachers through a combination of Live Lessons and individual assignments.

THE BLACK BOX, home of the Franklin Performing Arts Company (FPAC), a 200-seat flexible theater located behind FSPA, provides a professional venue for FSPA student productions, while FPAC offers opportunities by audition for student performers.

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

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Harvest Festival Canceled

FDP Announces Exciting New Initiatives Coming Soon

Due to the ongoing pandemic and its social distancing guidelines, the board of the Franklin Downtown Partnership (FDP) has canceled this year's Harvest Festival originally scheduled for Oct. 3. Instead, the FDP is planning to have smaller events during the holiday season to encourage residents to shop downtown Franklin.

"These are challenging times for our local businesses," said Lisa Piana, executive director of the FDP. "We are eager to help those businesses in whatever way we can. We have a list of exciting new initiatives for the coming fall and holiday season including our Holiday Happenings."

On its website, www.franklindowntownpartnership.org, the FDP has a list of local business

updates so residents can easily access information about those businesses, such as which ones are offering outside dining, curbside pick-up and gift certificates. Businesses who would like to be included in that list can email the FDP office at downtown.Franklin@yahoo.com.

"We encourage residents to support Franklin businesses and to shop local whenever possible," Piana added.

The next general meeting of the FDP will be Thurs., Sept. 10

at 8:30 a.m. Anyone interested in joining the Zoom meeting is welcome. Please email the Partnership for sign-in information.

To help fund Holiday Happenings, as well as other fall and winter projects, the FDP is seeking sponsorships. Please contact the FDP for specific sponsorship information.

Residents can support the Partnership and our local businesses by becoming FDP resident members for only \$25. Membership is tax deductible. Join online

through the Partnership's website.

The Franklin Downtown Partnership is a nonprofit, 501(c)(3) organization made up of nearly 300 businesses, community leaders and residents working to stimulate economic development downtown and create a positive impact throughout the area. Visit www.franklindowntownpartnership.org for more information.

A Note to Our Lifelong Community Learning Friends

As the coronavirus (COVID-19) continues to impact our communities, we're committed to doing what's best for our Lifelong Community Learning neighbors. Franklin Lifelong Community Learning will remain closed and all fall programming will be cancelled until December 31. We

look forward to the resumption of classes and welcoming you back when circumstances permit.

If you haven't already taken a look at our Online Learning options, perhaps you would like to check them out now. There may be a course or a series that interests you and/or captures your

imagination.

Here's the **Online Learning link** at https://reg.learningstream.com/view/cal7a.aspx?ek=&ref=&aa=&sid1=&sid2=&as=79&wp=463&tz=&ms=&nav=&cc=&cat1=&cat2=&cat3=&aid=FP_SLLI&rf=

As things evolve, we will make

sure you are informed. Stay safe, stay connected, and together we will get through this.

Helpful coronavirus Update Links:

Town of Franklin: <https://www.franklinma.gov/home/pages/coronavirus-information-portal>

Commonwealth of Massachusetts: <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

Honor your Veteran on our Dedication Page:

Submit your Vet's Photo, Your Tribute message whether they are in **Active Duty, Retired,** or a **In Memoriam.**

Portion of proceeds from this section will be donated to a Veteran Charity of Choice.

Please email photo and tribute to: jenschofield@localtownpages.com



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Living Healthy

Computer Vision Syndrome

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

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

Computer Vision Syndrome is more common if we exceed 2

hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

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

1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this

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

2. Reduce glare

Letters on a computer screen are not as clear as letters on a



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

3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

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

5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and

musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

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

Computer vision syndrome is very common. As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. Seven dedicated eye care providers here to help you in 2 state-of-the-art facilities in Franklin and Milford. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

For more details, see our ad on this page.



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Main Street Pediatrics would like to announce that
Dr. Katherine Pleet, MD has joined our practice and will start seeing patients as of September 2, 2020. She is accepting new patients of all ages.

Dr. Pleet received her undergraduate degree in Biology from Brown University. After graduating, she spent a year as an AmeriCorp member teaching and mentoring high school students in Dorchester, MA before attending medical school at Jefferson Medical College in Philadelphia. She completed her pediatric internship and residency in Boston at The Floating Hospital for Children at Tufts Medical Center. Dr. Pleet has had a long-standing passion for working with children and adolescents, and feels it is a great privilege to be a pediatrician.

Please call 508-435-5506 for an appointment
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MAPC "Town of Franklin Market Study" Available Online

The Metropolitan Area Planning Council, with input from Town of Franklin residents, the Franklin Downtown Partnership, the Franklin Cultural District Committee, and Town Staff, and with funding from Direct Local Technical Assistance, Planning for MetroFuture Technical Assistance, and the Town of Franklin, has prepared its "Town of Franklin Market Study, available at:

https://www.franklinma.gov/sites/g/files/vyhlf591/f/mai/files/8a._final_town_of_franklin_market_study_1.pdf?fbclid=IwAR2caBJARloAKUKd58-ecalp-wIp55qyBbx-IAQCf_V5dhqXs6eUEGwSI3rU

You can also visit the "Economic Development" tab on the Franklin town website, www.franklinma.gov, and find "MAPC Town of Franklin Market Study" in the links on the left of the page.

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CALENDAR OF EVENTS

September 10

Franklin Downtown Partnership Zoom meeting, 8:30 a.m., email downtown.Franklin@yahoo.com, or visit www.franklindowntownpartnership.com for more information.

September 12

Circle of Friends Coffeehouse presents John Gorka, online concert, check www.circlefolk.org for more details. Donations will benefit the Franklin Food Pantry.

September 16

Franklin Schools reopen, primarily hybrid, view plan at <https://sites.google.com/franklins.net/returntoschoolplan/home>

Tri-County RTVHS reopens, all academic instruction remote; vocational instruction half-remote, half-in person, view plan at <https://www.tri-county.us/news-events/return-to-school-september-2020-information/>

September 22

Franklin Public Library Book Club, 7 p.m., *The Dutch House*, by Anne Patchett, register for this virtual meeting at visit <https://us02web.zoom.us/join/register/tZEscuqjg0X-AfQuUAIIChGwkzLwWWsx>

Homebuyer Bootcamp: 6:30-7:30 p.m., Pre-registration is required. Visit <https://keefeat-night.org/> and search for "Homebuying Seminar" or call (508) 416-2170. The links for the events will be sent to you a week before the class. For more information, call Mike at (508) 330-8487 or email mshain@bayeq.com.

September 27

Kitchen Table Art Workshop, Gel Printing, Adult virtual class online with Franklin Public Library, limited to 15 participants, registration required, kits available for pickup 1-2 weeks before workshop. Questions to [Jacqueline Volpe](mailto:thcreativitycurator@gmail.com) at thcreativitycurator@gmail.com

VA Home Loan Benefits, 6:30-7:30 p.m., Pre-registration is required. Visit <https://keefeat-night.org/> and search for "Understanding and Using Your VA Home Loan Benefits" or call (508) 416-2170. The links for the events will be sent to you a week before the class. For more information, call Mike at (508) 330-8487 or email mshain@bayeq.com.



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Sports

FHS' Igoe Handled Canceled Season in Classy, Sensitive Fashion

By KEN HAMWEY
STAFF SPORTS WRITER

EDITOR'S NOTE: At Local Town Pages deadline, neither Governor Baker nor the Department of Education had ruled on the status of interscholastic sports for the fall.

Kristin Igoe has a wealth of experience in lacrosse.

The 30-year-old mother of two was a three-time Bay State Conference all-star at Framingham High where she helped the Flyers win two State championships. At Boston College, where she majored in bio-chemistry, the midfielder was an Atlantic Coast Conference all-star who played in the NCAA Tournament. After graduation, she took her game to a higher level, playing two seasons in the Women's Professional Lacrosse League.

Now in her eighth year as Franklin High's girls' lacrosse coach, Igoe has led the Panthers to three Sectional championships and three appearances in the State playoffs. Although her squad was unable to compete last spring because of the global pandemic, her teams have qualified for tourney play in all the seven seasons she's coached.

And, as far as her daily work schedule goes, Igoe is a co-owner and instructor at Gold Star Lacrosse, a club organization that offers girls from grades 3-12 instruction in the sport and the ability to compete in tournaments and summer leagues.

About the only aspect that was lacking in Igoe's expansive lacrosse background was how to coach while dealing with a virus that's claimed thousands of lives. She wasn't alone, because a vast majority of educators, even

PHDs, admit they never had pandemic training.

Igoe now has that experience. "There was no playbook on dealing with a pandemic but it's being written now," she said. "We're getting experience and adapting as we go. Hard decisions are being made, and they produce good and bad outcomes. Not everyone is pleased with all the decision-making, but the big picture is the health and safety of everyone — families, students, communities and the nation."

When in-school learning ended in March and spring sports were canceled, Igoe obviously was disappointed, but she was acutely aware of the severity of the situation. Her 2020 team was loaded with players who were skilled and experienced. Their goal was to get to the State title game and win it.

"Our team in 2019 had lots of freshmen and sophomores," Igoe noted. "We lost only two seniors. So, our nucleus last spring would have had four seniors who were in the program all four years and a large group of experienced sophomores and juniors. There's no doubt that team could have won a Sectional crown and competed for a State title. Unfortunately, they never got that chance."

What followed for Igoe was crucial — to soothe her players' disappointment and to maintain communication with them.

"It was difficult for our seniors," she said. "But I stressed to all the players that when they're on a lacrosse field, they can't control every aspect of the game. I focused on how a player has to concentrate on the moment. I



With Covid-19 quashing hopes of a state tournament they'd have had a good chance of winning, Franklin Lacrosse, coached by Kristin Igoe, is learning to take each day as it comes.

also emphasized that lacrosse, or any sport, so often teaches life lessons. It can teach players how to overcome adversity. And, I emphasized that as they move forward in life, they'll be tougher and stronger for dealing with this crisis."

Igoe's communication skills get high marks for the way she contacted her players and buoyed their spirits.

"I stayed connected with the girls as much as I could," she recalled. "We did a lot of Zoom chats and had a virtual Senior Night. The key was to be active with conversation, whether it was by phone or Zoom. Having a season canceled can dull one's competitive nature and limit social development. Conversation can help one's mental health. It was important to be encouraging and supportive going forward."

Igoe knew that her four seniors were "hurt the most" by the decision to eliminate athletics last spring, but she fully understood the effect it had on all the classes.

"The seniors were playing their final season at Franklin," Igoe said. "We never got to vote, but all four of our seniors likely would have been captains. They

lost their chance to compete and to display their leadership abilities. Juniors lost the opportunity to be seen by college coaches in hopes of getting a scholarship or financial aid. Freshmen and sophomores lost a chance to become varsity players and they lost a chance to build confidence. And, everyone lost the opportunity to improve and sharpen their skills."

Igoe's work load at Gold Star Lacrosse was lighter during the spring, because club teams were unable to compete. The club organization, however, stepped up its activities as the State relaxed covid-19 restrictions.

"Our summer schedule started late, but we put together a summer league format that began in mid-July," Igoe noted. "It was a five-game schedule of non-contact lacrosse. Some of my players competed. I couldn't coach them, because of MIAA regulations, but the girls got the information, conducted sign-ups and coached themselves."

As far as continuing to play professionally, Igoe didn't get the chance this year, because the WPLL canceled its season because of the pandemic. "The

league was having some difficulty getting sponsors," she said. "With finances presenting some problems, the league called off its season when the virus struck. I'm now 30 and I've decided to retire as a pro."

Fully aware that her players are working out and staying in shape, Igoe realizes that individual workouts aren't always popular. "Not everyone likes to work out alone," she said. "Some like to be with teammates and even have their coach around to motivate them. Usually, your best players are self-motivating but, when preparing for a season, you need your entire team on board."

Igoe's extensive experience and advice no doubt have helped all her players who would have competed last spring. And, when the 2021 season arrives, hopefully a vaccine and advanced therapeutics will have conquered the virus. And, at that time, Igoe will be assembling her roster that will include "girls who have a dynamic work ethic, who are coachable and take advice, who have leadership qualities, a high lacrosse IQ, high character and who communicate well," says Igoe.

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Sports

ADs Take Guarded Approach to State Agency's Sports Guidelines

EDITOR'S NOTE: The Mass. Interscholastic Athletic Association and the Department of Elementary and Secondary Education issued its guidelines as Local Town Pages was going to press. Sports for the fall season that are in the lower and moderate risk categories can compete with modifications but football, competitive cheer and unified basketball are classified as high risk. Those teams can only practice this fall but their seasons could get underway in a floating season that would run from late February to late April.

BY KEN HAMWEY
STAFF SPORTS WRITER

Four of the area's veteran athletic directors are taking a wait-and-see approach to the guidelines for youth and amateur athletics that were announced by the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) on Aug. 13.

The guidance, issued because of the coronavirus pandemic, puts football in a highly doubtful category. The Department of Elementary and Secondary Education (DESE) is expected to offer its guidelines soon and both sets will provide the Mass. Interscholastic Athletic Association (MIAA) with additional insight. To prepare for a fall season, the MIAA's COVID-19 Task Force will have to consider modifications for moderate- and high-risk sports to allow for competition.

If football is played this fall, games would have to eliminate contact by replacing tackling with flags or playing a two-hand touch in a seven-on-seven format. Two options could be the creation of an additional season between winter and spring sports or playing football next spring.

Before detailing how the area's athletic directors reacted to the EEA's guidelines, here's a rundown on what's been spelled out. The guidance classifies

sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey and soccer. Higher Risk fall sports are football and competitive cheerleading.

Moderate Risk sports are listed as "sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants." Higher Risk sports are listed as "sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants."

The EEA guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That would enable golf and cross country to compete and hold tournaments. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments. Those restrictions would be lifted if they meet "minimum mandatory standards for modification to play."

For soccer, field hockey, volleyball and football to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so that those groups remain at least 14 feet apart. No more than 25 people can be on a

playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, volleyball and football to compete in games, two criteria must be followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in intermittent, close physical or face-to-face contact must be modified or eliminated, including restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Tom Angelo, Franklin High's AD, is concerned about over-reaction. "Too many people are jumping to too many conclusions without hearing from all governing bodies," said Angelo, who has 36 years of experience as an educator. "Whatever is decided, Franklin High School will be prepared to provide our student-athletes with a safe environment, by adhering strictly to the proper protocols established by our own school district, the EEA, DESE, MIAA and the Hockomock League."

Chuck Grant, who's been Millis High's AD for the last 18 years, emphasizes that it's not time to panic.

"No decision has been made on whether fall sports will be canceled," Grant said. "We're still hanging in. Other guidelines were issued in July but these regulations focus "on more elaboration and more concerns."

"There's still time for the virus numbers to trend downward," Grant noted. "There's still a lot of data that can be looked at.



GARY BROWN
King Philip Regional AD



TOM ANGELO
Franklin High AD

My hope for Millis and the surrounding towns is that we give fall sports a try, and that includes football. We'll all deal with the changes needed to minimize the spread of COVID-19. The EEA's guidance was issued a month before pre-season practice would start (Sept. 14). A lot can still change."

Gary Brown, King Philip's AD who previously worked as an associate AD at Harvard University, says many of the sports offerings for the fall at the regional school remain intact.

"As of now, we're planning on offering as many sports opportunities as possible for the fall, and that includes football, soccer, field hockey and volleyball," Brown said. "Our goal is to offer the best student-athlete experience while keeping health and wellness as our top priorities. Athletics continue to help student-athletes physically and mentally while competing in high school sports."

Brown emphasized that while athletics are an important ele-

ment in youth development, "the big picture is still the health and safety of our students, families, communities, our state and nation."

Matt Baker, who's in his sixth year as Holliston's AD, is concerned the EEA's guidance clouds the fall sports picture because other agencies haven't weighed in.

"When I first heard there was guidance regarding athletics, my hope was it would start to give us some clarity regarding high school sports," said Baker, who previously worked in athletic administration at Framingham State. "I was inundated with calls, texts and emails. There was a lot of information everyone was trying to process and what it meant for high school sports. But as it turns out, this is just one set of guidelines being released by the state. We're still awaiting additional guidance from DESE and the MIAA and until then we're still in a holding pattern."

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Where are you located?

43 West Central Street (next to The BLACK BOX)

Do you need an appointment?

Appointments are currently suspended. You can come once a week on either day during our

drive-up hours. Please note: whether you come at 9:30 a.m. or 4 p.m. everyone will be offered the same items.

Can people come in and shop?

Not at this time. We have a drive-up operation in place where we will deliver prepackaged bags of pantry staple food as well as frozen proteins and produce to your trunk. If you have children living with you under the age of 18, we will provide them each with an additional 'kids' bag

which includes several breakfast, lunch and snack items.

What if I don't have a car?

You can still walk up, and we will serve you from an appropriate social distance.

What if I can't get to the Pantry?

We will offer limited delivery options. Please contact the Pantry for more information at (508) 528-3115.

I used to be a Pantry client but haven't been for a while. Can I still come?

Yes. Our doors are open to all who need us.

I am new to the Pantry. How do I register?

Come through the car line when we are open, and we will gather some minimal information (Name, phone number, home address and household size).

How can I help the Pantry?

The best way to help the pantry is to make a monetary donation, find the link on our website or go directly here:

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E188424&id=6>

This allows us to buy what we need at the best possible price. Please visit our website www.franklinfoodpantry.org for more information.

What if I want to donate food?

We have a very specific ask list

at this time. Please visit our Amazon wish list and current needs list located on our website. You may drop your donation in our donation bin or ship directly to Franklin Food Pantry, 279 East Central St BOX 288 Franklin MA 02038

I want to volunteer. Are you accepting new volunteers?

We are not accepting volunteers at this time. We have moved to a small in person staff to keep our clients and staff as safe as possible.

Where can I find updates?

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Business Spotlight: CBD ReLeaf Center

CBD use has skyrocketed along with the number of places selling it. From pop-up mall kiosks to gas stations, it seems like CBD is everywhere. Unfortunately, it's can be impossible to know what you're actually buying at these places. Many customers have no idea what the differences in CBD concentration or product type mean, and neither do the places selling it. In fact, many people both in front of and behind the counter have no idea what CBD is at all, besides being a fancy buzzword.

That's where the experts at CBD ReLeaf Center come in.

Joslyn and Doug Cochrane, co-owners of the CBD ReLeaf Center in Bellingham, had heard of a few acquaintances opening CBD stores a few years ago, after some states started legalizing CBD. They checked out the stores but found that the quality of the products wasn't great. They figured that there had to be a way to ensure that customers could buy only great products at affordable prices, so they decided to open their own retail store, and CBD ReLeaf Center was born.

So what's all the fuss about CBD?

CBD stands for cannabidiol, a compound found in cannabis plants. Although marijuana plants contain CBD, it's virtually impossible to extract the CBD for supplement use. However, hemp, another type of cannabis plant, has enough CBD for supplements but contains barely any

THC, which is the psychoactive compound in cannabis that produces a high. CBD products do not cause any impairment.

Although not regulated by the FDA, CBD has been shown to alleviate conditions like anxiety, depression, inflammation, and sleep disorders. All CBD products sold legally are hemp-based, including every product at CBD ReLeaf Center.

Joslyn and Doug opened their Bellingham store in June 2019 and a second store in Smithfield, Rhode Island shortly thereafter. There are also franchised CBD ReLeaf Center stores in Medway, Blackstone, and Worcester, and several more in Rhode Island and New York.

The Bellingham store is gorgeous, with products shelved on the walls, an open feel, and seating for customers to relax and try samples. Each store has the same high-end yet inviting atmosphere.

Joslyn, Doug, and the other folks at CBD ReLeaf Center know their products inside and out, which is great for their customers, because different products and concentrations produce different effects. They might recommend an isolate product, which contains only CBD, or a broad-spectrum product, which also contains other cannabinoids except THC.

CBD products come in many forms, including oils, creams, roll-ons, gummies, and stress-reducing teas. Different products work differently, so it's best to talk to someone knowledgeable

Business spotlight

to make sure that you're buying the right product. Creams, for example, deliver the CBD to a specific area, like an inflamed knee, while oils and gummies carry the CBD to all areas of the body after they're ingested.

When Joslyn and Doug opened their store, they wanted to carry the best and most effective products. At first, they stocked only products by Koi. They've since expanded their line to include products by Original Hemp, Caduceus, Hemplucid, and CBD Medic (that's the line with Rob Gronkowski as a spokesperson). They'll soon be adding Rocky Mountain Oils essential oils to their lineup.

No matter the brand, CBD ReLeaf only carries CBD products that are made in the United States, are hemp-based, and are all-natural with simple ingredients. Every product that CBD ReLeaf Center carries is lab-tested.

Koi, still their most popular product line, also offers a facial line, including cleansers, se-



rums, moisturizing creams, and a tightening toner. There is some evidence that CBD products can help battle acne and other skin issues, and Joslyn said that Koi's new line has been popular with her customers.

CBD ReLeaf Center also stocks pet products, including chews and oils. Why pet products? Some dogs, for example, have anxiety issues, either consistently or caused by sudden

noises like firework shows. Some dogs suffer from arthritis or other low-grade constant pain. CBD products can help alleviate those issues and more.

CBD ReLeaf Center offers the best CBD products along with unsurpassed knowledge and unbeatable customer service. Stop by the flagship store at 421 Pulaski Boulevard in Bellingham, or visit their website at www.mycbdreleafcenter.com.

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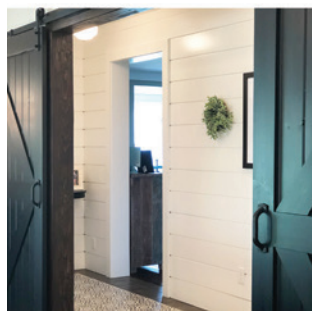
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Guess What May Be Coming Back

Though it never went away in Massachusetts, the last few years have been a respite from worry over federal estate taxes. That may soon come to an end. The government may be trying to get their hands into your and your loved ones' pockets again -- and in a VERY BIG way!

We can't predict who will win in November and which party (or parties) will control the Presidency, Senate, and House. But we do need to let you know what may happen if Democrats wind up winning the Presidency and having a majority in the House and Senate, an event which is looking increasingly likely according to recent polls. Dennis Sullivan & Associates is not taking a political stand, we're a diverse and divided office politically, but we do want to discuss how taxes may change, and what actions can be taken now, so please don't shoot the messenger!

Democrats and media have raised significant issues about the wealth and income inequality rampant in our country. One solution for this inequality, now being expressed more vocally, is a major overhaul of the federal estate tax. For example, here's an article that appeared this summer in the New York Times, entitled "Tax the Rich and Their Heirs."

The current Estate Tax exemption, the amount that can be passed at death tax-free, is \$11.58 million (potentially twice that for a married couple). In short, very few people in the US need to worry about federal estate taxes. In Massachusetts, we have an estate tax exemption of \$1 Million dollars. If you are married, there is no automatic doubling of the exemption, but it is possible with planning to double the amount to \$2 Million for a married couple.

However, as the cited article recommends, that exemption may be significantly reduced at any time. While the current exemption is \$11.58 Million, if it changes before you die, that

is the exemption that applies to you. The only exemption that counts is the one in the law when you pass away -- and a new Congress and President could change that. There have already been calls to reduce the Estate Tax exemption to as little as \$1 million, with everything over that taxed at 40% or more, which would place many Massachusetts homeowners' families at risk of owing federal estate taxes!

What Can You Do? Why Do It Now, Why NOT Wait Until November?

There *are* planning techniques, beyond a Living Trust, that you can use now to take advantage of the current large Estate Tax exemption while it's still in the law. Dennis Sullivan & Associates can help.

If you wait until the November election, there may not be enough time before year end to analyze your options and properly put into place the appropriate strategies. You may want to do some "pre-planning" now, make your choices ahead of the election and be ready to implement them right away after election day.

What Can You Do? Why Do It Now, Why NOT Wait Until November?

There *are* planning techniques, beyond a Living Trust, that you can use now to take advantage of the current large Estate Tax exemption while it's still in the law. Dennis Sullivan & Associates can help.

Don't wait until next year. It's likely that any Estate Tax change is likely to be made effective retroactively to January 1! Don't see your planning opportunities dry up.

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Jennifer Tefft to Perform at Tangerini's, September 5

Local rock/alternative performer Jennifer Tefft, who has performed at a number of venues, including the renowned South by Southwest (SXSW) Festival in Austin, Texas, will perform locally in Millis at Tangerini's Spring Street Farm, 139 Spring Street, Millis on September 5th, from 11 a.m. until 2 p.m.

Find out more about Jennifer Tefft at Jennifer Tefft Music on Facebook and at www.jennifrtefft.com.

Find Tangerini's Spring Street Farm on Facebook and at www.tangerinisfarm.com.





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THE BLACK BOX to Continue Outdoor Concert Series This Fall

THE BLACK BOX, the region's premiere concert, theater, and event venue, will continue their outdoor weekend concerts throughout the fall season in the theater's parking lot. The shows are presented in a 60-70 minute format. Tables are socially distanced and masks are required when patrons enter THE BLACK BOX building to access the box office, restrooms, and bar. Table groupings are limited to six.

The Fall Concert Series will feature an eclectic lineup of performers including the continua-

tion of the theater's Broadway Series. The public is encouraged to follow THE BLACK BOX on Facebook (THE BLACK BOX Online), Instagram (@the_black_box_online), and Twitter (@BLACK_BOXonline) for performer announcements.

Patrons are asked to purchase tickets for their table group in one transaction. Audience members are only seated with family or those with whom they are comfortable socializing. Tables of up to six are set with the correct number of chairs and will be reserved according to the

number of people to be seated. Ushers assist the seating process. There is bar service to the tables; the lobby bar is closed for walk-up service. Masks and social distancing are required in the lobby; typical gathering in the lobby is currently not allowed. Bar tabs will be closed out before the end of each show

Tickets will be available at www.THEBLACKBOXonline.com or by calling (508) 528-3370. THE BLACK BOX is located at 15 W. Central St. in downtown Franklin.



Vocalist Katie Gray was featured as part of The BLACK BOX Summer Series. The venue will continue its outdoor weekend concerts throughout the fall season in the theater's parking lot.

Milford Regional Medical Center Receives Get With The Guidelines-Stroke Gold Plus Quality Achievement Award

Milford Regional Medical Center has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Milford Regional earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke

patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions

"Milford Regional is dedicated to improving the quality

of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," said Bert Thurlo-Walsh, MM, RN, CPHQ, Vice President for Clinical Transformation and Medical Staff Services/Chief Quality Officer. "The tools and resources provided help us track and measure our success in

meeting evidenced-based clinical guidelines developed to improve patient outcomes."

Milford Regional has also met specific scientific guidelines as a Primary Stroke Center featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department.

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

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Mass Audubon "Your Great Outdoors Photo Contest 2020" Seeks Entries

Please Note: Trails are now open at all of our wildlife sanctuaries; buildings & most restrooms remain closed. Read More

We're once again seeking photos that highlight people in nature and the beauty of Massachusetts wildlife and landscapes. Last year, we received more than 4,500 images—we can't wait to see what you have in store for us this year!



The contest runs to September 30, and each month we will highlight some of the entries on our Facebook page, <https://www.facebook.com/MassAudubon/>. Until then, happy snapping!

- Nature photography classes, & workshops > at <https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/outdoor-fun/nature-photography>
- Sanctuary Photography Guidelines > at <https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/guidelines/photography-guidelines>

Submission deadline is September 30, 2020.

Be sure to read the contest guidelines and rules at <https://www.massaudubon.org/news-events/photo-contest/details-rules> to learn all about how and what to enter. For those who have entered before, we have updated the submission guidelines at <https://www.massaudubon.org/news-events/photo-contest/enter-the-contest>

Photography Tips & Resources

- How to take a winning photo > at <https://www.massaudubon.org/news-events/photo-contest/how-to-take-a-winning-photo>

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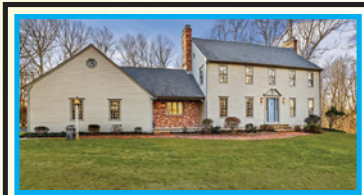
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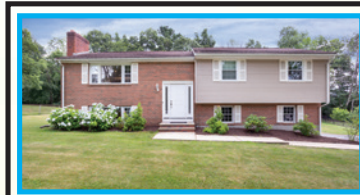
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Local Mortgage Expert Offers Free Virtual Homebuyer Seminars

Michael Shain of Bay Equity Home Loans will host two free virtual homebuyer seminars in September in conjunction with Keefe at Night continuing education.

Homebuyer Bootcamp: Tuesday, Sept. 22 from 6:30 to 7:30 p.m.

Are you considering leaving your rental behind and becoming a homeowner? At this seminar, you'll learn crucial information necessary for home buying success and leave with all the tools you need to get started on your search:

- The importance of good credit
- Finding the right mortgage loan program for you
- The difference between buyer agents and listing agents
- How to win a bidding war
- Items to include in the offer that some buyers leave out
- How to get the most from your home inspection

Buying your home is likely the largest and most important financial commitment you will make. Buyers with the latest information will be more successful in the ever-changing real estate

market.

VA Home Loan Benefits: Tuesday, Sept. 29 from 6:30 to 7:30 p.m.

This class will discuss the benefits of the VA guaranteed home loan. Available to active duty personnel, veterans, reservists and National Guard personnel, as well as surviving spouses, VA loans can be used for purchases or refinances. Down payments are as low as 0 percent, with no private mortgage insurance.

Pre-registration is required for both seminars. Visit <https://keefeatnight.org/> and search for "Homebuying Seminar" or "Understanding and Using Your

VA Home Loan Benefits" or call 508-416-2170. The links for the events will be sent to you a week before the class.

For more information, call Mike at 508-330-8487 or email mshain@bayeq.com.

About Mike Shain:

Shain has more than 30 years of banking and mortgage lending experience and hosts "Real Estate and Beyond," a local TV show about home buying and selling trends.

About Bay Equity:

Bay Equity is a family-owned, full-service retail mortgage lending institution that prioritizes



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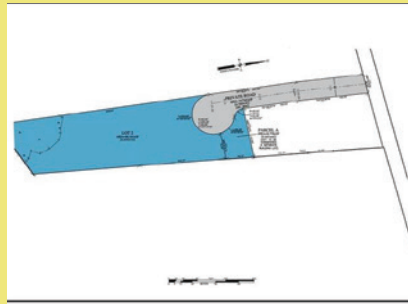
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