

The Voice of Your Community

Local Creatives, Your Voice is Needed

MAPC Survey Aims to Chart Impact of Covid on Arts, Community

By J.D. O'GARA

Calling all artists and other creatives living and working in Franklin! The Massachusetts Area Planning Council (MAPC) wants to hear from you! MAPC is working with Franklin, Arlington, Boston, and Beverly to understand how Covid-19 has impacted artists, arts and culture organizations, and creative enterprises, as well as their events, programming and activities. The results will help determine a plan for recovery in these communities.

"The creative community has just such a positive impact on the overall economy, on the cultural district and town municipality," says Nancy Schoen, Chair of the Franklin Cultural District Committee. "When someone goes to a show at THE BLACK BOX, they're getting gas on the way or stopping into a gift shop. When



people aren't coming to see the performances, the rest suffers, everyone suffers. The MAPC is trying to tap into exactly how much these places, the venues, artists and performers have been impacted, so they can collect data and design programs and grants to best meet the needs of our artists, performers, and cultural organizations."

The MAPC recently completed a market study for the Franklin Business District.

"When Covid hit, it became quickly clear what we needed to do was use that effort to guide strategies for recovery. Because the business district overlaps with the cultural district, MAPC's economic development planner Raul Gonzalez brought me in, working with Franklin Town Planner Bryan

ARTISTS

continued on page 2

Blood Donations Still Needed During Pandemic

By J.D. O'GARA

Did you miss National Blood Donor Month last month? There's still an opportunity to give blood.

According to the American Red Cross, someone in the United States needs blood every two seconds, with over 36,000 units of red blood cells needed every day. Blood and platelets cannot be manufactured, but nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.

Currently, The American Red Cross is testing all blood, platelet and plasma donations for Covid-19 antibodies, and plasma from whole blood donations that test positive may help current coronavirus patients. Also, if you've recovered from a verified Covid-19 di-

agnosis, your convalescent plasma donation is sought to help up to four coronavirus patients. Adults who have received a Covid-19 vaccine may donate blood under FDA guidelines, with no deferral of blood donation following a Pfizer or Moderna vaccine.

The American Red Cross notes that in most states, donors must be at least 16 years old in most states, healthy, and weigh at least 110 lbs. In fact, less than 38% of the U.S. population is eligible to give blood. Some may be turned away due to illness such as the common cold, being on a particular medication, low iron or having recently traveled outside the United States.

BLOOD DRIVE

continued on page 4

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ARTISTS

continued from page 1

Taberner,” says Annis Sengupta, MAPC Assistant Director of Arts and Culture. “(The arts survey) is not designed to tie into the marketing plan, so much as to fill a gap that had been requested as part of that plan that we weren’t able to do within that work,” says Sengupta.

The hope, in the end, says Sengupta, “is to understand how to better integrate the strength of the cultural district into efforts to strengthen the business district. How can you support economic recovery in these towns, and how can you support recovery in civic vitality? We’re recognizing the arts are part of the business community and the economic community, but they also do a lot of work in events and creating meaningful places.”

Sengupta notes that the Franklin Cultural Council and the Franklin Cultural District have been great partners in this effort. She adds that while the Massachusetts Cultural Council has also worked to document the financial impact of the pandemic on artists in the community, offering a means to recover some financial loss for those in that sector, the MAPC survey “is looking a little bit more at the bigger picture of the impact, not just on funds, but on their life and their relation to the community,” says Sengupta.

“Covid has had an enormous impact on the creative sector,” says Nancy Schoen,

Chair of the Franklin Cultural District Committee. “Between venues being closed and open seating and new limits on bars, I think it’s just devastating.”

Schoen says the survey is open to “all kinds of artists, visual artists, performance artists, and cultural institutions.” This includes schools of performing arts and music academies, she explains.

“We’re happy to be recognized as a vibrant cultural district. We’d really like to be able to have a lot of people fill this out, so they have some good data to work with.”

Schoen is also grateful to the MAPC for its efforts on behalf of Franklin’s creative community.

“It’s labor intensive, and our Cultural District is just a volunteer group. There’s limits on resources and time, and we work really hard, but we really appreciate their assistance,” says Schoen. “We hope people’s responses give us some really good information and ways we can help them specifically. I think (MAPC) will synergize them and come up with some plans for the future, so that when things are moving and people are vaccinated, we’ll come back better than ever.”

Find out more here <https://www.mapc.org/resource-library/arts-indicators/>

Find the survey here https://mapc.azurewebsites.net/Forms/SV_1QRuz8Ww3Jwu1A9

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Franklin Art Association Zoom Meeting February 3rd

The Franklin Art Association's monthly meeting is scheduled to take place on February 3rd at 6:30 p.m. Like all our offerings now, it will be a Zoom presentation on the work of FAA member Christine Toubeau, done in collaboration with Franklin TV. It is based on an art exhibit currently hanging at the FUSF Church in Franklin as well as earlier works from a solo art show at University of Massachusetts. Christine's original acrylic paintings deal with futuristic technology and her point of view as the artist comes through these images.



Toubeau will also demonstrate her approach to working with large, four foot canvases and



"The Future Awash" shows the blue robot, which is a symbol of contemporary technology that I have been using in my paintings for the last fifteen years," says Toubeau. "These current paintings show Future humans partnering with robots to try to clean the terrain of Our Earth, whose environment needs help after Climate Crisis and Oil Spill Pollution. It is a retrospective of my work showing the body of work I've done since getting a Fine Arts Masters in 2004 in Amherst, Mass."

give a painting with acrylics demo from her home studio.

For more information on the Franklin Art Association, visit www.franklinart.org, or find them on Facebook.

For more information on Franklin TV, visit www.franklin.tv.



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Every Saturday at noon, for the next year, we will be highlighting our favorite local small business of that week. Keep an eye out for the social media post, and follow the guidelines on how to participate in the contest. Every week we will be giving out a gift card or service credit from that business! We look forward to giving back to our communities as well as giving you opportunities to win some prizes!


 Mike Colombo
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BLOOD DRIVE

continued from page 1

Type O is the blood type most in demand, but all blood types are needed, and while many hospital procedures have been put on hold due to the current pandemic, The American Red Cross is encouraging donors to donate now to ensure the supply as medical procedures resume, especially since many blood drives have been cancelled due to the Covid-19 concerns. Type O-negative blood and Type AB positive plasma can be transfused to patients of all blood types. Both are always in demand and often in short supply. Donors must wait 56 days before each whole blood donation, although they can donate platelets every seven days, up to 24 times a year.

If you have further eligibility questions, please call 1-800-RED CROSS (1-800-733-2767) or visit <https://www.redcross.org/give-blood.html>.

Want to give blood? Here are some local blood drives this month.

Tuesday, February 2, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15 – 6:45 p.m.

Wednesday, February 3, 2021

The Church of Jesus Christ of the Latter-Day Saints
91 Jordan Road
Franklin, MA 02038
1-6 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Thursday, February 4, 2021

University Station
239 University Ave
Vacant Storefront next to ULTA
Westwood, MA 02090
9 a.m. – 2 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15 p.m. – 6:45 p.m.

Friday, February 5, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m.-2 p.m.

Saturday, February 6, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m.-2 p.m.

Sunday, February 7, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Monday, February 8, 2021

North Attleboro Elks
52 Bulfinch Street
North Attleboro, MA 02760
1-6 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15 – 6:45 p.m.

Tuesday, February 9, 2021

University Station
239 University Ave
Vacant Storefront next to ULTA
Westwood, MA 02090
1-6 p.m.

Faith Community Church
146 East Main St.
Hopkinton, MA 01748
2 -7 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15- 6:45 p.m.

Wednesday, February 10, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Thursday, February 11, 2021

Franklin Elks
1077 Pond Street
Franklin, MA 02038
1 p.m. – 6 p.m.

Wednesday, February 17

St. Mary's Church
58 Carpenter Street
Foxboro, MA 02035
9 a.m. – 2 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Thursday, February 18, 2021

Plainridge Park Casino
301 Washington Street
Plainville, MA 02762
10 a.m. – 3 p.m.

Lake Pearl
299 Creek Street
Wrentham, MA 02093
1 – 6 p.m.

Sunday, February 21, 2021

Temple Sinai
25 Canton Street
Sharon, MA 02067
9 a.m. – 2 p.m.

Monday, February 22, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15-6:45 p.m.

Tuesday, February 23, 2021

Natick Community Senior Center
117 East Central St.
Natick, MA 01760

Wednesday, February 24, 2021

Walpole Public Library
143 School Street
Walpole, MA 02081
1-6 p.m.

Lake Pearl
299 Creek Street
Wrentham, MA 02093
1-6 p.m.

MetroWest Medical Center
85 Lincoln Street
Framingham, MA 01702
2-7 p.m.

Thursday, February 25, 2021

Franklin Elks
1077 Pond Street
Franklin, MA 02038
1-6 p.m.

Friday, February 26, 2021

University Station
239 University Ave
Vacant Storefront next to ULTA
Westwood, MA 02090
9 a.m. – 2 p.m.

Saturday, February 27, 2021

Saint John's Parish Center
20 Church St.
Hopkinton, MA 01748
11 a.m. – 4 p.m.

Sunday, February 28, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

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Your Money, Your Independence

Revisiting - Dividends: Evolve Beyond Yield

Two years ago, February 2019, I wrote about income investors becoming too attracted to high-yielding dividend stocks.

They'd ignore a company's business model, free cash flows, payout ratios, dividend growth and other key factors. Their mantra of "I don't care about the stock price, as long as I get my dividend" dramatically changed last year.

At first, all stocks fell. High-yielding companies were leveraged, faced earnings issues, industry headwinds and needed to preserve cash, so dividends were suspended or cut and stock prices stayed low. Meanwhile, efficient companies with growing business models recovered quickly, increased market share, stock prices accelerated and later dividends raised.

Bringing us to today and a conundrum for income investors.

Low Interest Rates Meet Inflation - Two year ago, certificates of deposits at 2.5% are renew-

ing at 1% or less. Add the Fed indicating short-term rates will be held, even if inflation exceeds its 2% target rate. Thus those buying treasuries or investment-grade corporate bonds risk earning less than inflation.

Outdated Criteria Brings Concentration Risks - The philosophy of every investment must achieve a certain level of dividend yield is a fallacy. Meaning, you can't build a portfolio only of stocks with greater than 4%, 3% or even 2% yield.

For example, if 2% dividend yield is required to own a stock, a/o 1/20/21 you'd disqualify 76 of 120 (64%) largest companies in S&P 500 Index. Require a 4% dividend yield? Only 12 companies remain, limited to oil & gas, tobacco, drugs or telcom. That's not being selective, that's concentration risk and avoiding growing companies.

Income investors need a new perspective.

Seek Total Return Approach - Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

Growth of Dividends - Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from cash flows, and many growth companies yield 1.5% or less. Given this, these are ignored by income investors. Huge mistake, let me explain.

Yield-On-Cost (YOC) - Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100. Real world example, large software company averages ~1.5% yield last 5 years. Dividend increases results in shares bought

5 years ago having 4.2% YOC, meaning your initial investment now pays 4.2% annually. Bonds can't do this, they're fixed. Now add over the 320% stock appreciation and you see the mistake of only selecting high dividend yields.

Evolve beyond yield and seek help when needed.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a



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Color, Creativity and Compassion – Permanent Makeup By Joyce

Joyce Boiardi has found her passion – making people feel good about themselves. A creative soul with a flair for turning her interests into business opportunities, Boiardi has channeled her lifelong love of color and design into a service of care and compassion for her clients. She recently relocated her studio, Permanent Makeup by Joyce, to a warm, inviting space at Medway's Stone Mill.

“My passion for hair and makeup has always been a part of me since I was very little,” says Boiardi. Childhood dreams of becoming a Hollywood makeup artist were tempered by her parents' more conservative vision, but Joyce's business schooling would serve her well as she turned her talents into a lucrative home décor business and later, a lofty position at Ethan Allen. Her heart, however, would lead her to revisit her girlhood dream after her youngest graduated college, when she applied for a makeup artist job at a local Clinique counter. As much as she just wanted to have fun playing with makeup and skin care, Clinique, impressed by her business acumen, hired Joyce to run the Massachusetts satellite counter.

After four years, Joyce started coursework to become an es-

Business spotlight

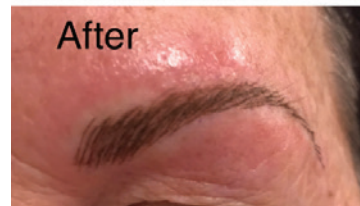
thetician. Upon graduation, she worked as a freelance makeup artist and trained to become a lash extension artist. Her esthetician's license allowed her to volunteer with the Look Good Feel Better Program, teaching cancer patients skin care and makeup. Joyce found the experience more uplifting for her than for the women she helped. “To watch the transformation from being timid and reserved, worried that their wig would be noticed, to taking it off and playing with makeup like when they were little kids, laughing and sharing thoughts, was most rewarding,” says Joyce. These women shared that the loss of hair, brows, lashes were sometimes harder for them than the disease itself.

This led Joyce to another career path – Permanent Makeup. “Most people take one course, but I ended up taking five courses. I wanted to make sure I was doing right by my clients,” she says. In fact, both the Medfield and Medway Boards of Health, under which she is governed, assert that her qualifica-



tions go above and beyond what is required to operate.

“My first client I ever did had alopecia. She was bald, had no lashes and no eyebrows, and I gave her eyebrows and eyeliner, and she cried with such happiness. It changed her self-esteem. Now, I do all kinds of permanent makeup, brows, eyeliner and lip color,” says Boiardi, whose clients range in age from mid 20's to 80. She's also able to remove permanent makeup done incorrectly by others or done so long ago they used tattoo ink instead



of the pigment used today. She uses the Softap method of permanent makeup, which is a manual method of application.

Permanent makeup, explains Joyce, “doesn't go as deep into the dermis (as a tattoo),” and many variables affect how long it will last. Joyce discusses options in depth with each client, and there are always two visits. “I want them to get the best results, and there's certain paperwork, protocol and some contraindications,” she says. Visits are conducted in a sterile, masked and gloved environment. “I don't touch you with any of the disposable one-time-use instruments until we agree on shape or the color,” she says. After the first treatment, clients are sent home with products to care for their new permanent color, and after 6-8 weeks, they come in for a touch-up. How long the permanent makeup will last after that depends on how well the customers take care of it, their skin types and their environment.

Boiardi is often conservative in her approach to color choice and shape, and she helps clients of all ages manage realistic expectations versus current fashion trends.

“There are a lot of people who want big bold brows, but just like when skinny brows were in, they went out of style. If next year, the natural look is in, then they're coming to me or some-

one else to remove that brow, not an easy process.” The artist advises, “Allow me to give the most natural-looking brow, to enhance the look to complement your eyes and our features, and if you want something thicker and bolder for a night, pencil it in. You'll like me a lot more if I do less.” The same goes for eyeliner.

Joyce has the best interests of her clients in mind, and she feels fortunate to have located her new studio among the women-owned businesses in the Mill. “I think there's a lot of positive energy,” says Boiardi. “There's a sisterhood, and I see how much they care about their clients. I think that's why I like it so much here.”

Joyce hasn't stopped doing lashes. In fact, she has expanded on her trade and now offers her knowledge teaching esthetician students at Tri-County and will be offering classes there for licensed cosmetologists and esthetician in 2021.

Joyce is also a trained reiki practitioner, who offers this as a separate service, but also uses it while performing her permanent makeup application.

Permanent Makeup by Joyce is located at 165 Main St., Suite 102, in Medway. You can reach her at (508) 667-7256 or find Permanent Makeup By Joyce on Facebook. Gift certificates are available, and ask Joyce about her half-price service for cancer patients who are in remission!

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Sen. Rausch to Host Virtual Coffee Hour for Seniors

Seniors are Invited to Coffee over Zoom to Discuss Life during the COVID-19 Pandemic and Current Issues on Beacon Hill

Boston, MA – Senator Becca Rausch will host a Virtual Coffee Hour reserved exclusively for seniors of the Bristol, Norfolk, and Middlesex District on Tuesday, February 9th from 10 to 11 AM. During this time, constituents are welcome to share their questions and opinions on state issues with the Senator and her Beacon Hill team. To comply with public health precautions during the pandemic, the virtual conversation will take place over Zoom. Seniors can join the event either via phone or webcam.

“This pandemic has been a difficult time for all of us, but particularly our seniors,” said Senator Rausch. “Hearing directly from my constituents is the best way to check on our community members during these difficult times and inform my legislative

work as Vice Chair of the Joint Committee on Elder Affairs.”

To register for the event, seniors can go to <https://bit.ly/38LTTdi>, email becca.rausch@masenate.gov, or call (617) 722-1555 by Sunday, February 7th.

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her second term, Senator Rausch serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

February Publicity for New Exhibit Franklin Historical Museum

We invite you to visit the Museum Sunday afternoons from 1-4 p.m. Although our hours are limited, there is still a lot to see. An exciting, permanent exhibit has recently been installed that is well worth the visit. Jim Johnston has installed a Federal Parlor in honor of his mother Clara F. Johnston. The beautifully appointed room brings you back in time to the way a Franklin home may have been decorated during the Federal period, late 1700s early 1800s.

A new exhibit will open in February that pays tribute to prominent women in Franklin history. Such names as Lydia Ray Pierce, Annie Ray Thayer, Alice Wiggin, Palma DeBaggis Johnson, Loraine Metcalf and Stella Kehayas Jeon are just some of the women who will be featured.

While there, please check out our newly revamped and fully stocked Gift Shop. In addition to our popular ornaments, the gift shop offers, Franklin mugs,



candles, pillows and many more Franklin themed items. Proceeds from Gift Shop support the Friends of the Franklin Historical Museum.

During these sensitive times, the Museum complies with Covid regulations. Building occupancy

is limited, face masks are required, and names are taken for contact tracing. The museum is wheelchair accessible, and admission is always free. The Franklin Historical Museum is located at located at 80 West Central Street, Franklin.

Franklin Knights of Columbus Food Card Drive Exceeds Goals

The Franklin Knights of Columbus - Council 1847 held their Sixth Annual Holiday Food Card Drive to benefit St Vincent de Paul. This year's Drive was unique in that it was conducted virtually/online. The Covid 19 pandemic has created unprecedented challenge for St Mary's Parish and the Franklin Community in their efforts to raise the desperately needed funds to help feed people in need. Because of the Parish and Community support and generosity, the Franklin Knights of Columbus have been able to surpass our previous years' fund raising goals through online donations. Working with St. Vincent de Paul, the money raised will benefit people in our community that are in danger of going hungry. During these unprecedented times, the Parish and the Community has once



Pictured from left to right – Jim Lane, Pam Obrien, Jim Ballio, Scott Kyle, Tom Seery. Second row Mike Perkins and Mike Swan

again magnificently stepped up to ensure that this year's Holiday Food Card Drive has been a great success. The Knights of Columbus, in close partnership with the Parish, Community and

St Vincent de Paul are happy to say that in a small way we have tried to alleviate food insecurity in our community. The Franklin Knights of Columbus extend our sincere Thanks!

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Artist Spotlight: Amy Adams

By J. D. O'GARA

Life doesn't always turn out as you plan it. Artist Amy Adams, who lives in Franklin, has lived this truth. Always creative, she began her journey headed for a career in healthcare as a nurse, a pathway that was interrupted twice with the life work of caring for her mother, then her grandmother, through terminal illness, all while taking care of her young brother and her own children from a young age. After halting her nursing education three separate times, Adams began a skin-care and aromatherapy business, while simultaneously creating art. Then Covid hit.

"It's been an interesting journey, and I think painting for me, came for a very important time," says Adams. Her work includes a variety of abstract and fine art paintings as forms of expression,

using a medium primarily composed of vibrant acrylics and life images on sizeable backgrounds.

"I work mostly with acrylic, but most of my pieces do more than one thing, glow in the dark, or have special effect with black light," says Adams.

The works she creates are large, with vivid imagery and deep emotional elements – "Freedom," one of her favorites, a floating, unclothed woman, broken free from shackles, but whose mind retains the bondage, is loaded with vibrant images and symbols that document her continuing journey with addiction. "It's about having broken free from addiction, but you believe you're still trapped. The outline of her body glows in dark, and the galactic part of the painting is neon under black light," says the artist.



Amy Adams

"Different things motivate me," says Adams. "A lot of my work, most of it, teeters on social justice issues, and I think it's because there's a part of me, as a woman of color, that knows there are so many people of color that are not heard. In a way, my art allows me to have and share that voice and another part of me."

She created "MMIW," which stands for "Murdered and Missing Indigenous Women," in that spirit, rapidly, in a swell of emotion soon after the killing of George Floyd by police, when she learned through social media about the aunt of someone she knew who had gone missing, then been found in a field after nine days, beaten and raped.

"There were no reports, no one was looking for this woman," says Adams, who said the post expressing how "Indigenous women are being silenced and nobody cares." It moved her to create this 4' x 2' piece, where a



Freedom

woman at the bottom is silenced. "The symbol of the red hand across the woman's mouth which appears to be blood represents the silence in that community. The woman in the background is the one telling the other's story", she says, with one hand on the silenced woman's shoulder and one hand rising in a fist. She represents that "we should support each other in an empowering way and speak up."

Although that piece was inspired by current events, Adams says that sometimes, "I can see a blank canvas, and I'll pick it up, and I see an entire picture attached to that canvas. This is what it's supposed to be. Each

one of my paintings has a story to it." And that creativity is not limited to canvas. "I can paint anything," she says, including transforming a tree stump on her property into a work of art.

Adams' additional elements add layers of life to the paintings, for an intentional effect.

"When people see us, they see this version of us, the first two-dimensions, but there is more," says Adams. "How you translate that, to me, is (adding) these extra things. It takes on an entirely new definition when you turn on the light and turn off the light. We're presenting what we want people

ADAMS

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ADAMS

continued from page 8

to see of us, presenting what (we think) is right, but people see what they want, there is so much more to us, and so much trauma we carry deeply rooted within us we don't get to share." It's the deeper meaning she feels resonates with certain people.

Her work has been well received.

Adams first showed her work at a gallery at the Natick Community Organic Farm, and at her first opening, she sold all 10 of her paintings.

"That really is kind of what set forward "Painting Venus" into motion, Adams says, of her website, www.paintingvenus.com, which features a gallery and offers classes. "I had to re-furnish – I had to do a whole other installation, and then that one was

sold out. I barely got to keep up any art for them." In 2019, she says, she "just kept going with it. People that started looking for me became private collectors; before that I was just painting and keeping things. It was more therapeutic than anything else."

Adams, who was originally from Natick, will be doing a showcase at Natick Town Hall at the end of 2021, and she has some artwork up there in a few establishments as well as here in Franklin at 67 Degrees Brewing. Having worked with the Natick Center Cultural District, Amy also led a virtual workshop, "SWAN: Strength, Wellness, Art & Networking," through the Franklin Cultural Council last month.

Adams says she hopes her art makes "the receiver feel good. I want it to be therapeutic." The artist adds that while many of



MMIW

her pieces may convey a sense of tragedy, "It's never just despair. Even those paintings that resemble some form of trauma have an element that is about hope."



Warrior

Franklin Lions' Trunk N' Treat Raises \$520 for Franklin Food Pantry

On Dec. 28, 2020, members of the Franklin MA Lions club presented a check to Lynn M. Calling, executive director of the Franklin Food Pantry for \$520.

This was money raised by the Franklin Lions during their October 24, 2020, drive thru Trunk N' Treat.



Presenting check is Kristine Shanahan, Franklin MA Lions Club President, to Lynn M. Calling, Franklin Food Pantry Executive Director. Also shown is Jessica Instasi, 1stVP/Treasurer of Franklin MA Lions Club. (Photo courtesy of Franklin MA Lions)

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Franklin Future Leaders Valentine Basket Raffle

Valentine Basket Raffle Tickets are still available! \$10 each or 3 for \$25. Profits benefit the Franklin Senior Center.

Contained in Basket: La Cantina Wine, \$20 scratch ticket, 4 wine glasses, a candle, 4 gift cards (Agway, Starbucks, Rainbow eyebrow and Elizabeth's Bagels) and a wine cork. Value: \$125, winner will be picked on 2/7/21

Franklin's Future Leaders is a nonprofit organization created and developed for children ages 4-10+. We are a community based group, where children learn how we can help our community and how the community helps us! We are seeking a 501(c)3 status. The group is supported by The Dance Studio.

Our Donations to date are:
In 2020:

- 75 Backpacks filled with items for school donated to The Franklin Food Pantry

- Collected Needed items for the Franklin Food Pantry
- Collected 60 Toys for Tots... Delivered to The Franklin Police Station
- Collected Toys for those Families in need of gifts and food for Thanksgiving and Christmas
- Collected 80 Lap Blankets and Items (80 bags filled) for the Elderly, Donated to The Franklin Senior Center
- Collected 30 Word Searches and 30 Puzzles for the Chestnut Street Rehab in Franklin
- Donated 10 new Duffle Bags for Gillys House in Wrentham
- Collected \$300 in Raffle basket fundraiser given to The Franklin Senior Center



In 2021:

- 10 Sets of Twin Sheets for Gilly's House in Wrentham
- 6 Meals and 3 Toys from our Wednesday Wishes Campaign

We have been busy! Now, even more, during the pandemic, we find ourselves doing for our Community.

If you'd love to help, please contact me. If you need help, Contact me at cas324@msn.com All are confidential.



We thrive on our community's help in helping those in need. Venmo Cheryl-Hobbs-11 for all Fundraisers or Donations Sign up for FFL will start in May

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Database of Names on Franklin Veterans Brick Walkway

A database of all bricks installed in the Veterans Memorial Walkway is now available at:
<https://www.franklinma.gov/veterans-services/pages/veterans-memorial-walkway-brick-database>. Locate any brick by searching the alphabetical list.

If any veteran, veteran's spouse, widow, or dependent needs assistance or just someone to talk to, please call the Veterans' Services Office at (508) 613-1315. We are here for you!

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Franklin Resident Graduates Early, Gains Invaluable Experience at Dean College

Brendan Howe, a 2017 Franklin High School graduate, admitted that Dean was not on his list of colleges when he first started applying.

"It wasn't until late in the process when my parents pushed me to take a tour (of Dean). When I did, I was sold immediately."

Brendan's love for sports combined with Dean's amenities that he discovered during his tour, like the gymnasium full of athletic trophies (known as the Trophy Room), the radio station, and even the office of John Rooke. Rooke, a professional sportscaster for over 30 years, oversees the Center for Business, Entertainment and Sport Management at Dean as well as serving as a faculty member. His office is filled with sports memorabilia and mementos from his long career in sports.

"I've had the dream to be a sportscaster since I was 15, and I knew that no other school would give me a better chance to get in-

involved right away."

So, he enrolled at Dean where he chose to pursue his passion in the sports broadcasting program.

When asked what it was like to attend a college in his hometown of Franklin, Brendan had no qualms. He lived on campus but had the luxury of going home whenever he pleased.

"It was unique being able to go to school in the same town I grew up in. I knew the area, and I was able to see all my friends from Franklin whenever they would come home. It was nice being able to combine

college and my home life, which is an opportunity a lot of students don't have."

The summer after completing his freshman year, Brendan received his first play-by-play internship with the New Bedford Bay Sox in the NECBL thanks to the connections he made at Dean.

"Landing something like that, while being so young is almost

unheard of. When I got there that summer, I was calling games with kids from Syracuse, Northwestern, URI and all sorts of big schools. I realized from there that the size or reputation of the school you go to really doesn't matter, it's the people who teach you and mentor you that matter, and I would argue that no school in this area is better at that than Dean."

The following summer, Brendan worked for the Cape Cod Baseball League. That fall, now in his junior year, he created the Dean Daily, the Dean College newspaper.

"I noticed that Dean didn't have a newspaper and I've always been big on writing, so I thought that if I were to start something and give students a way to voice their opinion, that it would really be something we could grow."

In December of that year, Brendan extended his professional experience by providing color commentary for a Provi-

dence Bruins game on AHL TV.

Even during the pandemic, Brendan found a way to broadcast games. He spent this past summer in Louisiana working for a Texas Collegiate League.

As for the future, Brendan plans to start work as soon as he possibly can.

"I'm actively applying and inquiring about jobs across Minor League Baseball and additionally at Division I and II colleges across the country. Having worked through three internships in baseball at different levels with different responsibilities during my time at Dean has well-equipped me to carry a heavy workload wherever I land."

Brendan wrapped up his time at Dean with the honor of being one of two seniors selected to speak on behalf of students at Dean College's virtual graduation toast for December 2020 graduates held via zoom.

One thing is certain – based on his extensive resume, the fu-

ture has great things in store for this standout student.

If you are a high school student interested in sports broadcasting, Dean offers summer pre-college programs that are for credit and offer a great introduction to college life. Visit www.dean.edu/summer to learn more. For more information on Dean College, visit www.dean.edu.

Dean College is a private, residential New England college grounded in a culture and tradition that all students deserve the opportunity to discover and exceed their greatest aspirations. A personal and transformative community since 1865, Dean tirelessly inspires our students to unimagined heights through personalized support and integrated delivery of academic, co-curricular and experiential learning. Our graduates are lifelong learners who thrive in their careers, embrace social responsibility, and demonstrate leadership. This is The Dean Difference.

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Franklin School for the Performing Arts Continuing Enrollment for New Students

The Franklin School for the Performing Arts (FSPA) is still enrolling throughout the school year. 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' Metro West 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.

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 school-room, 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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Due to Covid-19, Almost Everyone Needs a New or Improved Health, Life, Disability, & Estate Plan!

BY DENNIS SULLIVAN & ASSOCIATES, COUNSELORS AT LAW

Even before March of 2020, when the coronavirus hit our country with a vengeance, approximately 86% of estate, health and disability plans didn't work when they were most needed because they were already out of date!

The pandemic dealt our citizens a 1-2 punch: 1.) Many people who thought they "didn't need" an estate plan desperately need a plan that works now.

2.) People who thought they had a good estate plan are now just realizing they MUST update that plan due to the pandemic and recent and pending changes in state and federal taxes and laws.

Who Will Make Your Healthcare and Financial Decisions if Something Happens to You?

With the pandemic still raging, absolutely nothing is guaranteed. Unless you have a solid health, life and estate plan in place, all of this is at risk.

The time to take action to protect yourself, your loved ones and your estate is NOW.

The estate and elder law firm of Dennis Sullivan and Associates specializes in helping people and families just like yours. We have the team and the expertise to protect you, your family and your loved ones.

If you or a family member is stricken with Covid-19, who would care for your children? Who will make decisions for your grandchildren and parents? Who will make sure the rent, the mortgage and all the other bills are paid?

You need a trusted, caring, compassionate, and experienced team of professionals to help you design and establish your plan.

The founder of the Dennis Sullivan & Associates was educated at some of the finest universities in America, including master's degrees from the Boston University School of Law as well as from MIT, and he has more than 30 years of service.

All team members including our attorneys and CPAs, make it easy and enjoyable to put to-

gether your up-to-date estate plan! In compliance with Massachusetts Covid-19 orders and leveraging current technology included with our services, you can review and complete your estate and elder law plan with your attorney virtually—from the safety and comfort of your own home!

As a result, you will be both well informed and in control of your planning process as you benefit from our unique personalized counselling process. No family should be unprepared, especially now with all the medical and, legal, and tax changes!

Dennis Sullivan & Associates is dedicated to protecting everything you have worked so hard to achieve, including your good health, home, spouse, family, legacy and lifesavings!

Covid-19 is Not Going Away Anytime Soon!

People all over the world of all ages are susceptible to Covid-19, but we in the U. S. are especially susceptible because we have the most cases and the highest number of deaths in the world.

While it is exciting news that vaccines are being rolled out, the roll-out is going much slower than expected and a large percentage of our population have said they will not take the vaccine.

Therefore, we are all still at risk. **THE TIME TO TAKE ACTION AND PROTECT YOUR FAMILY IS NOW!**

Don't let your family be a statistic because you failed to take action and are stuck with no plan or an outdated estate plan. Research statistics adjusted for Covid-19 show that 90% plus of health, life and estate plans are out of date.

Once You are 18 Years Old, a HUGE Change Happens!

Most families are shocked to learn that once a child or grandchild turns 18, no one automatically has the ability to make health or financial decisions for them—not even a parent, grandparent or spouse! (See our blog at Dsullivan.com for more information.)

Almost half of Americans 55+ don't have a Will and You Cannot Trust Wills You Get On-Line!

Americans age 55 + are at the greatest risk for serious complications and death from Covid-19. The mistake of using cheap or free on-line legal forms can cost your family thousands to hundreds of thousands of dollars and much more in terms of aggravation due to complete loss of control and sleepless nights. (See our blog at Dsullivan.com for more information.)

Estate and life planning is always essential but in the midst of a pandemic, it is Mandatory!

We hope you now understand that you and your family will tremendously benefit from having much more than just a will. Wouldn't you and your family prefer the peace of mind understanding how your family is protected now and for generations to follow?

The reason you need much more than just a will is because a will is only effective when you die. You need to be protected while you are alive, not only from Covid-19, but as you need to be protected in the event of disability.

Disability is six times more likely than death in any given year, but 2021 is a more precarious year than most.

The documents an estate and elder law firm will create for you and your family members will provide each person you care about with peace of mind. Yes, there is a light shining at the end of the long, arduous Covid-19 tunnel. Let's all be safe and well protected together on our journeys. You and your loved ones will be able to control your estate, your finances, your investments and, most importantly, your health care decisions without the expense or interference of the courts, medical, or the legal system.

Those benefits alone could save you thousands to hundreds of thousands of dollars AND save you a huge amount of time, heartache, sleepless nights, and aggravation as well!

Dennis Sullivan & Associates is a caring, compassionate team of professionals who have been protecting families for generations by providing a unique estate planning and asset protection service for families in Massachusetts and surrounding states for more than 27 years. We currently provide virtual (on-line) discovery sessions, as well as personal counseling, and limited in-person consultations so you can get the high-quality life and estate plan you deserve at a reasonable investment for the lifetime protection for your family for generations.

Through our unique process you can complete all of your important protection virtually (on-line), staying warm, safe and healthy in the comfort of your home while a team of experienced, caring, compassionate and professionals creates a comprehensive estate plan that will provide you and your family members total peace of mind now and for generations that follow.

The most important phone call you can make today is to call our discovery line 800-964-4295 (24 hours a day, 7 days a week) or 781-237-2815 weekdays to register for discovery sessions and see how to qualify for your personalized review and counselling session. You can also register online at DSullivan.com. Due to the emergency we are doing our best as essential service providers to help those who qualify by understanding how much they can and should do for their family now.

Dennis Sullivan & Associates is a team of caring, compassionate highly-trained professionals who Protect Families for Generations.

Book a free online discovery session with us today. You'll see how easy and feasible it is now to protect your family's health and home, to protect your spouse, family, legacy, and life savings. You and your family will benefit from the peace of mind of knowing you have done everything you can to protect yourself and your loved ones for generations. Call now (800) 964-4295 or register for a free meeting at www.DSullivan.com



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FSPA to present Movie Musical

The Franklin School for the Performing Arts (FSPA) will present a COVID-safe virtual movie-musical production of *The SpongeBob Musical* on February 27 and 28. There will be two different movie-musicals, one featuring students in grades 8-12 and one highlighting FSPA's younger musical theater performers.

The project will be filmed entirely on iPhones with all COVID distancing and mask protocol being followed at all times. Some scenes will feature students recording in their homes edited together, while others will feature the students masked and distanced at different locations all around the Town of Franklin. The project provides a unique opportunity for FSPA's musical theater students to explore the world of musicals made for the screen all while staying safe.

The SpongeBob Musical is based on the beloved animated series created by Stephen Hillenburg and features a book by Kyle Jarrow, with original songs by Yolanda Adams, Steven Tyler and Joe Perry of Aerosmith, Sara Bareilles, Jonathan Coulton, Alexander Ebert of Edward Sharpe & The Magnetic Zeros, The Flaming Lips, Lady An-



tebellum, Cyndi Lauper, John Legend, Panic! At the Disco, Plain White T's, They Might Be Giants and T.I., and songs by David Bowie, Tom Kenny and Andy Paley. Additional lyrics are by Jonathan Coulton, with additional music by Tom Kitt.

FSPA's teen production will be directed by FSPA alum and faculty member Ali Funkhouser and the youth production will be directed by FSPA Drama Director Nick Paone.

With extensive programs in music, dance, and drama all housed under one roof, FSPA is uniquely positioned to offer an immersive interdisciplinary musical theater experience. Younger students explore the exciting world of musical theater with

an introduction to basic skills in singing, acting, and dancing, while older and more advanced students build upon this foundation with increasingly challenging repertoire, technique, and scene work. Musical theater history and audition technique round out the department's hands-on, multi-disciplinary opportunities. Alumni of FSPA's Musical Theater program have gone on to perform on Broadway, in national tours, regional theater, cruise ships, and other venues around the world.

Audiences can get tickets for *The SpongeBob Musical* and learn more about FSPA's programming at www.FSPAonline.com or by calling (508) 528-8668.

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

\$50,000 Awarded to the SAFE Coalition



SAFE Coalition has announced a \$50,000 award provided to them by the Department of Public Health from the fiscal 2021 Massachusetts state budget. These funds will be utilized to enhance community supportive services related to substance use disorder, improved access to care for community members, and increase trainings for SAFE Coalition volunteers.

“We are beyond thankful for the tireless work of State Representative Jeffrey Roy. His dedication to improving our community and aiding us in receiving funding to do this important work is astounding. These funds will allow our families and friends to receive a variety of supportive options with dignity and in a timely, compassion manner. This pandemic has dramatically shifted the landscape of care and we have seen our request for support more than double. Listening to the community and providing new programming, updated training, and technological care is crucial for sustained recovery.” Jennifer Knight-Levine, Co-founder and Executive Director

“While most state funding requests were being reduced or eliminated, Representative Roy recognized that this was no time to cut funding for mental health and substance use disorder services. Since the arrival of this pandemic, we have seen a dramatic rise in call volume. This grant provides the critical funding needed offer services throughout the communities we serve.” James Derick, Co-Founder and Board President.

Features and benefits of funding include:

Training – Increase training for employees and volunteers on recovery, peer work, and diversity

Community Services – Develop two new recovery programs for adolescent and caregiver support

Increased Access to Care – provide individuals with technology and/or training to better utilize virtual services

Availability:

Training - will be available starting February 15, 2021.

Community Service Supports - will be available starting March 1, 2021

Increased Access to Care – will be available February 15, 2021

About SAFE Coalition: The SAFE Coalition is a non-profit organization that provides supportive services to those impacted by Substance Use Disorder. We focus on prevention, education, peer connection and treatment options. Some of our partnerships include Wayside Youth and Families Support Services, The Providers Council, Turning Point Recovery Center, Norfolk County District Attorney, Norfolk County Sheriff’s Department, Wrentham District Court, the Commission on Grandparents Raising Grandchildren, the Hockomock Area YMCA, and school, police, fire, and faith communities. We believe in the opportunity of recovery and recognize the value in community collaboration.

Franklin Resident Awarded the Carol A. Pizzi Scholarship

Declan Lynch, a recent graduate of Franklin High School, has been awarded the Carol A. Pizzi

Scholarship by the Franklin Democratic Town Committee.

An Eagle Scout from Franklin, Declan and members of his troop recently completed a registry for Franklin’s Union Street Cemetery. He logged in more than 170 hours to make this project possible. Declan is also an active member of the Best Buddy program and has competed in many Special Olympic events. He now proudly serves on the Best Buddy board.

“To go from being coached in the pool to coaching younger children with disabilities is pretty cool. And to be able to represent kids with learning disabilities on the Best Buddies Board is quite an honor,” said Declan Lynch.

Declan also volunteers his



time every Friday at the Magnolia Heights Retirement Community where he plays games with the residents and enjoys bringing smiles to their faces.

This fall, Declan began his first year at Dean College as part of the Arch Program and will use the \$1,000 scholarship to assist with tuition and school sup-

plies. The Franklin Democratic Town Committee is thrilled to honor this extraordinary young man with this scholarship award and wishes him all the best in his future endeavors.

“Declan’s character, commitment to success, determination in spite of challenges, and tremendously positive approach to all things will make him a success wherever he may go,” said D. Soulard, Guidance Counselor at Franklin High School

The Carol A. Pizzi scholarship is named after beloved Franklin resident Carol A. (O’Connor) Pizzi, who passed away in 2010. Carol was a real estate agent in town and a passionate member of the town’s Democratic committee. If you would like to learn more and/or contribute to this scholarship fund, please visit www.franklindemocrats.com.

Upcoming Services at St John’s Episcopal Church

Like us on Facebook, and join us on Facebook Live:

- Sunday, February 7 at 10 a.m. (Scout Sunday)
- Sunday, February 14 at 10 a.m.
- Ash Wednesday, February 17 at 7 p.m.
- Sunday, February 21 at 10 a.m.
- Sunday, February 28 at 10 a.m.

Contact us about joining remote Sunday School: Admin@StJohnsFranklinMA.org

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



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Living Healthy

10 Things You Can Do Today to Prevent Vision Loss from Glaucoma

BY: ROGER M. KALDAWY, M.D.
Milford Franklin Eye Center

The optic nerve works like a cable connecting the eye and the brain. Glaucoma is a progressive disease of the optic nerve. It happens when the pressure inside the eye is higher than the optic nerve can withstand. The most common form of glaucoma is silent in the beginning but can cause slow loss of the vision if left untreated, starting with the peripheral vision first. The most frustrating characteristic of glaucoma is that for many years, the loss of vision will go unnoticed by a patient.

The optic nerve is like a cable made up of over 1 million nerve fibers that carry the information collected by your eye (retina) to the visual cortex of the brain for processing. Glaucoma slowly, de-

creases the ability of your optic nerve to carry this information to your brain. There are currently two basic theories as to why excessive ocular pressure causes glaucoma. Either high intra-ocular pressure decreases blood flow to the optic nerve, or high pressure, over time, physically crushes and kills the individual nerve fibers.

At first, open-angle glaucoma has no symptoms. Vision stays normal, and there is no pain. As glaucoma remains untreated, people may notice that although they see clearly in front of them, they miss objects to the side and out of the corner of their eye. It may seem as though they are looking through a tunnel. Over time, the remaining vision may decrease until there is no vision left. Optic nerve damage caused by glaucoma is permanent;

therefore, it is important to seek treatment in the early stages of the disease.

Glaucoma is a lifelong disease that will always require treatment. Glaucoma is much like hypertension and diabetes. We can control these diseases, however we cannot, as of yet, cure them. Today there are numerous ophthalmic medications available to us in the treatment of glaucoma. Some are eye drops that are used only once a day; others are used up to four times a day. More than one medication may be used to treat glaucoma. If glaucoma cannot be controlled with medications other procedures, including laser and surgery may be considered.

Ophthalmologists don't yet know how to stop glaucoma from developing in the first place. However, there are ways to pre-



Testing for glaucoma

vent serious vision loss and blindness from glaucoma. Here are 10 ways to help:

1. Catch this silent thief of sight before you lose vision. If you are at risk for glaucoma (family history, age 60 and above, Black, Asian or Hispanic, heart disease, diabetes or hypertension) you should see your ophthalmologist regularly for eye exams. They can find the disease in its early stages, then watch and treat it. It's equally important to take your glaucoma medications exactly as your doctor says to.

2. Taking steroid medication? Talk with your eye doctor. Taking steroids for long periods of time or in high doses can raise your eye pressure, especially if you have glaucoma. Steroids that you take by mouth or use around your eyes are the most likely to raise eye pressure. However, inhaled steroids even those over the counter can do the same damage. Always tell your eye doctor if you are taking any kind of steroids.

3. Eat well to see well. Eat plenty of leafy green vegetables and colored fruits, berries and vegetables every day. They contain vitamins and minerals that protect your body and eyes. In fact, studies show that eye-healthy foods are better than vitamins at preventing glaucoma.

4. Exercise ... but carefully. Intense exercise that raises your heart rate can also raise your eye pressure. But brisk walking and regular exercise at a moderate pace can lower eye pressure and improve your overall health. If you lift heavy weights, have a qualified trainer show you how to breathe properly during this exercise.

5. Protect your eyes from injury. Eye injuries can lead to glaucoma. Always wear protective eyewear during sports or while working on your home and

in your yard.

6. Avoid head-down positions. If you have glaucoma or you're at high risk of the disease, don't place your head below your heart for long periods of time. That includes staying away from inversion tables or gravity boots for back pain. Head-down positions can greatly raise your eye pressure. Some people with severe glaucoma may need to avoid certain yoga positions. Ask your doctor if you need to avoid a head-down position in your exercise routine.

7. Sleep in the right position. If you have glaucoma, avoid sleeping with your eye against the pillow or on your arm. People who have obstructive sleep apnea (OSA) are at risk of glaucoma, or may have more serious disease. If you snore heavily or stop breathing throughout the night, get tested for OSA.

8. Protect your eyes from sunlight. There is some evidence that the sun's UV rays may cause a type of glaucoma. Wear quality polarized sunglasses and a hat when exploring the outdoors.

9. Keep your mouth clean. Recent research links gum disease with optic nerve damage in glaucoma. Brush and floss your teeth every day and see your dentist regularly.

10. Tell your ophthalmologist about your blood pressure medicine. If your blood pressure drops too low during sleep, it can worsen glaucoma damage. If you take blood pressure medicine at night, or if you have low blood pressure symptoms (like feeling woozy), tell your ophthalmologist. They can discuss this with your primary care doctor. Do not change your blood pressure medication on your own.



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Living Healthy

Vaccinations Take Place at Franklin PD



Sgt. Johnson received the first of his two Covid vaccines (on January 13th). Thank you to the Franklin Board of Health and the other participating communities for getting this site up and running for first responders.

It is expected most Franklin first responders will participate in the program. This helps mitigate potential staffing shortages by

ensuring we have a healthy staff ready to respond to calls in the community.

Speaking to The Franklin Fire Department, paramedic Dale Allen he said “this day has been a long time coming, I’m happy it’s here, and I’m happy soon we will also be able to protect the entire community and move forward.” He added “we still need everyone to remember that all of us must still social distance, and wear masks. This is going to be a process, we want to keep people healthy, and not overwhelm our hospitals.”

EYES

continued from page 16

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens and 2 types of laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. With 8 providers, decades of established experience and thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care for treatment of glaucoma closer to home than ever before.

For more details, see our ad on page 16.

February 2021 Franklin Senior Center Events

The Franklin Senior Center is located at 10 Daniel McCahill Street. It can be reached at (508) 520-4945.

- Feb 10th at 1 p.m. - Stampin' Up! Create 2 cards and a leprechaun craft for St. Patrick's Day. IN PERSON EVENT
- Feb. 11th at 1:30 p.m. - Franklin Matters Q & A with Steve Sherlock (Zoom)
- Feb 11th at 6:30 p.m. - Name That Tune! Join us for a lively game show style Zoom event. Whether you know your music or just enjoy listening you are sure to have FUN! (Zoom)
- Feb. 12th at 2 p.m. - Netflix and Chill movie. Join us watching *The Hundred-Foot Journey*. Based on the novel of the same name, written by

Richard Norais. (Zoom)

- Feb. 16th at 2 p.m. Route 128, sometimes despised as 'the longest parking lot in New England,' was also the symbol of the new high-tech industries that flocked to our region after World War II. Learn about the amazing story of how venture capital, modern computing and the internet all got their start here in Massachusetts from the 1940s to the 1990s with a slide show and talk by local historian, Alan Earls, author of *Route 128 and the Birth of the Age of High Tech*. (Zoom)

- Feb. 22nd at 2 p.m. - Where's The Toast? Memory Cafe' featuring the music of Jennifer Tefft. Sponsored by Benchmark (Zoom)

- Feb. 25th at 2 p.m. - Boston, cradle of everything...There's way more to Boston than cream pies, sports teams, and 'chowdah.' Learn about the amazing innovations and inventions that have made Boston exceptional for more than 400 years with this slide show and talk from Alan Earls, co-author of the new book, *Boston Made: From Revolution to Robotics, Innovations that Changed the World* (<http://www.bostonmadebook.com/>). (Zoom)

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EPA Confirms PFAS in Aerial Pesticides

Regulatory Loopholes Allow Massive Spread of Toxic “Forever Chemicals”

Washington, DC — The U.S. Environmental Protection Agency (EPA) announcement that it found toxic PFAS (per-and polyfluoroalkyl substances) coating barrels in which widely-used pesticides are shipped raises big new public health concerns, according to Public Employees for Environmental Responsibility (PEER). The true extent of this inadvertent source of PFAS contamination remains unknown, as is the number of other products similarly affected

In a mid-afternoon press release of January 14th, EPA admitted that it discovered unspecified levels of nine different PFAS in shipping barrels for Anvil 10+10, the pesticide used in the aerial spraying programs of Massachusetts, Florida, New York, and an estimated 25 other states. That discovery may answer one question of how PFAS got into this widely used insecticide, where it is not a listed ingre-

redient. At the same time, it raises a host of unanswered issues, including –

- How many millions of acres have been sprayed with other PFAS-laden pesticides, including herbicides used on food crops? These chemicals do not break down in the environment and bioaccumulate in the food chain and human body;
- What other products are also shipped in these PFAS-tainted containers? In its statement, EPA said it “is in close communication with the Food and Drug Administration (FDA), Department of Transportation (DOT) and the United States Department of Agriculture (USDA) to understand the extent and significance of the PFAS contamination,” and that these barrels “are used for numerous applications such as food packaging”; and

- Where will the PFAS-contaminated products end up? EPA urges “[s]tates that have existing stock of Anvil 10+10 ... [to] red tag their inventory and hold for now.” The ultimate destination of these insecticides is of concern, given there are few disposal regulations to prevent those wastes from reaching local water sources.

“EPA’s discovery has opened a Pandora’s Box of health risks,” stated PEER Science Policy Director Kyla Bennett, whose testing of the insecticide first raised the alarms, according to the EPA statement. “Shipping containers may be a significant source of PFAS exposure through the entire U.S. agricultural sector.”

EPA has yet to directly regulate PFAS in any fashion. In the past, it has relied upon voluntary industry recalls, as it has done here. Moreover, EPA has yet to announce a firm schedule for setting maximum limits on PFAS in drinking water. PFAS are as-

sociated with damage to the liver and kidneys, as well as heightened risk of testicular and kidney cancer. In the resulting regulatory vacuum, individual states have adopted their own laws and regulations.

EPA also announced it had issued a subpoena under the Toxic Substances Control Act to obtain information about the process used to coat the containers. However, absent firm standards,

the ability for EPA to take direct action against PFAS-laden packages remains unclear.

A recent *Boston Globe* report noted that Anvil was sprayed in the Franklin area in 2019. (<https://www.bostonglobe.com/2020/12/01/metro/toxic-forever-chemicals-found-pesticide-used-millions-mass-acres-when-spraying-mosquitos/>).

Franklin PD to Residents: Beware of COVID-19 Scams

The Franklin Police Department is warning residents to be aware of COVID-19 vaccine scams. You should not be asked to pay out of pocket to receive a vaccine or pay to be put on a waiting list. Be aware of advertisements and/or offers found on social media, online, email, and phone calls from unknown or unsolicited sources.

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Franklin Public Library February Special Events

Girls Who Code!

Grades 3-5 Friday Feb. 5th & 19th @ 3 p.m. and Grades 6-12 Friday Feb. 5th & 19th @ 4 p.m.

A Coding club for grades 3-5 and grades 6 - 12. We are bringing back G.W.C. at the Franklin Public Library! Learn to Code, join a community, and share your passions. All kids/teens interested are welcome!

Email mgousie@minlib.net for more details!

Special Programs for Families

Take and Make: Chinese New Year Dragon Puppets!

Starting Saturday, February 1st, stop by the library between 10 a.m. - 7 p.m. and call the children's room (508-520-4941 ext. 2) to pick up your very own Dragon Puppet Kit! SUPPLIES ARE LIMITED! Dragon Puppet Kits will be distributed on a first come first serve basis!

Black History Month Book Bingo!

Celebrate Black History Month with a special reading challenge! We've got a special BINGO board with reading prompts relating to Black historical figures, authors and il-

lustrators! Find the Bingo Board in the library vestibule or on our website starting February 1st, and email your titles to ckeating@minlib.net! All entries must be received by Sunday, February 28th!

Zoom Cooking Class for families with Miss Sandhya!

Saturday February 13th, 1 p.m. To register for the class and receive the zoom link, email Ca-leigh at ckeating@minlib.net!

Take and Make: Slime!

Starting Saturday, February 13th, stop by the library between 10 a.m.- 7 p.m. and call the children's room (508-520-4941 ext. 2) to pick up your very own Slime Making Kit! SUPPLIES ARE LIMITED! Slime Kits will be distributed on a first come first serve basis!

Make with Miss Mitzi Craft Class: Hand Warmers!

Saturday February 27th, 1 p.m. To register for the class and receive the zoom link, email Mitzi at mgousie@minlib.net!

For more information, please visit the Library website here.

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*Not valid on trip or diagnostic fees. This offer expires February 28, 2021. Offer code OT-A-50

Calendar

Ongoing, Feb. 1-28

Take and Make: Chinese New Year Dragon Puppets!

Stop by Franklin Public Library between 10 a.m. and 7 p.m. and call the children's room (508-520-4941 ext. 2) to pick up your very own Dragon Puppet Kit! First come, first serve.

Black History Month Book Bingo!

Find the Bingo Board at the Franklin Public Library vestibule or on our website starting February 1st, and email your titles to ckeating@minlib.net! All entries must be received by Sunday, February 28th!

February 3

American Red Cross Blood Drive, 1-6 p.m., Church of Jesus Christ of Latter-Day Saints, 91 Jordan Road, Franklin, contact 1-800-RED-CROSS.

Franklin Art Association Zoom meeting, 6:30 p.m., features acrylic presentation by Christine Toubeau, in collaboration with Franklin TV, visit www.franklinart.org, or find Franklin Art Association on Facebook for Zoom link.

February 7

Franklin Historical Museum hours, 1-4 p.m., 80 West Central St., Franklin, masks and social distancing rules apply

February 10-12

Franklin Rotary Club "Say It with Art," Valentine's Day date night & Live Virtual Fine Art Auction, viewing starting Wed., Feb. 10 @ 10 a.m. through Fri., Feb. 12, proceeds to Rotary scholarship, visit bid.marlinart.com and select "Rotary Club of Franklin MA," or call (508) 284-9598, or visit <https://portal.clubrunner.ca/3689>

February 11

Franklin Elks American Red Cross Blood Drive, 1-6 p.m., contact 1-800-RED-CROSS.

February 13

Zoom Cooking Class for families with Miss Sandhya! Franklin Public Library virtual event, 1 p.m., To register for the class and receive the zoom link, email ckeating@minlib.net!

February 14

Franklin Historical Museum hours, 1-4 p.m., 80 West Central St., Franklin, masks and social distancing rules apply

February 21

Franklin Historical Museum hours, 1-4 p.m., 80 West Central St., Franklin, masks and social distancing rules apply

February 25

Franklin Elks American Red Cross Blood Drive, 1-6 p.m., contact 1-800-RED-CROSS.

February 27

Make with Miss Mitzi Craft Class: Hand Warmers! Virtual Franklin Public Library class, 1 p.m. To register for the class and receive the zoom link, email mgousie@minlib.net! FSPA presents movie-musical The SpongeBob Musical, learn more at www.FSPA-online.com or call (508) 528-8668

February 28

Franklin Historical Museum hours, 1-4 p.m., 80 West Central St., Franklin, masks and social distancing rules apply FSPA presents movie-musical The SpongeBob Musical, learn more at www.FSPA-online.com or call (508) 528-8668

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Sports

Quinn Excelling for Franklin High's Basketball Squad

By KEN HAMWEY,
STAFF SPORTS WRITER

Olivia Quinn has all the attributes needed to finish her career at Franklin High as one of the best basketball players in the program's history.

John Leighton, the Panthers' veteran coach who utilized the guard-forward as the first player off the bench during her freshman season, isn't bashful when listing her assets. "Olivia is motivated and driven," he said. "Her basketball IQ is very high, she's athletic, skilled, instinctive and keeps improving. She scores and rebounds, but she's also solid on defense."

Consider her numbers that have contributed to Franklin's success. As a freshman, the Franklin native scored 100 points and became the Panthers' key reserve. Last year, as a sophomore, the 6-foot swingman scored 381 points, an average of 16.8 point a game, and her 142 rebounds gave her an average of seven a game. She shot 53 percent from the floor, 36 percent from the three-point arc, and 77 percent at the free-throw line.

A Hockomock League all-star as a sophomore, she's been part of five championship teams in her first two campaigns — two league crowns, two sectional titles and one state championship. Quinn is also an all-star in the classroom as a high-honors student.

A team-first competitor, Quinn is quick to list last year's state title as her top thrill in basketball. The crown, however, was shared with Andover because the state final game was canceled because of the coronavirus outbreak.

"We finished unbeaten at 26-0 after defeating Minnechaug in the state semifinal," she noted. "There was disappointment when the MIAA called off all the state title games. I was crushed, but as time passed, I felt grateful about what we had achieved. There was more to be proud about than to be disappointed about. We were a close-knit group and to win a state title was an amazing feeling. In the end, I do believe the MIAA acted with the health and safety of everyone in mind."

The 17-year-old Quinn has had a variety of top-notch games but her effort at Oliver Ames last year stands out. Both teams were unbeaten, but as the game concluded, the Panthers had a 20-point victory.

"I scored 31 points and was five of six shooting threes," she recalled. "My defense was good, and I had four offensive put-backs for eight points. The atmosphere for that game was exciting."

The 2020-21 season won't feature any sectional or state playoff games and schedules have been decreased because of covid-19. Quinn, however, has been dynamic. Averaging 15 points and 7 rebounds a game and helping the Panthers post a 2-0 record at Local Town Pages deadline, she's delighted the MIAA allowed competition during the pandemic.

"I'm just happy to compete and to play with the modifications that were made," Quinn emphasized. "Our sport really didn't change much. Any games are better than no games, and it's been great to share good times with teammates."



One teammate Quinn enjoys competing with is senior point guard Erin Quaile, who led the Panthers' offense last year. "Erin has a motor that just keeps going," she said. "Winner of the Hockomock League's defensive player of the year award the last two years, Erin takes pride in her defense — a great on-ball defender. She also can pass and knows how to break a press."

As this season heads for the finish line, Quinn's goals remain firm. She'd like the team to have another undefeated season and finish with the Kelly-Rex Division title. "For personal goals, I'd like to improve my free-throw percentage, increase my assists, be a play-maker and maintain a defensive mindset," she said.

If her individual objectives are reached, Quinn no doubt will continue to draw interest from recruiters. During her sophomore season, Stonehill College and the University of New Hampshire contacted her. "I want to play college basketball, and to get to that level, it'll require a solid foundation on defense," she noted. "At the collegiate level, everyone is a former high school all-star."

Quinn's competitive philosophy puts a high priority on winning, but she also focuses on reaching her potential and having fun. "My prime goal is to win," she said, "but reaching my potential and having fun are also important."

A major plus in Quinn's development can be attributed to Leighton. She admires the way



Despite a cancellation of MIAA state title games, top Franklin basketball player, Junior Olivia Quinn, said, "There was more to be proud about than to be disappointed about."

her coach has built Franklin's program. "Coach Leighton is a terrific motivator," she emphasized. "He knows the game, has lots of experience and sets expectations high for all his players. He's elevated our program, and I'm glad to be playing for Franklin. The standards are high."

Calling her mother (Karin) her role model, Quinn says she's been supportive and encouraging every step of the way. The journey has included six years of AAU basketball that's enabled Quinn to sharpen her technique, skills, and instincts.

"I want to work on being assertive and improve my communication on the court," Quinn said. "Being vocal is also a plus. And, there's always room for improving on defense."

Quinn can play a variety of positions but she prefers the wing where she can shoot and drive.

"I also like it when a teammate drives to the hoop then passes to me behind the three-point arc," she said. "The three-pointer is my favorite shot."

Establishing herself as a key reserve as a freshman was huge, because Quinn was the only frosh player on the varsity. As a soph, she adjusted quickly, added the three-pointer to her assortment and became comfortable and confident.

Now, Quinn is wrapping up her junior season that's been altered by Covid-19. She's adjusted well to the changes and modifications, and there's little doubt that her senior year will be dynamic, successful and rewarding.

Olivia Quinn is indeed a triple threat. She excels in sports, is top-notch in the classroom, and she handles adversity with class and dignity.

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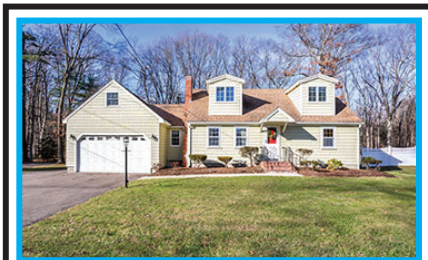


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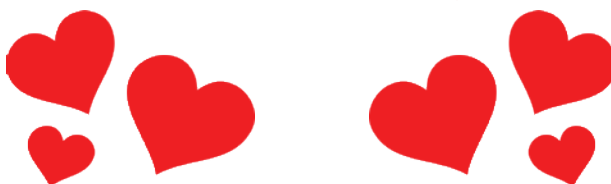
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