

New Partnership Provides Local Resource for Survivors of Domestic Abuse, Sexual Assault and Children Impacted by Substance Use



By J.D. O'GARA

The SAFE Coalition, a non-profit organization that provides supportive services to those impacted by Substance Use Disorder in nine local towns, including Norfolk, Franklin, Medway and Millis, has recently announced a partnership with Wayside Youth Services, a new style of clinical support for those impacted by sexual as-

sault and children impacted by substance use. These clinical and informational supports provide direct care to victims and offer a new way for community members to receive clinical care.

"As COVID has impacted the environmental safety and recovery of our community members, these clinical resources allow for victims to receive the services in real time, in person, and in a confidential set-

ting," says Jennifer Levine, Executive Director and co-founder of The SAFE Coalition. "We are so thankful for this partnership and for the federal programs that are allowing us to do this work completely free of charge."

RESOURCE

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Getting Creative to Keep It Local During Covid

Franklin Downtown Partnership Adapts to Changing Times to Support Franklin Businesses

By J.D. O'Gara

This year more than ever, as the holidays approach, our local businesses need the patronage of Franklin residents, and the Franklin Downtown Partnership and the town of Franklin are working hard to support them.

"It's been a whirlwind the last seven months," says Lisa Piana, of the Franklin Downtown Partnership. "I think the businesses are extremely creative, and Franklin is an extremely supportive community. They have reached out to the local businesses and are really supporting them, from what I'm hearing and what I'm seeing."

In October, the town of Franklin's Economic Development Committee initiated Business Listening Sessions, to gather input on the needs of local busi-

nesses in various districts in Franklin.

Piana explains that in the early days of the pandemic, during Phase 1 and Phase 2 of the shutdown, the Downtown Partnership was making sure to update business operating styles and hours on its website, www.franklindowntownpartnership.org, which the Partnership temporarily opened up to non-members. The communications aspect kept the partnership busy over the summer, with the necessity of constant updates on guidelines.

"We also listed businesses that have gift certificates, and we're promoting that," says Piana. Local businesses offering gift certificates will be listed in an easy-to-find format, so shoppers can

CREATIVE

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RESOURCE

continued from page 1

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- Resource for services – QR code given on business card with no language for discretion, once scanned on a smart phone additional resources pop up

“The SAFE coalition will provide substance use training for Wayside, and then Wayside will provide clinical care in the form of therapists at the SAFE offices to survivors of domestic violence, sexual assault and to children impacted by substance use,” says Levine.

Levine says the SAFE Coalition routinely encounters the issue of domestic violence and sexual abuse “about three to four times a week. While SAFE started out of a need for substance use support, as we’ve grown, we’ve realized how intertwined domestic abuse and sexual assault were.”

According to Michelle Palladini, of the Norfolk Police Department, who is a school resource officer, mindfulness practitioner, developer of the L.E.A.P program, and member of the S.A.F.E. Board of Directors, the need for local counseling for these issues is great.

“It is challenging enough to try to navigate the healthcare system to find a provider that meets your needs, is local, has availability, and takes your insurance,” says Palladini. “In addition to all of that, it’s so hard for someone who has experienced domestic violence or sexual violence to ask for help, because of the stress,

fear and shame that comes with those situations.

Palladini adds, “There are few places locally that specialize in clinical support for domestic violence and sexual assault. Our closest resource centers are DOVE in Quincy, and NEW HOPE in Attleboro ... Having an option for clinical support, or just someone to talk to/point you in the right direction right in Norfolk is going to be an unbelievable option. It will help survivors of these types of crimes get confidential assistance for FREE (without making multiple phone calls) which is invaluable and reduces the stress of an already traumatic event.”

“At Wayside, we are ‘empowering children, young adults and families to achieve greater independence and emotional well-being,’” says Nanci Coelho (DaSilva), Wayside Program Coordinator and Clinician. “Our Wayside Trauma Intervention Services and SAFE Coalition both have the tag line ‘You are not alone,’ and that is exactly how we want services to be carried out. The hope is, one day, any service an individual or family seeks in the state of Massachusetts, will be trauma-informed and have resources readily available for whatever challenge they may be facing. This is an important partnership for moving out of our silos and helping community partners get the support they need and appropriately streamline resources for individuals and their families around mental health, trauma and substance use.”

Palladini believes these resources provide add a layer of protection to the community.

“From a law enforcement perspective, Palladini says, “I believe that when we look at the root causes of substance abuse, and ancillary crimes that sometimes ensue, it is most often determined that the person has experienced some type of trauma in their life. By supporting those who are survivors of domestic and sexual violence, we are able to help establish healthy coping skills, as opposed to them developing negative coping mechanisms, such as drugs or alcohol, or other addictions.”

For more information on the SAFE Coalition, visit www.safe-coalitionma.org.

For more information on Wayside Youth and Family Support Network, visit www.waysideyouth.org.

Top 3 Things You Can Do to Keep Safe if Living with an Abuser during COVID-19

The following was published at Wayside Youth & Family Support Network’s website, at www.waysideyouth.org.

1. Programs across the state are running virtually. Find a program in your region by visiting Jane Doe Inc.’s website (<https://janedoe.org/covid19/>) for resources. Reach out to a local Domestic Violence and Sexual Assault program to connect with an advocate. Wayside Youth and Family Network is running a FREE hotline without interruption 24/7 at 1-800-511-5070.
2. **Create a step by step safety plan.** An advocate can help survivors devise a plan that is specific to your situation. Don’t afraid to use an advocate’s time.

Safety planning is crucial, so when it’s time to leave a survivor knows who to contact or where to go. Shelters may be a difficult option right now – investigate alternative safe places, such as religious centers or staying with a friend. Connect with family, friends and/or an advocate to make them aware of the plan. This can be when the abuser is in the shower or sleeping. If survivors have children, consider their needs and how to keep them safe. Locate important documents like divorce papers, custody documents, birth certificates, immigration documents, and put them in a place that is easy to access during an emergency.

Store contact information for health care providers and prescriptions in your phone if possible, or try to memorize it.

3. **Practice self-care.** Taking care of basic needs is the foundation of self-care. To stay grounded, survivors can remind themselves of what they have overcome in the past and know that they can get through this as well. Practice mindfulness strategies such as meditation and yoga to help stay focused. Pay to what you can control when you feel like you’re losing control. Try making a list of things to remind you how strong you are.

Other resources in Mass. from Jane Doe’s website:

- View a list of rape crisis center hotlines and direct links to their websites at <https://www.mass.gov/service-details/rape-crisis-centers>.
- Domestic Violence Safelink (a 24-hour multilingual state-wide hotline) – 1-877-785-2020 TTY: 1-877-521-2601
- Intimate Partner Abuse Education Program (<https://www.mass.gov/service-details/rape-crisis-centers>)
- Children Exposed to Domestic Violence (<https://www.mass.gov/media/1858451/download>)
- Supervised Visitation – (<https://www.mass.gov/media/1858451/download>)
- Civil legal needs for survivors of sexual assault and rape – Victim Rights Law Center (<http://www.victimrights.org/>)

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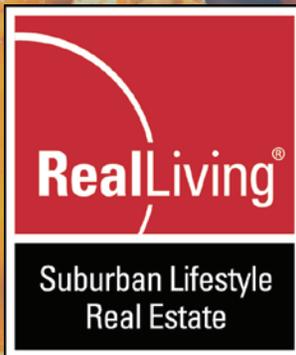
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Happy Thanksgiving!



CREATIVE*continued from page 1*

quickly find the category they want for holiday gifts.

“We’re all in this together,” says Piana, “At the Partnership, our mission has always been economic development and to help the small business. More than ever before, we’re launching a Keep It Local campaign supporting small businesses. The Keep It Local campaign will provide local businesses with signs for their windows, as a visible reminder for residents to support their Franklin businesses, and it will be coupled with a strong social media campaign on Facebook, Twitter and Instagram.

“We’re offering an option for businesses to send a 30-second video commercial they can take on their iPhone and send it to us, and we get it out on social media,” says Piana. Local businesses can promote any specials they might be having, she explains.

“We want people shopping,” says Piana. “We’re going to be working with local businesses

to encourage them to decorate their windows for the holidays, and we’re going to be advertising their holiday specials.”

The Franklin Downtown Partnership generally holds holiday happenings downtown, but this year things will look different.

“We can’t have thousands of people come downtown at one time,” says Piana, “but we can encourage them to go throughout the week, throughout the month and get people to look at (decorated) windows.” This “winter lighting spectacular will begin in November and run through February, says Piana. “We’re hoping, if we can get everyone on board, that it’s going to happen the weekend before Thanksgiving.” The Partnership, she says, is also talking with the town of Franklin on getting the historical museum decorated with lights, “and of course, the town common is lit up,” she says. “It’s something we’re working on.”

The Franklin Downtown Partnership is also looking ahead to the colder winter months of January and February, when consumers are less likely to get out. “Takeout Tuesday” will be a fun campaign to help drive traffic to restaurants and the businesses that surround them.

The Partnership, which has about 300 members now, is still meeting, virtually, every other month. Its next general meeting will be November 5th.

“Interestingly enough, we’re still growing,” says Piana. “We still have new businesses that are still opening, and it’s very exciting. We’re really trying to promote hope and joy, and we want to do things that will keep the positive and shopping in Franklin. Part of the Partnership’s goal is to just keep people talking about all the good in Franklin and support the businesses. When you’re thinking of going somewhere else – don’t! Think of keeping in in Franklin and keeping it local.”

Franklin Interfaith Council Offers Virtual Thanksgiving service

Franklin Interfaith Council’s traditional Thanksgiving service will be hosted by The Parish of St Mary, and offered via Facebook Live on Sunday, November 22nd at 7 p.m. The Rev Eric Cherry from the First Universalist Society of Franklin will preach, Mary Diehl from the Church of Jesus Christ of Latter-Day Saints will compile a virtual Interfaith choir, and representatives of other member congregations will read Scripture and offer prayers. Everyone is invited.

An on-line collection will benefit the Council’s fuel assistance fund, administered by the St Vincent de Paul Society, which assists needy families during the winter months.

Member congregations include The Church of Jesus Christ of Latter-Day Saints, First Universalist Society of Franklin, Franklin Federated Church, Franklin United Methodist Church, The Parish of St Mary, St John’s Episcopal Church, and Temple Etz Chaim.

Call (857) 237-9428

View on Facebook: [FranklinInterfaithCouncil](https://www.facebook.com/FranklinInterfaithCouncil)

View www.Franklininterfaith.org

Media Release, Errant Reverse 911 notifications

On Sunday October 11, 2020 the Franklin Police Department had an incident in which a Reverse 911 telephone call from the Franklin system was sent. The

message asked residents to shelter in place.

As resources arrived on the scene, it became clear that many people had not received the mes-

sage. This could be because the Franklin Reverse 911 system is an “opt in” system. This means you must sign up to receive notifications.

Given the seriousness of the situation, a man shooting a gun in the open, the risk to innocent people was greatly heightened. Because of this, a second resource from the Massachusetts Emergency Management Agency (MEMA) was called upon. This system utilizes “Geo Fencing,” which attempts to send wireless messages to mobile devices inside a defined area.

For an unknown technical reason, some of these messages were delivered to communities outside of Franklin. This problem is being investigated in the hope of avoiding problems in the future. Safety for the public and officers is at the center of every decision made.

As with all incidents lessons are learned. In the future when utilizing resources from outside agencies, such as MEMA, we will be more specific in identifying the Town, and area effected in the message itself.

We apologize for any worry that was created, and the disruptions to the Police Departments in those communities.

As a reminder to Franklin residents, you may sign up for our alert system here: franklintown.reggroup.com/signup.

localtownpages

Published Monthly
Mailed FREE to the
Community of Franklin
Circulation: 13,163
households & businesses

Publisher

Chuck Tashjian

Editor

J.D. O’Gara

Send Editorial to:

editor@franklintownnews.com

Advertising Sales Manager

Jen Schofield
508-570-6544

Production & Layout

Michelle McSherry

Advertising Department

508-570-6544

jenschofield@localtownpages.com

Ad Deadline is the
15th of each month.

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Franklin 5K Turkey Trot Adapts to Covid-19 Regulations

9th Annual Family Fun Run Benefits Franklin Food Pantry

The Franklin Food Pantry is pleased to announce that the annual Franklin Turkey Trot will still happen in 2020! The fun 5K will occur with a few changes to keep all of our runners safe and provide help to the Franklin Food Pantry neighbors.

While the turkey trot will still officially run on Thanksgiving morning, November 26th, each runner can run or walk their own personal 5K when it is most convenient for them and can map out their favorite course anywhere throughout town. Once runners have finished the race, they can post a picture on social media sharing that they completed their run and their time while tagging the Franklin Food Pantry and using the hashtag #turkeytrot2020.

The registration fee of \$25 goes directly to the Franklin Food Pantry, keeping donations local to help feed those in need, and participants can register online at franklinturkeytrot.org. This year, the Franklin Food Pantry will not be able to accept food donations instead of the fee. Thank you for understanding this change in policy. The first 100 registers will receive a commemorative t-shirt. Runners can also purchase a t-shirt directly from the registration page.

"This year, more than ever, we have seen the importance of

the Food Pantry to our Franklin Community. Between June 2019 and July 2020, we have seen an increase of 21% of households that visit us. Our neighbors are feeling the effects of Covid-19 and are turning to the Pantry for food and support during these trying times, said Lynn Calling, executive director for the Franklin Food Pantry. "Thanksgiving will look different for many this year, but one thing that will not change is the tradition of the the Franklin Turkey Trot to rally our community to give back and help protect others from the threat of hunger. The over 1,400 individuals we serve are grateful to our community for coming out to support us."

There are also several opportunities for local businesses to sponsor the race. Funds received from sponsorships are used to purchase t-shirts for the first 100 registered race participants, and other costs associated with the event. Any additional money from sponsorships will go directly to support the Franklin Food Pantry. Interested sponsors should contact Kim Cooper at kcooper@franklinfoodpantry.org or Krystal Whitmore at franklinturkeytrot@gmail.com.

"I'd also like to take the time to thank Race Director Krystal Whitmore who volunteers every year to coordinate this wonder-



2019 Turkey Trot Runners, used courtesy of Franklin Food Pantry

ful event. We weren't sure if we'd be able to have this event this year, but we are so fortunate to have an incredibly hard-working group of volunteers, led by Krystal, to still make this event happen," said Calling. "Krystal organizes church members, high school students, and her own family members to volunteer. The amount of work involved is amazing. We could not do this without them."

About the Franklin Food Pantry

The Franklin Food Pantry offers supplemental food assistance and household necessities to over 1,400 individuals. As a nonprofit organization, the Pantry depends entirely on donations, and receives no town or state funding. Between June 2019 and July

2020, 287,691, pounds of food was provided to clients. Other programs include the Weekend Backpack Program, Carts for

Clients, Mobile Pantry, and holiday meal packages. Visit www.franklinfoodpantry.org for more information.

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Franklin Veterans Office Taping a Virtual Program for Veterans Day

By J.D. O'GARA

Franklin Veterans Agent Dale Kurtz notes that the latest brick installation at the Franklin Veterans Memorial Walkway will take place before November 11th, Veterans Day, this year. Although a luncheon honoring veterans usually takes place at Franklin Senior Center, this year, because of Covid-19, said Kurtz, "I'll be taping a virtual Veterans Day program, where I'm going to focus on veterans, then it will be played on local TV on Veterans Day and days thereafter." At press time, Kurtz was contacting different veterans, inviting them to participate. The program, he said, would include interviews

with non-veterans as well, asking them "What does Veterans Day mean to you?"

"I just wanted to focus on the meaning of the day and really hone in on how special our vets are," said Kurtz.

In addition to the virtual celebration of veterans, members of the Franklin American Legion Edward L. Grant Post 75 will be holding small celebrations, not open to the public, for veterans at local assisted living centers in town, said Kurtz.

When asked what top concerns are among local veterans, Kurtz replied that issues of Covid-19 are "amplified for our vets. I look at my older veterans, who maybe live alone - they're

very isolated now. They used to be able to come to our senior center or veterans' events, and with that (isolation) comes concerns about suicide." Such issues, he said, have been the subject of discussions in the VSO and the VA.

"There's also concern about domestic abuse," says Kurtz. "(Being together) 24/7, sometimes you can rub each other the wrong way, and then because you're isolated, and because you can't go out, you

may have an extra drink, and tensions rise, and we've got an issue. Those are things

I worry about with my veterans, and I just want them to be healthy and to be safe."

Kurtz encourages local veterans to reach out to the VA Crisis line.

Veterans having a crisis or those who know a veteran experiencing issues can call 800-273-8255 and press 1, send a text message to 838255, or chat online at VeteransCrisisLine.net/Chat. Locally, Kurtz encourages

veterans experiencing substance abuse or domestic violence issues to reach out to the SAFE Coalition, which serves 9 local communities and is located right in Norfolk. The SAFE Coalition support hotline can be reached at (508) 488-8105. Kurtz explained that veterans can also head to a Veterans Center, the nearest being in Brockton, although vet centers are located in Boston and Worcester as well.

"They're fantastic, with counselors, doctors on staff," said Kurtz. The doctors, he said, "are part of the VA, but work independently of the VA medical system. You don't have to be a part of the VA to use it - you just have to be a veteran."



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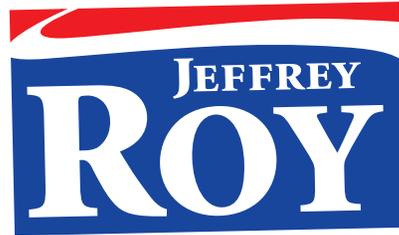
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Building Hope at Gilly's House

BY GRACE ALLEN

Bobby Paquette is a Gilly's House success story. The sober home's former resident has a new lease on life and is determined to give back to the place that set him on the path to success.

After a tough battle against addiction, Paquette is now a licensed contractor and house painter. But he hasn't forgotten the place that helped him transform his life. When Gilly's House recently needed a new paint job, Paquette stepped up and put his skills to work.



"They literally gave me a new chance at life," said Paquette. "I'd do anything for them."

In fact, Paquette has become somewhat of a go-to guy for the Wrentham sober home. Whenever something needs to be done, house staff knows they can count on him to help, according to Maureen Cappuccino, the house administrator.

"He's very proud of his work here and to be able to give back and help Gilly's House, which helped him," she said.

"I'm here more now than when I was a resident of the

house," confirmed Paquette, who is transparent about his struggles and visits Gilly's several times per week to help with house projects or to mentor current house residents.

Gilly's House was founded over two years ago by David and Barbara Gillmeister in memory of their son Steven. The home has helped change the lives of young men who have completed addiction treatment but now need a place to continue their recovery. Currently, nineteen men live in the house but there is room for twenty-one.



Barbara Gillmeister and Bobby Paquette in front of the newly-painted Gilly's House.

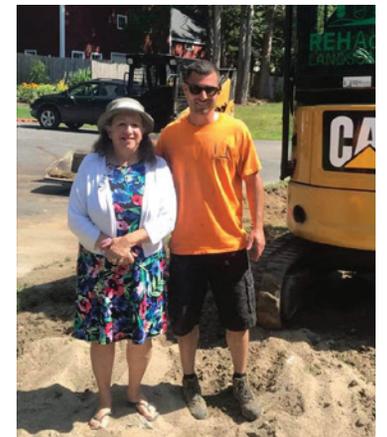
Barbara Gillmeister says the greater Wrentham community has rallied around the home and its goals.

"The support has been tremendous," she said. Area families cook and deliver meals several times a week to Gilly's House residents, freeing the men up for support meetings instead of preparing dinner. Several Eagle Scouts have worked on projects at the home.

Big projects have also had community support. A new patio was recently installed at the rear of the property, with a decorative, stamped compass at its center, pointing towards the North Star, the beacon of inspiration and hope. The project was a collaboration between Bobby Holmes of REH Acres Landscaping in Blackstone (excavation work), Tresca Brothers of Millis (cement donation), Craig Atteridge of C.A. Concrete in Norfolk (prep work and smoothing), and John Tumavicus of Northeast Decorative Concrete in Attleboro (color and stamp work).

The house paint for Paquette's job at Gilly's was donated by Aubuchon Hardware in Franklin, courtesy of Margaret Ranieri, who sold the building to the Gillmeisters. The structure, formerly known as the Sheldonville Nursing Home, was built in 1849. A virtual fundraiser—Restoration for Recovery—has been established to help defray costs of further improvements to the house with the goal of raising \$10,000. Any money raised beyond that will go towards new furnaces, which are desperately needed, according to Cappuccino, the house administrator.

Gillmeister points out that it's the positive energy of the home



that draws the community, including former residents like Paquette, to help out, more than anything.

"The camaraderie is so, so good here," said Gillmeister. "We have a really solid group of guys. They really like being together. Everybody cooperates and it's a very positive, dynamic place."

Paquette agreed.

"This is a comfortable place to be when you're in recovery," he said. "You can spread your wings here. I couldn't have done this on my own. At the end of the day, you can come back here and everyone knows what you're going through. And I still eat here all the time. It feels like my kitchen."

Paquette says he has hired Gilly's House residents who might have a skill he needs for a particular job. He has full confidence in their commitment to their work because he understands what they've gone through and how the experience has changed them.

"I don't have to babysit them," he explained. "That energy that used to be spent on drinking and drugs, people in recovery put it towards something else. If I can give these guys something to do they're good at, I'm more than happy to do that."

He added, "You can focus on recovery here. You can start over. It was tortuous what I was doing to the people around me before. But now I can actually help people myself. It's very rewarding."

To make a donation to the Restoration for Recovery campaign, visit <http://weblink.donorperfect.com/oneclapboardatime>. Contributions can also be mailed to Gilly's House, P.O. Box 110, 1022 West St., Wrentham MA 02093, ATTN: Maureen Cappuccino, Restoration for Recovery. Donors will be entered into a raffle to win prizes, including a trip to Martha's Vineyard.

For more information about Gilly's House, visit <https://gillyshouse.com>.

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Franklin Cultural Council Seeks Funding Proposals

The Franklin Cultural Council (FCC) has set a November 16th deadline for organizations, schools, and individuals to apply for grants that support cultural activities in the community. This funding encourages individuals, groups and not-for-profit organizations to bring to the community unique programming that centers around the arts, humanities, history or interpretive sciences for children, adults or intergenerational groups.

In 2019, the FCC gave out a record number of 38 grants. Previously funded projects include: programs/field trips for five of Franklin's schools (public and charter), Adaptive Dance for Adults with (dis) Abilities, LiveArts, Franklin Performing Arts Company Shakespeare on the Common, Southeastern MA Community Concert Band, and the Franklin Art Association, to name a few.

According to Lillian Gould and Kaye Kelly, FCC Co-chairs, these grants can support a variety of artistic projects and activities in Franklin or that benefit Franklin residents -- including exhibits,

festivals, field trips, short-term artist residencies or workshops, lectures, and performances in schools, the library, the senior center, or for the community at large.

While the focus of the proposals should remain similar to past years—community-oriented arts, humanities, and science programs—this year the FCC is encouraging new applicants to apply. All grant applications are due by Monday, November 16th. Proposals that are past the deadline will not be considered. Log on to <https://www.mass-culture.org/Franklin> for grant guidelines and to apply.

The Franklin Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

News from the Franklin Cultural Council

The Franklin Cultural Council has been busy this fall. Among their recent undertakings:

The Franklin Bellingham Rail Trail Committee put up tree identification signage thanks to a \$507 grant from the Franklin Cultural Council in mid-October. Bikers and hikers will be able to identify tree species and learn more through a QR code on each sign.

The Franklin Cultural Council hosted four musical shows for our seniors at the Franklin Health and Rehabilitation as well as the Franklin Senior Center. The musicians were THRILLED to have a place to play and an audience - and at the senior center in particular, there were seniors up and dancing. State Senator Becca Rauch came out to introduce the musicians.

Halloween house decorating contest: As of early October, 54 houses were signed up for this contest. Judging, at press time, was scheduled for October 30th. Local Town Pages will have an update on winners in our next issue.

"Monday Night Masterclasses" with the FCC, 7:30-8:30 p.m., All Masterclasses are free. Ingredients and materials will be the participant's responsibility. Pre-registration is necessary to participate.

- Monday, November 2nd "Indian Cooking Made Easy" with Sandyha Jain, Indian Chef and Educator

Meet us online to cook Chicken Saag - Spinach and kale curry with seared chicken and aromatic spices such as cardamom and cumin.

Registration details (zoom link and ingredients) can be found on the FCC Facebook page or asked for at FranklinCulturalCouncil02038@gmail.com

- Monday, November 9th "Making Tiny Room Birdfeeders" with Betsy Miller

Meet us online to make creative birdhouses with tiny furniture and artwork that attach to your house at 7:30pm (all with materials you have at home!).

Registration (zoom link and materials needed) can be found on the FCC Facebook page or asked for at FranklinCulturalCouncil02038@gmail.com

- Monday, November 16th Anarella's Favorites: Italian Almond Macaroons & Almond Crunch Biscotti, presented by baker and owner of Annarella's Cookies, Suzanne Gendreau

Registration (zoom link and ingredients) can be found on the FCC Facebook page or asked for at FranklinCulturalCouncil02038@gmail.com

- Monday, November 23rd Holiday Floral Arranging with (TBD)

Meet us online to learn how to make gorgeous, hand-made floral arrangements for your home at 7:30 p.m.!

Registration (zoom link and materials) can be found on the FCC Facebook page or asked for at FranklinCulturalCouncil02038@gmail.com

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Franklin Historical Museum to Reopen

We're very happy to be able to announce that the Franklin Historical Museum will be open, with restrictions, as of Sunday November 1st. The Historic Commission has announced the museum will be open with a limited schedule, once a week, on Sundays 1p.m. – 4 p.m. Stop in to visit our new and improved Gift Shop featuring new items unique to Franklin. This year we have two new Holiday ornaments to add to your tree – depicting The Ray Memorial Library and the Downtown Water Trough in Clark Square, selling for \$18 each. Ornaments have been very popular and have sold out the past 2 years. Be sure to get yours early before they're gone. Other items added to the Gift Shop shelves this year are Hometown Candles, pillows, mugs and much more. The Gift Shop is run by the Friends of the Franklin Historical Museum. Profits go towards supporting museum programs.

Due to the ongoing Covid epidemic, everyone visiting the

museum will be required to wear a mask. Guests will provide their name and contact information upon entering to allow for contact tracing if needed. There is a building occupancy capacity, so we ask that people are patient in the event we reach our capacity. Patrons will be able to look, read and observe, but will not be allowed to touch items in the museum for safety, and will be required to maintain social distancing. Please be aware that our research library will be temporarily closed to the public and we are putting a hold on physical donations to our collections for the time being. We thank you for your patience and understanding during these unprecedented times.

Our limited schedule and Covid protocols are a necessary yet temporary arrangement. As conditions change and improve,



we will most certainly move to a more regular schedule. Our ever popular Second Sunday Speaker Series will hopefully return at some point early next year. Finally, workers have been measuring, cutting and hammering

behind the scenes at the museum on the installation of a very intriguing and historically unique Franklin exhibit. More details to follow with an opening date for the exhibit to be announced. Check back here for more exciting details coming soon.

Follow us on FaceBook and Instagram. Look for our Trivia Tuesdays the second Tuesday of each month on Instagram. Visit us at 80 West Central Street, Franklin MA. The museum is ADA compliant and admission is always Free. Donations are gratefully accepted.

The Franklin Historical Museum is located at 80 West Central St., Franklin.



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Franklin Knights of Columbus Council 1847 Holiday Food Card Drive

November 7th through December 14th

We are holding our Sixth Annual Holiday Food Card Drive. Proceeds will support the ongoing charitable efforts of the Knights of Columbus and help feed those "in need". This need is particularly critical due to COVID 19. This year there will be 2 ways by which you may purchase and donate a Stop & Shop Food Card for those in need:



Please visit our Website www.kofc1847.org. Online orders will accept Credit Card (only) You will find a link to order and donate a food Card.

This is how it works - Purchase a \$10 Stop & Shop Food Card and 5% of the sales help feed those in need. Donate one or more of the food cards you purchase and 100% of the donated card(s) help feed those in need.

Or you can Mail your check and order form (below) to:

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SNETT Rail Trail Gets Updates, with Tree ID Signs

Thanks in part to a \$507 grant from the Franklin Cultural Council in January 2020, the Franklin Bellingham Rail Trail Committee finished installing 34 tree signs along 2.5 miles of the SNETT rail trail in Franklin and

Bellingham in the second week of October. The signs, identifying various trees and featuring QR codes bicyclists and walkers can scan with their smart phones to learn more about each tree species, begin on the trail

at Grove Street in Franklin and lead all the way to Center Street in Bellingham.

The rail trail organization thanked a number of people on their website, www.franklinbellinghamrailtrail.org, including: the Franklin & Bellingham Rail Trail Committee volunteers who have applied for a grant (Robert Gilstein, Tony DaSilva), designed the signs and researched the hardware (Darren Marino), managed the tree identification (Rita McCarthy, Darren Marino, Renata Gilarova), worked with the sign manufacturer and coordinated the install (Renata Gilarova) and finally our awesome install crews (Darren Marino, Rita McCarthy, Renata Gilarova and Chris Mascio with his family).

The group also thanked “Doug Williams, Director of the Stony Brook Mass Audubon



Photos used courtesy of the Franklin Bellingham Rail Trail Committee



in Norfolk, MA and Cary Vandenakker, DCR for help with

the tree identifications and the NHS Print for manufacturing the signs.”

In addition to the new signs, the group reports that work on the tunnel under Prospect Street is near completion, connecting the Franklin and Bellingham communities. For updated information, visit the Franklin Bellingham Rail Trail website at www.franklinbellinghamrailtrail.org or find them on Facebook, Instagram and Twitter.

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Franklin Public Library News, November 2020

Due to the COVID-19 pandemic, The Franklin Public Library is currently closed to the public. Curbside Pickup is available Monday through Saturday, 10 a.m. to 4:30 p.m. in the vestibule of the entrance at the top of the parking lot ramp. Library Staff are available by phone (508-520-4941) and email (frkill@minlib.net) Monday through Saturday, 9 a.m. to 5 p.m. Sundays are not available right now.

The Library will be closed and Curbside Pickup will not be available on Wednesday, November 11 for Veteran's Day, and Thursday, November 26 for Thanksgiving. On Wednesday, November 25, the Library will be closing at 2 p.m., and Curbside Pickup will only be available 10 a.m. to 2 p.m.

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

Programs for Children and Teens

Weekly Virtual Events for Kids!

Wake Up Wiggles! Mondays 10:30 a.m. on Facebook Live!

Zoom Tummy Time for Babies! Tuesdays @9:30 a.m.

email Miss Caleigh at ckeating@minlib.net to register for Tummy Time!

Zoom Toe Tapping Tuesdays! (Super Silly Dance Class for Ages 2+) Tuesdays @4 p.m.

email Miss Bree at bco-meau@minlib.net to register for Cool Cruisers!

Bookworm Bounce! Thursdays @4 p.m. on Facebook Live!

Zoom Book Club for Kids Grades 3-5 (Alternating Saturday afternoons at 3:30 p.m.)

Join us for awesome book discussions and fun activities! We are currently reading the 39 Clues Book 3 (*The Sword Thief* by Peter Lerangis) and having a blast trying to solve all the mysteries and make predictions with this thrilling series! Email ckeating@minlib.net to get involved!

Reader's Choice Zoom Book Club for Teens!

Join a group of avid readers as we choose a YA book or series to read together and then discuss over Zoom! This casual book club meets on Zoom at the convenience of the members, and we decide what to read together, and LOVE getting recommendations! Email ckeating@minlib.net to get involved!

Teen Advisory Board, 2nd Wednesday of the Month on Zoom @7:30 p.m.!

Teens! Want to get involved at the library from a distance? Join us as we plan teen-centric events, book displays, revamp our website and more! The perfect way to earn community service hours remotely! Email ckeating@minlib.net to get involved!

Adults

Hungrytown

Sunday, November 15, 3 p.m.

After more than a decade of world-wide touring and three album releases, Rebecca Hall and Ken Anderson--otherwise known as the folk duo Hungrytown--have earned a reputation for the quality and authenticity of their songwriting. The couple continues to spend more than half of each year on the road, especially roads in North America, Europe and New Zealand. Hungrytown's music has received extensive radio airplay worldwide and has appeared on several television shows, including the Independent Film Channel's hit series, "Portlandia."

For more information, please visit <http://hungrytown.net/index/>. This performance will take place on Facebook Live <http://facebook.com/hungrytown>.

Kitchen Table Art Workshop: Chakra Gemstone & Lava Bead Bracelet

Sunday, November 15, 3 p.m.

Are you balanced and grounded in mind and body? We will create a stretch bracelet with gemstone beads and lava rock beads as we explore the sig-

nificance of the chakra design. Your favorite essential oil can be placed on the lava beads to create a personal aromatherapy diffuser. This workshop is for adult and young adult artists and non-artists, no experience needed.

The Kitchen Table Art Workshop series is an online studio workshop to foster creativity and encourage experimentation. For more info and registration, please visit www.thecreativitycurator.com. Registration deadline is November 5th. Registration required. Please register early if you would like to receive one of the kits since quantities are limited. Priority is for Franklin residents. Registrants who don't receive a kit will be provided with a supply list to assemble their own.

Contact: Jacqueline Burke Volpe at thecreativitycurator@gmail.com.

Franklin Public Library Book Club, Tuesday, November 24, 7 p.m.

The book for discussion is *The Silent Patient*, by Alex Michaelides.

To reserve a copy of the book or for more information, please contact Assistant Library Director Kim Shipala at kshipala@minlib.net. To register, please visit <https://us02web.zoom.us/j/840123456789>.

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Top 10 Health Concerns of Baby Boomers, Part 2

By DENNIS SULLIVAN & ASSOCIATES

As baby boomers navigate aging, caregiving and trying to stay healthy, common health concerns arise. Top Concerns 10-6 were covered last issue and can also be found on our blog: www.DSullivan.com/blog.

Research has shown that people who stay active, eat healthy and avoid tobacco can lower their risk of developing chronic health conditions. Baby boomers are more health-conscious than the generations that came before them. Nevertheless, they face significant health challenges. Here are the top five:

1. Type 2 Diabetes

According to the CDC, the population of adults with Diabetes has more than tripled in the last 20 years. Diabetes increases the risk of serious health problems,

including high blood pressure, vision loss, kidney disease, nerve damage, foot problems, amputation and cardiovascular disease. Lifestyle changes and proper medical care can manage diabetes and its associated risks.

2. Heart Disease

Heart disease is the leading cause of death for those over 60. After age 45, the risk of developing heart disease increases significantly. Some risk factors (age or family history) are not in your control, but lifestyle changes and medical intervention can help you lower your risk. Exercise, diet and tobacco-free living will help limit your heart disease risk.

3. Cancer

Cancer affects everyone at any time of life, but for most cancers, aging is the most important risk factor according to the CDC. Cancer screenings are crucial as we age, they are routinely used to detect cancers at early stages, possibly before you can feel symptoms. Cancer-related deaths are declining, and if you contract cancer, your chances of surviving are now higher than they were in the past.

4. Depression

Depression can happen at any age, but often begins in adulthood, according to the National Institute of Mental Health. Depression, particularly in adults can co-occur with other medical illness, including cancer,

heart disease, diabetes and Parkinson's. Depression often causes the other conditions to worsen. Dr. Reyzan Shali of Scripps Coastal Medical Center Vista says, "It is important for both physicians and patients to recognize that depression is not a normal process of aging. Unfortunately, many patients feel uncomfortable with the subject of depression. Many feel that seeking help is a sign of weakness. It is very important for you to accept that you need help. Your primary care physician is a great start for help."

5. Eye Problems

Get your annual vision screening. Over 20.5 million Americans are affected by cataracts, this number grows every year. Advance-

ments in the safety and precision of cataract surgery result in faster surgeries, shorter and easier recoveries, and improved vision.

Many baby boomers feel the stress of being the sandwich generation, as well as the host of medical issues that come with aging. Don't struggle through this alone, reach out to your doctor for support and guidance. As you tackle the medical issues, make sure you also consider who can make medical decisions for you and speak with your friends and families about decision-making.

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FPAC to Present *The Nutcracker-Masked Virtually*

The Franklin Performing Arts Company (FPAC) will present *The Nutcracker - Masked* live streamed from THE BLACK BOX on December 12 and 13.

The classic holiday ballet will

be presented with a small cast of Ballet Conservatory dancers from the Franklin School for the Performing Arts all in masks and socially-distanced, with narration, live at THE BLACK BOX

to a virtual audience at home.

Under the direction of Cheryl Madeux, former dancer with American Ballet Theatre and current FSPA Ballet Director, the Franklin Performing Arts

Company has found a safe way to present this holiday tradition for the region.

The masked production will feature Merrie Whitney's stunning costume design accompanied by facial coverings. The production will continue FPAC's collaboration with Franklin TV who will help bring the magic of the season to the audiences at home. Since first teaming up last holiday season for the world premiere of Christopher Rice's *The Tappy Christmas Special: LIVE!*,

Franklin TV Executive Director Peter Fasciano has been "all in."

FPAC Director Raye Lynn Mercer comments, "We're very fortunate to have an ongoing collaboration with Franklin TV. They are making it possible for us to continue this holiday tradition even when our audiences cannot gather together as we typically do."

For tickets and more information, visit www.FPACOnline.com or call (508) 528-3370.



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Living Healthy

Eyelid Margin Disease

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

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily particles and bacteria near the base of the eyelashes. This condition is very common and unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

With eyelid margin disease the eyelids are inflamed. Symptoms include: Eye and eyelid irritation, a film in the eye, itchiness of the eye, redness of the eye and a burning sensation.

This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles

and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but sometimes bacteria thrive in the skin at the base of the eyelashes. Large amounts of bacteria around the eyelashes can cause dandruff-like scales and particles to form along the lashes and eyelid margins.

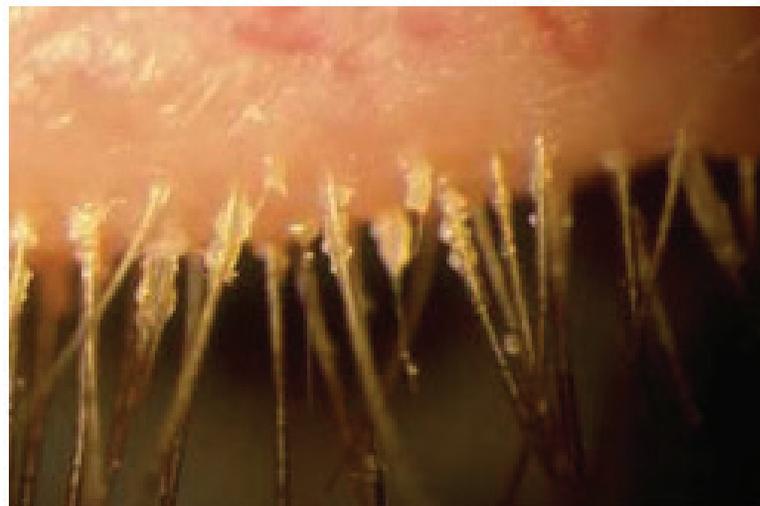
Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eyelids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea.”

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular rosacea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.

What is demodex blepharitis?

Some people with oily (seb-orrheic) skin, and more so those



who have a weakened immune system can have microscopic mites (demodex folliculorum), and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such as rosacea and blepharitis. Another version of these mites (demodex brevis) can be found more generally in oil glands of the skin and eyelids, which also may contribute to blepharitis symptoms. While presence of these tiny mites is common in everyone, researchers speculate that some people develop demodex blepharitis due to unusual allergic or immune system reactions leading to inflammation.

What if I get a stye?

A stye develops from an eyelash follicle or an eyelid oil gland that becomes clogged from excess oil, debris or bacteria. Styes can be a complication of blepharitis. If you have a stye, treat it like you treat blepharitis, and if not better within two weeks, see your ophthalmologist.

How is blepharitis treated?

Blepharitis is often a chronic condition, but it can be controlled with the following treatment:

- Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting

the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)—an enlarged lump caused by clogged oil secretions in the eyelid.

- Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.
- Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.
- Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and



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Living Healthy

Milford Regional Earns National Recognition for Promoting Organ, Eye, and Tissue Donation

Milford Regional has earned national recognition for its efforts to increase organ, eye, and tissue donor registrations across the state through the Workplace Partnership for Life (WPFL) Hospital Organ Donation Campaign. The WPFL is a national initiative that unites the U.S. Department of Health and Human

Services, Health Resources and Services Administration (HRSA), and the organ donation community with workplaces across the nation in spreading the word about the importance of donation.

The WPFL Hospital Organ Donation Campaign challenges hospitals and healthcare orga-

nizations to “let life bloom” by educating their staff, patients, visitors, and communities about the critical need for organ, eye, and tissue donation, including offering opportunities to register as organ donors.

Milford Regional was one of 1,700 organizations to participate in the 2020 campaign.

EYES

continued from page 16

drying with the “high” dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, three locations including a surgery center in Milford, our eye centers offer state-of-the-art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of seven providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

For more details, see our ad on page 16.

Answering Common Questions About Handwashing

Prior to 2020, people may never have imagined they would devote so much of their focus to handwashing. But handwashing took center stage in 2020, as organizations such as the World Health Organization and the Centers for Disease Control and Prevention touted it as an important safety measure against the COVID-19 virus.

It's understandable to question if something as simple as handwashing can really help combat potentially deadly viruses like COVID-19. But the CDC notes that handwashing is one of the best ways people can protect themselves and their families from getting sick. Understanding just how handwashing works may help people better understand how this simple gesture can potentially save so many lives.

How does handwashing remove germs?

The CDC notes that soap and water worked into a lather trap and remove germs and chemicals from hands. Water is a vital component of handwashing, especially when it's applied to hands

before soap. Water helps develop a better lather than people will get when applying soap to dry hands. That's important because a good lather forms pockets known as micelles that trap and remove germs from hands.

Why is it important to wash hands for 20 seconds?

Prior to the pandemic, many people likely had no idea that proper handwashing calls for washing hands for 20 seconds. So why so long? The CDC notes that studies have found that hands need to be scrubbed for 20 seconds in order to remove harmful germs. Washing for anything less than 20 seconds runs the risk of leaving germs on your hands.

Should I use antibacterial hand soap?

It might surprise some to learn that the CDC says antibacterial hand soap is not necessary for anyone outside of professional health care settings. Studies have

HANDWASHING

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MILFORD REGIONAL PHYSICIAN GROUP

Welcome New Neurologists

Aditi Ahlawat, MD

Dr. Ahlawat earned her medical degree from the University of Massachusetts Medical School in Worcester and completed internships at Yale-New Haven Hospital and Beth Israel Deaconess Medical Center/Harvard Neurology. Dr. Ahlawat also completed a fellowship in clinical neurophysiology/EMG at BIDMC. Her clinical interests include neuromuscular disorders such as Myasthenia Gravis, ALS, muscular dystrophies, and various neuropathies. Dr. Ahlawat is fluent in French.



Aditi Ahlawat, MD



Eliezer Sternberg, MD

Eliezer Sternberg, MD

Dr. Sternberg earned his medical degree from Tufts University School of Medicine and completed his residency in neurology at Yale-New Haven Hospital. He completed fellowships in clinical neurophysiology and epilepsy at Massachusetts General Hospital. Dr. Sternberg is board certified in neurology with a broad clinical practice and specialty in the management of seizures and epilepsy. His clinical interests include seizures, epilepsy, headache, movement disorders, stroke and neurovascular disease, cognitive decline and disorders of consciousness.

Both neurologists are accepting new patients and can be reached at 508-381-5016.

Milford Regional Physician Group
Milford Regional Neurology

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Living Healthy

Spring 2021 Semester at MassBay to be Almost Entirely Remote

WELLESLEY HILLS, Mass.—MassBay Community College will offer its spring 2021 courses exclusively online or remote, except for a handful that involve laboratory work. This format mirrors how the fall semester courses are currently being delivered to students.

“After carefully considering the current state of affairs regarding the pandemic, and in keeping with our paramount objective of limiting the spread of COVID-

19 among the MassBay community, we have decided not to open the College to on-campus classes and activities this spring,” said President Podell. “We have proven our ability to effectively offer our courses online and remotely while continuing to offer our students the robust academic and personal support services that are the hallmark of a MassBay education.”

All fall semester courses at MassBay are being offered online

or remotely except for a few Biotechnology, Health Sciences, and Automotive Technology courses that contain a required hands-on laboratory component. The College has prepared and is following comprehensive access plans for each of its three campuses in Wellesley Hills, Framingham, and Ashland to accommodate students attending these lab-based courses.

This fall, compared to fall 2019, the College has doubled

the number of courses that use free or Open Educational Resources (OER) to 74 courses, which makes these classes more affordable to students.

Open Educational Resources are free or low-cost text, media, and other digital assets which are useful for teaching, learning, and research. They are offered under a Creative Commons license that permits others to reuse, revise, remix, and redistribute them. In this format, students receive free

or low-cost (under \$40) access and use of the materials without the expense of buying or renting textbooks or other required course materials.

To learn more about MassBay, plan to attend the virtual Fall Open House (<https://www.massbay.edu/openhouse>) on Saturday, November 14th from 9 a.m. – 12 p.m., or visit www.massbay.edu.

MILFORD REGIONAL PHYSICIAN GROUP

Is Joint Pain Affecting Your Quality of Life?

It may be time to do something about it.

Milford Regional Physician Group (MRPG) is proud to welcome our new orthopedic surgeon, Geoffrey Stoker, MD. He comes to MRPG from world renowned New England Baptist Hospital, where he completed his fellowship in hip and knee replacement.

He earned his medical degree from Washington University in St. Louis and completed his orthopedic residency at Tufts Medical Center.

Offering innovative surgical options customized for each patient, Dr. Stoker's practice focuses on partial and total knee and hip replacement, including revision procedures. He looks forward to evaluating and treating patients with a variety of hip and knee problems, such as arthritis, avascular necrosis, and other joint conditions.

Dr. Stoker is currently accepting new patients and can be reached at 774-462-3345.



Geoffrey Stoker, MD

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Milford Regional Physician Group

Milford Regional Orthopedics

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HANDWASHING

continued from page 17

found no added health benefit of using antibacterial soap as opposed to plain soap and water. So consumers should not fret if they can't find any antibacterial hand soap on their next trip to the grocery store.

Should I use warm or cold water?

According to the CDC, when combined with soap, water removes the same amount of germs whether it's warm or cold. Water's role in handwashing is to help create a lather, and lathers can be created with hot or cold water.

When should I wash my hands?

Hands should be washed any time they are visibly dirty or greasy. The CDC also recommends washing hands:

- before, during and after preparing food
- before eating
- before and after caring for someone at home who is sick with vomiting or diarrhea
- before and after treating a cut or wound
- after using the toilet
- after changing diapers or cleaning up a child who has used the toilet
- after touching an animal, animal feed or animal waste
- after handling pet food or pet treats
- after touching garbage

Handwashing is as effective as public health officials insist it is, which is why it should be a vital component of everyone's daily health care routine.



FPAC to Hold Virtual Gala & Telethon Hosted by Broadway's Ben Cameron



The Franklin Performing Arts Company (FPAC) will hold a Virtual Gala and Telethon hosted by Broadway's Ben Cameron (original cast of *Wicked*) on Saturday, November 14 at 8 p.m. The evening will include live and silent auctions, a celebrity telethon, and great performances streamed live from THE BLACK BOX by Broadway stars Emily Koch (*Wicked*, *Waitress*), Jim Hogan (*Waitress*, *Phantom of the Opera*), Tyrick Wiltez Jones (*Hairspray*, *Finian's Rainbow*), Christopher Rice (*Hamilton*, *The Book of Mormon*, *Pretty Woman*), Clay Thomson (*Newsies*, *Matilda*, *King Kong*), and other FPAC favorites.

A premium ticket for the event will include a Celebrity Dinner Delivery with food by 3 Restaurant and a Gala Swag Bag. A VIP ticket includes drive-through

dinner pick up with food by 3 Restaurant. The Virtual Ticket allows guests to enjoy the amazing entertainment, telethon, and auctions from the comfort of their home.

Throughout the pandemic, FPAC has continued to provide entertainment in a safe way. From the middle of March through May, FPAC presented a nightly concert series on Facebook Live featuring performances from Broadway stars and FPAC professional performers. As soon as it was allowed, THE BLACK BOX began presenting socially-distanced entertainment outside on their parking lot stage throughout the summer and fall. FPAC recently finished the run of their first socially-distanced book musical *You're a Good Man Charlie Brown*.

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

For tickets and more information, visit www.FPACOnline.com or call (508) 528-3370.

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Come and Stuff a Truck

St. John's Episcopal Church to Host Fabric Drive November 7th

You've probably had some extra time recently to clean out your closets, basement, attic and other storage places in your home. And, you may have been at a loss for what to do with those extra clothes and linens that you want to discard. We can help!

Bring anything made of fabric to St John's Episcopal Church, 237 Pleasant Street in Franklin, on Saturday, November 7th from 9 a.m. -12 noon. We'll take them to Savers and get paid by the pound, to help fund our work in the Franklin community and beyond.

For more information:

Call (508) 528-2387

Email Admin@StJohnsFranklinMA.org

Visit us on Facebook at St John's Episcopal Church

See our website at www.stjohnsfranklinma.org



Sports

Franklin High's Athletic Prowess Leads to Another Dalton Award

By KEN HAMWEY, STAFF
SPORTS WRITER

Franklin High School is cornering the market on the Dalton Award.

The Dalton trophy, presented by *The Boston Globe*, goes to a high school that produces the top winning percentage in all varsity sports. Franklin captured the Division 1 honor for the 2019-20 school year by finishing with a percentage of 75.93, a winning margin of almost seven points ahead of second-place Natick, which compiled a 69.05 percentage.

Franklin has won the award two years in a row, and it's the school's third trophy in the last six years. The Panthers also captured the award for 2014-15.

"I'm just thrilled for our athletes and coaches," said Franklin High's Athletic Director, Tom Angelo. "To be the best Division 1 program in the State for the last two years is an outstanding accolade."

Angelo, who's been the Panthers A.D. for five years, credits a variety of factors that are part of the school's successful formula.

"The athletes start competing in the town's youth program early on," he said. "Our coaching staff coaches for all the right reasons. They're educators who teach life lessons, and they love to practice and compete. Our overall athletic lineup includes 30 varsity teams, and we offer a strength and conditioning program that keeps kids active and well-conditioned. Our facilities (three turf fields and a hockey rink) are also top-notch."

Franklin's overall varsity record for the 2019-20 school year was 177-51-15, which does not

include spring sports that were canceled because of the coronavirus. Natick's record was 137-57-16 and Needham's was 144-67-13.

Angelo credits all the Panthers' squads for playing a role, but there are several programs that contributed to the victory with some incredible numbers. The girls' basketball team went unbeaten at 25-0, wrestling finished with a 23-2 mark, field hockey went 14-2-2, the boys' cross-country team had a 7-0 record, and the female runners were 5-0 while gymnastics amassed a 9-2 record.

"Hats off to Natick," Angelo said. "They had an exceptional year. For us, the number of dual meets we had in wrestling was a plus. Natick wrestlers competed in more regional tournaments than us, but our dual-meet numbers were more than Natick's."

Another key number is Franklin High's athletic participation rate. About 600 students participate in a sport each season, and that's 33 percent of the school's enrollment of approximately 1,800.

"The award confirms that we're doing things the right way, like setting high standards and maintaining the proper priorities," Angelo emphasized. "And, there's no doubt that a big key is the low turnover rate with our coaching staff. We also hold our varsity captains to a higher standard. We expect them to be extensions of the coaching staff. They attend meetings and conferences throughout the year that emphasize the importance of leadership."

Winning the trophy is indeed a tribute to the athletes and the coaches, but Angelo noted that

it's also a community effort. "We get great support from the school administration, the Department of Public Works and the Recreation Department. They provide lots of assistance and support," he said.

FHS Principal Josh Hanna was delighted with the back-to-back honor.

"What an impressive accomplishment for Franklin High to be honored two years in a row as *The Boston Globe's* Dalton Award winner," said Hanna. "Success like this doesn't happen by accident. This is a result of hard work and commitment for many years on behalf of our student-athletes, athletic department, and families. We're quite proud of the success of this program and believe it's a result of trusting a process of getting better each and every day."

Two veteran coaches at Franklin — John Leighton and Fran Bositis — weighed in on the school's talented pool of athletes.

"I've been fortunate to teach and coach in Franklin since 1999," said Leighton, who led the girls' basketball team to a Co-State championship last winter and also coaches unified basketball and assists the girls' Lacrosse team. "We've been lucky to work with a number of very talented athletes. These last two years have stood out for the breadth of talent in every program. It's impossible to highlight only one or two teams. Every single program has enjoyed a high level of success and the credit belongs to the commitment of our athletes, their families, coaches and our community, which has always supported youth sports. I am incredibly proud to be a member of the coaching staff."



Tom Angelo, Franklin High's Athletic Director, left, displays the Dalton Award as Principal Josh Hanna looks on.

Bositis, who's coached the boys' soccer team for 50 years and won 9 Hockomock League titles, echoes Leighton's opinion.

"I believe that the success of Franklin's athletic program for the last two years, and in general for many years, is because we have been blessed with really good athletes," said Bositis. "We also have some outstanding coaches who've worked very hard in raising the level of all of the teams in the program. And, youth sports have done a really good job in preparing our young athletes to compete at the next level."

Angelo points to two programs — cheerleading and unified sports — that don't have their numbers included for the Dalton Award but nevertheless are very successful.

"Cheerleading has won a State title and two regional championships in the last two years," he emphasized. "And, unified track and basketball at Franklin have

the highest participation rate in the State. Again, that says a lot about the school community and our coaches."

What also factors into Franklin's success are student-athletes who might start on teams at other schools, but may have to be role players on a variety of the Panthers' teams.

"We preach that being part of a team is an honor," said Angelo. "Every team has roles for student-athletes. A supporting cast is needed, and we foster the belief that you're important because of your role. It's not just about one's skills. It's about your attitude and being a great teammate."

Many ingredients are necessary for a school to accumulate three Dalton Awards in six years. Franklin knows the winning formula and the late Ernie Dalton, who was the *Globe's* high school sports editor from 1938 to 1970, would no doubt be proud of the Panthers' achievements.

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Franklin Police Respond to Tense Situation at Spruce Pond

On Sunday October 11, 2020, at approximately 12:49 p.m., the Franklin Police Department, through the Metacomet Emergency Communication Center (MECC) received a 911 call reporting a male party experiencing a mental health crisis in the Spruce Pond Condominium complex. The caller also advised that the individual was armed with a handgun, threatening harm to himself, and anyone who approached.

Initial responding Franklin Police officers set up a perimeter and made initial contact with the party. Additional resources, including the Metropolitan Law Enforcement Council's (Metro-LEC) SWAT team were also called to the scene.

During the incident, the male party fired a multiple rounds from a handgun striking the armored truck containing the SWAT officers. Because of the availability of this kind of armored equipment, the SWAT team did not return fire with the subject.

Swat officers were then able to engage the subject from inside the armored vehicle utilizing 40mm less than lethal munitions, Taser, and a K9 team. The subject was taken into custody while still in possession of the firearm. The subject was being treated for minor injuries at a local hospital and was to undergo a mental health evaluation.

One Metro-LEC SWAT officer was struck by

the ricochet of a round fired by the subject. The officer, thankfully, was not injured and did not require further treatment.

We are thankful that this incident ended without the loss of any life. It also serves as a reminder that incidents of this type can happen anywhere, and at any time. Officers need the tools available to them to be able to respond safely, with the goal always being the preservation of all life.

At this time, the investigation is ongoing. Information on potential criminal charges will be available at the conclusion of the investigation.

Chief Thomas J. Lynch stated "I am proud of the response of my officers, and the Metro-LEC team, the professionalism of all involved, and the incredible restraint shown. Results like this are not always possible but are what we strive for." Lynch continued "We need to continue training all of our officers and must always provide them with the tools and equipment they need to do their jobs."

The Franklin Police Department wishes to thank all our law enforcement, and fire department partners that assisted us with this tense situation.



Let's Laugh Today Free EVERY Wednesday on ZOOM!

Let's Laugh Today Laughter Club is on ZOOM! In these challenging times, there is nothing like a good belly laugh to help release stress and anxiety. These laughter exercises and deep breathing help to bring more fresh oxygen into the body and brain helping you feel more energetic and healthy. It's a great way to connect with other people through eye contact while remaining socially distant, and it is thoroughly up-lifting and immunity-boosting! See www.letslaughtoday.com for the link to the Free ZOOM Meeting EVERY Wednesday at 7:30 p.m. All ages are welcome. You can sit or stand the entire time. It's a good time to try something new! Led by Certified Laughter Yoga Master Trainers, Bill and Linda Hamaker.



The Signature Heroes

By ALAN EARLS, CANDIDATE FOR TOWN COUNCIL

It's not a big thing, unless you are like me, a candidate for public office. One of the first hurdles that most office seekers face is collecting signatures from citizens, "nominating" them to be on the ballot.

In olden times, when towns were smaller, this was probably a more meaningful endorsement. Everyone knew you, and if they were willing to sign your papers, it meant a lot more. Now, this important holdover from those times is a little more random and anonymous, but it reminds those seeking a position in government that public service is built on a connection to voter as individuals.

Standing outside, rain or shine, and asking people to put their John or Jane Hancock on a piece of paper can be both frustrating and enlightening. Many folks are simply too busy. Truth be told, I've felt the same way myself many times. A few are too cynical and look at you like you must be a born criminal to even consider working in government. The rest, though, are kind,

interested, curious, and willing to spend a minute or two saying hello and offering a comment or two.

Those signatures added up, eventually, and the many short conversations that came with them have been a treasured experience – a reminder of the strength of democracy. Every little bit helps. Those signatures are a foundation. I hope some of those same people will come to vote in December, when people are always pulled in a million direction by the seasons and their obligations. That too will represent a small step, an act of participation.

But taken together, all those steps create policies and actions. It is an awe-inspiring thing to recognize the way these small incremental actions add up, like watching a tiny seed in Spring taking root and eventually grow into a giant sunflower or a whole watermelon patch!

So, a heartfelt thanks to those who signed. You made a small but heroic contribution, taking just a minute or two from your too-busy day, to inform me and help me on my way.



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Franklin's Future Leaders Group Forms

To encourage and promote Kindness, Helpfulness and Volunteering throughout their Community, through Projects and Guest Speakers. This is a group of children, boys and girls, ages 4-10+, learning how to help the community and learning how the community helps us! We are a nonprofit, supported by The Dance Studio and in the process of seeking a 501c3 status. Our group consists of children willing to know the importance of our community, how it helps them and in turn, learning how to help our community. Our projects just included Backpacks for Kids as well as a collection of needed items for the Franklin Food Pantry. All recently delivered. Our next projects will be seen soon, as they will be applied to each month's lessons. Our next big project is Toys for Tots through the Franklin Police Station.

This group of 13 is currently full. If you would like more information on our group, or how to help, please contact Cheryl Hobbs, Leader of Franklins Future Leaders, Wrentham Lion and The Dance Studio Owner, by emailing her at cas324@msn.com.

Thank you C & C Ice Cream for visiting Franklin's Future Leaders at our first meeting! The kids were thrilled. How do Spider-Man and Elsa help their community? Our group came up with ideas and can't wait to apply them to those in our Franklin Community! Today, we collected food for the pantry!



Earls Expresses Intent to Run for Vacated Seat

Politics, even town politics, can be a family affair, typically with elders blazing the trail and children and grandchildren following the same path in the manner of the Kennedy and Bush clans. Locally, the recent resignation from the town council of Eamon McCarthy Earls to pursue legal studies in Virginia has prompted a role reversal with the former councilor's father, Alan Earls, a newcomer for elective office, expressing his intention of running to replace his son in a special election slated for Dec. 5.

The elder Earls is currently an associate member of the Historical Commission, was formerly a full member and previously chaired the Open Space Committee. He also served on the Industrial Development Commission in the 1980s and has been active in many other community activities.

As of October 19th, a total of six candidates had expressed interest in the seat, although the date to withdraw had not yet passed. *Local Town Pages* will more thoroughly examine candidates' positions in our December issue.

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Franklin Senior Center Can Help Seniors with Tax Deferrals, Fuel Assistance

Fuel Assistance - Applications are now here for fuel assistance through Self Help Incorporated. To submit an application, residents must meet with a Senior Center Social Services Coordinator. Please call the senior center to make an appointment. Supplemental fuel assistance is also available through the Bellingham-Hopedale-Franklin Supplemental Fuel Assistance Program. Please call the senior center for information at (508) 520-4945.

Tax Deferrals for Senior Home Owners: Seniors (65 years of age or older) who meet certain income guidelines can defer property taxes until they sell their property or pass away. The Town of Franklin now allows elders who are in the tax deferral program to defer water and sewer charges, and betterment fees. For more information about the deferral process, please call the Senior Center or the Assessor's Office.

You may also qualify for the **Circuit Breaker Tax Credit** of up to \$1,070 if you pay more than 10% of your income in real estate taxes and water and sewer bills. Seniors 65 or over whose property taxes (or 25% of your rent) exceed 10% of their gross annual income may be eligible for a tax credit for this year and the past three years - even if they've never filed Massachusetts state income tax forms. Property owners can add 50% of water and sewer fees (if they're not in your property tax bill) to the total taxes paid. Those who qualify receive the amount by which their taxes exceed 10% of income, up to a maximum of \$1070 for tax year 2015, but taxes must be filed to earn this tax credit. For assistance in filing for this credit, call Erin Rogers at (508) 520-4945.

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Real Estate Corner

Norfolk Registry of Deeds Can Help with Genealogy Research

Register of Deeds William P. O'Donnell today reminded genealogy enthusiasts and those with an interest in the rich history of Norfolk County that all Registry hand-written land documents have been transcribed and are available for viewing via our website www.norfolkdeeds.org.

Register O'Donnell noted, "Since the beginnings of the COVID-19 pandemic back in mid-March of this year, many have had to stay close to home. Certainly, freedom of movement has been curtailed for individuals and families who have a concern about contracting the coronavirus. Many have spent hours online catching up with family and friends via social media. If you are looking for something new to do and have always been curious about your family history or local history, the Norfolk County Registry of Deeds can be a

valuable source of relevant information via its online research offerings."

"A few years back, the Registry and its vendor completed a project which transcribed all our hand-written land documents dating back from 1793 to 1900. Prior to this effort, these hand-written documents were in many cases difficult to near impossible to read. With the transcription project completed, our over 8 million land documents can be accessed for viewing from the comfort of your home via our website www.norfolkdeeds.org."

It should be noted that while the transcribers made a best effort to translate these hard to read documents, their accuracy is not guaranteed. "These transcribed documents," noted O'Donnell, "are not legal documents in and of itself, and are not considered binding on the Norfolk County Registry of Deeds or its

employees. It is considered merely a convenient reference for Registry users. For documentation purposes, users should refer to the scanned image of the original document instead of the transcribed image."

Concluding his remarks, Register O'Donnell stated, "While the Norfolk County Registry of Deeds building in Dedham remains closed to the general public due to the COVID-19 state of emergency, our online research offerings remain a viable way for genealogists and history buffs to perform research from the comfort of their homes. Please know that as your Register of Deeds, I continue to take very seriously my core responsibility to be the custodian of land document information in Norfolk County. Myself and the Registry staff strive each and every day to ensure the accuracy and accessibility of these land

documents. I am proud that future generations will be able to access these land documents and read the transcribed images with the ongoing goal of ensuring a correct record of land documents here in Norfolk County."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds. The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call (781) 461-6101, or email registerodonnell@norfolkdeeds.org.



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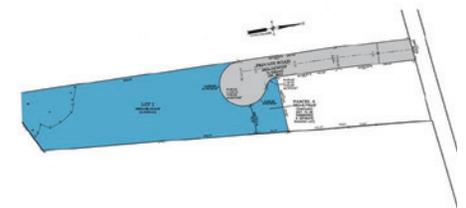
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