

The Voice of Your Community

Franklin Cultural Festival Sept. 12th, Celebrates Community Unity

By J.D. O'GARA

The Franklin Cultural Council will host the Franklin Cultural Festival on Sunday, September 12th, 2021, on the Franklin Town Common. This festive, community event, which will take place from 12-6 p.m. rain or shine, will celebrate food, music, dance, art and fun for people of all ages. Highlights of the event will include musical and dance performances, food trucks, artisan craft vendors, and a 21+ beer garden showcasing our local brewery and winery. The theme of the 2021 festival is "Community Unity." Given the hardships of the past year and a half, the Franklin Cultural Council is proud to be able to offer the festival for free to our community. No tickets will be needed to attend.

"This is our gift to the community after a very difficult year," says Kaye Kelly, of all-volunteer Franklin Cultural Council. "We were careful to save money from programs that got cancelled. We stockpiled, and especially for this year, the festival is



The Eguie Castillo and the Mar del Norte Salsa Orchestra band will headline the Franklin Cultural Festival on September 12th on the main stage at Franklin Town Common at 4:30 p.m., with great acts, including salsa lessons, leading up to the event.

free, although we're hoping people support our artisan vendors." Kelly explains all the booths will feature items that are handmade.

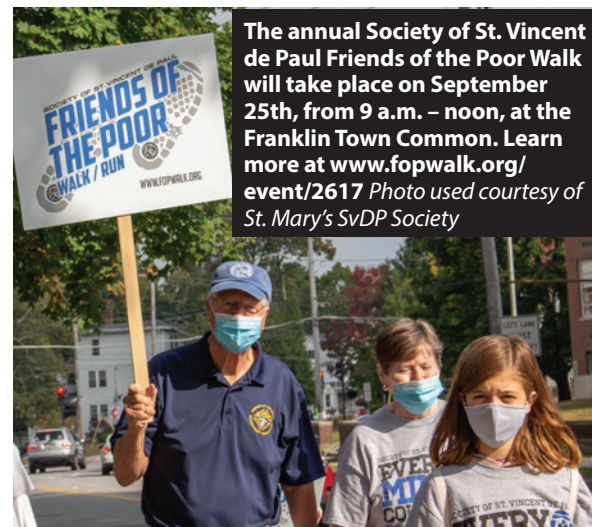


"We want to support artists. We understand financially that they've had such a difficult time during the pandemic, and that this is the way they put food on their tables, so our goal is ultimately to support highly skilled artisans that do this for a living," says Kelly. "There will be paintings, textiles, accessories, gourmet foods also – the umbrella of 'artisan' is very big here, but everything does need to be handmade."

Kelly says the Cultural Council hopes to make this this an annual event. "Five years from now, we hope to attract amazing artisans and musicians."

CULTURAL

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The annual Society of St. Vincent de Paul Friends of the Poor Walk will take place on September 25th, from 9 a.m. – noon, at the Franklin Town Common. Learn more at www.fopwalk.org/ event/2617 Photo used courtesy of St. Mary's SvDP Society

St. Vincent de Paul Announces Friends of the Poor Walk

Saturday Sept. 25, 2021, 9:00 a.m. - Noon

Mark your calendars to help your neighbors in need on Saturday, September 25, 2021, and take part in the St. Mary's Church St. Vincent de Paul Society's Friends of the Poor Walk, from 9 a.m. to 12 noon.

While prior years had walkers doing a mapped-out route through town streets, says Nancy Schoen, last year, due to Covid, the walk was vir-

WALK

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WALK

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tual and a bit more casual, with some SvDP members walking around the Town Common. This year, the group has decided to keep the walk around the Franklin Common for a more visibility within the Franklin community. Walkers can walk one mile or three miles, with one time around the common a third of a mile.

“This is our only formal fundraiser,” says Schoen. “People are encouraged to donate, and often they will (donate) in memory or in honor of someone. One hundred percent of the money raised goes back into helping anyone in the Franklin community who is in need. The St. Vincent de Paul Society is thankful to all who have so generously donated in the past.”

Each year, the St. Vincent de Paul Society (SVdP) of St. Mary’s Church walks to bring awareness to the Franklin Community of the struggles some residents experience that impact their daily lives. For thirty years, SVdP has been helping people in need in regardless of race, religious beliefs or ethnic background. The



Last year, St. Mary’s Society of St. Vincent de Paul answered 345 calls for help from local neighbors in need, to the tune of about \$59K.

Photo used courtesy of St. Mary’s SvDP Society

SVdP members work closely with many charitable and government organizations in Franklin.

The SVdP members are all volunteers. Members assist people in a number of ways to help them retain their dignity and to help them to become self-sustaining. Some ways in which the SVdP society assists those in need include:

- Guide them to other resources, both state and charitable
- Provide clothing and furniture through our SVDP Thrift Stores
- Supply non-perishable food and paper products from our pantry to supplement other food resources

- Assist financially during an unexpected crisis helping to pay rent, medical, car repairs etc.

Last year St. Mary’s SVdP Society helped Franklin Families 345 times for \$59,319.

Schoen says that rent and food are “probably our two biggest areas of need, and then after that it’s clothing, furniture, medical and car repairs.” The people helped, she says, are really “across the board. We work with some younger single people, many elderly on fixed incomes, and we work with a lot of families who have limited resources. During the pandemic, we saw all kinds of situations. I think the eviction legislation

was helpful to many, and I’m concerned at what we’re going to see when that’s completely lifted.”

SVdP volunteers use teamwork to answer local need. “Two to three people four days a week will answer the calls,” says Schoen. “During the pandemic, one person would go get the phone and bring it to their house, and we’d call neighbors back together on speaker phone. The bag of food we’d leave on the curb or on the steps. We’re still pretty much doing that, although we will meet with neighbors in need at the church, socially-distanced.” Schoen credits SVdP President Jim Baillio with implementing some practices during Covid “that allowed us to consistently help neighbors in need in our community.”

During the pandemic, the members of the SVdP Society in Franklin met through Zoom. The group has begun meeting in person, but retains a Zoom option, on the second and fourth Tuesdays of the month, at 7 p.m., in Sacred Heart Hall in the basement of St. Mary’s Church.

Schoen says the SVdP Society in Franklin works closely

with other local helping organizations. “We guide them to other resources in the community, including the Franklin Food Pantry and the Senior Center. We turn to each other – when we don’t have something and somebody else has, we can direct them toward that.” The society has a resource list it shares with the Franklin Food Pantry, and Schoen says the Franklin Food Pantry’s new mobile food unit was something that out of their communication.

If you would like to support SVdP’s mission of helping residents of Franklin in need, you may make a financial donation in one of two ways.

1. Send a check to: SVDP 1 Church Square Franklin, MA 02038 Or

2. Online to the SVDP team at: <https://www.fopwalk.org/event/2617> (The event will be up online through the end of September.)

If you have any questions, please call SVDP at (508) 918-2291. All donations stay in Franklin and all information is kept confidential.

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Senior Year of High School, College Prep Explained

BY AVERY CHALK

The complicated world of college admissions is confusing to understand, and harder still to navigate. For those in search of higher education, the number of steps involved with applying to a school seems thoroughly daunting. Research, tours, essays, and more plague the minds of countless high school seniors as they attempt to make a decision that will impact the next few years of their lives. As their final high school year looms, here's a guide as to where current seniors should be in their college journey.

Comprehensive school research is one of many key aspects that set the stage for the rest of the process. Iris Godes, Dean of Admissions at Dean College, emphasizes the importance of college visits - especially within the early months of the school year.

"By the start of school, seniors should be narrowing down the colleges they plan to apply to," Godes explains. "If they haven't visited colleges they are interested in yet, they should also be

making plans to visit in the fall if they can... Visiting a college is the best way to be sure it is the right fit for you."

Covid-19 doesn't have to deter this crucial aspect of the process. Seniors can find tour information on admissions web pages within the school of their choice, as both in-person and virtual options have become increasingly available. College visits are unique in allowing a realistic look into campus life, so students should be sure to go into open houses with an open mind and an observant eye.

Deadlines are another essential element to consider, yet they are often painfully overlooked. Students can apply to colleges as Early Decision (a binding choice toward one's top school), Early Action (sooner application and notice than normal), or Regular Admission. Seniors should decide early which option they want to choose in order to correctly follow that route throughout the duration of the process.

"Check each college's web site to find deadlines for admis-

sions and for financial aid ... the FAFSA and CSS PROFILE (financial aid applications) will open on October 1st," Godes notes. "I always recommend that students apply for financial aid early, so they maximize their eligibility for financial assistance." Before application submissions, students can complete financial aid applications and request letters of recommendation in order to provide sufficient time for detailed writing from teachers and/or counselors.

The notorious college essay is the final application element that seniors should act on by the fall. Students can brainstorm and choose topics before school starts, as conceptualizing such a meaningful piece of writing becomes more difficult with the business of daily academic life. Essays should truly embody who students are, so seniors should take time to brainstorm and draft deliberately.

"First and foremost, you want to write about something that is meaningful to you. Colleges are looking to learn more about you

as a person," Godes explains. "You want to focus on things that are not already in your application unless it's something like an activity that you want to expand upon."

The Common App is yet another resource that should be fully utilized. It provides various essay prompts, but most colleges offer true freedom for students to draft about whatever they desire. Godes advises students to, "Tell a story, use anecdotes, [and] focus on one thing (not your whole life) - something that is meaningful to you." Experiences, challenges, and even arbitrary musings are all fair game. "You want to write

about yourself, not something that you just think will impress the college."

If still feeling lost, seniors can always talk to family members and mentors for advice, as the essay provides a chance for colleges to get to know a student as a person beyond any transcript or figure. Grammar checks and proofreading are also not to be neglected.

By the fall of their senior season, taking these steps allows students to put their best foot forward in the college world. Students should start the process early in order to enjoy a less-stressed final high school year.

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CULTURAL

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The main stage headline of the event will be the Grammy-winning percussionist, Eguie Castillo and the Mar del Norte Salsa Orchestra at 4:30 p.m. Immediately prior to the salsa band, salsa instructors from the Rhode Island Latin Dance School will provide a half hour of instruction (4-4:30 p.m.), great for those who want to move to the music. Leading up to the salsa instruction will be well-known musical performer, the Pamela Means Project, from 2:45-3:45 p.m.

“She’s a well-known, national touring artist who has performed at the Circle of Friends Coffeehouse,” says Kelly, pointing out that the local coffeehouse presents premier talent.

Worked into the day will be a showcase of colorful Sari fashions, a performance by the Franklin School for the Performing Arts, and possibly a performance by an Israeli folk dance group (although this was not yet confirmed at press time).

The beer garden will be in the Hayward Manor area, says Kelly, and will feature La Cantina and 67 Brewery. Those aged 21+ will be able to enter this area with wristbands.

The event will also feature several food trucks, and organizers have spaced out vendor booths and organized hand sanitizer stations and plan to encourage masks in order to keep attendees safe.

“This is a gift,” says Kelly. “We’re trying to bring the community together in a positive way, to strengthen the community in a difficult time. I think arts and culture are a good way to make positive change in the world.”

Local businesses and individuals are invited to be Community Unity Sponsors, notes Kelly. Community Unity Sponsors, for a donation of \$50 apiece, will be celebrated with a flower sculpture garden installed at the event. Each flower will sport a sign (all signs, t-shirts, lanyards, banners and other artwork is being generously donated by Allegra Printing) naming various sponsors. “It will be a visual representation, an artistic representation” of sup-



Musical act Pamela Means Project will perform at 2:30 p.m. Photo by Julian Parker-Burns

porters, says Kelly.

Proceeds from this event (from artisan vendor fees) will benefit the missions of the Franklin Cultural Council. For updates, visit <https://www.franklinma.gov/cultural-council> or find Franklin Cultural Council on Facebook.

For more information, please reach out to Kaye Kelly, FCC Chair at franklinculturalcouncil02038@gmail.com.

All sponsorships are tax de-

ductible. Checks may be addressed to the “Franklin Cultural Council” and sent to 355 East Central Street, Franklin, MA 02038.

About the Franklin Cultural Council:

The Franklin Cultural Council (FCC) is an all-volunteer arm of the Town of Franklin with a mission to encourage par-

ticipation and enhance cultural arts and sciences opportunities throughout the Franklin community.

We:

- support events and programs through grants from the Town of Franklin and the Massachusetts Cultural Council.
- provide opportunities to advocate for the arts.
- provide training to local arts and cultural non-profits in the areas of fundraising, marketing, social media, grant writing, advocating, and volunteerism.
- provide/facilitate opportunities to network with like-minded individuals and organizations.
- oversee ArtWeek Franklin.
- support the Franklin Cultural District by attracting artists and cultural enterprises; promoting the district as a tourist destination; preserving and utilizing historic buildings and spaces; and fostering local cultural development

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**** Become a "COMMUNITY UNITY" sponsor this week! ****

The Franklin Cultural Council will host the **Franklin Cultural Festival** on Sunday, September 12th, 2021, on the Franklin Town Common from 12-6pm. This festive, community event will highlight diversity and bring together a broad audience of local and regional residents to sample food from area food trucks and craft beer and wine, while enjoying musical and dance performances, as well as an artisan craft show. The theme of the 2021 festival is "Community Unity". Given the hardships of the past year and a half, the Franklin Cultural Council is proud to be able to offer the festival for free to our community. No tickets will be needed to attend!

Please consider showing your belief in strong communities and support of the arts by purchasing a metal flower for our "Community Unity Garden", displayed prominently on the Town Common during the festival!

Flowers start at \$50 and community members are encouraged to buy one or a few for a bouquet. Your family name, your company name or "in memory of" will be printed on a small yard sign next to your flower. All flower sponsorships will go directly to the 2021 festival funds.

Checks can be written to: **Franklin Cultural Council** and sent to 355 East Central Street, Franklin, MA 02038. Kindly write "Community Unity Sponsor" in the subject line. Please send along a message telling us what you'd like your sponsor sign to say (i.e. "Allegra Printing", "The Hardt Family", "In memory of Nana Smith").



Dean College Children's Center Currently Enrolling for Fall 2021

The Dean College Children's Center, a childcare program that has served families in Franklin and surrounding communities for generations, is currently enrolling for our Fall 2021 reopening.

Applications are being accepted for 5-day morning, 2-day morning, and 3-day morning preschool programs. We are also very excited to offer a 5-day afternoon transitional kindergarten program or a full-day option (8:30 a.m. – 3:15 p.m.) for 4-6-year-olds who will be moving into a kindergarten program the following year. Enrollment is ongoing; there is no deadline to enroll your child in our program.

Innovative and progressive, the school is NAEYC-accredited and well-known in the community for an inspiring preschool experience. The Children's Center is a lab school for Early Childhood Education majors at Dean College, with teachers-in-training alongside credentialed teachers. The center offers a professional and caring environment for children to learn through exploration,

and uses a developmental approach to education which reflects current research in child development and peer conflict resolution.

The Dean College Children's Center is located at 144 School Street in Franklin, MA. For more information, visit www.dean.edu/childrenscenter or call (508) 541-1598 to schedule a tour.



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Vegan Eating on the Rise Close to Home

By AVERY CHALK

It's no secret that environmentally-friendly diets have risen in popularity. Foods such as tofu and oat milk have quickly replaced their more traditional counterparts in the shelves of many, implementing greener short-term eating habits. But, their trendy nature leaves people wondering what their benefits are. Is the vegan-eating regime in Franklin here to stay?

According to a study conducted by *The Guardian*, plant-based food sales have more than doubled by August of 2020 - and they are only continuing to rise.

A driving contributor to this boom has been the newfound accessibility and taste of vegan food options. The former meatless aisles of grocery stores housed bland, costly items that left shoppers turning their nose in search of tastier alternatives. However, with the growing number of available choices, cleaner eating has never looked so appetizing and been so easy.

Another factor that has led vegan diets towards popularity is a growing care for the environment itself. Without the excessive waste that a pre-packaged snack requires, veganism (and similar diets) leave one feeling a sense

of pride. Within the same vein, the protection of animal welfare after choosing to replace meat for something greener provides a sense of ethicality that is no-doubt appealing.

While vegan eating certainly has its pros, there is still one gaping uncertainty within the minds of many: Is it as nutritionally healthy? While plant-based burgers and other similar meals may taste and look virtually the same, critical variables (such as protein levels), still act as a repellent among consumers. Understandably, these are valid concerns when choosing a weekly dinner menu - it is human nature to want to feel as nourished and healthy as possible. In a study conducted by Everyday Health, researchers found that vegetarian burgers typically do not have the same amount of protein as regular beef. However, along with supplemented sources of protein, Impossible and Beyond Burgers can function similarly in a daily diet.

As for sustainability, greener eating can certainly work just as well in the long term. As nutritional innovations continue to surface, it has become increasingly clear that there is no limit to their boundaries. Emma Barry, a dancer from Millis, Massachusetts, has stuck to dietarily-restricted eating since April of 2021. Barry says that balance can definitely be challenging, especially when it comes to fueling her body with enough protein to sustain an athlete.

"I originally started as a challenge for Lent, but I decided to make it full-time for environmental and spiritual reasons. The meat industries are very bad for the earth, they create a lot of waste each year and also are one of the main sources of greenhouse gases," Barry explains. "I'm super passionate about the environment so I thought it was a step I could take toward change."

Barry's story is similar to those of many others in Franklin. Peter Bower, Franklin resident and

Grocery Manager of nearby Roche Bros, says that vegan food sales have been "huge" in the last 3-5 years - and largely because of the environment. "It is easily our fastest-growing category in that time," he adds.

Bower also notes that Roche Bros, like other stores, has wholeheartedly embraced vegan products. "What once was a small niche category is now found in every aisle, from potato chips to pasta and a huge selection of vegan meat products," he says. "Vegan foods have a huge impact on our business and have just kept growing over the past five years."

The switch to cleaner eating has been not only fast, but pervasive. Only time will tell if this shift will reverse, but one thing is clear: Vegan eating has certainly taken the world by storm.



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Your Money, Your Independence

September is the Best Tax Planning Month. Yes, really.

September, not December or April, is the opportune time as it provides roughly 3 months to execute tax planning strategies for the current year while positioning for the year ahead.

Some usual activities:

Increase 401(k) - If your social security tax stopped after earning \$142,800 this year, consider allocating that amount (or more) to 401(k) contributions. This will help lower your Adjusted Gross Income (AGI) or if a Roth 401(k), increase your tax-free savings for retirement.

Tax Loss Harvesting - No need to wait for the last days of December. In fact, many managers do selling in the fall to comply with wash sale rules and be fully-vested for the new year.

Work Benefits - Often, fall is open enrollment, the once-a-year chance to enroll in tax-savings programs like Health Savings Account (HSA) and Flex Spending Accounts (FSAs).

HSAs enjoy triple-tax benefits, as contributions lower your AGI (reducing taxes owed), funds grow tax-free and are not taxed when used for medical expenses, premiums for long-term care and medicare.

FSA contributions lower your AGI and the 3 programs available are Medical, Dependent Care and Transit (commuter or parking).



Glenn Brown

Unique for 2021 due to government legislation:

Child Tax Credit 2021 - Started getting money from the government in July? Those are “advance payments” up to \$3,000 per qualifying dependent child or \$3,600 if under age 6 on Dec. 31, 2021. This tax credit reduces your tax bill on a dollar-for-dollar basis, so if you typically owe

taxes, might be best to visit IRS.com to opt-out and receive a potential rebate later.

Dependent Care FSA (DC-FSA) 2021 - As referenced in June, new DC-FSA annual limits for pretax contributions increase for most from \$5,000 to \$10,500. Funding DC-FSA not only reduces taxable income but also avoids Social Security and Medicare tax. Thus, MA family in 24% federal tax bracket may have tax savings up to \$3,848 (32% tax bracket is \$4,688). But... your employer may opt-in to new limits within their plan, and have to elect funds to increase.

Roth Conversion - The spring “Biden Tax Plan” is still a proposal in late August. Congress would be challenged (to say the least) if new tax laws passed this late in the year were retroactive for 2021. So for some, this may be a 2nd last chance to convert some assets to Roth IRA at current federal tax rates. Roth Conversion analysis takes time given the variables unique to each

individual. Most importantly, conversions should be done near year-end with visibility of projected AGI as these are irreversible.

By focusing on tax planning now, you can relax over the holidays with more savings and less taxes. That calls for another slice of the pie.

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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After one bad experience too many with an unreliable contractor who used shoddy materials, Stephen Goulston founded Mario's Roofing.

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

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

"In all of North America, only eleven roofing companies have



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

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

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

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

Business spotlight

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

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

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



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

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

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

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

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

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

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

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

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

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The b.LUXE *beauty beat*

With the unofficial end of summer just a few days away, and our uncomplicated schedules coming to a close, we'll soon say goodbye to our warm weather wardrobes, beach hair and sandals.

This final week of summer has most likely been a bit crazy for you. There's the endless shopping list of back to school supplies, new clothes, sports equipment and of course, hair-cuts.

But we're pretty sure more than a few parents are doing their happy dance with the return of some "kid free" time.

Sure, you'll feel that tug at your heart as your little climbs the steps of the big yellow bus. You might even shed a tear or two, but hear that? Exactly. Seven hours of peace and quiet.

Let's face it, it's been two and half months of picking up wet bathing suits, sweating on the ballfield, driving your kids EVERYWHERE, and packing for all those "relaxing" vacations. Summer has its amazing moments, but for families with kids at home, the return to school is a much-needed time for parents to regroup and exhale.

So, with seven hours, sans children, what should you do? Hmmm?

We think it's time to book yourself some "me" time.

First, let's start with a round of applause for all you parents out there!! You survived another chaotic summer and got those kids back on their academic schedules. Now...what do YOU need?

It's easy to fall into the trap of feeling guilty for taking quality time for yourself, but there's a reason there's an article touting the benefits of "self-care" in every blog, magazine and post. Because it's true! We're our best selves when we feel good. We need time to revive and rejuvenate and that comes with what again? That's right, self care!

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Living Healthy

Computer Vision Syndrome

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

As our scholars go back to schools and colleges, let it be in person or remotely, more and more time is spent every day using computer screens and our eyes are paying the price.

Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without



blinking and uncorrected vision problems.

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

1. Adjust your viewing angle

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

2. Reduce glare

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

EYES

continued on page 11



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Living Healthy

EYES

continued from page 10

3. Rest your eyes

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

4. Blink often

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

5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test

your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common... As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. 7 dedicated eye care providers here to help you in 2 state-of-the-art facilities in Franklin and Milford. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

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FSPA Offers Pre-Professional Ballet Program

The Franklin School for the Performing Arts (FSPA) continues its successful Ballet Conservatory program under the direction of Cheryl Madeux. With pre-professional training, FSPA's Ballet Conservatory offers classical ballet education of the highest quality. An extensive range of training and performance experiences provides exceptional opportunities for students of all ages and levels interested in the study of classical ballet. The FSPA Ballet curriculum is based on the foundations of the ABT National Training Curriculum. As of 2015, all teachers on FSPA's Conservatory Track have been certified in the NTC program. Additionally, FSPA Academy, partnered with the virtual Massachusetts Public School TECCA, combines the flexibility of a virtual education with the practicality of a schoolroom, and can accommodate professional opportunities, rehearsal, and performance schedules for pre-professional students who wish to study at FSPA full-time.

The first levels of the ballet program begin an earnest study of classical ballet. Barre work is introduced with a strong focus on individual turnout, foot development, and port de bras. As dancers progress into the intermediate levels, the faculty carefully evaluates each student's progress and potential for pointe work while continuing to nurture the desire to dance. The Pre-Professional Program begins advanced ballet technique and pointe. Admission is by teacher evaluation and audition only. This program consists of FSPA's most challenging and demanding schedule and provides additional performance opportunities for dancers, along with private coaching and extra classes if desired.

FSPA's Ballet program is under the direction of Cheryl Madeux, a former dancer with American Ballet Theatre, Joffery Ballet, and Hartford Ballet. She received her training at the Nutmeg Conservatory for the Arts.

Ms. Madeux has performed extensively throughout the United States and Europe, worked with leading choreographers includ-



ing Gerald Arpino, Kirk Peterson, and Twyla Tharp, and been coached by such ballet luminaries as Igor Youskevitch and Eleanor D'Antuono. Her extensive classical repertoire includes all the full-length classical productions as well as principal roles in *The Nutcracker*, *Giselle*, *Coppelia*, *The Firebird*, Balanchine's *Serenade*, *Spectra de La Rose*, and much more. Many of Ms. Madeux's FSPA Ballet Conservatory students have been accepted to some of the most prestigious summer programs available and a select few recently participated

and advanced to the finals of the Youth America Grand Prix in NY. Ms. Madeux is also a summer faculty member for the ABT Young Dancers Program in NY and an examiner for the ABT National Training Curriculum.

In previous years, FSPA has presented its students for Examinations in the American Ballet Theatre National Training Curriculum at ABT's studios in New York, NY. The Examination class was taught by Ms. Madeux. FSPA is proud to incorporate the American Ballet Theatre National Training Curriculum, a nine-level program that combines high quality artistic training with the basics of dancer health and child development for students of all ages and skill levels. Upon successful exam completion, Cheryl Madeux earned the distinction of ABT Affiliate Teacher.

FSPA offers two additional tracks of Ballet study for students not on the pre-professional path and advanced dancers with

limited time in their schedules. The Standard Track is designed to train and educate students in classical ballet so they may use this knowledge to enhance other disciplines and prepare to enter competitive college dance programs, if desired. Pointe is not offered on this track, allowing for fewer requirements and greater flexibility of schedules. Students are evaluated for placement in the level to assure continued development and success. The Recreational Ballet Program consists of once-a-week classes to meet the needs of older students with no prior experience who wish to explore the discipline of classical ballet and dancers with some experience who want to continue study for enjoyment.

For more information on Ballet at the Franklin School for the Performing Arts, visit www.FSPA-online.com, call (508) 528-8668, or stop by the facility at 38 Main Street in Franklin, MA. Follow FSPA on Facebook, Instagram, and Twitter.

18th Annual Harvest Festival Preparations in Full Gear

The Franklin Downtown Partnership has scheduled its 18th annual Harvest Festival, a family-fun community event, on Satur-

day, October 2.

The Harvest Festival will be held in downtown Franklin from noon to 5 p.m. on Main Street,

Dean Avenue, West Central Street, and Depot Street, as well as the large parking area behind Rockland Bank. The event's rain

date is Sunday, October 3.

Visitors to the Harvest Festival will enjoy local entertainment, delicious foods from local restaurants, fun kid crafts and activities, shop specials, artwork and crafts by area artisans and helpful information from community groups and vendors. Dancing on Dean will feature live music from two popular local bands: Ben Gardner's Boat and The Driftwoods. Craft beer and wine will be available from La Cantina Winery, Shovel Town Brewery and Start Line Brewing Company.

Organizers expect booth spaces for this event to sell out. Partnership members receive a booth for free; non-members pay \$125. Downtown businesses must register to ensure store-front space. Booths are assigned on a first-come first-serve basis. You can find the registration link at <http://bit.ly/FranklinHF> or on the Partnership website, www.franklindowntownpartnership.org. Email Chris Petersen, vendor coordinator, at fdpevent@gmail.com with questions about booth spaces. Scott Martin, president of the FDP, is once again chairing the Harvest Festival.

The Partnership welcomes business owners to help support the Harvest Festival while gaining publicity for their businesses with sponsorships. Please email the FDP office at downtown.franklin@yahoo.com to become a sponsor.

Several businesses have already agreed to sponsor the Harvest Festival. Thank you to platinum sponsors Dean Bank and RI Motorsports and Detail; gold sponsor Hockomock YMCA; silver sponsors Glen Meadow Apartments, Liberty Tax, Middlesex Savings Bank, MyFM 101.3, Rockland Trust & The Enclave of Franklin; and bronze sponsors: Beaux Regards Photographic Art, Chestnut Dental, Encore Music Academy and Recording Studios, La Cantina Winery, & Mint Dental of Franklin.

The Franklin Downtown Partnership is a nonprofit, 501(c)(3) organization made up of more than 300 business owners, community leaders and residents working to stimulate economic development downtown and create a positive impact throughout the area.

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Franklin Downtown Partnership Unveils Flower Alley

The Franklin Downtown Partnership (FDP) unveiled its finished Flower Alley between 15 and 17 East Central St. this week. The unveiling comes after months of planning by the FDP and mural paintings by five Franklin Art Association members.

The floral-centered murals that line the alley will comprise one of approximately 25 stops along Franklin's Ladybug Trail. The Ladybug Trail will feature ladybug sculptures, as well as murals, to help promote economic development in downtown Franklin.

"Eventually, visitors will walk along the trail using a digital map and view signage

detailing the history of Franklin," FDP Executive Director Lisa Piana said. "The FDP believes economic development projects like this encourage people to walk around the area and enjoy the art, historical sites, and the many wonderful businesses and restaurants in our downtown."

The impetus for the idea of Flower Alley originated with Roberta Trahan, vice president of the FDP. Trahan worked from the time she was 12 through college at Rizoli Pharmacy at its soda fountain. That pharmacy, formerly located at 17 East Central St., was in the building that now displays the murals. Trahan spoke to FDP Executive Director Lisa Piana about the importance of maintaining those buildings and dressing up the alleys.

"I wanted to honor these buildings and hopefully bring joy to others," Trahan said. "So, while I had this intention, Lisa (Piana) and the artists really took it to the next level."

Peg Munson took the lead to organize the artists, arrange for supplies and researched what type of materials would be most appropriate for the panels to withstand the elements outside. She also was the first artist to complete a mural.

"I had a lot of research to do," said Munson who typically paints pastels. "Painting outside murals with acrylics was all new to me."

Munson said that by using the appropriate materials, including a special type of plywood, a hard finish, and a varnish over the murals, the artwork should stay looking good for many years.

In addition to Munson, other artists who created murals for Flower Alley are: Amy Adams, Hannah Liverant Close, Susan Plume, and AnneMarie Tracey, all of whom are Franklin residents.

Adams said her mural features a variety of flowers, all of which have special significance. For example, the forget-me-nots are for remembering people who have passed, the tiger lily represents joys and thankfulness, and the poppies are a tribute to U.S. veterans.

"The mural is a unity piece about hope and positivity, especially as we're coming out of this pandemic," said Adams.

The space for the murals was made possible by The Ferrara family who owns the building. The Ferrara family gave permission to use its building to showcase the murals.

"It's so nice to do something for the town and to attract people to Franklin businesses, many of which are family-owned.," said Giannina Ferrara.

Family-owned businesses are close to the heart of members of the Ferrara family. The Ferrara sisters' parents, Cristina and Pietro, founded Franklin's Ferrara's Market in 1960.

"This project does mean a lot to us because our parents worked so hard in Franklin and these murals beautify the town," said Anna Clarke, another Ferrara family sister.

The FDP is planning to add more murals in other downtown alleys and is finishing up the placement of ladybug sculptures, thanks to the help of Signs By Cam, which has installed the mural and the ladybugs.

"We're so grateful to the artists, the Ferrara family and Signs By Cam, who made this entire project possible," said Piana. "These sculptures and murals draw people to Franklin center to visit, dine and shop at our downtown businesses."

The Franklin Downtown Partnership is a nonprofit, 501©3 organization made up of more than 300 business owners, community leaders and residents working to stimulate economic development downtown and create a positive impact throughout the area. Learn more about the Partnership at www.franklindowntownpartnership.org.



Signs By Cam employees, FDP Executive Director Lisa Piana, mural artists and members of the Ferrara family gathered at the unveiling of Flower Alley



FDP Executive Director Lisa Piana and artists Amy Adams and Peg Munson



Ferrara sisters Anna and Giannina with a mural created by AnneMarie Tracey

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Franklin Resident Lynne DaSilva Named Director of Arch Learning Community at Dean College

Dean College is pleased to announce that Lynne DaSilva has been named as the new Director of the Arch Learning Community.

A member of the Dean community since 2010, DaSilva brings a wealth of experience in teaching, advising and academic support to the program. She serves as an adjunct professor for both Arch-specific and non-Arch courses and was honored with the Dean College Excellence in Teaching Award in 2015 for her exceptional work in the classroom. She has held additional roles at Dean as a Success and Career Advisor in the Robbins Family Center for Advising and Career Planning and as an Academic Coach in the Morton Family Learning Center. Most recently, DaSilva has been serving as the Assistant Director of the Arch Learning Community.

“Lynne is a dedicated Learning Center professional who knows our students and

the culture at Dean inside and out,” said Michael Adamowicz, Director of the Morton Family Learning Center. “We are thrilled to have her in this new role as Director of the Arch Learning Community.”

The widely regarded Arch Learning Community program at Dean College is designed to provide comprehensive support to students with diagnosed learning disabilities and/or other learning differences who would benefit from additional academic support while taking part in a traditional college curriculum. As Director of the Arch Learning Community, DaSilva will lead the program as it provides individual academic coaching, Arch-designated courses and specialized success and career advising to help students acquire the skills necessary to be successful in their degree program.

“I am incredibly excited to continue my work in the Arch Learning Community in this

new role, and to embrace the holistic approach to engaging and supporting our students academically, socially and emotionally on their path to success,” said DaSilva.

“Lynne has been such a critical part of the Arch Learning Community over the past few years, and I am excited for her leadership in her new role as director,” said Wendy Adler, Associate Vice President of Student Success & Career Planning. “This is a great opportunity for both Lynne and Dean.”

A resident of Franklin, MA for the past 23 years, DaSilva holds a bachelor’s degree in sociology from University of Massachusetts, Amherst and a Master of Education with a focus in Counselor Education/School Counseling and Guidance Services from Bridgewater State University.

For more information about the Arch Learning Community, visit www.dean.edu/arch.

Ready. Set. Bid.

St. John’s Church To Host Virtual Silent Auction; Will Replace Holiday Fair

St. John’s Episcopal Church in Franklin is getting creative initiating their first Virtual Silent Auction for the public through September 10. People will have a chance to bid on merchandise from local and regional businesses. Select from a variety of goods and services: food, retail merchandise, electronics, kid and adult activities, sports, museums & outings.

Access the auction three ways: 1) the auction link at <https://www.32auctions.com/StJohnsFranklin> in your browser; 2) St. John’s Church website at www.stjohnsfranklinma.org; 3) on Facebook at St. John’s Episcopal Church.

Just register your name and contact details and the list of items will be displayed. It’s easy to scroll through and make your bid. Check back often to update your bid! Bidding starts August 27 at 12:15 am and will end Friday, September 10 at 12 noon. The highest bidder on each item will be contacted.

“Last year was tough on everyone,” said Rev. Kathy McAdams. “We have continued to gather for worship in whatever way possible. We have continued to serve the community by growing food for the Franklin Food Pantry, providing lunch for Common Cathedral and its unhoused congregation twice, and installing a handicap-accessible restroom.”

Funds earned from the silent auction help continue outreach to the area, Rev. McAdams added. “Please participate in our on-line auction, as well as the Pumpkin Patch in October, so that we can continue to have a positive impact in the Franklin community and beyond.”

The Virtual Silent Auction and Pumpkin Patch replace the church’s holiday fair this winter. The annual Christmas Fair has been a staple in Franklin and a source of income for St. John’s Church.

Want more details? Contact Blanca DiGiacomo at (617) 429-4676 or blancadigiaco-mo@verizon.net.

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Botera Will Help You Find Your Plant

Recreational Cannabis
Dispensary Opens
Doors this Month

Business spotlight

Recreational cannabis has found its way to Franklin!

Botera, (a combination of “botanist” and “era”), opens this month, offering a wide variety of products. From flower and edibles to tinctures and concentrates, customers can achieve a curated experience, from relaxation to boosted focus and creativity. Not sure which strain, potency or method of consumption is right for you? Not to worry! At Botera, you’re among friends.

“It’s a fun industry – fun for us, fun for our guests,” says Matt O’Brien, General Manager of the Franklin location and Regional Retail Director. “We’re excited to be the first recreational facility to open its doors in Franklin, and we offer an educational cannabis experience for the everyday consumer, without an extremely high price tag.”

Botera’s friendly corporate culture embodies employee enthusiasm for cannabis products and the industry. Their mission – helping the 21+ cannabis consumer, both new and experienced, find their plant. With a warm, engaging atmosphere, the location brings with it a west-coast-influenced style, offering high quality cannabis products in a modern, comfortable environment, complete with your own personal budtender.

“When a customer comes in, they are paired up with a personal budtender, who will walk around the dispensary with them to show and educate the customer about the products and answer any questions they may have,” says Lauren Pedretti, Botera Project Manager. “Our aim is figuring out what works for you. We don’t want people feeling like they’re waiting in a doctor’s office.”

Customers don’t feel the pressure of having someone in line behind them and can take their time to choose products that are right for them. Bud tables offer a hands-on experience, where patrons can touch, see, and smell a



variety of products. The tables feature interactive menus, with budtenders building guest orders on their iPads. The smooth experience is completed at the cashier, who double checks the order, bags it up and send them off with positive vibes.

“It really is a very fluid, fun and easy guest experience,” says O’Brien. “We learn from our customers as much as they learn from us.” In fact, customers who have a good sense of what they enjoy also can order online, then simply pay and pick up the bagged selections.

Franklin’s shop will be Botera’s flagship store, three times bigger than its first location in Brockton, but with the same warm character. Happy to shed the past stigma of cannabis, Botera works hard to enable a positive cannabis experience.

“In the bigger picture, I think we’re all part of a movement,” says JP Patel, Botera Operations Manager. People of all ages are more accepting of the industry, talking about it openly, and educating them in a relaxed environment is an important piece. “Legal cannabis, right now, is a privilege,” says Patel. “You have just got to do it in the right way. There are rules that apply, and we’re passing on information as much as we can to the consumer.”

Botera, located at 1256 West Central Street in Franklin, is open every day, Sunday through Sat-

urday, from 10 a.m. until 8 p.m. Online ordering and curbside pickup are available. For more

information, find them online at www.boterama.com or follow BoteraNE on social media.



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September 2021 at the Franklin Public Library

Franklin Library Book Sale

Friday, September 17, 1-5 p.m. Saturday, September 18, 9-12, books \$1 Bag Sale - \$5 A Bag—Saturday, September 18, from 1-4 p.m.

Room Reservations

Starting September 1st, the Study Room and Conference Room will require reservations. Visit <https://www.franklinma.gov/franklin-public-library/pages/reserve-room>.

Weekly Events for Families!

Move Along! Mondays @ 10:30 a.m.
Idea Club! Mondays @ 4 p.m.
Dungeons and Dragons Club for Kids! Mondays, 4-6 p.m. (7+) Email mgousie@minlib.net to sign up!

Animation Nation Anime Club!

Mondays, 6-7:30 p.m. (7+)
Cool Cruisers! Tuesdays @ 9:30 a.m., for babies who've just graduated from tummy time

Get Ready for Kindergarten! Tuesdays @ 10:30 a.m. (3-5), 45 minutes
Toe-Tapping Tuesdays! Tuesdays @ 4 p.m.

Terrific Toddlers! Wednesdays @ 10:30 a.m. (18 mos-3yrs) 30 minutes

Chess Club for Kids! Wednesdays, 4-5 p.m. (8-13)

Tummy Time! Thursdays @ 9:30 a.m., for babies and caregivers

Story and Craft, Thursdays @ 10:30 a.m. (3+) 30 minutes

Bookworm Bounce! Thursdays @ 4 p.m.

Doggie Tales! 1st Thursday of the Month (Sept 2) @ 4:30 p.m. (1st grade +) Register at bcomeau@minlib.net!

Baby-Wearing Dance Party! Alternating Fridays @ 9 a.m. (September 10 & September 24)

Happy Feet! Alternating Fridays @ 10:30 a.m. (3-5) (September 3 & September 17)

Moving Machines! Alternating Fridays @ 10:30 a.m. (0-5) (September 10 & September 24)

Special Events for Kids & Families
Book Bingo Challenge! September 1st - October 1st!

Fortnite Free 4 All! ONLINE Saturday, September 4th, 4-6 p.m., Email mgousie@minlib.net.

Dahlicious Scavenger Hunt! September 10th -13th

Little Spark Theatre Creative Drama Class for Littles! Saturday September 11th @ 9:30 a.m.

Ideal for children ages 2-5!

Kids Paint Party with Instructor Denise Palmieri! Saturday September 11th, 1-3 p.m.

All materials will be provided. Space limited!! EMAIL bcomeau@minlib.net.

New StoryWalk at DelCorte Park! Starting September 18th!

Starting September 18th, you can find our newest StoryWalk at DelCorte Reservation! Follow the trail while you enjoy Chirp! Chipmunk sings for a Friend by Jamie A. Swenson, illustrated by Scoot Magoon!

Baby Sensory! Third Saturday of the Month @ 9:30 a.m. (September 18th) 45 minutes

Join us for a 45-minute baby sensory program!

Make with Miss Mitzi, Saturday September 18th @ 1 p.m. All ages welcome! Email mgousie@minlib.net!

Story Tellers Guild! Once a Month! 4-5 p.m. (7+) Ideal for grades 3+

Gamer's Haven! Once a Month! 4-5 p.m. (7+)

Special Events for Teens

Fortnite Free 4 All! ONLINE Saturday, September 4th, 4-6 p.m., Email mgousie@minlib.net to get involved!

Teen Disney Trivia! Wednesday September 22nd @ 6:30 p.m.

Teen 1940s Dance Party! Wednesday, September 29th @ 6:30 p.m.

We'll be reliving some of the craziest decades through music, cosplay, and food!



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Show Your Pet Some Love Special Pet Blessings on September 26th

Love your pet? Come to St. John's Church for a special Blessing of the Pets on Sunday Sept 26th during the 10am worship service on the front lawn of the church at 237 Pleasant St., Franklin.

The Rev. Kathy McAdams will lead the Sunday service that includes a special blessing for all pets in honor of St. Francis of Assisi, who is associated with the patronage of animals and the

natural environment. Bring your dog, cat, bird, goat or whomever is your beloved pet (on a leash or in carriers, please). Favorite stuffed animals and photos of pets are welcome too!

Everyone is invited.

For more information contact St. John's Episcopal Church at (508) 528-2387.

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Calendar

Through September 10

St. John's Virtual Auction (fundraiser), visit <https://www.32auctions.com/StJohnsFranklin>, go to www.stjohnsfranklinma.org, or find St. John's Episcopal Church on Facebook

September 4

Library-Wide Scavenger Hunt!, 1 p.m., Franklin Public Library

September 7

Yoga with Instructor Bethany Amatucci, 6:30 p.m., Franklin Public Library, Friends of Franklin Library Community Room; no registration required, must bring own yoga mat

Discovery of a Masterpiece, 7 p.m., Franklin Public Library Zoom program features Malory Mortillaro, Curator of Collections for the Hartley Dodge Foundation in Madison, NJ, who uncovered a lost masterpiece. Zoom event: Register at <https://us02web.zoom.us/j/9121212121>

September 10

Santa Foundation Fundraiser, La Cantina winery, 357 Union St., Franklin, 6-9 p.m., \$50 ticket includes live entertainment, food, access to our auction, and 2 drink tickets; proceeds support neighbors in need, sfjoy.org

September 12

Franklin Cultural Festival, presented by Franklin Cultural Council, 12-6 p.m., Franklin

Town Common, includes artisans, food vendors, beer garden, dance and music performance, Pamela Means at 2:30 p.m., Eguie Castillo and Mar del Norte Salsa Orchestra salsa band at 4:30 p.m., visit <https://www.franklinma.gov/cultural-council> or find Franklin Cultural Council on Facebook

Franklin Historical Museum Second Sunday Speaker Series, Memories of 9/11, 1 p.m., 80 West Central St., Franklin, Franklin native Paul Faenza, retired NYPD Sergeant, will share his first-hand account of September 11, 2001 and his experience at Ground Zero.

September 15

Friction Farm Duo, 6:30 p.m., Franklin Public Library, husband and wife team of traveling troubadours with storytelling, social commentary and humor in songs, <http://www.andyjudysing.com/> .<http://www.frictionfarm.com/>

September 17

Franklin Public Library Book Sale, 1-5 p.m., Franklin Public Library

September 18

Franklin Public Library Book Sale, 9 a.m.- 12 noon, \$5 bag sale: 1-4 p.m.

September 19

PMC Kids Ride, (Virtual) Register and info at kids.pmc.org/franklin

Andy & Judy, contemporary folk, 3 p.m., Franklin Public Li-

brary

6th Annual K95K, 9 a.m. – 1 p.m., 10 a.m. 5K start time, dog-friendly 5K benefits Mass. Veterinary Medical Association Charities, www.metrowestk95k.com

September 20

Southeastern MA Community Band, Franklin Senior Center, evening concert, please call the Senior Center to sign up at (508) 520-4945. Supported by a grant from the Franklin Cultural Council, a local agency supported by the Massachusetts Cultural Council.

September 22

Free VA Loan seminar by Mike Shain of Bay Equity Home Loans, 6:30 p.m., Keefe Regional Technical School, Room 206, 750 Winter Street, Framingham, (508) 416.2170 or visit

www.Keefeatnight.org. Click "classes" and locate "FREE – Understanding and Using your VA Home Loan Benefits" in the "Financial Planning" category

September 25

St. Vincent de Paul Friends of the Poor Walk, 1- or 3-mile walk around Franklin Town Common to benefit people in need in the Franklin community. Visit <https://www.fopwalk.org/event/2617>

Medway Bridges Festival, medwayartists.wordpress.com

September 26

Blessing of the Pets Service, 10 a.m., lawn of St. John's Church, 237 Pleasant St., Franklin, please bring pets leashed or in carriers; stuffed animals welcome

Medway Bridges Festival, medwayartists.wordpress.com

September 28

Franklin Public Library Book Club, 7 p.m., The book for discussion is *Leave the World Behind*, by Ruuman Alam.

September 30

Genealogy Club, 6:30 p.m., Franklin Public Library, features professional speaker

October 2

18th Annual Harvest Festival, presented by Franklin Downtown Partnership, 12-5 p.m. on Main Street, Dean Avenue, West Central Street, and Depot Street, as well as the large parking area behind Rockland Bank, features live music, food, activities, community groups and vendors, visit www.franklindowntownpartnership.org for details.

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Franklin Honors Vets with Quilts of Valor

On Saturday, August 7th, 2021, the town of Franklin, with a color guard provided by American Legion Post 75, celebrated Purple Heart Day at the Franklin Elks Hall, honoring all its veterans who have been wounded in the line of duty. As a special part of the ceremony, eight veterans from Franklin were nominated for Quilts of Valor.

“It’s very rewarding for me to be able to give the quilts to the veterans,” says Theresa Perrault, Massachusetts State Coordinator for Quilts of Valor. “It’s my way of giving back. As the state coordinator, I gather up quilts



Franklin honored its wounded veterans on Purple Heart Day, August 7th, 2021, at the Franklin Elks Hall. Eight veterans were honored with Quilts of Valor, meant to comfort those vets “touched by war.”

from all the little groups that make them, and when there’s a request, I present them.” In addition to the six small Quilts

of Valor throughout Massachusetts, Perrault says the groups gets other quilts are “donated by organizations such as guilds and other ladies who decide to get together to do a veterans’ recognition quilt. And that’s fine. We do a pretty good job of getting as many vets as we can. Covid brought us down for a while, but we have gotten back to doing presentations with small groups.”

Originally begun with a focus on young service members wounded in Iraq and Afghanistan, Quilts of Valor expanded its mission to be inclusive of veterans who have taken the



oath to give their life for their country. To be nominated to receive a Quilt of Valor, a veteran simply must have been “touched by war,” says Perrault. “We don’t have any special criteria for vets to be nominated for a quilt award. There’s no special place you had to have served. You don’t have to have served in combat or be injured. Just touched by war.”

Each quilt has a label on it with the name of the veteran, who also receives a certificate. Most, but not all, are the colors of the Stars and Stripes. “It doesn’t have to be patriotic,”

says Perrault. Sometimes, she explains, quilts are made to reflect the veteran’s personal interests. All quilts are made “to cover service members and veterans touched by war with comforting and healing Quilts of Valor.”

Franklin vets honored with quilts include, Lawrence P. Bederian, Richard G. Bernheart, Travis Bowser, Robert Catalano, Alfred J. D’Orazio, David Hamblen, John McKinley and Peter Realini.



HONORS

continued on page 19

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HONORS*continued from page 18*

"It's been 50 years since I got back from Vietnam," said one of the eight veterans honored with a quilt, at the Franklin ceremony, "and it's the first time I've been honored for my service."

In fact, Perrault told Franklin veterans receiving their quilts, that the quilts "are meant to be used, not hung on a wall. Use the quilt. It is important for us to know that we are able to touch you and say thank you for your service."

Quilts of Valor began in 2003, with just a few quilts. The group has since grown to about 6,000 groups and 10,000 regular members that sew across the country and has awarded over 278,847 quilts to U.S. veterans.

"I have had, personally, times where I have given out a quilt, and the vet is quiet, doesn't say much, but I may get a note from him or his family saying, "I buried myself in that quilt every day, and it helps me from day to day,"" says Perrault.

For more information about Quilts of Valor, visit qovf.org.

Quilt of Valor

A few pieces of cloth
From the people who care,
To honor your service
It only seems fair.

Carefully chosen materials
Of red, white and blue,
Sewn together for those
Patriotic and true.

A top pieced together
With caring and pride,
Then quilted with backing
And warm layer inside.

Every stitch and seam sewn
From the very start
With appreciation and gratitude
Straight from the heart.

For you who have sacrificed
For those here at home,
May this quilt warm and comfort you
Where ever you roam.

Our hope with this quilt
Is to make sure you knew,
We appreciate all you've done
And all you've been through.

Mary Welch
QOVF

Franklin Historical Museum:**Never Forget September 11th, 2001: A personal reflection**

The Franklin Historical Museum is honored to welcome Franklin native, Paul Faenza, as presenter in our Second Sunday Speaker Series, Sunday September 12 @ 1:15 p.m.

Everyone old enough to remember, can recall where they were when they heard about the events of September 11th, 2001. Retired NYPD Sergeant Paul Faenza shares his memories of that day and the days that followed in a one-hour power point presentation. As a member of the New York City Police Department, he responded to the scene immediately after the buildings collapsed and remained at Ground Zero for two weeks. He details that morning from a personal to a professional level and beyond. From wading through knee high dust to witnessing the collapse of Building 7; searching buildings, digging on the pile, and participating in



an honor guard at the temporary morgue. This is not a history lesson, nor a political discussion, it only serves to provide a sense of what occurred that day in New York City from a First Responders point of view.

The purpose of Paul's presentation is to ensure that people remember the events that occurred on this day twenty years ago. It

also serves to remind us of the hundreds who have died or are sick from exposure at Ground Zero. Please consider a donation to www.answerthecall.org. Their mission is to provide financial assistance and a network of support to the families of New York City Police Officers, Firefighters, Port Authority Police, and EMS Personnel who have been killed in the line of duty.

Please join us on this 20th anniversary weekend the 9/11 attacks for Paul's first-hand account.

The museum is open Thursday evenings 5 p.m.-7 p.m.; Saturdays 10 a.m.-1 p.m. and Sundays 1 p.m.-4 p.m. Visit our giftshop for fun and unique Franklin gift items. We are wheelchair-accessible, and admission is always free. Franklin Historical Museum, 80 West Central Street.

Franklin Historical Museum

80 West Central Street, Franklin, MA

SECOND SUNDAY SPEAKER SERIES**Sunday September 12 – Memories of 9/11**

As we commemorate the 20th anniversary of the 9/11 attacks, Franklin native Paul Faenza, retired NYPD Sergeant, will share his first-hand account of September 11, 2001 and his experience at Ground Zero in the days that followed.

Sunday October 10 – Voyage of Mercy

Author Steve Puleo returns to the museum to discuss his 8th book, Voyage of Mercy. The USS Jamestown, the Irish famine, and the remarkable story of America's first humanitarian mission. Sponsored by the Friends of the Franklin Historical Museum.

Sunday November 14 - Vintage Franklin Homes.

The second in a series of presentations from the Nathan

Wales photography collection of early 20th century Franklin

Sunday December 12 – A Contemplative Life

Franklin native Charlie Harrington discusses his recently released book, A Contemplative Life: Essays and musings from the last of the baby boomers.

Sunday January 9 – Byzantine and Russian Icons

Dennis Sardella, docent at the Museum of Russian Icons in Clinton, MA discusses the world of Byzantine and Russian icons.

Please join us for these interesting and informative presentations

Doors open at 1 p.m. and the presentations start at 1:15.

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Sports

Energetic Gulla an Impactful Running Back For FHS

By KEN HAMWEY,
STAFF SPORTS WRITER

Mack Gulla doesn't waste time.

Franklin High's outstanding running back achieved four accolades in a three-month span that reinforce just how talented and how impactful he is on a football field.

The 5-foot-11, 195-pound senior, who rushed for 746 yards and scored 7 touchdowns during a seven-game season last spring as a junior, was selected as the team's most-valuable player, a Hockomock League and *MetroWest Daily News* all-star, and a captain on this year's squad. All four honors were achieved from April to July.

"Mack had a great Fall 2 season last spring," said coach Eain Bain. "He's got all the attributes for success. He's mentally and physically tough, has a high football IQ, is strong and powerful, has deceptive speed and his energy level is high. Other players feed off his energy."

A power back, Gulla is effective as an inside runner who gets yards for key first downs but he's also an outside threat, able to cut and rely on break-away speed.

"I'm more of an inside, power runner who puts his head down and hits the hole," Gulla said. "My focus is on getting tough yards. But sometimes, I rely on



All-purpose running back Mack Gulla takes a rare break on the sideline.

patience for the hole to form, then hit it and apply speed to get outside."

Gulla, an 18-year-old native of Franklin, labels his MVP, all-star and captain honors as his top thrills but rates his game last spring against Taunton as his top effort. He scored three TDs on runs of 5, 25, and 10 yards.

"We trailed early, but thanks to our offensive line, I was able to score three times, one TD in each in the first three quarters to keep us in the game. We won, and I finished with 194 yards. It was memorable because it was a back-and-forth contest. Our



Mack Gulla relies on speed and against Taunton he used that asset enroute to three touchdowns.

line did a great job, dominating throughout."

A young team last spring, the Panthers finished the season at 3-4, losing three games by six points or less. Gulla firmly believes that close games this season will be more apt to go Franklin's way.

"We were very young last season but now most of the players are back and they've got experience," Gulla said. "My team goals are to win the Kelly-Rex Division title, qualify for the playoffs and go as deep as possible. Individual goals include improving my ground game, repeat as an all-star and to improve my stats. Statistics are not important to me, but I know that if I improve them, then my team benefits. My top priority is our team. I rely on an athletic philosophy that stresses winning, reaching my potential and having fun. Winning is important, and it takes focus and preparation to make winning occur."

Gulla and FHS will open the season at home on Sept. 10 against Wachusett. He points to Mansfield and King Philip as contenders for the Kelly-Rex Division crown.

Contending for a league championship will involve all hands on deck, and Gulla is

acutely aware that leadership will play a major role. "As a captain, I'll be more of a lead-by-example guy. I'll also be supportive of my teammates, and I'll compete hard. If teammates feed off my energy, then that's a plus."

Gulla, who averaged 106 yards last spring, also has a high regard for his coach's leadership and thinks two senior teammates, defensive end Jonathan Martin and quarterback Jared Arone, will be key contributors for a bounce-back season. "Coach Bain is very intense, knows strategy and is a good motivator," Gulla emphasized.

Gulla also plays baseball and has been on Franklin High's varsity roster the last two years but hasn't been able to get an at-bat. A third-baseman, he didn't compete as a sophomore because the pandemic forced cancellation of the spring season. As a junior last spring, he underwent a procedure after football to drain fluid off his right knee, causing him to miss the season.

Injuries have played a role in his career. As an eight-grader, he suffered a fractured collarbone in youth football, and during his sophomore season of varsity football he missed four games because of a dislocated collarbone. As a sophomore, he rushed

only 16 times, gained 80 yards and scored two touchdowns. A healthy junior season, however, enabled him to get 130 carries and average 5.7 yards per carry.

Delighted that his senior season of football appears to be trending in a positive direction as far as pandemic regulations go, Gulla admired the way Franklin players adhered to all the rules (masks, distancing, and sanitizing) last spring. "My hope is that we'll have a normal season this fall," he said.

Calling his father (Chris) a role model for his support and encouragement, Gulla is acutely aware of football's valuable life lessons. "I've learned how to overcome adversity and how to be a leader and a good teammate," he said. "Football also builds character, and it helps to strengthen one's work ethic."

Gulla's high energy level and his quiet nature seem to come naturally. When he's in Franklin's backfield, he's serious, focused and locked in, and it's that type of intensity that sent MVP, all-star and captain honors his way. And, it's undoubtedly why his coach emphasizes, "Mack Gulla will be a good fit on a college roster."

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FSPA Offers Performing Arts Education for Recreational Enjoyment or Serious Study

The Franklin School for the Performing Arts (FSPA) is still enrolling for the 21-22 school year.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metro West region, the Franklin School for the Performing Arts 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 instruc-

tors strive to meet the individual needs of each student, working to develop each student's abilities to their 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, and intensives. In addition, for students whose level of interest is more focused, there are special performing ensemble opportunities available by audition.

FSPA Alum Dan Gleason, currently in *Wicked* on Broadway, says of his FSPA beginnings, "I owe a lot of my consistent vocal health and technique to my years at FSPA. Healthy singing habits were ingrained in my body and now are second nature. FSPA set me up for success in life and I am so thankful for my years of training in my hometown."

Students who wish to attend



FSPA for academic classes as well have the option of FSPA Academy. FSPA Academy combines the flexibility of a virtual education with the practicality of a schoolroom, and can accommodate professional opportunities, rehearsal, and performance schedules. FSPA Academy partners with TECCA, a virtual Massachusetts Public School. The curriculum is taught by licensed, certified teachers through a com-

bination 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 apprentice 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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Bristol County Savings Bank Donates \$25K to Franklin Fire



On Wednesday, August 18th, 2021, Bristol County Savings Bank presented a generous donation of twenty five thousand dollars to the Franklin Fire Department before the Franklin

Town Council Meeting.

This donation will support the fire department's critical and life-saving efforts throughout the community.



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The Top 10 Reasons “Why Giving Back Feels So Good.”

AUTHOR: HEATHER J. CULKEEN

Charitable Foundation: Project Perseverance

What does it mean to give back to society? Giving back or donating to causes close to your heart benefits both the charity and you. Contributing to your worthy causes has far more benefits than you may realize.

Many give their time, talents, and/or money to the support community causes, which they hold dear to their heart. Giving back has also been shown to improve quality of life. So, to answer the question, why is giving to charity so satisfying? Here are the top 10 reasons “why giving back feels so good.”

1. Bring meaning to your Life:

By donating or giving back, you are creating opportunities to meet people who believe in the same causes as you do. The interaction with like-minded people can inspire you to create a

real impact on these causes. It can also infuse your life with a purpose or meaning in case you are stuck in a rut wondering why life is so stagnant. Giving back can reinvigorate your life.

2. Help others in need:

There will never be a perfect time to give back as we are not living in a perfect world. But there are always others who need help in tough situations. A simple compliment to anyone, even a stranger, can brighten their day at no cost. It may even change their life.

3. The Time is Now:

Regardless of the state of the economy or the pending rise in taxes and interest rates, it is not only kind to donate to those in need. Our financial difficulties hopefully last only a short time, but for those in need may could last a lifetime unless they get on the

right path. For others more fortunate, just by providing a hand, donation, smile will go a long way to help those in need survive and thrive.

4. Strengthens personal values:

When asked why they want to give back, 96% of people who participated in the research said that they are feel obliged to help others. They said that it's a moral duty which is rooted in their principles and personal values. Acting on these feelings is the responsibility of a human.

5. Teach generosity to children:

When children see you giving back, they will adopt the same attitude when they grow up. Many people stated that they learned how to give back from their parents and through personal experiences. You are benefiting humanity by teaching children to give, share, and donate.

6. Inspire friends and family:

If you educate your family and friends about your charitable donations after you've given back, they could be inspired to do the same. They may take your lead and donate whatever they can, especially to communal issues

like promoting health, providing opportunities to rise above obstacles, and allowing others to achieve their goals. Giving back ignites a fire within you.

7. Realize that small donations help:

You don't always have to donate large amounts to make a difference. Even small amounts could result in week's, months, and possible years of meals for starving children or the much-needed medical help for elders.

8. Improve Money Management:

You can also drive yourself to be a better personal family financial manager by allocating a specific amount to each donation each month. You can make donations, fund your family's education, retirement, and other financial goals this way.

9. Give, when you can't volunteer:

In cases where you think that you should volunteer but are too busy to spend time for a worthy cause, you can donate money. Money is just a work-around for a time as it helps the organizations to acquire more resources that can improve the cause.

10. Spreading the love:

You can demonstrate that love exists by giving back to society. While spreading love, charity gives people hope for humanity. If you can't afford to donate, consider how a tiny gesture could help you achieve your desired feelings while also making others feel good about themselves.

Project Perseverance is dedicated to organizing and funding rescue efforts as well as delivering contributions to local and early stage non-profit organizations. We support children, families, elders, and others experiencing challenges that make us stronger.

To donate to Project Perseverance to help support our mission to give back, please email us at ProjectPerseverance888@gmail.com with subject line: PP888. The QR Code and link will be emailed for you to donate. Please feel free to suggest a cause via email that you feel would benefit from our support as well. Thank You.

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Natick, MA 01760

St. John's Pumpkin Patch Open to Kids and Families

Pick your perfect pumpkin as you browse among hundreds of pumpkins and gourds. Hosted on the front lawn of St. John's Episcopal Church at 237 Pleasant St., Franklin, kids and families will enjoy searching for the best to take home.

Shop Monday through Friday from 4 p.m. to 6 p.m. and Saturdays and Sundays from 12 p.m. to 6 p.m.

Select from hundreds of small, medium and large pumpkins and gourds beginning October 2, 2021 through October 31,

2021. Children can also enjoy activities and games on the front lawn.

The pumpkins and gourds are grown on a Navajo reservation in New Mexico and provide jobs for the people there. They use sustainable farming practices, so they're gentle on the earth.

If you have any questions, call St. John's Episcopal Church at (508) 528-2387.

Pick your perfect pumpkin at 237 Pleasant Street. And remember: it's cool to shop local!

Like us Facebook: St John's Episcopal Church

View www.stjohnsfranklinma.org

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Annual Santa Foundation Fundraiser at La Cantina September 10th

On September 10th, 2021, from 6-9 p.m., join The Santa Foundation for its annual fundraiser at La Cantina Winery. Both wine and beer will be served along with fresh pizza, live music, and great company.

With a \$50 ticket purchase you will get:

Live entertainment food, access to an auction, and 2 drink tickets.

Purchase tickets or make a donation at www.sfjoy.org.

The Santa Foundation is a (501C-3) organization that benefits Franklin and surrounding communities.


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

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508-244-4448

Vallee Jewelers Suspect Arrested, Charged

At this time the Franklin Police Department has formally charged Patrick MARANDA, age 32 of North Attleboro, Massachusetts with the following offenses:

- MGL 266/16 B&E NIGHTTIME FOR FELONY
- MGL 266/20 Larceny from a Building
- MGL 266/126A Vandalize Property

An arrest warrant for MARANDA was issued on August 10, 2021. Working with the North Attleboro Police, MARANDA was taken into custody and then brought back to Franklin Police for processing at approximately 3 p.m. on August 10th.

MARANDA was arraigned at the Wrentham District Court on Wednesday August 11th.

Franklin Police extends its thanks to our Law Enforcement partners, including the assistance of

the Massachusetts State Police Crime Scene Services Unit for their help in bringing this case forward.

The Franklin Police Department is aware that much attention was drawn to the clothing the suspect was wearing in the video. The company, who self-identified publicly as Reilly Tree and Landscape of Plainville came forward early in the investigation and worked with our investigators to identify the individual. Their cooperation assisted this investigation tremendously.

Questions about the status of this case should now be referred to the Norfolk County District Attorney's Office.

All defendants are presumed innocent until proven guilty beyond a reasonable doubt.

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Other terms to be announced at the sale...

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FISH of Franklin: Volunteers Needed!

FISH of Franklin is an organization that provides rides to Franklin residents who need help getting to their medical appointments. You can help! Volunteers aged 21 and over are needed to:

- Drive Franklin residents to medical appointments; or

- Check phone lines Monday through Friday and match requests with rides.

Each volunteer is asked to commit to one day a month to either drive or manage the phone line.

Interested in volunteering? Call Chris at (508) 553-3023.

Need a ride? Call FISH at (508) 528-2121.

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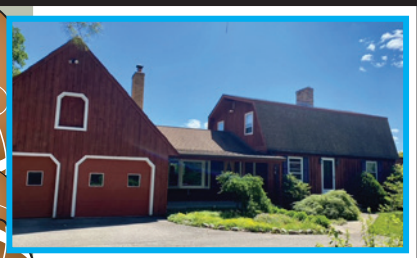
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Real Estate Corner

FREE VA Home Loan Mortgage Seminar

Mike Shain of Bay Equity Home Loans will host a free VA Loan seminar at 6:30 p.m., Sept. 22 at Keefe Regional Technical School, Room 206.

VA loans are available exclusively to active-duty personnel, veterans, reservists and National Guard, as well as to surviving spouses of veterans. They can be

used for purchases or refinances. Down payments are as low as 0% with no private mortgage insurance

Pre-registration is required. Call (508) 416-2170 or visit www.Keefeatnight.org. Click "classes" and locate "FREE - Understanding and Using your VA Home Loan Benefits" in the "Fi-

ancial Planning" category.

Keefe Regional Technical School is at 750 Winter Street in Framingham. This event is held in conjunction with Keefe at Night Continuing Education. Registrants will need to adhere to safety protocols in place at time of attendance.

6th Annual K9 5K September 19 in Hopkinton

Join the Massachusetts Veterinary Medical Association Charities (MVMA Charities) and

Ashland Sporting Association on Sunday, September 19th at the Metrowest YMCA Family Outdoor Center in Hopkinton for the 6th annual Metrowest K95K: www.metrowestk95k.com!

- 9 a.m. - 1 p.m. Health and Fitness Fair/Activities
- 10 a.m.: 5K Start Time

Come for the dog-friendly 5K and stay for the activities including doggy demonstrations, pet vendors, free face painting, entertainment, ice cream, and more. Fun for the whole family! All registered runners/walkers will receive a race t-shirt, dog tag medal, and free lunch.

Fundraising and sponsorship from this event benefits MVMA Charities and its animal welfare programs that provide life-saving support to animals in need. Learn more about their initiatives at www.mvmacharities.org.

To learn more about this event and to register visit www.metrowestk95k.com or find us on Facebook at @MetrowestK95K

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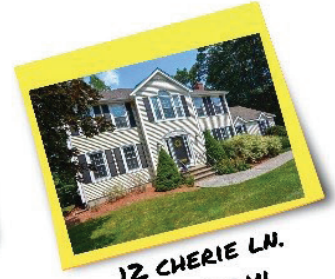
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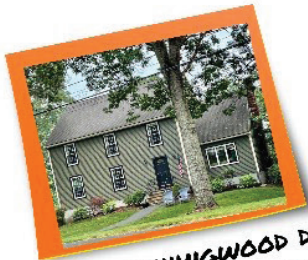


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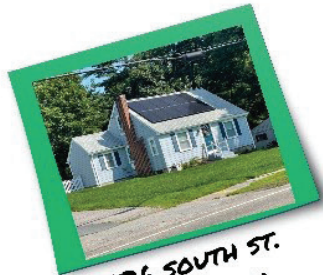
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