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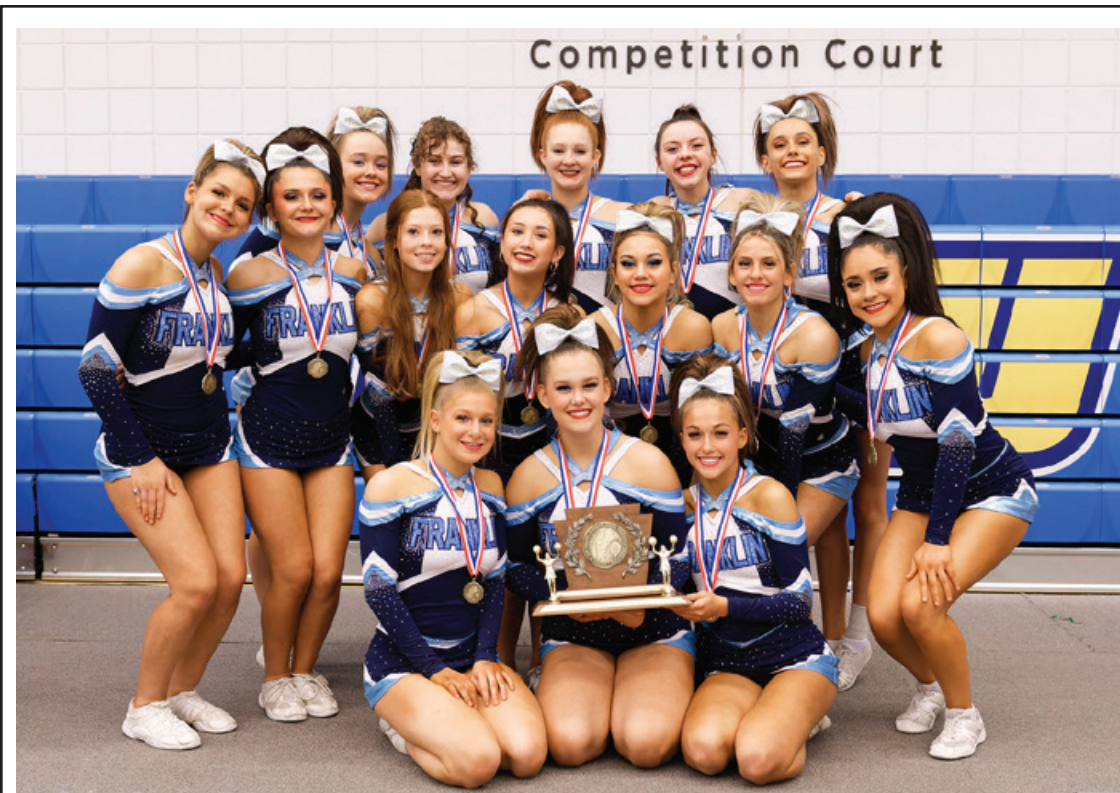


Photo by Geoff Zub

Cheers to Franklin High Cheerleaders!

Congratulations are in order for these hard-working athletes! FHS Varsity Cheer had an undefeated winter season, winning

D1 Hocks, D1 South Regionals, D1 States & D1 New Englands. The team is pictured above at the New England competition

with Senior Captains in the front row, L to R, Megan Love, Kelly Fabian, Ava Remillard.

Coached by Doni Gill.



Franklin Police Leadership Camp aims to build a relationship with 6th, 7th, and 8th graders in Franklin. Children learn about various police specialties, with physical conditioning and team-building in the mix. These past participants got a close encounter with a state police helicopter. Photos used courtesy of Franklin PD.

Franklin Police Leadership Camp Aims to Build Community

By J.D. O'GARA

Looking for something for your Franklin tweens to do this summer? The Franklin Police Department wants folks to know that Franklin Police Leadership Camp is ON again this year, taking place from July 10th-14th for kids going into 6th, 7th and 8th grades.

"It was formerly known as DARE camp," says FPD Of-

ficer Paul Guarino. While in years past, the camp would fill up to the maximum 75 participants, meeting the department's cost for the program, "We didn't run the camp for a few years because of COVID. Last year was our first year running it again, and we didn't fill up."

LEADERSHIP
continued on page 2

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First Annual Ladybug Trail Spring Walk April 15

The Franklin Downtown Partnership (FDP) is hosting the First Annual Ladybug Trail Spring Walk. On Saturday, April 15 (rain date April 16), the Partnership invites residents to walk the Ladybug Cultural and Historical Trail to celebrate spring. Stop by the Franklin Historical Museum or Escape Into Fiction for a free trail map and ladybug surprise. The Museum is open Saturdays 10 a.m. to 1 p.m. and Sundays 1 p.m. to 4 p.m. Escape Into Fiction is open Tuesdays through Saturdays 10 a.m. to 5 p.m. and Sundays noon to 5 p.m.

The Ladybug Cultural and Historical Trail uses ladybug sculptures to tie approximately 25 historical, cultural and business sites together in downtown Franklin. The walk provides an opportunity to view more than 10 art murals painted by members of the Franklin Art Association located in the alleys and the many daffodils that will be popping up along the trail.



Photos used courtesy of Franklin Downtown Partnership.

The purpose of the Trail is to promote economic development in downtown Franklin by encouraging residents and visitors to enjoy all that Franklin center has to offer by visiting, dining, and shopping at downtown businesses while they walk the trail. Since Franklin was once the leading manufacturer of straw hats, the FDP encourages trail walkers to wear their spring hats.

"The Ladybug Trail Spring Walk is a chance to celebrate spring by walking the Ladybug Trail and enjoying all the wonderful shops and restaurants in downtown center," said FDP Executive Director Lisa Piana. "It is another fun way to support our local businesses."

The town of Franklin has a unique connection with the ladybug. In 1974, Franklin's John F. Kennedy School second grade students and their teacher, Palma Johnson, petitioned the bill to name the ladybug the state insect and subsequently witnessed it signed into law.

Members of the Ladybug Cultural and Historical Trail committee are: Pandora Carlucci, Jane Curran, Melanie Hamblen, Eileen Mason, Mary Olsson, Lisa Piana, Beth Simon, and Roberta Trahan.

The Franklin Downtown Partnership is a nonprofit, 501(c)(3) organization made up of more than 360 business owners, community leaders and residents working to stimulate economic development downtown and create a positive impact throughout the area. Learn more about the Partnership at www.franklindowntownpartnership.org.



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LEADERSHIP

continued from page 1

The goal of the camp is to create a fun experience for the children, says Guarino, "but also to show the kids that we're just normal people and build some relationships and break down some barriers with it." Although the Community Service Unit runs the camp, "we have a very strong showing from the Patrol Division," says Guarino. "The Patrol guys all play a role in it."

In fact, Guarino explains that so many officers want to be involved, "we sometimes have a hard time making the schedule." Since FPD can only compensate a certain number of officers per day to work with campers, "A lot of the officers volunteer their own time, because they feel so strongly about it all." The camp fee covers the cost of the program, "with no real surplus," he says.

Each day begins with physical exercise, "strength training and conditioning, team building exercises, field games and drilling ceremonies," says Guarino, "During the camp days, we introduce all different police specialties. We always try to do a K-9 demonstration, and our



In addition to tours of the station, campers play a variety of team-building games.



Franklin PD's therapy dog "Ben Franklin," is a familiar face most days at Leadership Camp.

therapy dog is usually there every day, which is great. We've had a state police helicopter land, and we've had (campers) do fingerprinting and the processing of a crime scene.

"We try to introduce a break that's educational, hands-on learning of some law enforcement things. More recently, a specialized officer, authorized to fly drones, has joined in to teach youth participants about drones in law enforcement, including the PD's need to adhere to the 4th amendment in using this technology.

Different days of the week have scheduled events that focus on team building and leadership, including:

- Monday, tours at the police station, with minute-to-win-it games, team building, Police Department culture of being "only as strong as the weakest person," as Guarino put it.
- Tuesday, as a field day, spent at Meadowlark Field. "There, we just play typical camp games, dodgeball, kickball," says Guarino, "We feel there's a lot of value in just old school basics of team-building games."
- Wednesdays, says Guarino, is a field trip. "Historically, it's been to Water Wizz," he says, although that plan had not been confirmed at press time.

- Thursdays, campers again participate in a field day at Meadowlark Field with additional games.
- Friday includes more field games, adding in a family barbecue at noon and a graduation ceremony.

The camp will run Monday, Tuesday, and Thursday from 8 a.m. – 2 p.m., Wednesday 8 a.m. – 2:30 p.m., and Friday, from 8 a.m.- 1 p.m.

Leadership Camp, says Officer Guarino, allows FPD "to build relationships that otherwise wouldn't be able to be achieved. It's really fun that I see people, kids, all the time that were in DARE camp many years ago, and they still recognize me."

For more information on Franklin Police Leadership Camp, visit the town website at <https://www.franklinma.gov/police-department/pages/leadership-camp>, or scan the QR code accompanying this article.



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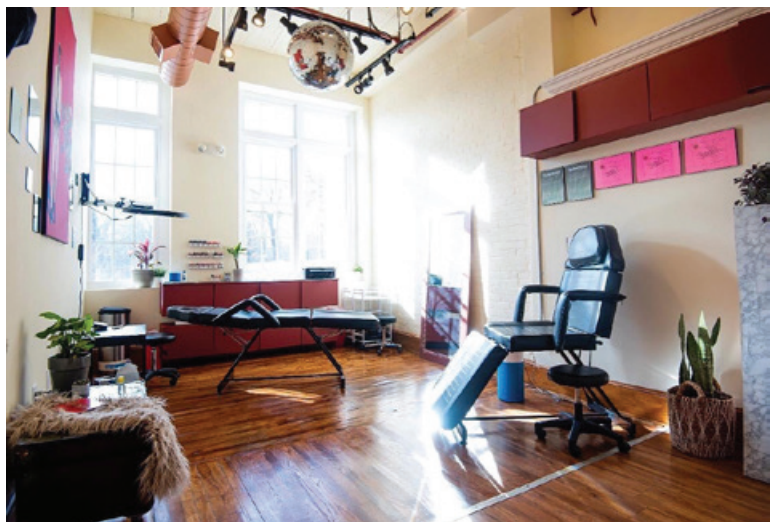
Salon offers permanent makeup, jewelry, and more

Also offers special services for clients with medical issues

One step inside The Glow Factory and you know you're about to have an experience like no other.

The salon and permanent makeup clinic is situated inside a sunny unit at Medway Mills where it offers various salon and makeup services. Permanent makeup (aka "cosmetic tattooing") services include permanent eyebrows, eyeliner, lipcolor, faux freckles, plus camouflaging of radiation marks. They also offer saline tattoo removal, a more comfortable alternative to laser tattoo removal.

TGF owner Jessie Dillon asks, "Wouldn't you love to free up just a little more time for yourself every morning? Wouldn't you love to feel the confidence that a great face of makeup brings you, without ever having to actually put one on? Wouldn't you love to feel more polished, more youthful, and just roll out of bed with your natural beauty enhanced? Wouldn't you love to hit the gym, work a double, chase the kids, or tend to the house, without having to worry if your makeup is wearing off?"



Thousands of people have answered yes, and TGF has clients from all around New England and the northeast.

"We even have one client who flies in from down south every year," says Dillon. "When it comes to getting your face tattooed, you have to go to someone you trust, and these clients get that. They've seen what can happen when you choose an artist based on convenience (which unfortunately happens a lot). All I'll say is, not all mistakes can be fixed, and the ones that can, don't get fixed quickly or cheaply."

Dillon says her clients have "a couple of things in common" and "very little in common."

She explains, "Most of our clients want to save time and energy in the morning. They're frustrated by makeup either not performing or being hard to use. And they want to roll out of bed feeling more confident

& put-together. Otherwise, our clients have very little in common! We're fortunate enough to see clients of all ages, all genders, and all ethnicities walk through our door. We get to meet people with all different backgrounds, lifestyles, and stories, and we can all agree that's one of our favorite parts of the job."

TGF also offers standard salon and skin services such as lash extensions, lash lifts and tints, brow lamination (makes them look fluffier) and tinting, facial and body waxing, and skincare services such as dermaplaning, facials and peels; permanent jewelry (bracelets, necklaces, rings, etc.); and a 100% satisfaction guarantee.

Dillon says the most popular service at TGF is "definitely a tossup between permanent brows, lips, and liner."

Also popular at TGF are services related to clients who have, or have had, medical issues.

"Our permanent brow services are very popular amongst clients who have lost their natural brow hair due to illness or injury: chemo/radiation, alopecia, thyroid issues, etc. We've done permanent eyeliner services on many clients with trichotillomania, who have little to no natural eyelashes left. We've done permanent lip color on clients who have severe scarring along the mouth from previous injuries, to totally reshape the lips. We've done freckle tattoos to camouflage the look of old acne scarring. And we offer free radiation mark camouflaging for cancer survivors, where we turn old gray/black tattooed 'dots' into realistic-looking brown freckles."

The Glow Factory opened in Medway last year and, be-

Business spotlight

Current BOGO special: When you come in for a piece of permanent jewelry (or tooth gems), you are eligible for half off any additional pieces applied in the same session, to the same client.

fore that, was located for many years in Milford where it won the 2022 Business of Distinction Award from the Milford Chamber of Commerce.

Dillon says, "Getting that award made me realize. 'Wow, all of this hard work wasn't

going unnoticed, and we must be doing something right!' I'm very grateful to have found the Chamber; It's been a great resource for me personally and professionally."

Finally, Dillon says, if you want to "wake up

with your makeup," here's the best way to choose the right PMU artist: Read every single review, find their full credentials list, and look at their healed work examples (because permanent makeup looks one way when freshly done, and a totally different way once healed). "You should love at least 70% of their healed work examples. If you can't find reviews, credentials, or healed work examples, there might be a reason for that. We don't expect to be the right studio for every single client, and we're totally cool with that. We want you to go to whoever feels right for you!"

For more information, including a full list of services and specials, modeling and mentoring opportunities, and artist bios, visit www.theglowfactory.net.

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- Faux freckles
- Saline tattoo removal
- Permanent jewelry, including tooth gems
- Special model incentives
- Mentoring program with TriCounty RVTHS and local PMU novices
- Small beauty business mentoring
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If you find yourself in a tax predicament, head to Porthouse Tax Advisors in Medway, Mass. They are a team of experts located at 166 Village Street across the street from the town hall.

Dawn Porthouse, a long-time Bellingham resident, started Porthouse Tax Advisors five years ago, with her main goal being to help people. She has an MBA from Babson College, an MPA from Framingham State University and a business degree from UMass Dartmouth. With nearly 20 years of experience in the financial world, you're in great hands if you go to her with your tax issues.

Porthouse Tax Advisors is a boutique firm which specialize

in helping individuals and business owners deal with tax problems. They help people who owe significant amounts to the IRS navigate the IRS maze. "I speak government," Porthouse says. "We are local and very methodical." The first steps to helping are pulling transcripts and analyzing the severity of the situation.

Porthouse Tax Advisors does not use a "one size fits all" approach. Instead, they will use an individualized approach, where they assess your situation in stages. According to Dawn, "Everyone's tax situation is different. No two are ever the same and require different solutions."

Porthouse states she loves "helping people navigate the complexities of taxes." Her employees are from local communities, and they do not outsource the work. Porthouse Tax Advisors is open year-round, with their busiest season being from February through May. Their



Business spotlight

hours of operation are Monday through Friday, 9:30 a.m. to 4:30 p.m., by appointment only. This way they can ensure each client receives the time and attention they deserve, and no one is sitting around waiting to be helped.

If you are in need of tax assistance, have any questions, or would like more information on how they can help you, contact Porthouse Tax Advisors by phone at (774) 613-2600.

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Franklin Rotary & Clear Path for Veterans Comedy Fundraiser April 22

Lots of laughs, for a good cause! Join Rotary Club of Franklin MA and Clear Path for Veterans New England (www.clearpathne.org) on April 22, 2023 for a fun filled evening of laughs, raffles and more!

Rotary of Franklin MA and Clear Path for Veterans is hosting their first fundraiser together on April 22, 2023, 6 p.m., at

the Elks Lodge, 1077 Pond St., Franklin, MA. Tickets are \$25 for Comedy Show only and \$45 Buffet Dinner and Show, and can be purchased online at https://clearpathnewengland.formstack.com/forms/comedy_show_2023_franklin. Dinner starts at 6 p.m. and show is at 7 p.m.

For over 90 years, Rotary Club of Franklin MA has maintained a positive presence in Franklin and surrounding communities. Rotary Club is a non-profit organization made up of a diverse group of men and women "who come together to create positive, lasting change in our communities and around the world." With your support,

Rotary Club will to continue to provide Education Scholarships, as well as, our many service projects devoted to the elderly and our areas underserved.

Clear Path for Veterans New England (Clear Path NE) is a non-profit organization, established in 2017 with one clear mission – "to build a safe, supportive and respectful place for Veterans to seek the help and resources they need in order to

successfully integrate into their communities." Clear Path will continue to build a community that understands and supports our Veteran's and their families, as they journey home, from military service and return to civilian life with the funds raised at this event.

For more information, feel free to contact Diane Padula at padularotary.com.

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Work on Cultural District's Artsy Boxes to Begin

Franklin Cultural District has selected artists for its Artsy Boxes project!

Franklin is joining in the movement of creating aesthetic utility box art to share with the Franklin community. Franklin artists of all backgrounds were invited to submit their interpretation of Franklin, a vibrant supportive town with lots of historical value. Artists submitted their best ideas for uplifting works of color to fit the locations they will be featured in. Chosen artists and their projects include:

- Bridge Powers and Greyson Higgins (working together on "Love Bugs"), is focused on bugs native to Massachusetts. It has an incorporation of musical elements related to Franklin's art and music program. The bugs are reading books to include a reference to Franklin having the first public library. The rainbows represent how Franklin is progressive and its inclusivity.
- Ren Schultz - "The Library"- is inspired by the books gifted to the Town of Franklin by Benjamin Franklin. This iconic symbol reflects the beginning of education and knowledge becoming publicly available and accessible to anyone.
- Julia Dwinell- "Pieced Together", This puzzle is coming together to create a picture of fun and whimsical tulips. They are a representation of New England's Spring season.
- Shilpa Addiri- "Floral Symphony" is a one stroke art collection celebrating the beauty and elegance of Franklin. It's vibrant colors and intricate details are a unique expression of nature's wonder and joy.
- Molly Dee- "Proserpina" is inspired by the goddess Persephone has been depicted in art through history. In celebrating her, we hope to celebrate nature and it's seasons along with the ebb and flow of life itself.
- Jennifer Labollita - "Hummingbird's Nectar" - with all of Franklin's beautiful collection of birds and flowers, this piece highlights the beauty of watching a hummingbird sipping nectar.

Artwork and assignments were evaluated by the FCD committee and Department of Planning and Community Development (DPCD) for the Town of Franklin. Selected artists will receive a stipend for their work on the utility boxes, which are expected to be painted in April as weather permits. Images will be shared on the Franklin Cultural District website when they are complete.

Locations for the Artsy Boxes will include:

1. (B) Union & Beaver Streets
2. *(C) Main & Pleasant Streets
3. (D) Dean College, Main Street
4. (E) W. Central & Union
5. *(G) W. Central & East Streets
6. (H) Central, Main & Cottage Streets



Lieutenant General Robert "Bob" Joseph Winglass, US Marine Corps (Retired), passed away on Saturday, January 28, 2023 in Melbourne, Florida at the age of 87. Bob was born October 22, 1935 in Cambridge, Massachusetts to Joseph and Catherine (Turowsky) Winglass. He completed grades 1-12, in the public school system in Franklin, Massachusetts. He attended Franklin High School, where he played 4-years of high school football, made many life-long friends, and graduated in June of 1953. Bob then furthered his education at Springfield College, in Springfield, Massachusetts. While in college, he played 4-years of college football, joined the Army Reserves, then transferred into the Marine Corps Reserves and graduated in June of 1957, with a Bachelor of Science in Education (BS). On June 22, 1957, he married the love of his life, Norma-Jean (Weaver) Winglass.

Bob was a loving husband who cherished his wife and family. He loved to play his ukulele for friends, or call up a family member to sing Happy Birthday. Bob truly loved spending time with his children and grandchildren whether out at the lake, celebrating holidays and birthdays together, or taking them on a cruise. He loved cheering at their swim

meets, horse shows, hockey, football, lacrosse, basketball, and soccer games. He was also sure to attend their church contadas, musical theater and marching band performances. Even the smallest of tasks, like walking them to the bus stop or writing them a postcard put a smile on his face. While residing in Maine, one of his favorite pastimes was to take his family to see the Portland Pirates play. Bob was a member of the Freemasons and Anah Shrine. He was also a member of the Eastern Star, Irene Chapter. Bob and Norma-Jean moved from Maine and settled in Melbourne, Florida, where he continued to serve in his community. He truly was an amazingly humble, genuine, and devoted husband, father, grandfather, and great-grandfather. In addition, Bob loved his Marine Corps family and the United States of America and he dedicated his life to public service. He served our nation in wartime and some of the most difficult conflicts of our age and commanded at all levels. In 1957, Lieutenant General Robert Winglass was commissioned as a Second Lieutenant in the U.S. Marine Corps. He began his over 35-year career of active duty service as an Infantry Officer, but was soon shifted to Logistics, Finance, and Material Management. As a commander he led as few as 17 and as many as 10,000 Marines and Sailors at one time. Lt. Gen. Winglass completed his service after serving over 9 years as a General Flag Officer on July 31, 1992 and honorably retired as a Lieutenant General USMC-Retired.

Lt. Gen. Winglass' assignments included Special Assistant to the Assistant Secretary of the Navy, Stock Level Determination and Distribution Manager of Materials in support of all USMC Forces, Financial

Assessment Manager for Marine Corps consumable supplies worldwide, Commanding Officer of a Marine Battalion, and Commanding General of Force Service Support Group consisting of 10 Battalions. In addition to his Bachelor of Science in Education, he earned a Masters of Science (MS) in International Affairs from George Washington University. He also attended the Naval War College, National Defense University, Kennedy School of Government at Harvard University, Industrial College of the Armed Forces, and Defense Systems Management College.

Lt. Gen. Winglass earned many decorations during his service, including the Navy Distinguished Service Medal, Legion of Merit with Combat "V" and 2 Gold Stars, Meritorious Service Medal, Navy Commendation Medal, Navy Unit Commendation Medal, Meritorious Unit Commendation with 1 star, Marine Corps Expeditionary Medal, National Defense Service Medal with 1 star, Vietnam Service Medal with 3 stars, Sea Service Deployment Ribbon with 1 star, RVN Cross of Gallantry with Palm & Frame, RVN Campaign Medal with Device, Expert Pistol Qualification Badge (2), and Expert Rifle Qualification Badge.

Bob's service wasn't over when he took his uniform off and after retiring from the Marines, he embarked on his civil service career and was elected to the Maine House of Representatives where he served four years as a member of the Transportation Committee and Health and Human Services Committee. He was later employed by the IBM Corporation as the Director of the Strategic Business Relationships Team in the Software Division. In June 2011, he was nominated by the state of Maine's Governor and

appointed as the State Commissioner of Labor in Maine, where he served until August 2012.

Lieutenant General Winglass USMC, will receive Military Honors and be laid to rest in Quantico National Cemetery, Quantico, Virginia, on August 4, 2023, at 1030 EST. May he rest in peace. Semper Fidelis.

Bob is survived by his wife, Norma J. (Weaver) Winglass, his three sons, Robert Joseph Jr. and Julie (Goodwin) Winglass, D. Andrew Winglass, Theodore J. Winglass, his daughter, Laura Jean Winglass, his grandchildren Benjamin Milner and Sarah "Liz" Lee Winglass, Stephen James Winglass, Katelyn Ann Winglass, Jonathan Robert and Bridget (Evangelista) Winglass, Ryan and Sarah Lindsay (Winglass) Madrid, Ethan Winglass, Mae Winglass, Joseph Cross and Samantha Riley (Winglass) Quesenberry, Maya Nicole Recupero, and his great-grandchildren Julian Winglass, Maeve Winglass, Jaxon Robert Winglass, Henry Quesenberry, and his Cousins and their families.

He is preceded in death by his parents, Joseph and Catherine (Turowsky) Winglass, his sister Prudence Eleanor Winglass, his Grandparents Joseph and Prudence W. Zvingilas (Micewich) and Joseph and Petronella (Dirgintas) Turowsky; his Aunts and Uncles: Prudence A. (Zwinglas) Upton, Ona (Zwinglas) Kapochy, Alphonse and Antoinette (Karitis) Zwinglas, Anthony and Euphemia (Grigalunas) Zwinglas, Andy and Anne Veronica (Turowsky) Lakus, William and Alda (Turowsky) Slavinsky, Albin and Helen (Lapinsky) Turowsky, Eddie Turowsky, Vito Turowsky, Franklin Joseph and June Turowsky.

Get Ready for the Spring Invasion!

Defend Your Home Now!

TOP FOUR SIGNS OF A TERMITE INFESTATION

Red flags that could indicate the presence of a termite infestation

This year, WPC Pest and Termite Control and the National Pest Management Association (NPMA) are working to spread public awareness about termites during the spring of 2023. With spring on the horizon, termites will begin swarming and could seek out your home for their new nesting space. Because the damage from a termite infestation can easily go unnoticed, WPC

Pest and Termite Control is educating homeowners and offering FREE inspections to help identify the top four signs that signal their home is infested.

“Experts with the NPMA estimate that termites cause \$5 billion in damage every year,” said

Jim Mazzuchelli, owner of WPC Pest and Termite Control. “This could mean a costly repair bill for homeowners if they don’t spot and stop an infestation in its tracks. Unfortunately, most homeowners don’t recognize the signs of an infestation until it is too late.”

While pest professionals don’t recommend a homeowner inspect their home on their own,

there are a few red flags that they should look out for that could signal the presence of an infestation. With the help from experts at NPMA, WPC Pest and Termite is sharing the top four signs that a home has termites:

- 1. Swarmer or Discarded Wings:** Swarmers, also known as reproductives, are young female and male winged termites. In the springtime, after the last freeze, termite swarmers will emerge from their nest to mate and search for a new location to start a colony, which typically includes our homes. Termite swarmers, or their discard-

ed wings near windowsills and doors, are often the first (and only visible) sign of a termite problem.

- 2. Mud Tubes:** Subterranean termites, the most destructive termite species, build mud tubes to provide moisture while they travel between their colony and food source. Mud tubes are most often found near the home’s foundation and look like encrusted, dry dirt similar to the size of a drinking straw.

- 3. Wood Damage:** Termites tend to eat wood from the inside out, so wood that sounds hollow when

tapped often signifies a termite infestation. Additionally, homeowners should also look for blistering pieces of wood.

- 4. Uneven or Bubbling Paint:** Uneven or bubbling paint is often a sign of moisture build-up, which could mean one of two things – water damage or termites.

“If you suspect you have a termite infestation, it is best to contact a licensed pest control expert as soon as possible to stop the damage before it gets worse,” added Mazzuchelli. “It is also recommended that homeowners have an inspection done every year to ensure their home is safe from termites.”

For more information on this pest, or to contact a licensed pest control expert,

Please visit WPC Pest and Termite Control at www.nobugs-nopests.com

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Entrust Your Home to the Hands of a Mom

The Moms Painting Company brightens up your walls and cabinets

By JANE LEBAK

In the era of work-from-home and online meetings, homeowners want to make their homes brighter, more beautiful, and more comfortable. An often overlooked aspect of a home's beauty is interior paint.

Says Melinda Currul, "That's when you need to call The Moms Painting Company."

The Moms Painting Company combines attention to detail with an appreciation for interior design. Their team consists of four moms and two dads, and they give their customers the care that the "mom" title implies.

"Whether we're painting a room or repainting the cabinets, we strive to put the client at peace in their own home," says Currul, who founded The Moms three years ago. "We make our clients comfortable having us work in the house. We've even had clients leave their children with us!"

One of the Moms, painter Courtney DeLuca, emphasizes the personal touch. "I really enjoy making someone's home what they want it to be. Seeing the final creation brings me joy."

While most homeowners think of "painting" in respect to the walls, the Moms have found a better way to spruce up a home: painting the cabinets and woodwork.

"A lot of older homes have wooden cabinets, but that look is really out," says Currul. New cabinets cost tens of thousands of dollars, though, so homeowners resign themselves to oak or maple. Currul adds, "They don't realize, our painters can make those cabinets look brand new for a quarter the price."

Cabinet work freshens up the look of an entire kitchen. Currul explains, "The cabinets come down, and we remove all the hardware, labeling everything precisely." This is where attention to detail is very important. "We'll sand, degrease, and apply two coats of a special bonding primer. We then apply a self-leveling paint that works to acquire a superb evenly coated cabinet."

Currul experimented with several bonding primers before identifying the best. Additionally while some painters spray the cabinets for efficiency, Currul

achieves unique results using a special roller. "Our rollers work to attain a solid finish with absolutely no brush marks. All of these aspects together, along with our talented painters provide the homeowner with a beautiful, like new set of cabinets without the high cost of installing them brand new."

Currul's team also updates wooden trim.

"These same homes often have brown trim at a time when everyone wants to go to white. To get it done right, we use all the same steps as with cabinets. We need to use the right primer, and then we caulk and fill all the holes in the woodwork."

Updating a home's appearance is an investment in the home's value. Currul says, "Where times are tight, people still want to feel happy in their homes, but without having to do a complete renovation. Painting their cabinets or their brown trim white will immediately increase the value of the home."

Of course, homes are not just investments. They're the stage for our lives. Moms painter

Irena Cascella says, "I've had a long relationship with a paintbrush. It's an honor for me to make your walls a beautiful backdrop for your memories."

Melinda Currul started Moms Painting after years of community involvement in Medway and the surrounding towns. When her children were smaller, she volunteered on community boards, coached cheerleading, and organized the MEPTO road races.

**Business
spotlight**



Before photo (above), After photo (below).



With her children older, she leveraged those organizational skills to start her own company. "A mom is a person who can multitask, and our business taps into that. We return calls within hours. We arrive when we say. We complete work in the scheduled timeframe, and if something comes up, we let you know right away."

Moms Painting guarantees 100% satisfaction. Currul stresses, "If someone's had a call back for a touch-up, we're right there."

This attention to detail pays off. Currul says, "I started the business small, but because of word-of-mouth and repeat business, we've increased sales five hundred percent."

Currul says, "It's amazing the changes you can accomplish with paint. No one—and I mean no one—gets a job done like a mom."



Ready to learn more about The Moms Painting Company? You can find The Moms at <https://www.momspaintingcompany.com> and on Facebook at <https://www.facebook.com/momspaintingcompany>. Or you can call (617) 304-6654 to jumpstart your home's brand-new look.

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Senior Spring College Checklist

Attention seniors: The finish line is in sight! Up to this point in time, the college process has been very structured- with steps laid out in a logical fashion to help students stay on task and focused. When spring arrives, so does senioritis and the distractions that come with it. Yet, there are still important items that need to be on the student's radar the last few weeks of school. Here are a few useful tips to follow in the months of April and May:

1. May 1st is National Decision Day: For students who applied Early Action and Regular Decision, May 1st is the deadline to make their final college decision, send a deposit to one college, and officially enroll in the student's choice college. Although, it is good practice to confirm the admission deadline with the school that the student has decided upon. Also, if the student has been waitlisted from their top choice college, contact the Admis-

sions Office to ask what the policy is for students on a waitlist.

2. Attend Accepted Student Visit Days: As detailed in last month's article, this special visit opportunity is designed to give potential new students an opportunity to take a closer look at the school, meet students who may enroll, and learn more about the academic program and the extra-curricular offerings. Most events require pre-registration, and the program can fill up quickly. Remember, take notes and compare top criteria. This is also the perfect time to have the final family conversation- make sure you are all on the same page as far as college choice, logistics, tuition costs, and opportunity. Free Resource: email tracy@mycollege101.com for a copy of our college criteria comparison spreadsheet.

3. Send in Final Transcript: Final grades are always evaluated by the colleges. Though infrequent, colleges may still rescind their admissions offer if there has been a dramatic decrease in grades, new reports of unacceptable behavior, or misrepresentation of information on any college application. Details are usually in the acceptance letter. Advice to students: Just keep doing your best and finish the year strong.

4. Compare College Costs: For so many families, college costs are a major factor in making the final decision. Before a student accepts an offer:

- a. Compare college costs (without loans) for each college. Free resource: email tracy@mycollege101.com to receive our cost comparison spreadsheet.
- b. If a student/family needs to take out loans, understand the estimated monthly costs after graduation. The Federal Student Aid is a great resource that offers tools to determine loan amounts/payment plans: <https://studentaid.gov/loan-simulator/>

c. Keep debt to a manageable level. Many financial experts suggest student loans should not exceed the students first year's salary, post graduate, using \$50,000 as the average salary.

5. Inform Colleges if Student Decides to NOT attend: Students should contact each college to which they have been admitted and will not enroll. Simply send an email to the Admissions Office, thank them for the acceptance and kindly let them know you will be attending another school. A student on the college's waitlist list will thank you!

6. Keep on top of Emails: Most high school emails will disappear on graduation day. Students should move any important emails to a personal email account. Additionally, the student should send their new contact in-

formation to their chosen college so as to not miss any important emails over the summer about orientations, housing options, course registration, etc.

7. Keep Searching for Scholarships: Continue to look, through senior year in college, for other sources of funding for your college—it's a four-year financial commitment. There are many scholarship opportunities available.

As author Cathy Bramley said, "This is about your future. No one else can make the decision for you." Good luck and enjoy your next adventure - college!

College 101 Admissions Consultants LLC. Website: www.mycollege101.com. Email: tracy@mycollege101.com. Phone: (508) 380-3845.

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Your Money, Your Independence

Peak Earnings Years Are Your 50's - Parents Maybe, You... Not So Much.



Glenn Brown

earner in the United States per the monthly Current Population Survey (CPS), conducted jointly by the U.S. Census Bureau and the Bureau of Labor Statistics.

Given your earnings at 32, you may believe a similar trajectory of promotions and compensation will occur over the next 10 years into your "peak earning years".

Let's find age 52 to see the Top 10% earn over... \$150,222.

Wait a minute, must be a mistake.

How about age 51? \$160,822.

Look, if you're head of a division or executive entering your 50's, you're exceeding. But by age 55 or older, you're also in the ~1-3% of workforce at that age in those positions.

As I explain to new clients in their late 30's and 40's, ageism is real in corporate America. Some dismiss it, so I ask, "How many peers on your level or above are in their 50's?" They answer, "There are some". Next I ask

"How about over 55?". It's then that I get a pause with realization.

Several things can be done, start with 3 foundational steps.

Act As If. Apologies if you hear Ben Affleck's voice, but act as if you're at peak earnings today. What would you be doing differently? Do you save more? Do you invest differently? Is there a career change? Would one of you in the household take a risk to work for a start-up, start a small business or become self-employed? How are your future income streams?

Budget. I know, it's a dirty word. Especially in dual income households making \$250-400K. Yes, we all need our "play hard" moments and/or family experiences, but has a once or twice a year indulgence become a monthly habit because you can?

Effective budgets are not envelopes, obsessive tracking or family meetings, but running a Cash Flow Analysis and review every 6-12 months to see if the

projections are your reality. A proper analysis should show projected net free cash flow after all categorized expenses, taxes, and automatic savings allocations.

Savings Prioritization. In conjunction with your Cash Flow Analysis, you should have a clear rationale of where your savings are going. There is balancing between what's for today, the next 1-2 years and for the future unknown.

Is it 401k, HSA or FSA, 529 plans, IRAs, Roth, brokerage, bank, down payment, emergency or an upcoming experience? Defined percentages or amounts are best, however it's more important to understand the purpose for prioritization and impact of your choices.

In closing, if you've done a financial plan see if the income

assumptions are only adjusting for inflation and not bumping up in your 50's or worse, remaining constant until 65. If you haven't, consider a Certified Financial Planner that can help you build, execute and monitor.

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. He 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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A myth young professionals face from family, peers, marketing and even financial professionals is that your peak earning years are in your 50's. There's trouble with this assumption in a financial plan. Let me explain.

Do you make over \$162,051 a year?

If you're age 42, then congratulations you're a Top 10%

It's Ann Arbor v. Franklin -

Contest to Discover America's Strongest Town

Ann Arbor, Michigan and Franklin, Massachusetts will face off in the first-round bracket of the Strongest Town Contest, with voters from across the continent deciding which will advance to the Elite Eight round of this March Madness-style tournament.

The Strongest Town Contest spotlights and celebrates communities that are continuously becoming more resilient and prosperous through bottom-up action.

The winner of this year's Strongest Town Contest will receive accommodations for a representative to attend the Strong Towns National Gather-

ing in Charlotte, North Carolina, where they will receive an award and serve as an honored guest. Strong Towns will also produce a special video about the winning community for a national audience, holding them out as an example of how cities can build their economic resilience from the bottom-up. The contest is modeled after the NCAA March Madness tournament, with communities advancing in single-elimination match-ups each week throughout March and early April.

The winner will be announced Friday, April 14.

For more information, visit strongtowns.org/strongesttown.

Thrift Shop Open at Franklin Federated Church

Franklin Federated Church's Thrift shop is open Wednesdays 4-7 p.m. and Saturdays, 10 a.m. to 1 p.m. each week. Visit <https://www.facebook.com/franklinfederated> for information. 171 Main Street.

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BLACK BOX Jazz presents a Big Band Brunch with The Kenny Hadley Big Band on Sunday, April 23 at 12 p.m. The critically acclaimed 16-piece ensemble, led by drummer Kenny Hadley, boasts masterful musicians with performance ties to Big Band legends Woody Herman, Count Basie, Stan Kenton, Maynard Ferguson, Buddy Rich, and more. The Kenny Hadley Big Band has shared the stage with such notables as The Count Basie Orchestra and The Duke Ellington Orchestra and has hosted guest soloists including Clark Terry and Louie Bellson.

Brunch begins at 11:45 am, with music beginning at noon. Brunch includes assorted Mini Quiche, Bacon, Waffles, Fresh Fruit, Yogurt & Granola, Bagels, Muffins, OJ, and Coffee. In addition, there is a cash bar with Mimosas and Bloody Marys available. Visit www.THEBLACK-BOXonline or call the box office at (508) 528-3370 for tickets and more information. Follow TBB on Facebook (THE BLACK BOX Online) and Instagram (@the_black_box_online) for updates.

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The b.LUXE *beauty beat*

b.LUXE Visits Mexico for 5th Scholarship Trip

BY GINA WOELFEL

We're back from our trip to visit our sister school, The Martello Instituto de Belleza in Cancun, Mexico, a cosmetology academy owned by Cinthia Martello! Fourteen of the b.LUXE team made the trip this year and, as always, Cinthia and her students treated us like family and welcomed us with warmth and excitement! We toured the school, met the students, and saw the amazing work they've been doing there. It's always so exciting to see the progress the students have made.

We've now visited The Martello Institute five times, and each visit is just as rewarding! It's no surprise that The Martello Institute holds a special place in our hearts. Thanks to Heather Cohen's initiative in 2016, b.LUXE employees have had a chance to give back through philanthropy - perfectly encapsulating our workplace values of community outreach and generosity at its very core.

We believe that education is paramount for personal growth and the key to unlocking a better future. We're so excited to be part of that journey for so many of these students. To date, b.LUXE has given 13 individuals the gift of a beauty career, and is honored to provide some of the resources and professional training necessary to make their dreams a reality.

This was one of our largest salon groups to travel to Mexico and we decided to teach a class on hair extensions. We brought enough supplies to provide all 18 students with an amazing swag bag that included flat irons, professional hair care products, makeup and styling tools. To give our class an extra boost, Heather treated them to a complete hair extension kit from Bellami Hair with enough supplies for the entire class to master the cutting-edge trends of the hair extension industry. Our trip was made all the more remarkable thanks to the generous support of Masello Salon Services, Goldwell and J Beverly Hills - three distributors who we are forever grateful for!

Our holiday had it all - beautiful beaches, delicious meals and time to relax, unwind and reconnect. It was the perfect blend of business and pleasure with days spent laughing 'til we could laugh no more and every step on the warm, soft sand reminding us how lucky we are to work side-by-side each day.

Our travels together proved the strength of friendship - how it can solidify us on our path and encourage great accomplishments. It's a lesson in both personal relationships and professional pursuits that will stay with us forever.



b.LUXE
hair & makeup



Scan for this month's specials!

We're counting down the days till we see our Martello sisters next year! Their welcoming spirit and kind-hearted nature was a blessing we won't soon forget

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Living Healthy

Milford -Franklin Eye Center World-Class Eye Care Closer to Home

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

Milford-Franklin Eye Center has been providing eye care to the community for almost 5 decades. Our mission is to deliver state-of-the-art eyecare by physicians, surgeons and optometrists who are predominantly from the community, live in the community and dedicate their careers to serving the community. During the past decades we have performed hundreds of thousands of procedures, many of those are complex and are only available in Boston. We serve everyone in the community, regardless of insurance coverage, race, or disability. Our practice physicians are local and are available daily for emergencies and difficult cases. Other practices do not do the same and often times the provider you see in those

practices is not even a physician. If they have physicians, they are only there sporadically. When it comes to eyecare, ask your friends and neighbors who is the best? Your eyes deserve the best.

Are all eyecare providers equal? Unfortunately, they are not. For example did you know if you have cataract surgery in a practice with no local ophthalmologist present daily you may end up referred to Boston in an emergency? We have you covered as our ophthalmologists (eye physicians/ surgeons) are local and available on a daily basis. Did you know that our practice is the only practice taking calls for our local emergency room at Milford Regional Hospital? The only practice! Other practices refuse to take call. We have been doing the same for 5 decades and are dedicated to you.

Milford Franklin Eye Center has a better vision for your eyes and is dedicated to our community. Our ophthalmologists have performed hundreds of thousands of surgeries, have lectured nationally and internationally and trained junior physicians and other ophthalmologists from prestigious academic institutions. Choose wisely- Your eyes deserve the best.

With offices located in Milford, Franklin and Millis (Millis Eye Center), and soon a new satellite office in Hopkinton, our own award-winning surgery center in Milford and a support staff of 60, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery

Center of Milford. No longer need to travel miles and hours to have cataract surgery! Three experienced eye physicians/ surgeons and 5 optometrists are here to deliver comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel far away for eyecare or surgery, call us for a second opinion.

Have you wondered where do other physicians and even ophthalmologists go for their eyecare and surgery? You guessed it! We have been privileged to care for other physicians and we have operated on other ophthalmologists. Those who know best about eyecare and surgery have consistently chosen us for their care and continue to do the same.

Our practice is proud to offer the latest and best in medical and surgical ophthalmology. For glaucoma we have the latest in selective laser trabeculoplasty to reduce eye pressure and offer Durysta implants to reduce dependence on eye drops. We also use stents and other procedures with cataract surgery to lower eye pressure and manage glaucoma. Our surgeons were the first surgeon in the area to offer bladeless laser assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford. We have the only fellowship trained pediatric ophthalmologist in the area. We have the only dedicated optical shop offering a boutique style frames and glasses for our precious and unique little eyes. Our vitreoretinal specialists are world-renowned and have written the books on retina eye care. They have also trained other students and fellows in this field.

We are particularly proud of our surgery center, the Cataract Surgery Center of Milford. This facility is in your backyard and is proud to offer world class cataract surgery closer to home: Here in Milford. Our surgery center passed certification and accreditation by the most rigorous State and National accreditation agencies.




Cataract surgery is all about better precision, more safety, and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and Vivity lens implants. We have trained local and out-of-state surgeons on how to perform cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches.

We are also proud of our 5 optometrists who deliver comprehensive and routine eyecare to our community and for the entire family. They are all accepting new patients and they have a zero-wait time appointments. They are here to help daily, with availability of late and Saturday appointments. All our optometrists work under the direct supervision and immediate access to our ophthalmologists/ specialists.

We are equally proud of our optical shop which is the only local shop to have its own dedicated lab and can cut and finish your glasses while you wait. Our shop is run by an optician with 4 decades of experience.



MILFORD - FRANKLIN EYE CENTER

			
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Free Easter Musical Coming Up in Franklin

The Church of Jesus Christ of Latter-day Saints (LDS) congregations based in Franklin have been hard at work preparing to celebrate Easter by performing a musical production: *Savior of the World: His Resurrection*, with a cast of more than 75 actors, singers, and instrumentalists. Through music and drama, the production recounts the events following the Resurrection of Jesus Christ.

Savior of the World was commissioned by The Church of Jesus Christ and premiered in 2000 at the Church's Conference Center Theater in Salt Lake City, UT. Franklin's cast and orchestra are drawn from talented members of the local LDS community with full costuming, set, sound, and lighting.

The public is invited to attend a one-hour performance on April 7th or April 8th from 7-8 p.m. at the LDS chapel at 91 Jordan Rd., Franklin. Admission is free, but because of limited seating, requires a reservation at savioroft-heworldtickets.org.

Mary Diehl, the production's director states: "I was privileged to be in the 2006 Cast in Salt Lake City and I'm excited to bring this amazing production to Franklin for Easter 2023! *Savior of the World* portrays the Savior's appearances to Mary Magdalene, Mary Mother of James, Cleopas and Disciple, Peter and the Apostles, and Thomas. As they become witnesses of Jesus' resurrection, so does the audience come to know Him better."



Scan here to reserve free tickets!

First Universalist Society in Franklin Renewed as Unitarian Universalist Welcoming Congregation

The First Universalist Society in Franklin (FUSF) is pleased to announce that it has once again received its annual renewal from the Unitarian Universalist Association as a Welcoming Congregation. In 1993, FUSF voted to become a Welcoming Congregation and has maintained their status ever since. This means FUSF works hard to make sure lesbian, gay, bisexual, transgender, and queer people are accepted as full members of our faith community. Being welcoming also means striving for radical inclusion, and creating spaces that honor every part of our identities, backgrounds, and experiences.

To receive designation as a Welcoming Congregation, FUSF has to complete the "5 Practices of Welcome Renewal" every year. This past year, FUSF completed these requirements by conducting two LGBTQIA+ worship services, recognizing LGBTQIA+ Days of Observance, hosting two Out MetroWest LGBTQIA+ workshops,



donating to OUT MetroWest, and supporting the Franklin LGBTQ Alliance with donations and volunteers for Franklin's Celebrate with Pride Day.

The FUSF Welcoming Congregation Team is responsible for leading the annual certification process. Some of their members are pictured below with Reverend Beverly Waring, FUSF's Interim Minister.

FUSF will hold its annual Pride Service on June 4, 2023. All are welcome and invited to attend. Details of this, or any service, can be found at fusf.org.

For inquiries please contact: Rev. Beverly Waring, Interim Minister First Universalist Society in Franklin 262 Chestnut Street, Franklin MA 02038 Minister@fusf.org or call (508) 528-5348

Holy Week Services at St. John's & Grace Episcopal

You are invited to join in Worship and fun with us at St. John's Episcopal Church in Franklin and Grace Episcopal Church in North Attleboro:

Palm Sunday – April 2 at 10 a.m. at St. John's & livestreamed to Grace

Maundy Thursday with foot-washing – April 6 at 4 p.m. at Grace

Stations of the Cross – Fri, April 7 at 12 Noon at Grace

Good Friday Liturgy with Veneration of the Cross – April 7 at 7 p.m. at St. John's

Easter Egg Hunt – Sat, April 8 at 10 a.m. on the lawn at St. John's

The Great Vigil of Easter – Sat, April 8 at 7 p.m. at St. John's (begins outside)

Easter Day – April 9 at 10 a.m. at Grace

St. John's Episcopal Church, 237 Pleasant Street, Franklin
Grace Episcopal Church, 104 N Washington Street, North Attleboro

For more information, call (508) 528-2387, email rector@StJohnsFranklinMA.org, like us on Facebook and Twitter, or visit www.stjohnsfranklinma.org.

Living Healthy

EYES

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Dean College Presents April Theatre and Dance Performances

The School of the Arts and the Joan Phelps Palladino School of Dance at Dean College will perform a number of productions in April, including the Theatre Senior Showcase, Dance Theatre Showcase and Dance Company.

The School of the Arts at Dean College will feature the talents of senior theatre majors in the Theatre Senior Showcase on Friday, April 14 and Saturday, April 15, 2023 at 7:30 p.m. Featuring scenes, songs, and monologues, the annual Theatre Senior Showcase is a celebration of the class of 2023 and the cohort's formal introduction to the professional theatre community.

The Joan Phelps Palladino School of Dance will feature the talents of senior dance majors in the Dance Senior Showcase on Friday, April 21 and Saturday, April 22, 2023 at 7:30 p.m. Creating a performance from the ground up, our talented senior dance students will share their choreography, performance, and production expertise in this annual collaborative showcase.

The Joan Phelps Palladino School of Dance will perform Dance Company from Thurs-

day, April 27 through Sunday, April 30, 2023. Award-winning faculty and guest choreographers will showcase the impressive talent of our dance majors through a mixed bill of new and restaged dance works, ranging in style from hip-hop to jazz dance, tap to modern and ballet. The Dean College production of Dance Company will take place at 7:30 p.m. Thursday through Saturday, with 2:00 p.m. matinees on Saturday and Sunday.

All three productions will take place in the Main Stage in the Dr. Paula M. Rooney Student Center at Dean College, 109 West Central Street, Franklin.

Dean College welcomes children and families to all of our performances, provided patrons have complied with all safety guidelines. However, infants and children under 2 years of age are not allowed in the theatre, and children under the age of 16 must be accompanied by an adult. All patrons must have their own ticketed seats; lap sitting is not permitted.

To learn more about the shows and to purchase tickets, visit www.dean.edu/boxoffice.

Putting One Foot in Front of the Other for a Cause

Franklin Resident to Run Boston Marathon for MGH Pediatric Cancer Team

Franklin resident Carolyn Kuehnel is running the Boston Marathon, again, but this time, for a cause that's near and dear to her heart – to benefit the Massachusetts General Hospital (MGH) Pediatric Cancer team that helped her son, Freddie when he was just 10 months old and diagnosed with juvenile myelomonocytic leukemia (JMML) in April of 2021.

“He is cancer free now, and I'm running in an effort to give back to the clinic team that has taken such good care of him,” says Kuehnel, who also has two older sons, Arthur, 4, and Henry, 6, in addition to the now-2-and-a-half Freddie.

Kuehnel ran the Boston Marathon for the first time for a different charity in April of 2016, with no intention of ever doing it again.

“It was a bucket list thing for me, and it was incredible. I trained hard, I ran smart, and I had the very best time. The weather was perfect, and the day could not have gone better,” says Kuehnel, who saw a sign for MGH team signup one day when she was at the oncology clinic with her son. “At the time, my son was just not stable, so I knew it wasn't the right time to run. Life was chaotic enough. I

kind of kept it at the back of my head, and once he was doing better, the opportunity came about and I just had to jump at,” she says, admitting, “It will be very different from seven years ago. I've had three babies since then, and trying to raise three babies and work full time does not make for great training. I might be crawling my way to the finish!”

Kuehnel has no short supply of perseverance, however, something that should help her on Marathon Monday. All that her family has gone through, during COVID-19 to boot, has prepared her to go all the way. What began with a Newton Wellesley ER visit culminated in an admission to MGH and a diagnosis for Freddie on April 15, 2021.

“The only cure was a stem cell transplant,” says Kuehnel, noting that neither her husband, nor her sons, nor she was a match, and that the donor was anonymous. “He had his transplant on August 4th and was in the hospital for eight or nine weeks. It was tough, as we were both still trying to work at the time as our health insurance was through my husband's job.” Kuehnel, a pediatric psychologist, also runs a practice in Franklin that she did not want to shut down.

“Once he got sent home from the hospital after his transplant, at that point, he basically had no immune system and so all these germs were around. We were encouraged to pull our other sons out of daycare and could not have anyone in the house to help us,” says Kuehnel, likening the experience to the COVID-19 lockdown all over again. “It's one of those things, I say to people all the time, you don't have time to process trauma when you're living it. It's only when you look back. We just kept putting one foot in front of the other. It's my perspective now, but it was all worth it, because he got better, and he had time for his body to heal. He's gotten COVID and he's fought it; he's gotten the flu and he's fought it. It wasn't easy, but it was worth it, and I just want to do whatever I can to give back to this team that helped us



Carolyn Kuehnel is shown here with her “little superhero” Freddie, aged 2 ½, who was helped by the Mass General Hospital's Pediatric Cancer team. She's running the Boston Marathon this year in their support. Photo by MGH Photographer Michelle Rose.

so much, not just with my son's medical care but my husband and I emotionally through this whole thing. We just felt so taken care of.”

Kuehnel also has a great cheer team on Marathon Monday, lauding the support of her husband, and her little sons. “They know Mommy's training for a marathon, and they know that means I have to run for a very long time,” says Kuehnel.

You can keep apprised of Carolyn's marathon training here at <https://www.instagram.com/onefoot415/>, or visit Carolyn's fundraising page at <https://www.givengain.com/ap/carolyn-kuehnel-raising-funds-for-massachusetts-general-hospital/#timeline>.

Carolyn is one of 33 residents of Franklin registered to run the 127th Boston Marathon, which will take place on April 17th, 2023. Other Franklin residents registered at press time include: Katherine Tamsett, Meg Hagen, Christopher Quinn, Kevin Tucceri, Rob Duncan, Riley Fickett, Brock Leiendecker, David Haverty, James Roche, Justin Oconell, Mikhail Salkinoy, Leah Meehan, Sarah Mackay-Montville, Ashley Tighe, Jamie Tighe, Brandon Baia, Kevin Ranahan, Brianna Cummings, Dara Oneil, Timothy Oneil, Tiffany O'connor, Rita Carroll, Lisa Caci, Mary Clermont, Megan Plant, Laura Dombroski, Nicole Leslie, Katherine Bogigian, Jesse Medeiros, Michele Grieves, Donald Palladini and Lauren Shank.

For more information on the event, run by the Boston Athletic Association, visit <https://www.baa.org/races/boston-marathon>.

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Town Administrator Notes

Local Town Pages will discuss town updates with Franklin's Town Administrator, Jamie Hellen, each month.

Franklin Reaches 200 Acres of Open Space

"We just finally hit 200 acres at the registry of deeds in the last year," says Hellen, pointing to the 70-acre Maple Hill purchase of dense forest, trails, and animal habitat, as well as the purchase of the Schmidt Farm parcel at 113 acres.

"The Schmidt Farm parcel was the largest piece of land left in town that wasn't a golf course," says Hellen, "As fate would have it, when the town announced in the winter that the Schmidt Farm

had been recorded at the registry, the Dalzell family, that had 17 acres right next to Schmidt Farm, on the town line, on top of the hill, called up and offered the land for \$250,000.

They probably could have gotten a pretty substantial amount of money, but the family was dedicated and never wanted it to be developed. That 17 acres got us to 200," says Hellen, adding that, "on the clearest of days, from that property, you can probably see the top of the Hancock. I don't think anyone would have ever thought that the town would have purchased any open space rather than 200 all in one year. It's a testament to the Community Preservation Act."

Help Keep Franklin Beautiful!

Earth Day Weekend, April 22nd and 23rd

Franklin's annual Earth Day cleanup will be held on Saturday, April 22, 9 a.m. - 12 p.m. at Beaver Pond parking lot. Trail maps with clean-up sites, trash bags, and gloves will be distributed on site. Free tree saplings will be available. Volunteers are needed! All those who wish to register can do so on the Recreation Department online registration (<https://franklinma.myrec.com/info/default.aspx>) under EARTH DAY 2023

The Franklin Conservation Commission with the Department of Public Works, Department of Conservation & Recreation, and Franklin Agri-

cultural Commission, will also be holding an Earth Day event on that Sunday, April 23 at DelCorte Reservation Area, 459 Pleasant Street, Franklin, (overflow parking available at 337 Pleasant Street and other side streets) from 9 a.m. until 1 p.m. The event, for families and children, will include a woods walk, compost bin signup, vegetation ID, vernal pool exploration, turtle talk, pollinator information, stormwater information and invasive species control information. For more information, reach out to bgoodlander@franklinma.gov or (508) 520-4847.

FISH of Franklin Seeks Volunteers

Nonprofit Offers Rides to Medical Appointments for Franklin Residents

FISH of Franklin's mission is helping Franklin residents get to their medical appointments – and volunteers are needed.

Originally founded in England, the Franklin chapter of FISH was created in 1973 after a meeting of townspeople at the Federated Church. It is a nonprofit organization run completely by volunteers. People give their time to either drive or answer telephone calls. They schedule and arrange for drivers to transport clients to and from appointments. They have driven as far as Boston and Providence, and locations in between such as Milford, Upton, Walpole, Welles-

ley and Norwood Hospital. The name comes from the ichthus - the ancient Greek symbol used by early Christians. In those early times, the fish symbol was a secret sign for a safe haven.

Those requesting rides can request up to two rides to medical appointments per month, and the names of all those requesting rides are kept confidential.

If you are interested in volunteering for FISH, call Chris at (508) 553-3023.

If you are a Franklin resident who needs a ride to a medical appointment, call FISH at (508) 528-2121.

Budget Hearings

Budget hearings for the Finance Committee – May 8-11

Budget hearings for the Town Council Budget – May 24 & 25

"The big issue in the future is finance in the school district. They have a huge decline in enrollment. At the peak in 2008, they had 6,500 kids. Today it's 4,700. That's 1800 kids in the district lost in 15 years."

At press time, Hellen was reviewing applications for the Davis Thayer Re-Use Committee, which will form for the rest of this year to look at what the future of that property could be. Committee appointments will be decided sometime this month, and the committee will

have a dedicated page on the town website.

Housing Concerns

The town of Franklin has currently met the threshold of 10% Affordable Housing to avoid state-forced 40B construction, but Hellen pointed out, at press time, that only four Franklin properties were up for sale. The lack of affordable housing, he says, is a crisis.

Hellen hopes to secure more funding to fund a development at Franklin Ridge, across from the police station.

"We have \$5 million secured, but we need \$30 million," says Hellen. "I've been doing lobbying, talking with Rep. Jeff Roy,

Congressman Jake Auchincloss. Any funding mechanisms to get this going are critical. Even if you secure the money, it takes years to build." Hellen notes that he believes local government "is not where (the issue of) housing should reside. It's too expensive to be done under Proposition 2 1/2 and state and federal government really need to figure a way to spur development. Everyone wants housing, but they don't understand how expensive it is to build."

Hellen hopes state funding will spur federal funding to get the project moving.

Interfaith Teen Climate Change Group Continues Monthly

Join us on the first Sunday of each month at 7 p.m. On April 2, we'll continue planning our Earth Day celebration. We are specifically focused on Climate Justice (mitigating the effects of Climate Change on the poorest people of the world and our community). All young people are welcome, regardless of religious affiliation.

St John's Episcopal Church, 237 Pleasant Street in Franklin.

For more information:

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FPS Mental Health & Wellbeing Task Force Takes on Stress Awareness Month

Critical Conversations Event April 26th to Shed Light on Student Stressors

April is Stress Awareness Month, and the Franklin Public Schools Mental Health and Wellbeing Task Force is proud to host the 2023 Critical Conversations event shining a spotlight on student mental health. This event will take place on Wednesday, April 26 at 7 p.m. in the auditorium at the Franklin High School, 218 Oak Street, Franklin, MA and will also include information and resources shared throughout the month on the

Franklin Public Schools Twitter and Facebook pages.

Through the hard work of our Mental Health and Wellbeing Task Force, and with the results of the MetroWest Adolescent Health Study we know how many of our kind, caring, and bright students are struggling with their mental wellness. The greater Franklin community is invited to hear about how their children and peers are experiencing their own mental health chal-

lenges and learn ways adults can support their development.

“Too many of our young people are hiding pain behind smiling faces; too many are struggling with the stresses of daily life. We invite you to come to hear what they have to say about what they are experiencing in life today,” says Dr. Anne Bergen.

A recent poll taken at the high school highlighted these areas as current top stressors for our students:

- 81.1% School/Academic Expectations/Grades
- 37.2% Sports/Extra Curricular Activities
- 35.4% Friends/Relationships
- 26.7% Parents/Family

Jennifer Levine, President and Co-Founder of the SAFE Coalition, will kick off the evening with facts, figures and insights regarding the state of Franklin regarding mental health, substance use disorder and contributing risk factors. We are

honored to feature the voice of Franklin High School graduate Nicole Clermont. Nicole is a gifted athlete, academic and advocate who will share how her rise in athletics through Division 1 high school and collegiate experiences impacted her mental wellbeing. Her story is powerful and introduces us all to view the student’s journey through a new lens. Nicole will be followed by a panel of educators, community members and students who will offer a kaleidoscope of perspectives that underscore the many lenses through which we view the landscape of student and community health. We will close with information on how to access resources, tools and support for those interested in learning more.

Up to date information for this event will be available on the Franklin Public School’s website, (<https://www.franklinps.net>), Twitter (@FranklinPSNews) and Facebook (@Franklin-SchoolDistrictMA) pages.

Speaker/Host Bios: Nicole Clermont graduated

from Franklin High School in 2018 as a 4 year Varsity Track and Field and Cross Country runner, serving as captain of Cross Country her Junior and Senior Year and captain of Track & Field her Senior year. Nicole holds the school record for the 4x800 and the 5k, and was 11x Hockmuck Champion, 3x Hockmuck League MVP, and National Qualifier. During her time at FHS, Nicole was a member of the Spanish National Honors Society, Peer Leader Group, 40% Club, and the S.A.F.E Coalition.

After high school, Nicole attended Boston College and ran Varsity Cross Country and Track and Field for the Eagles. During her time on the Heights, Nicole was the 2019 USATF Junior National Cross Country Champion, earning her the opportunity to race for Team USA at the 2019 IAAF World Cross Country Championships. Nicole was a part of the BC Student

FPS

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FPS

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Athlete Advisory Committee, as the Marketing and Communications director from 2019-2022. Nicole graduated from Boston College Magna Cum Laude in May 2022 with a Bachelor's Degree in Applied Psychology and Human Development, and a minor in Philosophy. Nicole worked at the Hockomock YMCA as a camp counselor and the Director of Choose to Be Nice. Nicole is now pursuing her Masters in Theology at the University of Notre Dame as a part of the ECHO Graduate Service Program. Nicole currently works at St. Peter the Apostle Church in River Edge, NJ as a Faith Formation Associate as she pursues her Masters degree.

Jennifer Levine is a graduate of both Franklin High School and Framingham State University and began her career in the field of mental health in 2008. Starting in Massachusetts, she worked with adults in recovery from mental illness and later worked with adolescents in the foster care system in southern California. During her time in California her work primarily focused on implementing a groundbreaking three-year health and wellness state research contract dedicated to developing alternative holistic therapies to encourage behavioral and emotional self-regulation, increasing family relationships, and decreasing the use of psychotropic medication. In 2014, She began a doctoral program at Pacifica Graduate Institute in Depth Psychology with

an emphasis on Community, Liberation, and Eco-psychology. Upon moving back to Massachusetts, she returned to working with adults in recovery and is dedicated to supporting those in the community who are affected by opioid addiction.

For more information please contact Paula Marano at maranop@franklinps.net

Franklin Public School Mental Health and Wellbeing Task Force is proudly represented by students, parents, administration, faculty, counselors, athletics, SAFE Coalition, medical professionals, SROs, school committee members, and elected officials - who share a commitment towards raising awareness of mental health and wellbeing challenges in our community.

23 Local Firefighters Graduate from State Fire Academy

Career Recruit Firefighter Class #S31 Graduated March 24th

State Fire Marshal Peter J. Ostroskey and Massachusetts Firefighting Academy (MFA) Director Jeffrey P. Winn presented certificates of completion to 23 graduating recruits on March 24th, 2023, at the Department of Fire Services' Springfield campus.

The recruits of MFA Career Recruit Firefighter Training Class #S31 represented the fire departments of Barnstable, Bellingham, Dudley, East Longmeadow, Falmouth, Franklin, Greenfield, Haverhill, Ludlow, Springfield, Westfield, and Westminster. They include Belling-

ham Firefighter Adam Carlson and Franklin Firefighter Nicholas Brosseau.

Video will be posted to the Department of Fire Services' YouTube channel (<https://www.youtube.com/user/DFSOSFM>).

The MFA provides recruit and in-service training at three separate campuses for Massachusetts firefighters and has graduated about 14,000 firefighters in more than 450 classes.

Editor's Note:

Due to premature release of a press release that had not yet been signed off by all appropriate parties in the Franklin Public Schools Mental Health and Wellbeing Task Force, *Franklin Local Town Pages* printed a story last month regarding a speaker event co-sponsored by the SAFE Coalition. This event will take place as part of a larger campaign planned for April in recognition of Stress Awareness Month.

Thank you for your patience and understanding. We apologize for any confusion.

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Franklin Knights' Food Card Fundraiser Online through April 16

Knights Will Also Set Up Table after Masses April 1 & 2 at St. Mary Church

The Knights of Columbus (Sacred Heart Council - St. Mary Church in Franklin, MA) is holding our annual Spring Fundraiser for those who are in need. ALL proceeds will benefit the St. Vincent de Paul Society. The Knights will have a table set up outside the church after each Mass at St. Mary on Palm Sunday weekend April 1st and 2nd. We will be selling Stop & Shop gift cards (5% of sale benefits St. Vincent DePaul Society).

In recognition of significant need, we are also suggesting a second way you can share your generosity: by donating one or more of the gift cards you purchased (100% of donated cards benefits St. Vincent). Simply drop a purchased gift card into the Donation Box.



ONLINE GIVING OPTION: If people would prefer to contribute online, please visit our Website: kofc1847.org/food-card-drive-donations Online orders will accept Credit Cards. (Please note that the website will accept donations for this food card drive until April 16.)

We thank you in advance for your continued support and charitable giving for those less fortunate

Not just for Newcomers . . .

Come join your Franklin friends and neighbors at the Franklin Newcomers and Friends Club April Meeting. To accommodate one of our favorite speakers, we made a date change. Join us on Wednesday, April 5th at 7 p.m. to hear updates from our Town Administrator, Jamie Hellen. We're hoping to also have our School Superintendent, Lucas Giguere, but are awaiting confirmation from him. Don't miss this opportunity; bring your questions!

Join us at Escape Into Fic-

tion Book Store, 12 Main Street, Franklin at 7 p.m. Light refreshments will be served. Come early and browse/shop the store or grab a bite beforehand nearby.

No need to be a newcomer to the area, come make connections in your community. We are a multi-generational, member-driven organization, offering a wide range of activities, and are always excited to welcome new faces and new ideas. Residents of Franklin, or any surrounding town that doesn't have a Newcomers Club, are welcome

to join us. We are so thankful for the generosity and kindness of April Rock, Owner, Escape Into Fiction. Teachers especially should know that she keeps a Teacher Wish List at the register. All Teachers are welcome to sign up. If you are a teacher, April is an amazing resource for you and your classroom.

Look for us on our Meetup and Facebook pages for more information. <https://www.meetup.com/Franklin-Newcomers-Friends> <https://facebook.com/FranklinNewcomersFriendsClub>

Franklin's Arts & Culture Listening Tour Continues April 28

The Franklin Town Council Ad Hoc Subcommittee for Arts & Cultural Initiatives continues this month, and you're invited.

Creativity and Culture are important tools in community building. As the Town of Franklin embarks on the Master Plan update process, it is the perfect time to spotlight our creative community and create space to

have an authentic conversation regarding the future of Arts and Culture, which is why the Franklin Town Council has established this Ad Hoc subcommittee. Your feedback and ideas will be used to inform the direction of arts and culture in the town for the next 10-15 years.

The next meeting will be April 28th, from 9-11 a.m. at Franklin

Public Library meeting room.

Next month, on May 19th, the group, including Ted Cormier-Leger, Vice Chair, Cobi Frongillo, Chair, and Melanie Hamblen, Clerk, will meet with residents at Escape Into Fiction, at 12 Main St., Franklin, from 10 a.m.- 12 p.m.

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SheGrooves Celebrates Women's Voices at Circle of Friends April 1st

Using our Voices for Positive Change: A Celebration of Empowered Female Musicians!

SheGrooves will perform at the Circle of Friends Coffeehouse in Franklin on Saturday, April 1st, at 8 p.m.

SheGrooves is Boston's premiere female contemporary band. Groove-based, Neo-Soul and fierce, this group of Berklee College of Music women aims to represent modern female musicians. This family-friendly public event will explore how women historically have used their voices for positive change within the world. SheGrooves repertoire currently includes original tunes as well as unique covers of Joni Mitchell, Aretha Franklin, as well as jazz greats, Nancy Wilson and Dianne

Reeves. We aim to inspire and empower communities to celebrate, elevate and respect the female voice.

This is a FREE show thanks to grants from the Massachusetts Cultural Council, but please email coftix@gmail.com to reserve seats. Thanks.

The Circle of Friends Coffeehouse is a non-profit organization affiliated with Franklin's First Universalist Society. Concerts are presented in a smoke free and alcohol free environment at the Society's handicapped accessible Meetinghouse, 262 Chestnut St. in Franklin, and begin at 8 p.m.; doors open at 7:30 p.m. Beverages and gourmet desserts will be available. Please visit <http://www.circlefolk.org/> for more information.



Circle of Friends Coffeehouse

Saturday, April 1st, 2023 • • • 8pm

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This program is supported in full by grants from Franklin, Norfolk, Medway, Bellingham and Wrentham Cultural Councils, local agencies that are supported by the Mass Cultural Council, a state agency.

Franklin Art Association Welcomes Kim Morin Weineck April 5th

The FAA is excited to announce that multi-art media artist *Kim Morin Weineck* will be presenting at the upcoming 6:30 p.m., April 5th monthly meeting at the Franklin Senior Center. The public is invited to attend this exciting presentation.



Kim is an artist working in all fine art mediums. She belongs to local art associations and is a Signature Member of the Pastel Painters Society of Cape Cod (PPSCC). Kim's work is widely collected, and she has won numerous awards, most notably for excellence in landscape at For Pastels Only for 2020 and 2018

and Best in Show for the PPSCC 2018 annual juried exhibit.

A graduate with distinctions from Massachusetts College of Art and Design, Kim enjoys teaching classes and workshops around the country. Her work

can be found at Gallery 9 in Norwood, MA, Zullo Gallery in Medfield, MA, the Design Center at the Franklin Mill Store in Franklin, MA as well as other changing venues. She lives in Norfolk, MA with her husband and two daughters and is often inspired by her local landscape. For more examples of her work see www.kimweineck.com.

The Franklin Art Association is supported in part by the Massachusetts Cultural Council, the Franklin Cultural Council and the Franklin Cultural District. www.franklinart.org, and on Facebook and Instagram.

Franklin Garden Club Features Program on Drought Tolerant Plants

The Franklin Garden Club will sponsor a program on "Gardening with Drought Tolerant Plants" on Tuesday, April 4 at 7 p.m. at the Franklin Senior Center, 10 Daniel McCahill Street, Franklin, MA. The program will be presented by Warren P. Leach, co-owner of Tranquil Lake Nursery, Inc. in Rehoboth, MA. The program is open to the public at no charge.

A noted landscape horticulturist, Leach will discuss the types of plants that are most likely to do well in dry, hot summers, as have occurred recently in New England, due to climate change

He will also provide landscaping ideas as well as suggestions for maintaining and caring for these plants.

Leach is a two-time award winner of the National Landscape Association's Regional Merit Award for excellence in residential landscape design. Over the years, he has conducted programs for more than 30 organizations, including the Horticulture Magazine and New York Botanic Garden Design Symposium, Worcester County Horticultural Society, and Ar-



nold Arboretum.

Tranquil Lake Nursery is noted for its bearded iris and daylilies. Leach has exhibited at the New England Spring Flower Show and earned numerous awards.

Among his published articles is "Some Like It Hot and Dry" that appeared in the June 15, 1996 edition of American Nurseryman.

The Franklin Garden Club, founded in 1987, became a member of the Garden Club Federation of Massachusetts in 2015.

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Sports

Franklin Youth Wrestling Wraps Up a Great Year

By J.D. O'GARA

After a year where the team didn't place, Franklin Youth Wrestling set a goal to win it this year, ending with a marvelous finish in the top three out of all the teams in New England.

"We were able to finish in the top three, which is a pretty big achievement," says Frank Mahoney, who, along with fellow assistant coaches Cam Kelly and Jake Morris, works with head coach Carmine Colace.

Mahoney explains that all the Franklin teammates wrestle for New England Gold Wrestling Club.

After dominating in the Mass SouthWest sectionals, members of the Franklin Youth Wrestling showed up well at states, moving on to an impressive record in the New England Championships on March 18th.

In the 10 and under division, Tony Woodall took first place, at 52 pounds, with his brother, Nick

Woodall, in 2nd at 56 pounds. Jackson Mahone took 2nd place at 77 pounds, and Tommy Marinella placed 3rd, at 108 pounds.

From the team's 12 and under division, Ryan Briggs took 5th place at 123 pounds, and two team members placed in the 15 and under competitions, with David McNally taking 5th at 100 pounds and John Woodall placing first at 88 pounds. Four other wrestlers from the team competed and earned the team points. They include

Jacob Bramson, Thomas McCoy, Tate Hosford, and Rocco Caruso.

Earlier, in Sectionals, eight members of the team placed. For 12 and under, Jackson Mahoney in first place in Sectionals at 73 pounds, Ryan Briggs also in first place at 123 pounds, Tommy Marinella at 4th place at 100 pounds and Frankie Pasquerosa taking third Place at 111 pounds. For the 15 and under division at sectionals, John Woodall took



To cap off Franklin Youth Wrestling's great year, John Woodall finished 2nd in the country at nationals at Virginia Beach, winning his first four matches before falling to the champion.

first place at 94 pounds, David McNally took first place at 100 pounds, Jacob Bramson took first place at 118 pounds, and Roman Caccavelli took 5th place at 130

pounds. The 10 and under team did very well at states, with Kayden Healy in 1st place at 48 pounds, Coen Hosford in 2nd place at 50

pounds, Tate Hosford in 1st place at 65 pounds, and Thomas Giffune in 1st place at 70 pounds. Tony Woodall and Nick Woodall also each placed first at states, respectively at 54 and 56 pounds.

Assistant Coach Mahoney points out that this was the first time three brothers, the Woodall brothers, placed in the New England Finals in the same year.

Mahoney, noting, at press time, that John Woodall was headed to Virginia Beach to compete at Middle School Nationals. At press time, John Woodall, the fifth Franklin wrestler ever to make it to the national competition, placed second at Middle School Nationals at Virginia Beach. "Everyone (on the team) feels very confident," says Mahoney, "and I should point out Franklin has always had a dynasty wrestling team under Coach Colace, although not recently. When (these wrestlers) get to high school, it's going to be something to look forward to."



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Sports

Tanner's Grit Big Plus for FHS Girls' Lacrosse

Midfielder Earned Scholarship After Soph Season

By KEN HAMWEY,
STAFF SPORTS WRITER

Jamie Tanner personifies grit, mental and physical toughness and resilience. She could also be a poster child for dedication and devotion to the task at hand.

A midfielder for the Franklin High girls' lacrosse team, the 5-foot-4 Tanner is relentless, always on the move covering lots of territory in an effort to spark the Panthers.

A captain, the 18-year-old senior puts personal statistics aside, preferring to focus intensely on her team's unity and overall chemistry.

But, what truly makes Tanner a breed apart is the way she's handled an injury that she's dealt with during her sophomore and junior seasons. Finally getting a prognosis after two years, she underwent surgery for compartment syndrome last October.

"Compartment syndrome involves muscle damage around the tibia and fibular bones in the shin area," Tanner said. "The muscle gets too tight, and it creates pain. I played for two seasons with the condition in both my legs before I had surgery. I spent four months in rehab, undergoing physical therapy. I'm thankful that I'm about 95 percent back."

Despite the pain, Tanner managed to score 21 goals and register 10 assists as a sophomore. Moved to defense last year, she still contributed on offense, scoring seven goals and getting an assist.

Regardless of her injury history, a scholarship offer to play lacrosse at Sacred Heart University in Bridgeport, Conn., came after her sophomore year.

"I first played lacrosse at age five in Franklin's youth league, and I've played at the club level for 11 years," Tanner noted.

What the coaches at Sacred Heart obviously liked was Tanner's high lacrosse IQ, her athleticism, mental toughness and endurance. The scholarship is also for her academic excellence — she's a National Honor Soci-

ety student in science.

"I love playing lacrosse, because it's up-tempo, physical and it demands a strong work ethic," she said.

Franklin coach Kristin Igoe admires the attributes Tanner brings to the table, and she's looking forward to having her at full strength.

"Jamie is a gritty player who works hard all over the field," Igoe emphasized. "She's aggressive and always plays with a team-first mentality. Jamie wasn't at full strength last year, but she's worked to get back to 100 percent for this season. I expect her to be a strong leader and player for us in the midfield. She's tenacious and one of our hardest-working players on and off the field."

Tanner's goals this season are a testament to her team-first approach.

"I want us to be united with great team chemistry," she said. "I also want us to qualify for the tourney and aim for a state title. As for myself, I just want to be in the best shape possible and play without pain."

Franklin's opening match was March 30 at home against Leominster, a game played after Local Town Pages deadline.

A native of Franklin, Tanner says her best game and her top thrill in lacrosse came in losses to Westwood and Bishop Guertin of Nashua, N.H. "I scored the tying goal to make the score 5-5 in the State final against Westwood in 2021," she noted. "But, we lost in the final 10 seconds, 6-5. Although it was disappointing with a big crowd on hand, everyone on our team played to the final whistle, giving great effort. The ride to Nashua to play Bishop Guertin was special. I felt such wonderful bonding and team chemistry. It was a family atmosphere."

Calling Franklin's State title chances this year "realistic" because of the team's talent and athleticism, Tanner knows the Panthers have players who'll step up and contribute.



Franklin High's Jamie Tanner focuses on defense in match against Attleboro.

"Katie Peterson is our other captain," Tanner said. "She's a strong two-way midfielder who's athletic and dedicated. She's a leader on and off the field. Our other five seniors will also contribute and excel. They include Kaitlyn Carney, Lindsay Atkinson, Riley Cross, Payten Crandall and Grace Nesbit."

Tanner also lauds her coach, who's also worked with her at the club level. "Coach Igoe is a terrific motivator," she offered. "She emphasizes improvement in practice and always considers everyone's strengths."

An honorable-mention Hockomock League all-star last year, Tanner plans to be a captain who leads by example and is communicative and supportive. "Every player's voice will be heard and all positions on the team will be valued," she said. "And, if we're all on the same page, a state title can be won."

Tanner plans to major in physical therapy at Sacred Heart. "The coach said as long as I'm prepared and rely on a strong work ethic, I'll get to play as a two-way midfielder," she offered.

Besides lacrosse and the National Honor Society, Tanner is a member of the Red Cross Club and Connect for Cancer.

Calling her brother Grant, who deals with epilepsy, and parents (Kim and Jack) role models for their support and encouragement, Tanner relies on a competitive philosophy that stresses winning, reaching one's potential and having fun.



Jamie Tanner earned a scholarship to play lacrosse at Sacred Heart University after her sophomore season at Franklin High.

Tanner is a competitor whose team-first approach would be welcomed by any coach. She's missed some games, she's played hurt, and she's been sub-par in many contests.

A healthy final season would be a fabulous gift and she's acutely aware of what that would mean. "Good health is my No. 1 personal goal," she emphasized.

Jamie Tanner is a leader on and off the field. She's also a leader for tomorrow.



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Coming Up at the Franklin Senior Center

The Franklin Senior Center is located at 10 Daniel McCahill Street, Franklin, Mass. Reach them at (508) 520-4945.

Take a look at our February Senior Connections Newsletter (<https://www.franklinma.gov/franklin-senior-center/pages/connection-newsletter>) to see all the fun happenings at the Franklin Senior Center!

The Senior is back fully open, and we can't thank everyone for the patience and understanding during the construction!

April 2023:

- April Showers Bring May Flowers Party on Friday April 21st at 11 a.m. Live Entertainment by Jazz Trio Plowman Fisher and a delicious luncheon. \$6/person
- Don't miss the spring performance of the Senior Players on Tuesday April 18th and April 25th. Starts at 11 a.m., doors open at 10:45. Limited seating available so sign up now!
- Pizza and Movie Night showing 80 for Brady starring Sally Fields, Jane Fonda, Rita Moreno, and Lily Tomlin on Thursday, April 13th at 4:30. \$3/person

- Mobile Food Pantry on Wednesday, April 12th at 11 a.m.- Come to receive a bag of stable items, choice of protein, and dairy items!

- Rain Garden Workshop with the Franklin DPW on Tuesday, April 18th at 1 p.m. Discussing the installation and maintenance of a rain garden: site selection, native plant choices, benefits, and more!

Coming up in May-

- Don't Be a Beachball weight loss competition: Join us for a 6-week motivational and healthy weight loss competition! \$5/person and chances to win prizes if you have the highest percentage of weight loss! Starting on June 1st through June 9th. Includes weekly programs to help you on your weight loss journey and weekly weigh-ins at the Senior center.

- Our annual Cribbage Tournament on Wednesday May 17th, inquire for more information.

Franklin & Bellingham Celebrate Resurfaced SNETT Trail Section

On March 25th, residents of Franklin and Bellingham gathered for an exciting event – the ribbon cutting ceremony for the newly resurfaced section of the Southern New England Rail Trail. This project has been a long time in the making, and the community is eager to celebrate the completion of this important infrastructure upgrade.

The resurfaced section of the Franklin Bellingham Rail Trail was completed in late 2023 and runs from Grove Street in Franklin to Prospect St. The trail is used by walkers, joggers, cyclists, and skaters of all ages and abilities, providing a safe and enjoyable outdoor space for residents to stay active and enjoy the beauty of their surroundings.

The resurfacing of a section of the trail has been a top priority for local officials and community members alike. The previous surface was worn, uneven, and prone to flooding making it difficult for some users to navigate safely. The new surface is smooth,

even, and durable, providing a comfortable and safe experience for all who use the trail.

The ribbon cutting ceremony took place at the trailhead located at Grove Street in Franklin. Attendees encountered festive atmosphere, with speeches from local officials and community leaders. The ceremony culminated with the cutting of the ribbon, officially marking the opening of the newly resurfaced section of the trail, followed by a group walk on the newly completed section of the trail.

Local officials are thrilled about the completion of the project and the positive impact it will have on the community. "The Rail Trail is a wonderful asset for our towns, and we're proud to be part of its improvement," said Franklin Bellingham Rail Trail President Cobi Frongillo. "This project will make the trail safer and more accessible for all users, and we're excited to celebrate this important milestone with our community."

The resurfacing project was designed by Franklin Department of Public works and carried out by Massachusetts Department of Conservation and Recreation. The Franklin Bellingham Rail Trail is a prime example of how investment in community infrastructure can have a positive impact on the quality of life for residents. The resurfaced section of the trail will provide a safe and enjoyable space for people of all ages and abilities to stay active and connect with nature.

The ribbon cutting ceremony for the resurfaced section of the Franklin Bellingham Rail Trail is an exciting event for the community, marking the completion of an important infrastructure upgrade that will benefit residents for years to come. Attendees can look forward to a celebration of community, outdoor recreation, and the power of investment in public infrastructure.

Silent Saturdays II at Franklin Historical Museum

By popular demand, Silent Saturday returns to the Franklin Historical museum for two more events. The "lost art" of silent film comedies combine the zany and fast pace of TikTok with a lot of traditional Hollywood edge-of-your-seat gratification. Our two shows are timed to bookend school vacation for families interested in an all-ages activity at the Franklin Historical Museum, 80 West Central Street, parking available, as marked, around the building.

On Saturday, April 15

High and Dizzy (1920), a warm-up for *Safety Last*, (which we showed in February) features a fast pace and all kinds of 'High-jinks' amidst a busy city downtown. The museum is open from 10-1 (and regular visitors are still welcome). The showing starts at 11 a.m. and lasts about 30 minutes. Look for an additional short (to be announced). As ALWAYS, events at the Franklin Historical Museum are FREE.



Speedy, the last silent picture by comic genius Harold Lloyd, will be shown on April 21st.



High & Dizzy will show at Franklin Historical Museum on Saturday, April 15th as part of Silent Saturdays.

On Saturday, April 22

Speedy (1928), the last silent picture released by comic genius Harold Lloyd, packs as many great gags per minute as any Lloyd film, (and one of his sweetest love stories). The film is notable for its extensive location shooting in New York City. The sequences shot at Coney Island, with some wonderfully hair-raising (and understandably obsolete) rides, are gorgeous and historically valuable. There are also lengthy (and hilarious) scenes

with Babe Ruth playing himself – and even a brief cameo by Lou Gehrig. The museum is open from 10-1 (and regular visitors are still welcome). The showing starts at 11 a.m. and lasts about 90 minutes. As ALWAYS, events at the Franklin Historical Museum are FREE.

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Register O'Donnell Urges Community Support for Local Food Pantries

Last month, during the distribution of more than 200 pounds of food donations to Norfolk County food pantries from the Registry of Deeds' Annual Holiday Food Drive Register of Deeds William P. O'Donnell discussed the growing need for community support with several organization leaders.

"I would like to extend our deepest gratitude to the companies, community groups, families, and individuals who donated," said Register of Deeds William P. O'Donnell. "It was my pleasure to deliver these items to Food Pantries in Norfolk County and to help those with hardships during the winter season."

There are more than 33 food pantries in Norfolk County, and each of these organizations re-

lies in part on food donations from the local community.

"Community donations are really a big help and give us a good deal of variety that we wouldn't otherwise have," said Rich Bielecki Operations Manager for the Marge Crispin Center.

Household food insecurity in Massachusetts is between 16 and 18%. At the height of the coronavirus pandemic, the number peaked at 19.6% of households being food insecure.

"With the rising cost of food, housing, and utilities taking their toll on struggling families and seniors on fixed income, we

PANTRIES

continued on page 26

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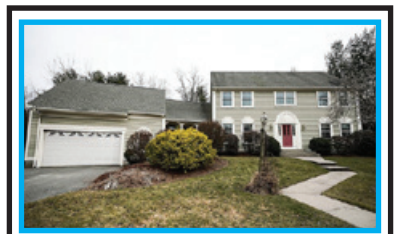
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CENTURY 21

PANTRIES

continued from page 24

have seen a marked increase in the need for food,” said Pamela Denholm, Executive Director for South Shore Food Bank.


According to the United States Bureau of Labor and Statistics, home food prices rose 12.7% while wages only grew 5.1%, netting more than a 7.6% deficit at the grocery store.

“Many Norfolk County residents face both long-term and temporary hardships, including children, families, and individuals, and may be helped by a donation that you could provide,” said Register O’Donnell.

Children are especially vulnerable to food insecurity. Recent trends indicate that food insecurity among households with children in Massachusetts is increasing, with rates ranging between 19 and 22% as of early January 2023.

Register O’Donnell concluded, “Hunger does not stop after the holidays fade into the past; it is a persistent issue affecting many of our neighbors. I urge residents to consider dropping off food supplies at their local pantries across Norfolk County. Pantries are requesting canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products. Dropping off a food donation at a local pantry can make a world of difference in helping a family in need,” noted Register O’Donnell.

To see a list of Norfolk County food pantries, visit the Registry of Deeds website: <https://www.norfolkdeeds.org/support/faqs/where-are-the-norfolk-county-food-pantry-locations-142>.



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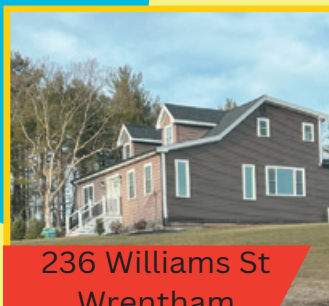
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