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May 2022



Franklin coach Carmine Colace, right, and his assistant, Mark Healy, have played key roles in building the Panthers' wrestling tradition that's displayed on the dynasty board.

Dynasty Board a Tribute to FHS Wrestling Program

By KEN HAMWEY,
STAFF SPORTS WRITER

Franklin High's wrestling program, considered one of the best in the area, received some well-deserved recognition last month when a dynasty board was installed in the hallway outside the boys

locker-room near the gymnasium door.

The board, which is labeled "Franklin Wrestling Team Honor Roll," lists every sectional, state, all-state and New England champion in the program's history. And it also includes the team champion-

ships at the sectional and state levels.

It's called "the dynasty board" by the coaches and players and the phrase is appropriate. Very appropriate.

WRESTLING
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Franklin Memorial Day Parade to Resume after 3 Year Hiatus

By ANGIE FITTON

Memorial Day, a time when most people gather for BBQs and parties, is the unofficial start to summer. But it stands for so much more than grilling burgers and outdoor celebrations. It is the day when we remember and honor those who have fallen protecting our freedoms. To commemorate this important day, Franklin Veterans' Services, American Legion Post 75, VFW Post 3402, and the Franklin Senior Center are collaborating and setting up activities in town.

The events start on May 27th with breakfast at the Franklin Senior Center from 9-11am. You can call (508) 520-4945 by May 13th to RSVP. Breakfast is for Veterans and community members alike. The Franklin high school choir will be performing, there will be a bugler playing TAPS, a Color Guard appearance and several guest speakers. It will be catered by Tri-County

Regional Vocational Technical High School culinary department, headed by Nancy Haney. The students will be serving the food alongside Senior Center volunteers.

On Monday May 30th, for the first time in 3 years, the Memorial Day parade will be starting at 10:30am at Dean College with a ceremony by the Honor Guard. The parade proceeds to the library, takes a left onto School Street, crosses Union Street to Route 140, then follows 140 to Beaver Street and ends at the Town Common in front of St. Mary's. A ceremony will directly follow the parade at 12 noon on the Town Common.

The parade Marshal and featured speaker is Veteran Bob Catalano. Mr. Catalano served in the Navy in WWII as an underwater welder and looks forward to cel-

PARADE
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Veterans Coffee Social Reaches 5-Year Anniversary

Local Starbucks Honored for Launching Popular Monthly Senior Center Event

By J.D. O'GARA

On April 4th, the monthly Veterans Coffee Social at the Franklin Senior Center celebrated 5 years of bringing veterans together. In particular, the local Starbucks, was honored by attendees.

"Starbucks initiated this – they reached out to us," says Debra Martin, of the Franklin Veterans Services Office, noting that the monthly socials draw about 30 veterans a month, and the 5-year celebration was the first time that the social had four female veterans.

"When I was in Franklin, my store manager, Diana, actually reached out to veterans of Franklin and decided we were going to



Dick Hynes presents the Military Challenge Coin to Starbucks employees for their continued support of veterans. Shown, Hynes, Courtney Clark, Bobby Bingham, Kira Chavez, and Hunter Klawson

start this to be part of the community in Franklin," says Courtney Clark, who was honored with a certificate of appreciation from Franklin VSO Shannon Nisbett as well as a Military Challenge Coin by Dick Hynes for her and her colleagues' continued voluntary commitment to this opportunity for local veterans. Clark was accompanied by her fellow Starbucks associates Kira Chavez, Bobby Bingham and Hunter Klawson. All associates voluntarily cater the coffee socials each month.

Clark explains that continuing to give back through the Veterans Coffee Social falls in line with Starbucks' Armed Services Network, an affinity group of Starbucks partners who support our veteran communities by serving those who serve. "We also do

Red Friday for vets, remembering everyone deployed, we wear our red shirts on Friday in honor of that," she says. The Veterans Coffee Social, she says, "is to show our support for them after all they've done for our country to thank them for their service, and to provide them with a time where they can be social with other veterans and us as well. It's an event we look forward to every month."

"I've been coming for about 5 years," says Jim Lane, who cherishes the opportunity to mingle with his brothers in arms and "the camaraderie and the sharing of experiences not only for our veterans' (military) careers, but also our civilian lives." Veterans can share "both good and bad experiences," which lead to them helping each other.

Veteran Bob Markunis points out that the coffee socials draw veterans from every era, "and we get to open up," he says. "The brotherhood that we had that we got while serving in the military, we are now re-establishing with other veterans." Markunis says he has been able to open up to other veterans in ways he could not with his own family, and fellow veterans he says, have "offered me assistance without knowing they did." He is confident he and other veterans have made a difference for other veterans as well. "We take our experience now and bring them back to the younger people. I've formed friendships, and I'd have no problem with them watching over my family if something happened."

"As we meet each other and we find out what each other did, I'm fascinated with the history and also the bravery and the courage of young veterans," says Lane. "It's the best of the best."

Veteran Gerry Bradie was invited to the coffee social by Mar-

COFFEE

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SAVE-THE-DATES - MEMORIAL DAY 2022

Memorial Day Breakfast – Friday, May 27 - 9:00 a.m. - 11:00 a.m.

Will be held at the Franklin Senior Center. Reservations are required. Sign up at the Senior Center reception desk or call Mary at: (508) 520 - 4945, by May 13.

Memorial Day Parade – Monday, May 30 - 10:30 a.m. Starts at Dean College, then proceeds to Union Street and St. Mary's Cemeteries via School, West Central and Beaver Streets and concludes at the Town Common.

Memorial Day Ceremony – Monday, May 30 - Noon. Will be held after the parade on the Town Common by the War Memorial. Franklin veterans who have passed since last Memorial Day as well as Franklin's 45 fallen heroes who died in our nation's combats will be recognized.

Please note: If it rains on May 30, please check the Veterans' Services web page at: <https://www.franklinma.gov/veterans-services> for cancellation notice.

Let us all remember...We are the land of the free because of the brave.

PARADE

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celebrating his 100th birthday in October. Other speakers will include Rep. Jeff Roy and Town Administrator Jamie Hellen.

This parade, which has rifle salutes at all three Franklin cemeteries, is open to local Veterans who would like to participate. There will be antique cars for Veterans who cannot walk the parade route and five bands, including those from Franklin Middle and High Schools and Benjamin Franklin Classical Charter School. Local Scout troops will be represented in the parade and ceremony as well.

"The VFW and American Legion have really stepped up to the plate," states Shannon Nisbett, Franklin Veterans Services Officer. The Memorial Day Parade and Ceremony also wouldn't be possible without the help of law enforcement. "The Franklin Police Department has been a huge help with the planning process," says Ernest Caruthers, Quartermaster of the VFW Post 3402.

A week before the parade, all the flags in the cemeteries on Union Street, City Mills and at St. Mary's will be replaced, with the help of some Scouts units. "Veterans need to be honored, and when flags look crummy, that's not honoring them," Dick Hynes, First Vice Commander of American Legion Post 75, says.

The American Legion will have the Honor Guard and a Rifle Salute at the Town Common and the VFW will be tolling the bell and reading the names of all Franklin Veterans who have passed away in the last year, as well as honoring the 45 fallen heroes who have died in combat since WWI.

Franklin TV will be videotaping all Memorial Day events. If you're a veteran who wants to march in the parade, please call (508) 613-1315. To check on parade and ceremony status in the event of inclement weather, please visit <https://www.franklinma.gov/veterans-services>



Courtney Clark, of Starbucks, received a certificate of appreciation last month on behalf of her company for initiating and continuing monthly Veterans Coffee Socials at the Franklin Senior Center.

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WRESTLING

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Considered the numbers: sectional team titles (17) and state team crowns (11). Impressive numbers indeed but the individual accolades are also dynamic. Here's the numbers: sectional champs (104); state champions (33), All-state titlists (10); and New England champs (8).

The board, which measures 4 feet high and 8 feet wide, was suggested by Carmine Colace, who's now in his 40th year as the school's varsity wrestling coach. The 60-year-old Franklin native graduated in 1980 and two years later, in 1982, became the Panthers' wrestling coach at the age of 19.

"The board emphasizes Franklin High's rich tradition in wrestling and it shows the dynasty we've built," Colace said. "Track and swimming have boards that display their teams' records and championships and I said, 'Why not wrestling?' It gives our program exposure, and it's also a motivational factor."

The board was installed on April 13th, and when it was completed, current wrestlers

took time to study it. On hand for the event was Nick Colace, Carmine's son who was a state champion in 2007 and an all-state champ in 2008. A 2009 FHS graduate, Nick also competed on two state runners-up, one state title squad in 2009, and he was an all-American at the national level.

"The board accents the program's tradition," Nick said. "There's a lot of honor and pride that goes with competing for a Franklin wrestling team. To see all the names emphasizes all the hard work that it takes to win. It's really great for the program and for those individuals to see their names displayed."

Carmine thanked Athletic Director Tom Angelo for his role in making the board a reality.

"I appreciate Tom's willingness to promote our program," Colace said. "We held our team banquet the night before the board was installed, and the boys and their parents got to see what the history of wrestling looks like on a poster. Everyone was impressed, and we challenged our returnees to get their names on the board."

Angelo, who's wrapping up his sixth and final year as the

Panthers' A.D., is delighted he could play a role in promoting a program with so much rich tradition.

"I feel it is only fitting that our Franklin community can now recognize our student-athletes who have attained milestones or won titles in wrestling," Angelo said. Furthermore, knowing that each one of these wrestlers was coached by the same head coach is simply a testament to the greatness of coach Colace. The man is a legend! I'm thrilled that we now display record boards in our athletic hallway that highlight the outstanding achievements of our swimmers, track athletes, and wrestlers.

Colace, who's been inducted into the National Wrestling Hall of Fame, listed his top coaching thrills during his four decades at the helm. Two involve his sons and third is a team achievement.

"Nick won an all-state title in 2008 and he not only wasn't seeded, but he also competed in one of the most challenging weight classes (171)," Colace said. "My oldest son (C.J.) won a national title in the 160-pound class in Virginia as a junior, and as a senior he won a New England title and went 50-0 that season.

A third thrilling moment was the 11 state titles that we won. I'm a team-first guy, and those crowns provide great memories."

Colace has always stressed that wrestling, an individual and a team sport, teaches valuable life lessons. Five that he hopes his competitors learn are mental toughness, discipline, resiliency, strategic thinking and character-building.

"We put kids at a breaking point on physical conditioning," he emphasized. "Then they have to learn how to be mentally tough. Discipline isn't about the individual, it's about the team. If a boy fails to make weight, then he's let his teammates down.

"Resiliency is learned from mistakes. It's about maintaining

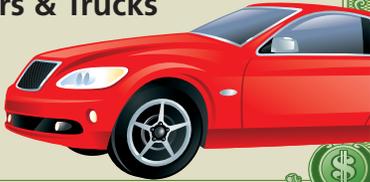
composure and bouncing back to win. Strategic thinking means how to adjust and be flexible, and character-building is going one-on-one with your opponent. There's no place to hide on the mat."

Mark Healy, who's been an assistant for Colace for the last 13 years, wrapped up the installation ceremony with some poignant words.

"It's nice to see the most storied program in the school's history get this recognition," he offered. "It shows all the accolades of the kids and the coaches. And, it also emphasizes all the hard work and dedication our competitors put into the program."

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May Performance “a Triumph” for Local Community Chorus

By JUDITH DORATO O’GARA

When it presents its Spring Concert this year, American Roadtrip, on May first at 1:30

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p.m., the Greater Milford Community Chorus will finally be performing a repertoire it planned to perform before the pandemic shut it down a couple years ago.

“It’s nice to be able to bring that back,” says the chorus director Mark Schiapucci. “This concert we’re performing is the concert we were getting ready for when COVID struck. It’s something triumphant, to dust it off and pull it off a shelf and finally be able to perform this concert we’ve been thinking about for two years now.”

The Greater Milford Community Chorus (GMCC) was organized in April 1973. The nonprofit draws from communities all around Milford. Would-be singers are invited to join in on one of three open audition events at the beginning of each season, which includes a holiday concert

and a springtime concert each year.

“We actually have singers from all around the area,” says Schiapucci. Right now, he says, membership has been down. “In a pre-COVID year that number would have been about 40, but it’s enough to get our concert together and carry on, says the chorus director.

The volunteer group is open to anybody over 18 with a rudimentary understanding of reading music.

“Though this is my first year participating, I have found it fun and very rewarding so far to be a part of something like this where likeminded singers and music lovers come together to perform,” says chorus member Jenn Russo, of Bellingham. “I have loved that there are members representing all ages and backgrounds. Mark

has been amazing – very talented and with a wonderful sense of humor as he guides us to be our best.”

“I’m so relieved and excited that we can get back into the concert hall,” says Schiapucci, him-self a Milford High graduate, who brought the chorus back to the concert hall just this past holiday season. “It’s been an interesting couple of years for live music,” he says. “There are enough challenges, in preparing music, without having to do all these other things. It’s enough to get together in the same room with a piano and to make music. There’s not really a substitute for that.”

The group, says Schiapucci, was able to “think outside the box” during the lockdown, with a virtual concert project during the holiday season, in which

members recorded themselves at home and those clips were edited and merged, and then last spring, with an outdoor socially distanced concert.

“I was very proud, that even in the lockdown year, we were able to keep music going and the group active, which was a big priority for me, especially a group like this, where singers aren’t paid. If you don’t keep up momentum you risk the program falling apart,” says Schiapucci, who laughingly notes, I don’t miss rehearsing over Zoom, I’ll tell you that. It just really goes to prove how much people love and are devoted to music in their lives.”

For more information on joining the Greater Milford Community Chorus, visit www.greatermilfordcommunitychorus.org

COFFEE

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tin one day when he stopped in to get some information.

“And I started coming, and what the boys (Markunis and Lane) have said is true, you get to find out where people have been, what they did, what they’re doing now.” Bradie points out

that some of the veterans are near 100, still sharp, “and they’re proud. We have everybody in here, newbies to 100 years of age. We’re all green. We might be different shades, but we’re still all together.”

Lane comments on the patriotism of the veterans who attend the coffee socials.

“The stories and experiences we hear from each other, it helps

you feel good about being a patriot,” says Lane.

“The coffee socials are very well received,” says Martin, “and we’ve had special guests, but we try to keep it varied. Next month, we’ll just have a social, without speakers.” Announcements are usually made to keep older veterans, some of whom don’t have access to a computer, informed about events of inter-

est to them. The vets, she says, “absolutely love it. We put out a suggestion box a couple of months ago, and the only suggestion we got was ‘keep up the good work.’ They like the camaraderie, and we’re thrilled.”

The next Veterans Coffee Social will take place on May 4, 2022. All veterans are invited to attend.

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Have Fun...While Avoiding that Summer Slide!

If you don't use it, you lose it? In a recent study published in the *American Educational Research Journal*, "the average student lost 17-34% of the prior year's learning gains during summer break." The summer slide can affect all students, but for high school students it is most worrisome. They are juggling ACT, SAT, AP exams plus AP and IB courses. They can not afford to start their junior or senior year behind.

At the same time, we all need to recognize that learning is not linear. The learning process will change, slow down, speed up, and take adventuresome scenic routes. So it is true that a student shouldn't spend their summer gaming or binging Netflix, but equally important is to not spend their summer days only studying. It is all about balance, and understanding that learning can come in many different forms. We all need time to recharge and find relaxing ways to keep learning. Here are a few summer ideas for students:

- **Reading:** Try to mix up your assigned reading with some of your favorites - classics (*Pride & Prejudice*), novels (*The House in the Cerulean Sea*), and magazines (*The Sun* or even *People*). Just a few ideas. Since the SAT Reading section focuses on reading and comprehension, you can increase your scores by reading books that you enjoy!
- **Journaling:** It can help you with college applications. It is a great way to record your adventures and why they

matter to you (essay content). Writing about yourself is a great way to improve self awareness (college preferences), and keeping track of your successes is very important (activity resume).

- **Get a job:** Involvement is one of the top 5 things colleges look for in a prospective student. It can also be fun- such as working at your favorite ice cream spot with your friends. You could also ask a local business if they need a savvy young intern, or if you are passionate about a cause then you could volunteer at your favorite non-profit. Holding down any job conveys a good work ethic, maturity, and character.
- **Test Prep:** Time management can be tricky once the fall comes, but doing test prep during the summer can be less overwhelming. Here are a few resources:

- Using eprep.com is a good tool for the self motivated student.
- Improving your vocabulary can be easy utilizing apps, such as SAT Word of the Day or SAT Word Slam.
- Recently we learned about Freerice.com - a fantastic website that with every right answer, they give 20 grains of rice to the United Nations' World Food Program.

Message for rising seniors: Get as much done over the summer, so you can enjoy your senior year!

- Touring campuses when school is in session is ideal, but that is not always possible - so hit the road during the summer.
- Finalize your college list with 8 to 10 schools.
- Continue your test prep if you are planning on taking a fall SAT or ACT exam.
- Finish your personal statement essay by the end of July.
- Finish your activity resume by the end of July.
- Be ready to start working on the Common Application once available - August 1st.
- Create an essay tracker for your college supplemental essays and check if there are any essay overlaps. This will cut down on the number of essays you will need to write.

Remember, play hard...but don't forget to work hard!

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While facility-based healthcare professions come with rigid shift schedules, home health and hospice nurses have more flexibility in scheduling patient visits. At VNA Care, we provide patient care seven days a week with opportunities to work weekdays, weeknights, and weekends as well as full-time, part-time, and per diem. The variety of schedules provides nurses more flexibility for work-life balance

Employment spotlight

or to continue their education. We understand that our nurses have their own responsibilities and obligations outside of work, and providing adaptable schedules makes finding that balance easier.

Independence and Autonomy

Home health and hospice nurses work independently in coordination with their multidisciplinary teams and clinical service manager as they care for patients. It's a challenging and rewarding field that allows nurses to practice at the top of their license. Seeing patients in the home setting enables VNA Care's clinicians to personalize care and develop strong relationships with each of their patients and their families.

Learning and Growing Opportunities

Our nurses are never alone throughout their learning process. VNA Care's nurse specialists provide their expertise to



help their colleagues learn new skills such as wound care and IVs. Nurses are also supported by their clinical service manager and collaborate with other members of the team (such as rehab therapists, social workers, etc.) to provide the best possible patient care.

Along with exceptional team support, VNA Care's healthcare professionals also enjoy competitive benefits including HMO and PPO health insurance plans with a company-sponsored health reimbursement arrangement to offset deductible expenses, dental plans, vision plans, and much



more. We encourage a manageable work-life balance and incorporate additional benefits to help you outside of your careers such as pet insurance and auto and homeowners' insurance. Compensation, including signing bonuses for certain positions, is just one side of the coin – room for professional growth is a priority at VNA Care, and our career opportunities aim to provide the necessary support and resources to help you meet your personal and professional goals. Founded by Massachusetts' most established home care organizations, VNA Care Network, VNA of Boston and VNA Hospice & Palliative Care, VNA Care has built a company culture of mutual trust and support that enables clinicians to deliver exceptional care.

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Yes, a third grader and kindergarten can be curious and money conversations become more difficult as they grow older. Making kids understand how money works is a start, however financial literacy doesn't equate to understanding value or making good, responsible decisions.

A book to help create financial decisions as teaching opportunities is *The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money* by Ron Lieber.

Let me share the central strategy: Allowance & Three Jars.

No allowance for chores. Lieber argues when parents tie allowance to completion of chores, they make work the primary focus, not money. Kids should do chores for the same reason we do - because they need to be done. If done poorly, there are plenty of privileges we can take away.

Allowance as a teaching tool. If your child can count and ask to buy things, start an allowance. Consider 50 cents or \$1 a week

per year of age, raised each year on birthdays. Your focus is to have them learn patience, strive for a goal and make decisions with defined resources.

Three jars: spend, save & give. They divide allowance into three clear jars each week: spending now, saving for later and giving to those who may need it more - an introduction to budgeting.

Now here is where I've come to differ from Lieber.

He pays an unrealistic interest rate each week (i.e. 20%) for "save jar" to help kids visibly see the power of savings and compounding. Once spent, less interest is paid, helping teach selective spending decisions and building of savings.

Thinking like an investor. I want them curious if something can be invested in, think why (or why not) it is a good investment and participate in risk/reward.

To execute, some investment firms allow buying slices of shares, up to 5 companies for \$50 total. Can be in a child's name via custodial account (beneficial capital gains rules) and viewed as a teaching tool rather than education savings since they'll be spending on their larger wants.

As a holiday gift, we started three companies they knew and two I educated why they own it. Monthly we review values, if dividends were paid, total account value, if they want to add more and/or if there's a new company they want to invest in.

I've explained their favorite pizza shop is a small business that doesn't have shares. Also explained who makes a game they like, which they decided to take from their "save jar" to buy. It's down ~15% in a short time but I asked if the reason they bought is still true, if they want to buy more, still hold or sell.

Remember, it's about learning and making mistakes now, to benefit when they're older with their real earnings.

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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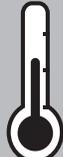
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Beautification Day Scheduled for May 21

Volunteers are needed for the Franklin Downtown Partnership and Franklin Garden Club's annual Beautification Day in downtown Franklin and the Town Common on the morning of Saturday, May 21, 8 a.m.- 12 p.m.

Dozens of volunteers are needed to help plant red, white and blue flowers on the downtown bridges and in barrels in front of businesses. Volunteers with trucks are also needed to help pick up trays of flowers at Fairmount Fruit Farm, 887 Lincoln St., Franklin. Community service hours are available to students needing volunteer opportunities.

If you can volunteer, please email Beautification Chair Eileen Mason at ema-son4234@gmail.com.



Shown are volunteers from last year's Franklin Beautification Day. This year, volunteers are again needed for the event on the morning of Saturday, May 21st. Photo used courtesy of Franklin Downtown Partnership

We appreciate the support of these sponsors who make the beautification efforts in the downtown Franklin possible. Platinum sponsors are Chaffee Property

Group, Inc., Doherty, Dugan, Cannon, Raymond & Weil, P.C., RI Motorsports and Detail, and Eileen Mason of ReMax Real Estate. Gold sponsors are D.G. Ranieri Real Estate, Dean Bank, and Encore Music Academy And Recording Studios. The silver sponsor is Safford Insurance.

The Franklin Downtown Partnership is a non-profit 501(c)3 organization made up of 350 residents, business owners and community leaders working to revitalize downtown Franklin. The Partnership manages events like the Strawberry Stroll and the Harvest Festival, and initiatives such as beautification, streetscape design, greenspace, alley murals, and sculpture projects. For more information go to www.franklindowntownpartnership.org.

Local Residents Help Raise Awareness for Veteran Cause

Franklin residents recently volunteered at a fundraiser for 22Mohawks, a local non-profit organization that raises awareness around veteran suicide by supporting veterans and their families. The meat raffle, a monthly event, was held at the VFW in Sandwich, and was organized by the Jarheads Motorcycle Club in support of 22Mohawk's K9 Ride in May. From left, Olivia Dellaporta, Sophia Horton, Haley Boucher and Kelly Boucher. Kelly Boucher is the treasurer for 22Mohawks. Visit 22Mohawks.com for more information on the organization.



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We value diversity and welcome candidates from all backgrounds to apply.

Dean College to Hold 156th Commencement Exercises on Saturday, May 7, 2022



Dean College's 156th Commencement Exercises celebrating the Class of 2022 will take place on Saturday, May 7, 2022 at Dean College, 99 Main Street, Franklin, MA.

The ceremony will begin at 11:00 a.m. on the front lawn of Dean Hall, along Awpie Way, and will take place rain or shine.

Commencement speakers include Dean College President Dr. Paula M. Rooney and student speaker Jimmy Munro '22.

For more information, visit www.dean.edu/commencement.



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The b.LUXE *beauty beat*

Idea to Execution: Starting our own beauty brand

By GINA WOELFEL

b.LUXE is thrilled to announce the launch of our first ever beauty product! We took our idea (and a leap of faith) for a much-needed hair treatment and made it a reality.

Enter b.LUXE BEFORE Oil!

We dreamt of creating our own retail brand for a long time. Our hair salon carries some of the most well-made and targeted hair and skin care products in the industry. So while we weren't lacking in luxury products, we did see a niche in the market that wasn't filled. Most products get to work after you shampoo and condition, but we believe hair protection starts before you cleanse.

b.LUXE BEFORE Oil, is a preventative, pre-shampoo, treatment oil that's designed to be your first line of defense against hair damage. It's made with organic sunflower and prickly pear oil and our powerhouse ingredient - broccoli seed oil, an essential element that protects like nothing you've ever used before!

Hair is porous and can be easily stripped of its moisture and vitality. Even the best shampoos that are formulated to remove oil, dirt and buildup can, sometimes, rob hair of bounce and shine. Here's where we felt our industry was lacking.

A few summers ago, we were researching a blog post about blonde hair and how copper found in hard water reacts with the chlorine from swimming pools. Your hair takes in whatever it comes in contact with and when copper is absorbed into your hair, the chemical reaction with chlorine can give your hair a greenish hue. We learned that

by applying a thin coat of olive oil to your hair before swimming, it creates a barrier that blocks chemicals and hard metals from being absorbed. This research inspired us to create a more preventative oil, packed with nutrients to protect your hair and support scalp health.

Using our BEFORE Oil, pre-shampoo, allows you to wash and clean your hair without drying it out or stripping away sebum, the natural oil your scalp produces to lubricate the hair follicle. Our BEFORE Oil penetrates the hair shaft and scalp, depositing just the right amount of hydration to keep hair smooth, healthy and well protected.

BEFORE Oil also feeds your hair AND scalp the nutrition it needs! Broccoli seed oil (BSO), is rich in calming antioxidants, like vitamin A, a key component to all cell growth. Chemically derived vitamin A has a reputation for being irritating. The natural version in broccoli seed oil is anything but! In fact, the BSO in our BEFORE OIL can deliver many of the same benefits a topical retinol cream can, like accelerated cell turnover, minus the irritation. With its collagen-boosting benefits, it's one veggie you'll never avoid again! It has a huge 62.5% Omega-9 content and is gentle, hydrating and easily absorbed into your scalp and hair shaft. As an antioxidant, vitamin A neutralizes free radicals, the pollution particles created by industrial emissions that can harm skin cells (and remember, your scalp is your skin)! Broccoli seed oil's essential fatty acids deliver intense hydration without clogging pores and has been shown to help calm inflammatory scalp conditions like eczema, dandruff



and dry skin.

Right now, while supplies last, we're offering a 2 ounce trial size for just \$39. That's 30 shampoos! Once these samples are gone, they're gone! And for those of you who would like to try before you buy, grab a single shampoo BEFORE Oil sample at our Medway studio. Our new 1 oz. packaging will be available this June/2022.

We can't wait for you to try our new BEFORE Oil. This endeavor was two years in the making and to finally be able to bring our new product to you is a dream come true!

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Milford Federal Bank appoints Jeremy Leap Senior Vice President Commercial Lending

Milford Federal Bank announced today that Jeremy Leap has joined the Bank as SVP, Commercial Lending. Mr. Leap will lead a growing team of Milford Federal's Commercial Bankers, Jeremy will join Anna Case, AVP, Commercial Credit Officer & Operations Manager, Anita Carroll, Commercial Portfolio Manager and Stephanie Saraidarian, Commercial Credit Representative.

"We couldn't be happier to welcome Jeremy to our Commercial Banking Team" said Paul Gilbody President & CEO," Jeremy's depth and experience in commercial lending expands our capabilities significantly with this important growth area for Milford Federal. He brings strong relationships and familiarity in the

communities we serve that will benefit our existing clients and future expansion of our lending portfolio"

Jeremy has 16 years' experience as a Commercial Lender most recently at Savers Bank. Jeremy is involved with the United Way & Habitat for Humanity.

Established in 1887, Milford Federal Bank has been assisting its neighbors and friends for 135 years. Serving the greater Milford and Blackstone Valley areas in Massachusetts and Northern RI, it has four conveniently located offices in Milford and Whitinsville Massachusetts and Woonsocket, RI and can also be found on the Internet at MilfordFederal.com and Facebook.



Stephanie Saraidarian, Anna Case, Jeremy Leap and Anita Carroll.

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Franklin for All – Stay Involved!

We had incredible participation in the Franklin for All public forum. Over 600 residents contributed to the Visioning Survey. Our project consultants at the Metropolitan Area Planning Council will use feedback to cre-

ate the zoning recommendations. The draft recommendations will be presented to the public again sometime in May - June.

Franklin for All (<https://www.mapc.org/resource-library/franklin-for-all/>) is a study with the MAPC aimed at rezoning Franklin center for economic

growth and diverse housing opportunities.

Sign up for the Franklin for All email list to be updated on all future engagement opportunities! (<https://lp.constantcontactpages.com/su/1mpnJjF>)

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CORRECTION:

Last month, Local Town Pages attributed an incorrect caption to a photo that accompanied a press release regarding a donation by Local Operating Engineers Union. The caption for the photo of the check should have read: Local Operating Engineers Union Donates \$100,000 to the Dana-Farber Cancer Institute.

Local Town Pages Is Looking for Writers!

Our Town Publishing is currently seeking freelance writers local to the Metrowest area to cover stories for our nine publications which cover the towns of **Ashland, Bellingham, Franklin, Holliston, Hopedale, Natick, Norfolk, Norwood, Medway, Millis, and Wrentham.**

If you're interested, please send a resume and two writing samples to editor@franklintownnews.com.

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Living Healthy

iStent Inject and Microgoniomy for Glaucoma

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

What is glaucoma and how is it treated?

Glaucoma is a chronic disease defined by characteristic optic nerve damage. It is a multi-factorial disease with over 300 different anatomic variations and affects over 40,000,000 people worldwide. Glaucoma is a slowly progressive and irreversible disease and, in most cases, causes a painless loss of eyesight. It is, in short, "the silent sneak thief of sight". The damage to the optic nerve is commonly caused by a fluid imbalance, or pressure, in the eye, as well as possible alterations in the blood flow to the optic nerve. It is well established that lowering the intraocular pressure can slow the process of optic nerve damage. The degree of pressure lowering necessary to

prevent optic nerve damage is individualized for each person and each optic nerve. The greater the optic nerve damage, the lower the intraocular pressure is needed to achieve stability and prevent further optic nerve damage and further visual field loss.

If glaucoma is left untreated you may experience vision loss and eventual blindness. Treatment strategies for glaucoma are individualized to achieve the greatest lowering of the intraocular pressure with the least amount of risk to the individual's eyesight and well-being. Commonly, in the United States, topical medications are used as a first line of treatment. In many situations, multiple medications are tried to achieve the desired pressure level. Unfortunately, there can be difficulties with compliance, cost and side effects with many of these medications and laser therapy is

commonly substituted as a first line of therapy.

What is the iStent® trabecular micro-bypass stent?

Minimally invasive glaucoma surgical procedures, so-called MIGS involve alterations of the drainage area that are performed inside the eye. The iStent® trabecular micro-bypass stent is a surgical therapy for patients who have mild to moderate open angle glaucoma and have been tried possibly on topical medications or laser therapy. It is designed to improve the aqueous outflow to better lower the intraocular pressure and reduce the need for medications. The iStent® is the smallest medical device approved by the FDA to date. It is placed in the eye into the drainage area, so-called Schlemm's Canal through the trabecular meshwork. The iStent® is an elective procedure. The iS-



tent® is potentially beneficial in helping to reduce the number of glaucoma medications and drops needed to control this condition.

What is microgoniomy surgery?

Microgoniomy surgery (using the iAccess trabecular trephine device from Glaukos) is another type of MIGS. This procedure provides control of the eye pressure at lower risk than more traditional glaucoma surgeries. It alters the eye's drainage system to lower the eye pressure and reduce the need for medications. Microgoniomy can be done standalone or combined with iStents during cataract surgery in a tissue sparing fashion to improve resistance to outflow in glaucoma. This tissue-sparing procedure can help lower the pressure even more compared to implanting iStent alone. During this procedure and ophthalmologist (Eye MD/ surgeon) will make 3 trephination cuts in a part of the eye's drainage system called the trabecular meshwork. This will allow fluid to leave the eye much easier.

Benefits (how the surgery can help)

The goal of the iStent and microgoniomy surgery is to lower your eye pressure and help preserve vision. It will not bring back vision already lost from glaucoma. After implantation, many patients are able to better control their eye pressure with fewer medications.

Risks

As with any surgery, there are risks with the iStent and microgoniomy procedure. The surgery may not lower the eye pressure or control the glaucoma even when it is properly performed. In addition, sometimes there can be complications that do not appear in the early post operative period but may develop days, months or years later. Further treatment or surgery to treat those complications may be needed. As with any intraocular surgery, there may be loss of vision, blindness, loss of the eye, as well as bleeding, infection and injury to the eye or nearby body parts.

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. We also offer 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. Are you still being directed to go to Waltham and Attleboro for your eye surgery? Call us for a second opinion! We were among the first surgeons in New England to introduce this new technology and we offer stellar outcomes closer to home. With 20 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care and now the iStent inject /microgoniomy for treatment of glaucoma closer to home than ever before.

For more details, see our ad on this page.



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Living Healthy

Tri-County RVTHS' Health Career Students Excel Despite COVID

Health Career Juniors started their career path two years ago, just as COVID-19 struck. Despite the setbacks, the students who tested for their Certified Nursing Assistant (CNA) State Exams passed with a one-hundred percent success rate for the second year in a row.

These students have faced numerous obstacles to get where they are today, including virtual education, changing protocols, difficulties entering facilities to obtain their clinical hours, and most recently, a change in their testing criteria days before their exam.

When the juniors selected their Career Program, they had no idea they would be faced with a worldwide Pandemic that would shut down the world. When they would have been receiving hands-on education from their highly qualified instructors at Tri-County RVTHS, they were forced to work remotely for safety reasons.

Prior to the pandemic, protocols would change but not as frequently as they have due to COVID. For example, at the end of the 2021 school year, the students could wear masks without face shields during their assisted living hours, but they were asked to wear face shields again at the start of the 2022 school year. Wearing face shields may seem like a small change, but it can become sweltering when lifting and rolling patients.



Day one, Left to right, Genevieve Aulenbach – Franklin, Jennifer Kalick - No.Attleboro, Abigail Polvado - No.Attleboro, Ava D'Amadio – Plainville, Hannah Clarke - No.Attleboro, Faith Boutin - Seekonk



Day 2, Left to right, Natalie Kirby – Walpole, Sophie Chrisom – Medway, Laura Birch – Seekonk, Paige Chambers – Millis, Kimberly Escobar – Walpole, Sadie Manning - Franklin



Day 3, Left to right, Isabella Rivera – Plainville, Sheila Cardona – Plainville, Brenna Kelly - No.Attleboro, Nyah Ramos – Seekonk, Ashly Cardona – Plainville, Noelle Kennedy - Walpole

Health Career students benefit by gaining clinical hours as part of their vocational training. These hours help students gain the interpersonal skills necessary to enter their line of work as well as the procedures for proper mouth care and bathing individuals. Facilities tightened their visitation or eliminated them entirely during the start of the pandemic, limiting the hours the students were able to obtain. These hours are necessary to sit for the CNA Exam. The juniors resumed their clinical hours in May of 2021 but were forced to stop when they were three hours, or one day, short of the minimum requirement for the exam when the surge hit post-winter break. Luckily, they were able to get back in and surpassed the needed hours. “Despite the challenges our health career students have faced, they are excited to contribute and make a difference,” says Kylie Geikie, Health Careers teacher.

A week before the test, the testing company that typically administers the test for Tri-County students became unavailable. Finding and securing a new testing company was challenging, and then the students needed to change on a dime to

the new testing structure. The written exam was shortened from two hours to one and a half hours. The practical portion, which measures knowledge of industry safety standards, infection control protocols, and critical thinking ability, used to be twenty minutes long for three skills would now be thirty to forty minutes long and require the students to pass five skills. In addition to the test changes, the new company administers tests via a computer whereas the old company used paper. “Our students have worked hard and shown great resilience. They adapted easily to the changes thrown at them and excelled. We are proud to work beside them and know they will do amazing things after graduation,” stated Geikie.

After passing their CNA Exams, the juniors can start their cooperative education. Four students have placements and started their positions on April 4th. Health Career students typically pursue employment in long-term care, nursing homes, and assisted living facilities.

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\$16.5M Buys Housing for People with Disabilities

MassDevelopment has issued a \$16.5 million tax-exempt bond on behalf of Amego, Inc., a nonprofit serving individuals with autism spectrum disorders and other developmental disabilities. The organization will use proceeds to buy 16 residential facilities it currently leases and operates in Boylston, Holliston, Canton, Marlborough, Easton, Millis, Franklin, Northborough, Foxboro, Plainville, Rehoboth, and Framingham, which house a total of 63 adults. The purchase will allow Amego, Inc. to build long-term equity through property ownership. 233 Genesee Street Corporation, an affiliate

of M&T Bank, purchased the bond, which will also be used to refinance previously issued debt. BT Capital Group, LLC served as financial advisor for the transaction.

“Human service providers play a critical role in our communities by ensuring individuals of all abilities can find safe and affordable housing, access health and wellness programs, and secure education and employment opportunities,” said Secretary of Housing and Economic Development Mike Kennealy, who serves as chair of MassDevelopment’s Board of Directors. “Financing offered by MassDevelopment



Photo of a residential facility in Plainville, courtesy of Amego, Inc.

makes it easier for these organizations to grow both in size and heart.”

“Core to our mission is helping nonprofits like Amego, Inc. finance capital projects that improve their ability to meet the needs of clients and vulnerable communities throughout Massachusetts,” said MassDevelopment President and CEO Dan Rivera. “MassDevelopment is proud to continue our partnership with Amego as it buys 16 of its residential facilities – a move to help the organization build equity and continue providing

this high-quality housing for individuals with developmental disabilities.”

“Supporting organizations which help all people live their lives to the fullest is integral to M&T as a community bank,” said M&T Bank Massachusetts Not-For-Profit and Healthcare Group Manager Cindy Langer. “We are pleased to partner with Amego, Inc. and MassDevelopment, a collaboration which enables a mainstay agency in eastern Massachusetts to continue focusing on empowering and delivering quality services to individuals of all abilities.”

MassDevelopment has previously supported Amego, Inc. In 2021, the agency issued a \$30 million tax-exempt bond to help Amego, Inc. build and equip six new residential facilities in Franklin to house 47 students ages eight through 22 who attend the nearby Amego School. In 2006,

the agency issued a \$2,255,000 tax-exempt bond, a portion of which Amego, Inc. used to buy and renovate a residential group home in Plainville.

“Our relationship with MassDevelopment is allowing Amego to secure financing that enables us to manage cashflow while focusing on quality and expansion of critical services,” said Amego, Inc. President and CEO John Randall.

Founded in 1971, Amego, Inc. is a nonprofit organization with locations in eastern Massachusetts and Florida. With an array of programs for individuals with autism and other developmental disabilities, the organization creates a stable foundation for growth and progress. Amego, Inc. offers services such as 24-hour residential support, day and educational programs, consultative services to public and private organizations, and individualized clinical supports.

MassDevelopment, the state’s development finance agency and land bank, works with businesses, nonprofits, banks, and communities to stimulate economic growth across the Commonwealth. During FY2021, MassDevelopment financed or managed 416 projects generating investment of more than \$1.86 billion in the Massachusetts economy. These projects are estimated to create or support 6,578 jobs and build or preserve 1,909 housing units.

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7th Annual Empty Bowls Event to Benefit the Franklin Food Pantry May 19th

Annual Event Back In-Person with Traditional Soup and Bread Dinner

The Franklin High School Empty Bowls Club will again host an Empty Bowls dinner to benefit the Franklin Food Pantry on Thursday May 19. The event will take place at Franklin High School in the cafeteria from 6 to 8 p.m. The club partners with the Franklin Food Pantry to create hand-made empty bowls to give to attendees as a reminder of the many “empty bowls” that exist in the lives of those who experience hunger.

The event will feature a traditional soup and bread dinner, ceramic bowls to take home that the students have made, an online and in-person art auction, and a giving wall. Attendees can purchase tickets online (<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E188424&id=47>) until noon on Thursday, May 19. Tickets may also be purchased at the door with cash or check only. The online auction will open (<https://sites.google.com/view/emptybowls5/live-auction?authuser=0>) on May 18

at midnight and will run through June 1.

“After two years of smaller events, we are so excited to be able to bring back Empty Bowls in its original intent,” said Tina Powderly, executive director for the Franklin Food Pantry. “It’s a wonderful way to raise awareness about our neighbors in need while partnering with the community. We could not run this event without the Franklin High School Empty Bowls Club and FHS Art Teacher Brenna Johnson. Brenna works tirelessly with the students to educate them about hunger in the community – awareness that they take forward in life after school - and helps them to create beautiful bowls for guests to take home.”

Johnson said, “I love Empty Bowls and it’s one of the best things I have ever been a part of! As a teacher, I’m so glad I can help students learn that they can make a difference in the lives of so many families with their art.”

Empty Bowls is an international grass roots effort to fight

hunger and raise funds to support local pantries. The Franklin Food Pantry and the FHS Empty Bowls Club work together to support the cause locally. For more information about the event, visit www.franklinfoodpantry.org or call 508-528-3115. To sponsor the event please visit <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E188424&id=46>.

About the Franklin High School Empty Bowls Club

Franklin High School is participating in an international charity project called Empty Bowls, which supports hunger initiatives in local communities. The objective of the Empty Bowls Club is to teach students of all ages that they can make a difference in their local community. Club members, their families, coupled with the Franklin community spend the year making ceramic bowls by hand. Then, the Empty Bowls Club and the Franklin Food Pantry co-host a fundraiser at FHS. All funds raised at this event are donated directly to the Franklin Food Pantry.



About the Franklin Food Pantry

The Franklin Food Pantry offers supplemental food assistance and household necessities to almost 1,100 individuals per year. The Franklin Food Pantry is not funded by the Town of Franklin. As a private, nonprofit organization, we depend on donations from individuals, corporations, foundations and other strategic partners. We are grateful for our many partnerships, including that with the Greater Boston Food Bank, that allow us

to achieve greater buying power and lower our costs. Donations and grants fund our food purchases, keep our lights on, and put gas in our food truck. Other programs include home delivery, Weekend Backpack Program for Franklin school children in need, mobile pantry, emergency food bags and holiday meal packages. The Pantry is located at 43 W. Central St. in Franklin on Route 140 across from the Franklin Fire Station. Visit www.franklinfoodpantry.org for more information.

Dean College Offers Summer Programs in Sports Broadcasting, Forensics and the Performing Arts

Is your high schooler interested in learning more about the performing arts, careers in sports or forensics while getting a taste of college life? This summer, Dean College will offer the Dean Summer Arts Institute and two pre-college programs in Sports Broadcasting and Forensics.

For students interested in dance or musical theatre, the Dean Summer Arts Institute is a week-long intensive in the performing arts. Students in the dance intensive will receive conservatory training in ballet, modern, jazz, tap and related dance techniques taught by world-class faculty. In the musical theatre intensive, students will study acting, singing and dancing with renowned faculty and guest artists

while learning about auditioning, picking repertoire, acting for the camera, self-taping and rehearsal techniques.

The Dean Summer Arts Institute will run from July 17-24, 2022. For more information, visit www.dean.edu/summerarts.

The Sports Broadcasting and Forensics Pre-College Summer Programs offer a great introduction to college life. Students will earn college credit for completing the program while they learn from experts in the field and get advice on the college admissions process from a Dean College admissions counselor during a free one-on-one consultation. Students will also participate in unique real-world experiences and field trips embedded into

each program, with behind-the-scenes access to program-specific venues such as Gillette Stadium and the New England Patriots training camp. Additional experiences may include trips to a science lab and police station for the Forensics program and a baseball stadium for the Sports Broadcasting program, as well as the opportunity to call live play-by-play and host talk show programs.

Two one-week sessions of each pre-college summer program will be offered. The first session will run from July 24-29, 2022, and the second session will run from July 31-August 5, 2022. For more information, visit www.dean.edu/summer.

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Local Quilters to Raise Funds for Ukrainian Refugees

“Hope for Ukraine,” a queen size blue and yellow quilt made by members of Yankee Quilters Guild, will be raffled to support efforts to resettle Ukrainian refugee families arriving in Massachusetts. The approximately 80” x 80” quilt features a central sunflower, the national flower of Ukraine, and 24 large Log Cabin blocks in the bright colors of the nation’s flag.

The proceeds from the fundraiser will be donated to Ascendria Care Alliance, a Worcester nonprofit organization which will offer housing and other assistance to refugees arriving from Ukraine. Tickets are \$5 each or 5 for \$20. Raffle tickets are available at Emma’s Quilt Cupboard in Franklin; through Yankee Quilters’ Facebook page; or by emailing yankeequilters11@gmail.com. Checks may also be mailed to Yankee Quilters at PO Box 53, Franklin MA 02038. The winner will be drawn June 14th in Franklin.

The quilt was created by members of the Guild to reflect their concern for the health and safety of the millions of Ukrainian citizens whose lives and homes have been threatened by the current invasion. The “Log Cabin” quilt block is a traditional design sym-

bolizing the importance of the hearth at the center of the home. For this quilt, Yankee members made the center square white, a symbol of peace, rather than the conventional red. The quilt will be on display at Emma’s Quilt Cupboard beginning April 19th.

“I am very proud to be affiliated with this guild. The members are very generous with their time and creativity,” said Cindy Lynch, Vice President. “To the Ukrainian people, may God be your guide through this stressful time.”

Quilters all over the world are using their talents to support relief efforts for Ukraine. “There is a long tradition among quilters and other crafters to support those in need and Yankee members immediately answered the call when the idea was proposed in March,” said Susan Speers, a member from Franklin.

The quilt has been custom quilted by Jim Lynch, of Bumblebee Quilting Service in Monson. The Guild greatly appreciates Jim’s donation of time and materials to this project.

The back of the quilt is a yellow sunflower print, with a central label surrounded by yellow and blue hearts, using a pattern by quilt designer Bonnie Hunter,

of Kentucky. The label is machine embroidered by Beth Brosnahan of Palmer.

Fabrics for the quilt were generously donated by members of the Guild and Cathy Racine, of The Charlton Sewing Center in Charlton, Mass. Creative energy and materials were contributed by members of Yankee including Diana Hatch of Holliston who hand-appliqued the sunflower; Pat Mulhall, of Sherborn, who donated the batting; Cindy Lynch, of Bumblebee Quilting Service, who combined the blocks and prepared the back; and more than a dozen members who donated their time, talent and supplies in support of Ukraine.

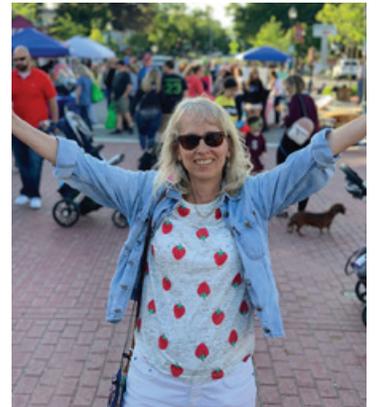
Yankee Quilters Guild is a 501-c-3 charitable organization based in Franklin with members throughout the region. The Guild makes comfort quilts for those in need, supports other charitable work, and provides educational programs on the art and craft of quilt making. The Guild meets monthly at Emma’s Quilt Cupboard in Franklin, in space generously donated by the store. Donations to the Guild are tax-deductible to the extent allowed by current law.

Save the Date for June 10 Strawberry Stroll

The Franklin Downtown Partnership is currently organizing its annual Strawberry Stroll, set for Friday, June 10, from 4 p.m. to 8 p.m. in downtown Franklin. The rain date will be Saturday, June 11 from 4 p.m. to 8 p.m.

During the Stroll, the Partnership will unveil the Ladybug Cultural and Historical Trail. The Trail uses ladybug sculptures to tie approximately 25 historical and cultural sites together in downtown Franklin.

Also during the Strawberry Stroll, Dean Bank will host “Dancing on Dean” which will feature two local bands on a bandstand at the intersection of Main Street and Dean Avenue. Delicious strawberry shortcakes



Franklin Downtown Partnership’s Executive Director, Lisa Piana, is more than ready for this year’s Strawberry Stroll, back on June 10th, from 4-8 p.m.

“We are thrilled to welcome the Strawberry Stroll back after a two-year absence because of the pandemic,” said Partnership Executive Director Lisa Piana. “We are looking forward to kicking off the summer season with this fun event.”

Sponsorship opportunities are still available. For information about sponsorships, contact the Partnership office at downtown.franklin@yahoo.com.

The Franklin Downtown Partnership is a 501©3 organization made up of 350 members working to revitalize downtown Franklin. Learn more at www.franklindowntownpartnership.org.



During the Stroll, the Partnership will unveil the Ladybug Cultural and Historical Trail.

provided by Dean Bank and Dean College will be sold in front of Dean Bank.

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Senator Rausch Announces Creation of Small Business Advisory Council

In April, Senator Rausch hosted the inaugural meeting of her Small Business Advisory Council, consisting of eleven small business from across the Norfolk, Bristol, and Middlesex District. Spurred by the unique challenges small businesses face during the wake of the COVID-19 pandemic, the Council's mission is to create a consistent dialogue about issues facing small businesses from across the district to inform economic policy on Beacon Hill.

The Massachusetts legislative session ends at the end of July, and the Senate will be debating the fiscal year 2023 budget this May. The four remaining months of the legislative session are a critical period to pass bills and allocate funding for Massachusetts communities and local projects across the state.

The Senator's Small Business Advisory Council currently consists of the following 11 businesses:

- 67 Degrees Brewing, Franklin
- Althea's Beauty Depot, North Attleboro
- Choc-Allure, Needham
- Crosby's Coffeehouse, Wrentham
- French Press, Needham
- La Cantina, Franklin
- Nutty Bird Granola, Sherborn
- Quality Cleaners, Millis
- Todos, Natick
- An Unlikely Story, Plainville
- Wesleaf, Needham

Last year, the Massachusetts Legislature approved \$75 million in grant funding for small businesses grants through the Massachusetts Growth Capital Corporation, which administered the largest state-sponsored business relief program in the nation during the COVID-19 pandemic.

Franklin Future Leaders to Hold Fundraiser June 22

Franklin's Future Leaders encourages and promotes Kindness, Helpfulness and Volunteering throughout their Community, through Projects and Guest Speakers. This is a group of children, boys and girls, ages 4-12+, learning how to help the community and learning how the community helps us! We are a non for profit supported by The Dance Studio and a 501c3. Our group consists of children willing to know the importance of our community, how it helps them and in turn, learning how to help our community.

Franklin's Future Leader projects include Backpacks for Kids, as well as a collection of needed items for the Franklin Food Pantry. Lessons are applied to each month's donations. Our projects also include (d) in November/December, Toys for Tots through the Franklin Police Station

Raffle baskets providing funds for Franklin Senior Center, The Franklin Food Pantry and Fire/Police Stations, Wednesday Wishes (provides free meals for those in need, and A Birthday Present for a child, ages 2-18.

We meet in person monthly, January thru April, with guest speakers coming to our group and speaking with the children.

On June 22nd, we will have Information at our Fundraiser at La Cantina, "Wine Down Wednesday!", 6-8 p.m. Tickets are \$30 per person or \$55 per couple, and it includes pizza and either a glass of wine or a glass of beer. This is open to adults only, space is limited. Parent involvement is required. — tickets will not be sold at the door. Email Cheryl at cas324@msn.com for tickets.

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Franklin Resident, MassBay Employee Reenacts Paul Revere's Ride on Patriots' Day

MassBay Community College facilities manager, Andrew Tobin of Franklin, MA, reenacted the historical ride of Paul Revere on Patriots' Day (Monday, April 18, 2022) as a member of The National Lancers, the Official Mounted Ceremonial Troop of Massachusetts. Tobin, who has been part of The National Lancers since September 1992, has participated in the historic recreation on Patriots' Day since April 1993.

"I have been riding horses and have had horses in my backyard for my entire life," said Tobin. "I have enjoyed my time participating in the Patriots' Day festivities and celebrating with everyone who comes out to see the reenactment in person. It's incredibly fun to engage with the kids, take pictures with them, and feel the excitement from the crowd. I feel honored to ride with and represent The National Lancers and to recognize this great chapter in American history."

Each year, Tobin reenacts either Paul Revere, William Dawes, another minuteman who warned of the invading British army, or a cavalry escort who rode from Boston to Lexington. The reenactment route Tobin rides is determined by which historical figure he plays. The Paul Revere route leaves Boston's North End and ends in Lexington, with several stops along the way in Charlestown, Somerville, Medford, and Arlington. The William Dawes route runs from Roxbury and ends in Lexington, through Brookline, Cambridge, and Arlington. In previous years, Tobin participated in the Lanterns' ceremonial lighting at Boston's Old North Church and a midnight ride to Lexington.

The National Lancers (<https://nationallancers.org/>) have been reenacting the April 19, 1775 ride of Paul Revere and William Dawes since 1904.

Andy Tobin reenacts the his-

toric ride of Paul Revere on Patriot's Day, 2004 (Photo/ Andy Tobin)

To learn more about MassBay, visit massbay.edu

MassBay Community College is the most affordable higher education option in MetroWest Boston, offering a robust portfolio of courses and more than 70 associate degree and certificate programs with flexible day, evening, and weekend classes in Ashland, Framingham, Wellesley Hills, and online. MassBay students receive an unmatched educational value by earning stackable credits that transfer to bachelor's degree programs, and workforce-ready skills necessary to advance careers in high-demand fields such as health and life sciences, automotive technology, engineering, business, cybersecurity, and the humanities. MassBay's Associate Degree in Nursing (RN) and Practical Nursing (LPN) programs were both ranked



as the #1 Nursing Program in Massachusetts in 2020-2021 by national nursing advocacy organizations RegisteredNursing.org, and PracticalNursing.org. Since its founding in 1961, MassBay has been accredited by several governing bodies and remains firmly committed to its

mission of meeting the needs of the diverse local communities it serves. We value the intrinsic worth of all individuals, collectively in pursuit of inclusiveness and prioritize our work towards achieving equity within our community and beyond.

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Franklin Police Announce Promotion, New Hire

This past month we formally welcomed Officer Derek Mackey to the FPD. Officer Mackey joined the department in December 2021 after serving with the Blackstone and Pittsfield Police Departments. Officer Laura Canavan was promoted to Detective and Officer Connor Crosman was promoted to Patrol Sergeant. Congratulations and good luck to Officer Mackey, Detective Canavan, and Sgt. Crosman.



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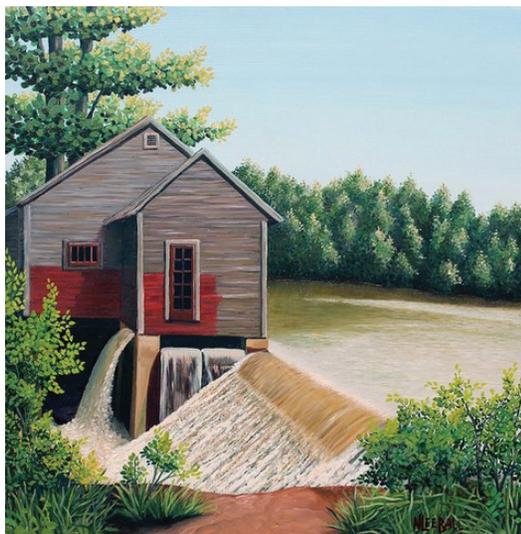
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Franklin Art Assoc. to Feature Painter N. Lee Ball May 4th

The Franklin Art Association's May 4 monthly meeting (held at the Franklin Senior Center as well as on Zoom <https://us-02web.zoom.us/j/7298884226>), will feature demo artist oil painter N. Lee Ball.

Lee creates contemporary oil paintings celebrating overlooked mundane people and places, from images obtained from her travels by car, train, bike, plane, and even comfortable shoes! Born in North Carolina, she was influenced by the rural countryside as well as urban areas. She studied architecture at NC State University School of Design, and then earned a BFA from Meredith College, concentrating in Painting and Sculpture. After relocating to Franklin, she has been teaching students at Danforth Art School and Hopkinton Center for the Arts.

Lee's work has been juried into regional and national shows including the NC Museum of Art, Raleigh Fine Art Society, Morini Gallery, Lexington Art-



walk, Hopkinton Center for the Arts, Danforth Art Museum School, and Cambridge Art Association. Much of her work is inspired by her interest in theatre, museums, and travel. Lee's website is <https://nleeballart.com/>

For more information on the Franklin Art Association, visit <http://www.franklinart.org>. For updates, you can also find Franklin Art Association on Facebook.



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Community Asked to Share Stories as Hockomock YMCA Celebrates 50th Anniversary

This year, the Hockomock Area YMCA is celebrating its 50th anniversary. In celebration of this milestone year, the Y is inviting its members, volunteers, staff and the community to join them for events and special programs.

"We are excited to be celebrating 50 years of impact as the Hockomock Area YMCA," says Jim Downs, CEO of the Hockomock Area YMCA. "This milestone year is an opportunity to honor our Y's rich history and celebrate our present as well as our future."

In 1972, the merger of the Franklin YMCA and the North Attleboro YMCA helped established the Hockomock Area YMCA. The vision at that time, developed by dedicated volunteers, staff and community leaders, was to create a regional, family-oriented non-profit organization with programs and services available for all ages.



Dating back to the early 19th century, the roots of the YMCA were planted in Franklin and North Attleboro where programs were first held in local schools and church basements. More permanent buildings were established through the years. In 1911, a home was constructed for the Franklin Y which was the former Masonic Temple. In 1925, the Grand Army of the Republic building was purchased as the first home for the North Attleboro Y. With the incorporation of the Hockomock Area YMCA in 1972, plans were drafted to purchase a 27-acre plot of land atop Watery Hill in

North Attleboro and the 50-year history began.

"As we celebrate our 50th anniversary, on behalf of the Board of Directors and staff of the Hockomock Area YMCA, we are grateful to continue to serve and strengthen our communities," says Jim Downs, CEO of the Hockomock Area YMCA. "We promise to be here in the days and years ahead to be in the service of making sure people and communities thrive."

At its three full-service facilities in Foxboro, Franklin and North Attleboro, along with an arts and education center in Mansfield, the Hockomock Area YMCA is dedicated to improving the quality of life in the 15 communities it proudly serves.

The YMCA is asking the community to share their YMCA stories to help commemorate their 50th anniversary. Please visit www.hockymca.org/50 years for more information.

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Tri-County RVTHS' Athletic Director Receives "Ted" Damko Award

Over five years ago, Sara Martin accepted the position of Athletic Director (AD) at Tri-County Regional Vocational Technical High School. Martin has been a history teacher for more than 20 years at Tri-County and coached girls soccer, girls basketball, and track and field before her AD appointment.

Martin's passion and dedication is being recognized as she has been selected for the Theodore "Ted" Damko Award from the Massachusetts' Secondary Schools Athletic Directors Association (MSSADA). This award is presented annually to an athletic administrator with 3-5 years of experience who has exemplified the highest standards of their profession and has made significant contributions to their school and community. "Sara is a dedicated and passionate Athletic Director. She is constantly supporting and cheering on our athletes. She is engaged with our athletes during and outside of games, always committed to their well-being. As a coach, I appreciate her support during the seasons, she makes sure that we

always have what we need. She is always brainstorming new ideas to bring in culture to our athletic program. The athletes appreciate her support of them!" says Julie Caffrey, coach and Special Education teacher.

Martin was a three-sport athlete at North Smithfield High School in Rhode Island and a graduate of Providence College. Her dedication to the students' well-being both on and off the field speaks volumes about her character. She feels that education and sports go hand-and-hand. "Sports are an extension of the classroom. The things that students are learning in the classroom, they can take with them out on the field," remarks Martin.

One of the biggest challenges Martin has faced is the uncertainty of the pandemic. With games being canceled and attendance restricted, Martin and Tri-County coaches had to adapt and meet the challenge with passion. "Kids aren't going to remember the scores, wins and losses. They are going to remember the memories that they make



with their teammates," Martin says. This mindset helped the Athletic Department persevere, so the students could continue participating in the activities they love.

"Sara is unafraid to try new things in order to create opportunities for our teams. She communicates in an organized and professional manner. All of the coaches and Sara share a common vision- centered around the

success and development of our student athletes. Put simply, Sara is certainly deserving of all of the accolades she receives," remarked Steven LaPlante, coach and English teacher.

"I'd like to recognize the herculean efforts of my coaching staff before, during, and after the pandemic. They have worked tirelessly to keep kids engaged over the last two years. The amount of time and energy they

invest in their athletes and helping them be the best versions of themselves goes unrecognized. They embody the values of the Tri-County Community and the mission of the Athletic Department," commented Martin.

We extend our congratulations to Martin and wishes for continued success both on and off the field.

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2nd SAFT Critical Conversation Looked at Social Media's Impact on Children

The Franklin Substance Abuse Task Force (SAFT) hosted their second installment of their Critical Conversations series on Thursday, March 24th at the Franklin High School auditorium, via Zoom and on FranklinTV. The night focused on the impact of social media on the social emotional wellbeing of youth.

After an introduction from Rep. Jeff Roy, Keynote speaker Georgia Wells, tech journalist for the *Wall Street Journal*, kicked off the event speaking on the tech companies behind social media and the effects of their platforms on young people. Social media companies, Wells noted, downplayed their research showing negative effects of their platforms on children. The Lieutenant Governor of Massachusetts, Karyn Polito provided additional remarks addressing state level initiatives regarding social media usage aimed at protecting minors who find themselves in serious legal trouble after privately shared photos are made public, and the state's "Be Respectful" campaign.

The event was supplemented by a panel of FHS adjustment counselors Jenn Briggs and Ann Davies, Elementary counselor Rebecca Ballinger, Annie Sullivan Middle School counselor Lizzie Morrison, SAFE Coalition Director Jen Knight-Levine, FHS student Gretchen Scotland and Lily Rivera, Franklin marketing and communications specialist. The panel was curated to offer various perspectives on the topic of social media and was followed by an audience question and



Lt. Gov. Karyn Polito attended the event, discussing state initiatives aimed at legal protections for teens using social media.

answer session led by Dr. Anne Bergen. All spoke of an increase of anxiety in young people and elders modeling balance in time on and off the computer for the young people in their lives.

The context from this event paired well with film-based education program LIKE, which was viewed in wellness 9 and 10 classes, as well as in the high school health and physical education electives. With the fiscal support from the SAFE Coalition, Franklin Public Schools was able to offer free district-wide access to the film for families to view in the comfort of their homes.

The goal of these cumulative efforts is to empower families to feel confident utilizing the knowledge and resources provided from the LIKE screening and Critical Conversations event to work towards establishing a

healthy relationship with social media.

You can learn more about LIKE here: <https://www.thelike-movie.com/>

About the Franklin Substance Abuse Task Force

The SATF is proudly represented by students, parents, administration, faculty, counselors, athletics, SAFE Coalition, medical professionals, SROs, school committee members, and elected officials. The mission of the SAFT is to promote community awareness and education surrounding the issue of substance abuse in Franklin as well as develop substance abuse prevention and intervention strategies in supporting working with students & families, as well as school based and community based prevention strategies.



The Franklin Substance Abuse Task Force presented the second of its Critical Conversations series on March 24th. Here, Georgia Wells, tech journalist for the *Wall Street Journal*, speaks about social media companies and what they knew about their platforms' impact on children.

Franklin to Stamp Out Hunger May 14th

After a 2-year hiatus, Franklin letter carriers will participate in Stamp Out Hunger on Saturday, May 14th. If you have Tomato Paste, Assorted Cereal Boxes 10oz - 20oz, Coffee - Cans or Bags 12oz. - 16oz., Shampoo 8oz-24oz, Conditioner 8oz-24oz, Body / Hand Lotion 8oz- 16oz., Baby Wipes, or Foil / Plastic Wrap/ Ziplock Baggies, place them in a bag and leave them in a bag for your letter carrier where your mail is generally delivered. These items will be brought to the Franklin Food Pantry.

Volunteers are needed. Visit <https://www.signupgenius.com/go/20f0e44afad2bab9-stamp> to sign up.

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Building a Better Playground a Mission for Stall Brook Teacher

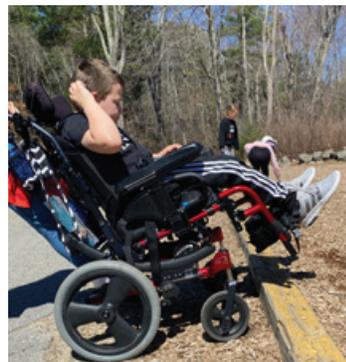
Sensory-Friendly Touch-a-Truck Fundraiser May 14th for Inclusive Playground

By JUDITH DORATO O'GARA

Not all of Stall Brook Elementary's 250 students can enjoy its current playground, and special education teacher Hallie Glassman, has a solution – to build an inclusive playground.

The idea was hatched when Cerah, an Applied Behavioral Analysis (ABA) technician who works with a boy in Glassman's class approached her about trying to add a ramp to get the boy to an adaptive swing.

"This is a sweet boy who absolutely loves to go on the swing at recess. We have one swing bucket he can sit in, but unfortunately, the way our playground is set up, it is very challenging to bring his wheelchair close enough to the swing to safely transfer him," says Glassman. "He's close to 100 pounds, so we have to move his wheelchair to (the one side without posts) and maneuver him over the woodchips to bring him to the adaptive swing." Aside from the swing, says Glassman, "there's nothing for him to do except be pushed around the blacktop."



This little boy, a student at Stall Brook Elementary School, is in his happy place when he's in this swing, but he can't get to it without a lot of help. Special education teacher Hallie Glassman has embarked on a four-year mission to build a better, inclusive playground for him and other students who encounter obstacles to play. Its first fundraiser will be a Touch-a-Truck event May 14th at Bellingham Memorial School.

She and the ABA technicians then discussed various other play obstacles. For example, children who engage in pica always need an adult by their side when around wood chips.

"It really does limit them," says Glassman. "We see typically developing peers and the way they interact with each other. Their interactions change as soon as an adult comes by. We



really want to make sure (all) our students have that opportunity to interact with their peers in as natural a way as possible."

Glassman consulted a playground designer and was told the Stall Brook playground was no longer up to code. Due to a grandfather clause, if a permanent change was to be made, the whole playground would need to be updated to meet current regulations.

"I naively said, well, let's just build a new playground, and no one told me that I was crazy, and now it's April, and we're doing it!" Glassman explains. "The inclusive playground concept has blossomed over the last five years. If you don't think about these things, (i.e...) if you don't need a different surface option, then it doesn't occur to you."

The cost will be substantial, ranging from \$149,000 to \$206,000 for some of the inclusive designs, which incorporate rubber surfacing, ground-based activities, ramp structures, and wheelchair accessibility. Rep. Soter advised Glassman to create a 501 c3 organization for the project, in order to apply for grants. The teacher created a website, www.ourplayability.com, and presented it to her PTO, asking for support. She's also consulted school officials, Bellingham conservation agents and DPW and the school committee.

One parent at that PTO meeting, Manny Toscano, came

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forth with the project's first (of many) fundraisers, a kickoff Touch-a-Truck event at Bellingham Memorial School from 11 a.m. – 3 p.m. on Graduating Seniors! Save the Date! Saturday, May 14th that will feature vehicles, a K-9 demonstration, a Boston Medflight helicopter landing, free pizza, hamburgers and hot dogs and more for \$5 per person or a maximum of \$20 per family.

"I work for the Sheriff's Office as a K-9 officer, and I reached out to a bunch of different law enforcement agencies and a bunch of businesses," says Toscano, inspired by Glassman's passion for the project.

Although Toscano's children are typically developing, his youngest, Joe, was chosen to greet his classmates with special needs. "I was like, 'wow, that's my 4-year-old. He just sees a kid as a kid. You want to try to instill that in your kids, to be helpful to everyone and try to see people for who they are and not anything else."

I want to help, too. When you see kids who can't go out in their wheelchair or their walker and have the same fun and opportunities as other kids, we need to change that."

It's not only the student who is limited by obstacles at the playground.

"The families of children

with disabilities lose out on a lot of opportunities based on accessibility," says Glassman.

Meredith Piotti, of Bellingham, who has three daughters, aged 8, 5 and 18 months, was excited when she heard about Glassman's proposal. Her oldest, Reagan, was diagnosed with the rare inherited disease, Niemann-Pick Type C.

"Starting Kindergarten, her gross motor skills were really lagging her peers', and even when it was just Reagan, we had difficulty finding playgrounds around town that she'd have a good time and be independent at," says Piotti. Reagan, who uses a walker and has a wheelchair, feels more confident on playgrounds with continuous handrails and smooth surfaces, not woodchips, that feature "interactive make-believe spaces where she can sit and play pretend or music instruments with her sisters," says Piotti. Her family often must travel to find those features. "Now that we have three kids, it's especially challenging to find a place where everyone can have fun – and have fun together."

To learn more about the Stall Brook inclusive playground project, visit <https://www.ourplayability.com>, look for "Our PlayAbility on Facebook, or find @OurPlayAbilityMA on Instagram

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FSPA Summer 2022 and Fall 2022-23 Enrollment Open

Franklin School for the Performing Arts (FSPA) is now enrolling for Summer 2022 and Fall 2022-23. The school encourages new families to explore their options for both Summer and Fall.

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 teach-

ers. 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.

In addition to the Summer Session weekly classes, FSPA will hold one week camps including Creative Kids, Acting, Broadway, Little Music School Experience, Rock Out!, and Voice. FSPA will also offer 5 weeks of Summer Theater. Students can sign up for one or more of the offerings. The more students participate, the more they save. June 27-29 for grades 5-12 is Broadway Boot Camp. Broadway Boot Camp brings Broadway's brightest talents to FSPA for song and dance master classes



and small ensemble pieces that have been workshopped during the week. Week 3, August 2-6 is a one week intensive for grades 4-8 and 8-12 that will focus on the rehearsal and preparation of a play that will be performed at THE BLACK BOX. The plays will be selected for each age group based on enrollment. Weeks 4 and 5, August 8-19, culminate with the production of Musical Theater Scenes staged at THE BLACK BOX.

Grades 4-8 and 8-12.

The FSPA Ballet Conservatory will offer two intensives. The pre-professional summer intensive offers a four-week program for the dedicated and serious ballet student wanting to further ballet training and performance skills. A rigorous schedule of classical ballet technique, pointe, modern, dance history, and char-

acter is provided. Students will be divided by their current ballet level for technique, pointe, select variations and choreography to ensure and maintain a challenging curriculum for every dancer. Additional disciplines may vary depending on enrollment and teacher availability. This intensive is for FSPA Conservatory Levels III/IV/V/VI, or by audition for ages 12+. It runs June 27-July 21 (4 weeks) Monday-Friday 9:30-3:00. The three-week "Young Intensive" program is designed to challenge and motivate the young dancer. Instruction in classical ballet technique, pre-pointe, character, modern and dance history is offered. Additional disciplines may vary depending upon enrollment and teacher availability. The Young Dancers Program caters to FSPA Conservatory Levels I (2nd year)/II/III, or by audition ages 8-11. It runs July 5-21 (3 weeks) Monday-Thursday 9:30-3:00.

FSPA is located at 38 Main Street, Franklin MA. To register or learn more, visit www.FSPA-online.com or call (508)528-8668.

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Community Health Systems Foundation Awards More than \$450K to 25 Area Non-Profits

The Community Health Systems, of Attleboro, has awarded \$454,150 to 25 non-profits in southeastern Massachusetts.

The Community Health Systems Foundation, which launched in the fall of 2021, was formed to support the health and wellness needs of the residents of

thirteen towns in southeastern Massachusetts historically served by Community VNA, which merged with HopeHealth in 2021. The inaugural grant goal will assist 501(c)(3) organizations to recover and move on from the COVID-19 Pandemic.

“We are so pleased to be

able to support so many organizations through our inaugural grant cycle,” said Paul M. Lenahan, Foundation President. “These grants, which ranged from \$10,000 to \$20,000 will assist organizations to accomplish a wide range of objectives including, improving facilities to better enhance the ability to provide services to those facing food insecurity, purchasing needed PPE supplies, supporting youth programs curtailed due to COVID, and recovering from financial losses experienced when organizations had to cease operations,” continued Lenahan.

Grants were made to the following organizations: Amego, Inc., American Credit Counseling, Associates for Human Services, Attleboro Arts Museum, Attleboro Cable Access, Attleboro Enterprises, Attleboro Area Interfaith Collaborative, Attleboro YMCA, Boys & Girls Club of Pawtucket (Camp Ramsbottom), Boys & Girls Club of Metro South, Community

Access to Riders (CARS), Farm Fresh RI, Friends of Rev. Larsen Council on Aging, Girls Incorporated of Taunton, Greater Attleboro Council for Children, Hockomock YMCA, Kennedy Donovan Center, Manet Community Health Center (Attleboro), NeighborWorks Housing Solutions, New Hope, Old Colony Habitat, Sturdy Memorial Hospital Foundation, The Arc of Bristol County, The Literacy Center, and Triboro Youth Theatre.

“Our Hockomock Area YMCA is deeply grateful for the recent \$20,000 grant from the CHS Foundation to backfill the large void left from past government funding of our childcare food program,” said Jim Downs, CEO of the Hockomock Area YMCA. “Childhood nutrition is a critical part of our licensed programs, not as a luxury, but as the foundation for health and well-being,” he continued. “Kids simply do not achieve high levels of academic success, physical

and emotional health, or social resiliency when undernourished. We are incredibly thankful for the Foundation’s investment.”

Information about the Community Health Systems Foundation and future grant cycles is available at www.chsfoundationma.org.

About the Community Health Systems Foundation - Located in Attleboro, MA, the mission of the Community Health Systems Foundation is to provide grants to nonprofit organizations, which enhance the community’s capacity to achieve optimal health, wellness, and quality of life.

The Foundation supports 501(c)(3) organizations primarily serving thirteen communities in southeastern Massachusetts (Bristol and southern Norfolk Counties), including: Attleboro, Dighton, Easton, Franklin, Foxboro, Mansfield, North Attleboro, Norton, Plainville, Rehoboth, Seekonk, Taunton, and Wrentham, with a focus in the Greater Attleboro area.

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:

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Viral A cappella Sensation T.3 to return to THE BLACK BOX

THE BLACK BOX will welcome back viral a cappella sensation T.3 on Friday, May 6 at 8:00pm. T.3 is a New York based vocal group composed of Liam Fennecken (School of Rock), Jim Hogan (Waitress), and Brendan Jacob Smith (The Simon & Garfunkel Story). Before their run on America’s Got Talent, they gained popularity on social media platforms with covers of Disney, Broadway, and Pop hits. Both in-person and virtual tickets will be available.

Jim Hogan is a New York City based actor, singer, and musician. His Broadway National Touring credits include Waitress, The Phantom of the Opera, and Spring Awakening. Hogan has performed as a soloist with Symphony Orchestras across the US



and Canada. Liam Fennecken is a proud graduate of the Penn State BA Theatre program. He is an actor, musician, and songwriter living in NYC. He recently toured the US and South Korea in School of Rock, and has toured North America with Once, American Idiot, and Peter Pan 360. Brendan Jacob Smith is an actor, singer and songwriter based in Brooklyn, NY. A recent graduate of Ithaca College, Brendan will be playing Art Garfunkel in the US/Canada

Company of The Simon and Garfunkel Story. He recently finished up his time as a member of Hyannis Sound, Cape Cod’s professional A cappella group, and was seen as Frankie Epps in Parade at The Rev Theatre Company.

Other May shows at THE BLACK BOX include the Broadway in Franklin Revue on May 1st starring Broadway stars Mamie Parris and Alfie Parker Jr. As well as rock band Fair, Yates, Betschart, & McCrossan on May 20th.

Tickets are available at www.THEBLACKBOXonline.com or by calling the box office at 508-528-3370. Follow THE BLACK BOX on social media to stay updated on the venue’s offerings.

Sports

Jette, Goode Mirror One Another On & Off the Diamond

FHS Duo Will Play Division 1 Baseball in College

BY KEN HAMWEY,
STAFF SPORTS WRITER

Jacob Jette and Chris Goode have so much in common it's almost like they should be twins.

Both are Franklin High student-athletes who play baseball, they're senior captains and both will be on scholarships competing for Division 1 colleges next spring. They also have played club baseball for the same length of time (six years). On the academic side, they mirror

one another. Both are honor students who'll be majoring in business administration — Jette at UMass-Lowell and Goode at Merrimack.

Another similarity involves their futures. Both will face one another in college, because UMass-Lowell and Merrimack are annual opponents.

Franklin coach Zach Brown is quick to laud the tandem for their outstanding play last year that helped the Panthers not only

qualify for tourney play, but also get to the sectional final. Jette is a left-handed pitcher and Goode plays left field

“Jacob went 6-1 during the regular season and had an earned-run average of 1.67,” Brown said. “He also struck out 54 hitters and walked only 16 in 38 innings. The moment is never too big for Jacob. He's confident and poised. Able to also play the outfield or pinch hit, he's outstanding on defense.”



Left fielder Chris Goode compiled a .426 batting average for the Panthers last year.

Goode also gets high praise. “Chris is one of the hardest workers in our program,” Brown offered. “He hit .426, knocked in 11 runs and stole nine bases. He's a contact hitter who can also hit for power. Exceptional on defense, Chris is a dynamic player who runs well and is always working on his swing.”

At Local Town Pages deadline, the Panthers had a 3-2 record.

Following is a profile of both players who discuss their goals, their futures and their time at Franklin High.

JACOB JETTE

A native of Franklin, the 6-foot, 165-pound Jette isn't bashful about setting lofty goals.

“My team goals are to win the Kelley-Rex title and the State championship,” he emphasized. “Both are realistic because we've got a majority of veteran players back, losing only six seniors to graduation. We're a talented squad that's got experience and depth.”

Jette's individual goal isn't about surpassing last year's dynamic statistics. It's about improvement. “Getting better and improving on a daily basis is my main objective,” he noted. “If I achieve that, then I'll match or exceed last year's numbers.”

The 18-year-old Jette has a plethora of strengths that should make his final year a success. He's got excellent control, throws an 85-mph fastball to go with a curve and change-up, has a high baseball IQ, is athletic and mentally tough. “I rely on a strong work ethic,” he said. “And, mental toughness helps me to be resilient.”

Jette's passion for pitching is linked to his competitive nature. “I like to control the pace of a game and every at-bat is an individual battle within the game itself,” he offered. “Pitching also creates different approaches. I can be aggressive, patient or analytical.”

A captain who leads by example and by being supportive of his teammates, Jette admires playing for a motivating coach and he's also a fan of a junior

pitcher.

“Coach Brown is a great motivator who knows the game and cares about his players,” said Jette. “He's a role model on and off the field. Alfred Mucciarone, who'll also be attending UMass-Lowell, had only one loss last year. His control is excellent, he's smart, articulate and has a high baseball IQ.”

Jette's best game last year came in the playoffs against Boston College High in the Division 1 South Sectional semifinals. Franklin won, 2-1. “I pitched a complete game, struck out 12 and walked three,” Jette recalled. “I handled the pressure okay and that win built confidence. Unfortunately, we lost in the final to Xaverian.”

Acutely aware that the transition to Division 1 college baseball can be challenging, Jette knows what's needed to succeed.

“One key will be to improve my change-up,” he said. “That's a must to compete against Division 1 hitters. It's important to keep them guessing and to keep them off-stride. I'll also need to improve my strength and conditioning. My work ethic is good, but it has to go to another level because all the players I face likely would have been high school all-stars.”

As Jette's final days at Franklin get closer to the finish line, he knows the days ahead will have some emotion.

“One chapter of my life will be ending and a new one will be starting,” he said. “It's a bittersweet time. I've loved Franklin High and I've had great teammates and coaches. It's been awesome but I'm excited for the future. I'm really looking forward to academics and playing baseball at UMass-Lowell.”

CHRIS GOODE

Also a native of Franklin, the 5-foot-11, 190-pound Goode is optimistic the Panthers can win a State title.

“We've got the right lineup and our new players are not only talented, but also will contribute



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Sports

FHS DUO

continued from page 26

a lot,” he said. “We’ve also got a coach who led the program to a state title a few years ago. Coach Brown puts players in the right positions, and he’s a calming influence.”

As for individual goals, the 18-year-old Goode says he’d like “to become a Hockomock League all-star, improve every day and hit for more power.”

Relying on a relentless work ethic, Goode has all the attributes that make him a key cog in the Panthers’ lineup.

“I’ve got speed and I’m athletic,” he indicated, “and I’d like to think I have a high baseball IQ. I’m also resilient, able to bounce back after a poor at-bat or a loss. I’m aggressive in the outfield, willing to take chances and not afraid to charge the ball. Playing the outfield is fun because I can use my speed to chase down a fly ball or a line drive. And, I’ve got a strong arm that helps me to nail a runner trying to advance.”

At the plate, Goode can be patient and make the pitcher work hard. “I’m more aggressive this year, always looking to swing at the first pitch if it’s near the plate,” he said. “I love going for a first-pitch fastball.”

Goode is a hard-nosed competitor. Injured in pre-season last year, he started the first 10 games as a designated-hitter after hurting his shoulder. “I didn’t play left field during those games, but I was able to swing a bat,” he said.

Calling last year’s 5-4 tourney loss to Xaverian in the tourney as his most memorable game,

Goode excelled on what he labeled “the big stage.”

“I got three hits and turned in two good defensive plays,” he recalled. “It was an experience I’ll never forget. The competition was good — two evenly matched teams. The pressure was on with a big crowd on hand but neither team felt pressured.”

A fan of Brown, Goode also admires two teammates he believes will be major contributors.

“Coach Brown is a motivator who has a tremendous connection with his players.”

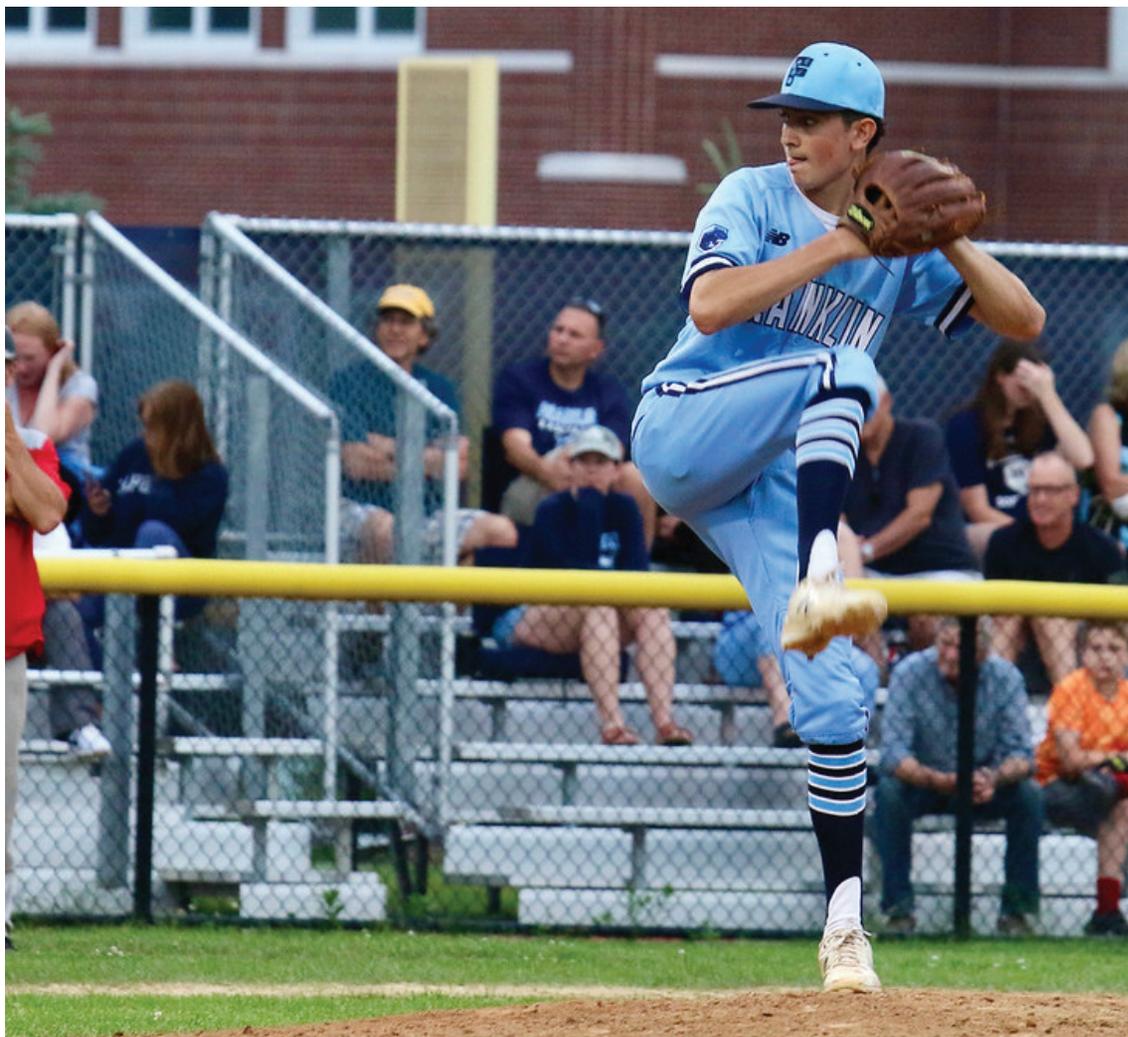
Goode noted. “And, our other captain, Jack Marino, is a smooth second baseman. An exceptional fielder, he’s also a solid contact hitter. Another key is our sophomore shortstop, Henry DiGiorgio. He started as a freshman, making the leap to varsity ball seem easy. He’s an amazing fielder who’s still adjusting to high school pitching.”

Goode knows his adjustment to college baseball will be smooth as long as he checks several boxes. “I have to keep getting stronger,” he emphasized. “Also, I need to develop more power at the plate. My work ethic is strong but to play Division 1 ball means elevating one’s hard work.”

Goode, like Jette, didn’t play baseball as a sophomore because the 2020 spring sports season was canceled due to the pandemic. He’s eager to make his final season at Franklin memorable.

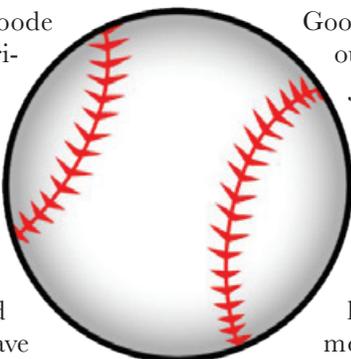
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Goode, like Jette, didn’t play baseball as a sophomore because the 2020 spring sports season was canceled due to the pandemic. He’s eager to make his final season at Franklin memorable.



Left-hander Jacob Jette posted a 6-1 record and had an earned-run average of 1.67 last year.

“The last four years have gone by quickly,” he said. “Soon, I’ll no longer be wearing a Franklin uniform. I’ve had a great time at FHS and the ending will be bittersweet. However, I’m excited about my future at Merrimack. When I’m a freshman there, three former Franklin players will be seniors — Alex Haba, Jack Macchi and Scott Elliott. I hope to have success at that level.”



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Register O'Donnell Reports on March Real Estate Activity in Norfolk County

Dedham -Norfolk County Register of Deeds William P. O'Donnell reported that the March numbers relative to Norfolk County real estate activity decreased as compared to March 2021 but showed an increase over February's numbers.

"Our data indicates that the Norfolk County real estate market in March slowed when compared to March 2021 but has rebounded somewhat when compared to the February numbers", noted Register O'Donnell. "There were 12,402 documents recorded at the Norfolk County Registry of Deeds in March, a 38% decrease from March, 2021 but an increase of 21% from last month.

"The number of deeds for March 2022, which reflect real estate sales and transfers both commercial and residential, decreased by 8% from March 2021 but increased by 58% from February. Sale prices continue to increase compared to last year but now appear to be leveling off. The average sale price in March was \$1,122,863, a 23% increase compared to March 2021 but down 8% from February. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 13% and surprisingly are up 46% from February," noted the Register. "The March number compared to February may be skewed somewhat by a small number of high priced commercial transactions. Four separate sales of commercial properties together totaling over \$200 million dollars were recorded in March. It remains to be seen if this trend continues into the second quarter."

Overall lending activity showed a decrease again for the month of March. A total of 2,399 mortgages were recorded during the month, a 56% decrease compared to a year ago but up 24% from last month. "It appears that many consumers have already refinanced given the past low interest rate environment, although the mortgage activity is starting to pick up from earlier this year, perhaps due to a concern about

rates increasing," noted O'Donnell.

A continuing cause for concern in Norfolk County is the number of foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During March, there were 5 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, one more than in March, 2021. However, there were 11 Notices to Foreclose, the first step in the foreclosure process, recorded in March, down from 16 recorded in March 2021, and down from 27 recorded last month. "These numbers remind us that some of our neighbors are still facing financial challenge," said O'Donnell. "We will continue to monitor these numbers."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, (617) 479-8181 x376, and NeighborWorks Housing Solutions, (508) 587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at (617) 727-8400. Register O'Donnell stated, "If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact (781) 461-6101, or email registerodonnell@norfolkdeeds.org. For more information, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

Commercial Properties

ACTIVE LISTING FOR SALE

844 Franklin St., Unit 5,
Wrentham - \$230,000



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221 West St., Unit 2,
Milford - \$220,000



COMM. OFFICE CONDO

2- Main St., Milford



SOLD

FOR LEASE

480 W. Central St., Unit 2,
Franklin - 1600SF, \$15/SF +NNN



OFFICE

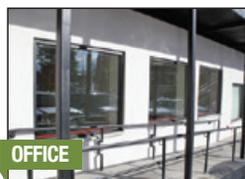
FOR LEASE

9 Summer St., Franklin
Unit 202 - 1417SF
Unit 205 - 879SF



OFFICE

36 E. Central St., Franklin
Units 103/315SF,
105/200SF - \$550/Mo
Includes Utilities



OFFICE

326 Union St, Franklin
2nd Floor 2700SF
\$15/SF
3 Office Spaces



OFFICE

18 Cottage St., Franklin
18-2 455SF - \$750/Mo
18-4 850SF - \$1,000/Mo
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Real Estate Corner

Susan Morrison RE/MAX Executive Realty Number 1 in Market Share in Franklin - 2021

RE/MAX Executive Realty is proud to announce that Susan Morrison from our Franklin office was the number ONE agent in Franklin for Market Share in 2021.

Susan is a consistent top producer in our Franklin office and the entire RE/MAX Executive Realty organization (consisting of 7 locations), attaining a spot in the TOP 5 for the past several years, and the number two position out of 176 realtors in our company in 2021. In addition to her many other accolades, Susan achieved the prestigious Chairman Club status as well in 2021.



Susan has been selling homes for 16+ years and she uses her experience and extensive market knowledge to help families with their real estate needs.

“We are very pleased and proud to have Susan Morrison as part of our organization”, said Bill Wright, President of RE/MAX Executive Realty. “Her success is a direct result of her service to her clients and her contributions to the real estate industry and to RE/MAX. This is really an amazing accomplishment in a challenging year.”

Susan Morrison can be reached at 617-686-8178 susan.morrison1@comcast.net www.saysusansaysold.com



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“Eileen was wonderful to work with and I would definitely recommend her to family and friends. She is extremely knowledgeable and helped us find our home in a very competitive market.”
~Tim & Julie

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<p>19 N. Park Street Franklin</p>  <p>SOLD Eileen Mason</p>	<p>6 Maple Tree Lane Franklin</p>  <p>UAG Susan Morrison</p>	<p>23 Hayden Lane Franklin</p>  <p>UAG Susan Morrison</p>	<p>4 Desoto Way Lincoln, RI</p>  <p>UAG Eileen Mason</p>
<p>46 Wachusett Street Franklin</p>  <p>SOLD Eileen Mason</p>			



Susan Morrison
617-686-8178
susan.morrison1@comcast.net

“I highly recommend Susan Morrison for your realtor needs. As a seller, I found Susan exceptional in her expertise to sell our home. She thoroughly explained every step of the process and was available to us whenever we had questions.”
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The Todaro Team

#1 Team in the company for March



19 Church St.
Franklin



31 Holly Cir.
Weston



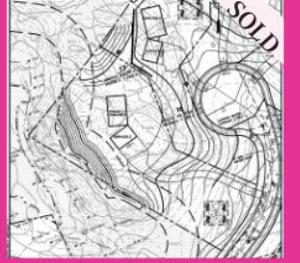
130 Mechanic St.
Foxboro



124 Minot Ave. U:1
Wareham



124 Minot Ave. U:2
Wareham



Amberfields- Lot 17
Wrentham



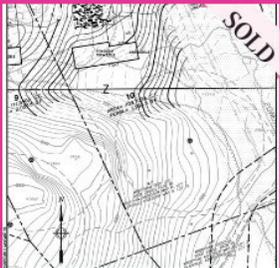
36 Forest St.
Franklin

To all the moms that make a house a home
Happy 
Mother's Day





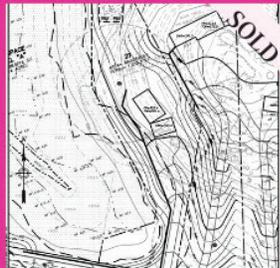
Amberfields- Lot 11
Wrentham



Amberfields- Lot 10
Wrentham



Amberfields- Lot 13
Wrentham



Amberfields- Lot 21
Wrentham



136 Minot Ave. U:2
Wareham



342-344 Summer St.
Franklin



Amberfields- Lot 12
Wrentham



49 Hilltop Rd.
Franklin



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\$425,000



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