



## Franklin Senior Center Program Offers Cares for Caregivers

**Grant-Funded, Award-Winning Program Provides  
Respite -- Accepting New Clients**

By J.D. O'GARA

Caring for a loved one who has Alzheimer's, dementia or any significant chronic medical condition can be all consuming, requiring time and physical and mental effort. Caregivers often don't get the breaks they need to take care of themselves or do simple tasks.

In Franklin this past September, the Franklin Senior Center began Companion Caregiver Program, which offers 2-4 hours of respite care per week for full-time caregivers in the home, and they still have respite hours avail-



**The Franklin Senior Center's Companion Caregiver Program, funded by a grant from the Metrowest Health Foundation, recently won an award for Innovative Program from the Massachusetts Council on Aging. The program offers a 2- or 4-hour break for caregivers of Franklin or Bellingham residents aged 60+ with Alzheimer's, dementia or another serious chronic illness. Shown, from left, Companions Lisa Noon (l) and Karen Calabrese (r) with their supervisor Elaine Owens (center)**

**CAREGIVERS**

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## Franklin Wine Club First in Country to Use New App

By J.D. O'GARA

Franklin Liquors is bringing a cutting edge technology to its local Wine Club. Starting in June, the Franklin Wine Club began integrating "Quini" into the group's wine education courses. They are the first organization in the state of Massachusetts - and the United States - to do so.

"Quini is moving towards becoming the new standard in wine tasting, especially given the digital, connected world we're living in", says Mark Lenzi, CSW, CSS, CWAS and proprietor, Franklin Liquors and Wine Club., a 36-year-old family run business, with his brother, Mike.

"I do a blog on industry news, and I saw that these people had a new way of doing wine education that incorporates technology as you taste and takes people through the five steps," says Lenzi.

Quini, is an interactive wine tasting, rating and recommendations application and data solutions provider ([www.quiniwine.com](http://www.quiniwine.com)) for use with iPhones, iPads, wireless computers and tablets. With consumers spending more and more time on their mobile devices and computers, Quini is a natural fit and sets the wine education segment on a new course.

Quini announced its school program in May. The program incorporates a comprehensive school partner support package that includes educator training, course materials and certification, technical support and school-branded student study materials and certification. The program is designed to augment and support rather than replace existing wine school curriculums.

**WINE CLUB**

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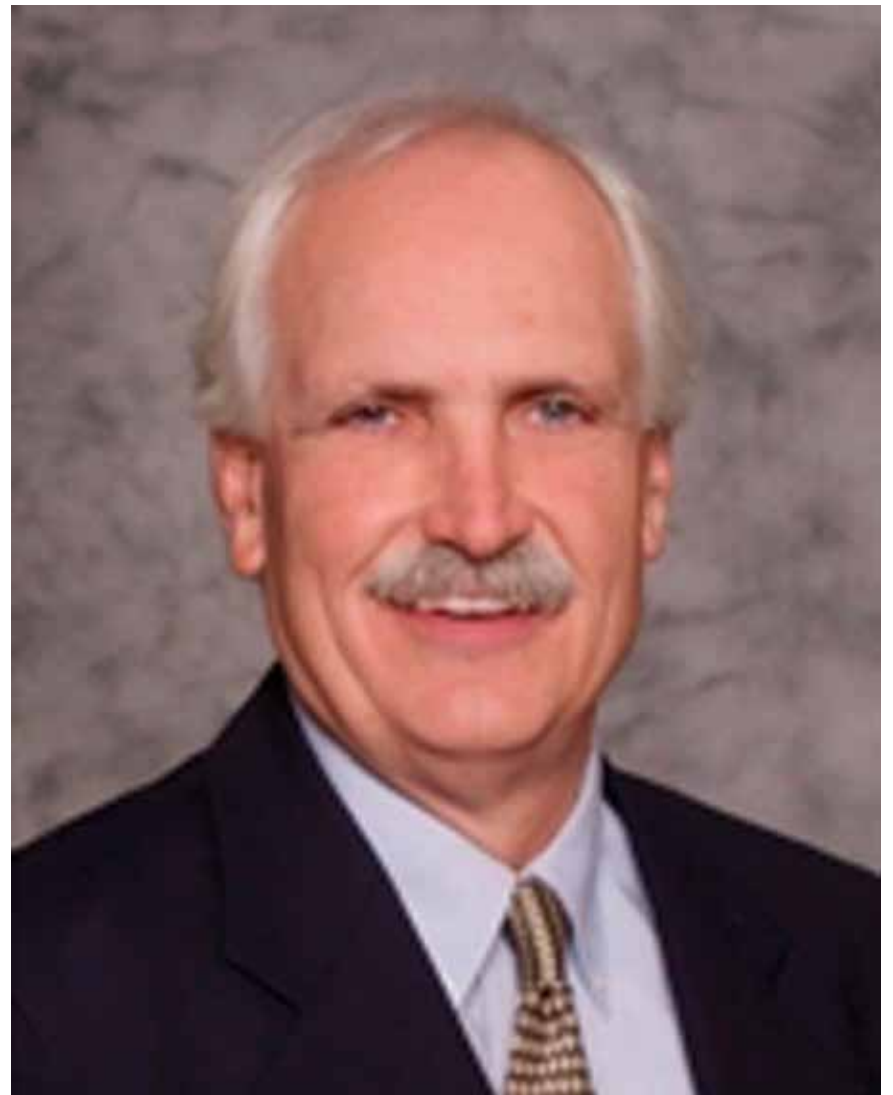
# Dean College Athletic Director Receives Award

Dean College Athletic Director John Jackson has been awarded the 2013- 2014 Under Armour Athletic Director of the Year Award (ADOY) for the Junior/Community College division. It is the third time that John has been selected to receive this honor.

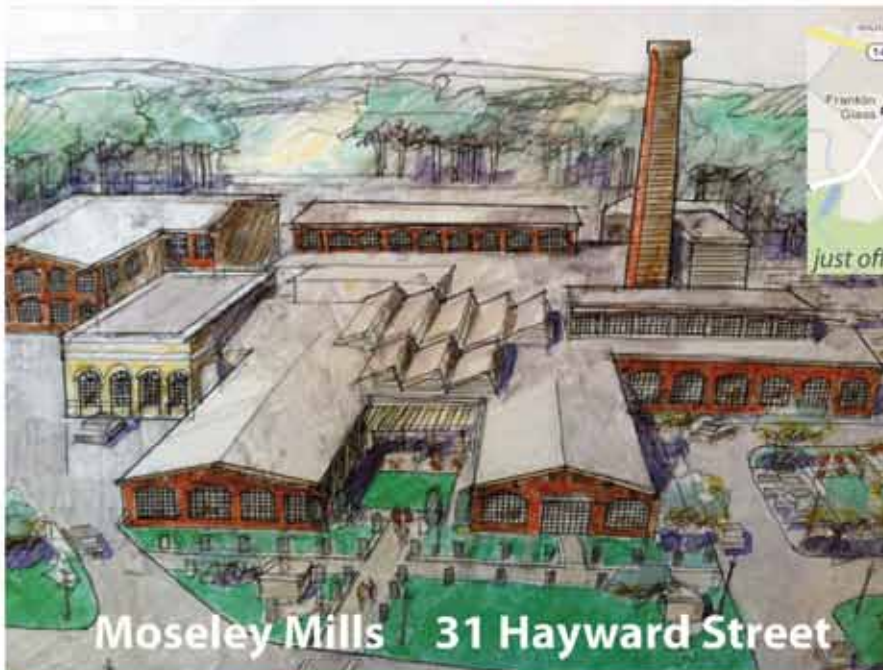
The ADOY Award highlights the efforts of athletics directors at all levels for their commitment and positive contributions to student-athletes, campuses and their surrounding communities.

John was recognized at the National Association of Collegiate Directors of Athletics (NACDA) 49th Annual Convention Awards Luncheon at the World Center Marriott Resort in Orlando, Florida on June 11, 2014.

For more information on Dean College athletics, visit [www.dean.edu](http://www.dean.edu).



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**CAREGIVERS**

*continued from page 1*

able for Franklin and Bellingham full-time caregivers who are caring for someone with Alzheimer's, other dementia, or a significant chronic medical condition. The Franklin program, in fact, on June 6th received an "Innovative Program" award from the Massachusetts Council on Aging at Lake Pearl in Wrentham.

"I'm excited about it. The companions really love it and it's been great for our clients so far," says Elaine Owens, Respite Companion Supervisor at the Franklin Senior Center. "The only other town I know that does something pretty similar to what we do is in Chelmsford. It only gives them a set amount of time to be able to use our companion services, but at least it gives them something, so we kind of try to suit everybody if possible."

Right now, the Franklin Senior Center has two companions, Karen Calabrese and Lisa Noon, although they are looking to hire another. The companions are trained in Dementia and Elder Care, cultural competency, CPR and first aid and fall risk, who provide socialization and stimulation for the recipient of care in the home setting. The respite is available for 2-4 hours per week for caregivers of someone 60 years of age or older. The cost of the program is between \$8 and \$12 per hour depending upon house-

hold income. The program is funded through a grant from the Metrowest Health Foundation.

"The thing I'm finding is, particularly for the elderly, they're on a fixed income. They really couldn't afford 20+ dollars an hour, the market rate for a private care in home companion. Even at our reduced rate - they have to be in a certain income guideline and we do an initial intake and home visit - I've had some cases where people can't even afford \$8 an hour. If that's the case, I refer them to Tri-Valley Elder Services, and they have a scholarship fund for our program," says Owens.

Owens says the need for respite among these caregivers is so great that she found they wouldn't even have the time to fill out paperwork she'd send.

"The personal profile was two-and-a-half pages the caregiver could fill out about their loved ones," says Owens, who has worked with seniors for 10 years, "but what I was finding was it was taking so long to get that paperwork back. It dawned on me, why don't I just go out and fill out for them, and that worked it out, because I realized they just don't have the time to do it."

The program, so far, has been a success, with about 60% of clients being spouses caring for spouses and about 40% being adult children caring for parents.

"Everyone's been just great," says Owens. "They're so

thrilled, not only to have some respite, so they can do something else in the home or go out for awhile, but they've also developed a really nice relationship with our companions."

Owens says that the respite companions will tailor activities to the recipient based on a review of their interests. They provide the companionship at the home only, with no personal care such as toileting or showering. Owens says, however, that if caregivers aren't sure this type of program is what they need, they still should call.

"What I'm finding is, a of people just like talking to solot meone, a new face," says Owens, who says the program has about 8 clients right now, and companions are available for up to 12 hours a week, so there is some space available.

For more information please feel free to contact Elaine Owens at the Franklin Senior Center at (508) 520-4945.

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**WINE CLUB**

*continued from page 1*

The Franklin Wine Club, created by Lenzi through Meetup.com, who's been teaching a wine course series at its retail location for about eight years, has about 65 to 70 members. The group began meeting about once a month, but the reception was so positive that Lenzi now holds it about twice a month, most often meeting in the wine room of Franklin Liquors for convenience.

"My whole goal is to educate," says Lenzi, who says he plans trips for the group as well,

to meet local winemakers in the area and more. "There is so much wine, and I like people to see who's behind it. We're all families."

Lenzi says he likes to bring in guest speakers/tasters to appear at meetings, and would love for suppliers, vineyards and winemakers in the area to contact him if they would like to schedule an appearance or share their product.

"We're excited to partner with progressive thinkers such as Franklin Liquors and Franklin Wine Club to introduce meaningful change to wine education in Massachusetts," said Roger Noujeim, CEO, Quini.

"Mark Lenzi's experience and visionary approach to the wine business are reflected in his company's early recognition of the Quini wine tasting standard



**The Franklin Wine Club was begun by local retailer Mark Lenzi, co-owner of Franklin Liquors, through Meetup.com. The group now boasts 65-70 members and is the first group in the United States to employ the latest interactive app, Quini, in its wine education.**



and the importance of interactive technology in wine education.

Said Dr. Clinton Lee, DWS, AIWS, FWS, CSW, CSS, Vinoscanti Global CEO and wine program instructor at Simon Fraser University: "Quini introduces an innovative, world

class wine tasting system and standard that deepens the learning experience and ensures consistent course delivery and learning."

For more information about the Franklin Wine Club, visit <http://www.franklinliquors.com/WINEEDUCATION.htm>

or [www.meetup.com/Franklin-Wine-Club](http://www.meetup.com/Franklin-Wine-Club), or look for Franklin Wine Club on Facebook.

More information about Quini can be obtained at: (Web: [quiniwine.com](http://quiniwine.com) (Twitter: [quiniwine](https://twitter.com/quiniwine) (Facebook: [quiniwine](https://www.facebook.com/quiniwine) (LinkedIn: [quini-wine](https://www.linkedin.com/company/quini-wine))

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# Electric Youth to Perform Free Summer Concert

Just back from a three-week concert tour of Austria and Italy, Electric Youth (EY) will perform a free outdoor summer concert on Wednesday, July 30, from 6-8 p.m. on Franklin Town Common.

Electric Youth's 11th European tour featured shows in Vienna, Melk and Steiermark, Austria, including a performance at Ehrenhausen Castle, benefit concert at Vienna's historic 19th century Odeon Theater and workshop with students at the Amadeus International School. Performances in Italy featured a return Fourth of July show for U.S. Troops stationed at Aviano

Air Force Base, multiple shows in Lignano and Bibione along the Adriatic Coast, concerts in Todi and Montecatini within the Tuscany-Umbria region, and at Lake Como.

Trained at the Franklin School for the Performing Arts (FSPA), Electric Youth is backed by an eight-piece band of Boston musicians who've performed, recorded and toured with such music legends as Tony Bennett, Aretha Franklin, Dizzy Gillespie, B.B. King, Diana Ross, The Temptations and Van Morrison. Electric Youth shows deliver high-powered family entertainment with exciting

choreography and impressive vocals for audiences of all ages. This season's wide-ranging repertoire includes hits by Aerosmith, The Beatles, Bruno Mars, Lady Gaga, Michael Jackson, Frank Sinatra and Carrie Underwood.

Electric Youth 2014 debuted at Showcase Live, Patriot Place in February and returned on June 13 to perform a Bon Voyage concert. EY recorded the group's 6th professional album, Power Chord, at Mansfield's MockingBird Studios in May. As with EY shows, the studio album includes unique renditions of timeless hits. Electric

Youth's music is available on iTunes and CD Baby.

Electric Youth members are chosen annually by audition for superior musicianship, stage presence and triple threat accomplishments in voice, dance and acting. Many members are preparing to pursue a career in the performing arts, while all are gaining valuable life skills through their participation, extensive training and

travel experiences with the ensemble. Electric Youth 2014 includes Madison Asgeirsson, 16, Kendra Dombroski, 15, Ali Funkhouser, 18, Graham Hancock, 17, Jocelyn Jones, 15, and Shaina McGillis, 15, from Franklin; Michael Fajardo, 15, from Hopkinton; Sam Evans, 14, from Medfield; Maddy Williams, 15, from Medway; and Jenna McDermott, 15, from Wrentham.



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# A Berry Good Time

The 2014 Franklin Strawberry Stroll, organized by the Franklin Downtown Partnership, at long last saw some perfect weather this year, enabling strollers, vendors and performers to enjoy the day. Here are a few glimpses of the fun:



Rainbow Eyebrow Threading drew a big crowd, offering beautiful henna tattoos.



The streets were fully of happy customers of the feature item, strawberry shortcake, provided by Dean Bank, with donations from Garelick Farms.

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### STROLL

continued on page 7

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**STROLL**

*continued from page 6*



The Franklin Historical Museum hosted a living history exhibit at the Downtown Partnership's Annual Strawberry Stroll on Thursday, June 12th. Members of the U.S. Naval Landing Party, a Civil War reenactment crew, exhibited a modified version of their living exhibit on the front lawn of the museum.



Emma's Quilt Cupboard provided facepainting, making Devon Barry, 6, and her brother Patrick, 4, even cuter,



Members of the Franklin Cultural Council held a booth outside Franklin Art Center to inspire little artists to help decorate a ladybug for The Ladybug Project.



Kevin Wolfe and his band performed outside artist Victor Pisini's shoe shop.

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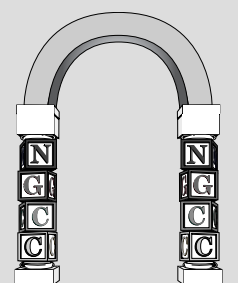


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# Franklin Author Sees a New Page for Franklin High School

By EAMON MCCARTHY EARLS

Throughout the years, Franklin High School has almost always been a place in motion, both literally and figuratively.

For nearly two centuries, young people in Franklin seeking education beyond elementary school were forced to rely on small private schools in nearby

towns or teach themselves using whatever books were available—including the collection donated by Benjamin Franklin in the 1700s. Franklin High School kicked off in the mid-19th century, helping to lend School Street its name. This original FHS persisted on the present site of the Patalano accounting office until the early 1880s, when the school's tiny student body was moved



to the Red Brick School at the junction of Maple Street. There, high schoolers mingled with elementary school students.

In 1898, the high school moved back to the center of town, to an ornate two story building named for Horace Mann, at the corner of Emmons and West Central Street. This building served faithfully through World War I. It endured the devastating 1918 flu epidemic and overcrowding as the youth population soared.

By the early 1920s, the floors of the attic chemistry labs were almost sagging from the weight of students. The solution was to build a new school, this time on the corner of Union and West Central Street (though the old school was remodeled and updated for other purposes and remains in use today). The much larger two-story brick building opened in 1924 and served as the high school until 1962. During that time, thousands of students passed through its classrooms, to become farmers, factory workers, secretaries, teachers, business owners, and soldiers on the far flung battlefields of Europe, Africa and Korea. After the class of 1961 graduated, FHS left this building behind, turning it over to the elementary grades to become the Davis Thayer School.

A new high school was opened on the wide open fields next to Oak Street. However, even there, FHS soon crowded out its new quarters as 'baby boomers' poured in for classes. After enduring double sessions, at the start of the 1970s, work got underway on a new high school building—the largest that Franklin has ever seen up until now. Opened in September, 1971, the sprawling FHS complex allowed the old building to become the Horace Mann

Middle School – a structure that was substantially expanded in recent years.

I am a proud graduate of FHS, and along with thousands of others, I passed through the doors of the 1970s school that is about to be torn down in just a few short weeks. For many of us, it will be a bittersweet passing. On one hand, the new FHS building is a beautiful piece of work that looks ready to serve generations of students well into the century ahead.

The 1970s FHS was a quirky building that speaks to the time of its construction. By the time I got there in 2008, its quirks were becoming especially self-evident as budget cuts bit into building maintenance. But nonetheless, those quirks—the long straight halls, murals dating back to the Carter administration, and the banners from past championships adorning the Field House—all make FHS a very endearing place. I believe that many of us will miss being able to show our high school to our children and grandchildren, particularly the vast, hangar-like Field House which has been a local landmark for so many years. But I also believe that the future holds tremendous potential for FHS. Future classes; the class of 2050, the class of 2100, these students will take hold of Franklin diplomas and go on to become farmers, factory workers, teachers, secretaries and soldiers, but also scientists, physicians, astronauts, app developers, and the leaders of tomorrow. Here's to the next step for Franklin High School!

*Eamon McCarthy Earls is the author of a town history, Franklin: From Puritan Precinct to 21st Century Edge City, available at Terrazza and online at Amazon.com.*

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June Ross Miller (Pictured with her mother Anne Marie)

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# FPAC Presents 7th Annual Whatever Theater Festival

The Franklin Performing Arts Company (FPAC) presents the 2014 Whatever Theater Festival, running from Wednesday, July 23 to Saturday, July 26 at the Franklin School for the Performing Arts (FSPA) and Franklin Town Common. The 7th annual festival features Shakespeare's A Midsummer Night's Dream and a presentation of One Acts, an eclectic series of one-act plays. All performances are free of charge, with donations to FPAC gratefully accepted.

One Acts will be performed on July 23 at 8 p.m. and again on July 26 at 7 p.m. at FSPA, 38 Main Street. A Midsummer Night's Dream will be staged on Franklin Town Common (High Street) on July 24 and 25 at 8 p.m. Saturday's performance of One Acts will be followed by the Whatever Theater Festival Soiree, a fun and informal presentation of unusual talents, at FSPA.

Conceived and directed by Nick Paone, FPAC's Whatever Theater Festival brings

together professional artists, FPAC alumni, students and community performers in a collaborative theatrical experience that showcases an exciting range of dramatic and comedic works. Festival Music Director Hallie Wetzell noted, "The uniting of old friends, student alumni, community participants and young people is a source of great pride for all of us at FPAC. To belong to an organization that brings together people from many different walks of life to promote theater in our backyard is extremely fulfilling. I hope our community will join us in celebrating the arts this summer!"

For more information, call the Franklin Performing Arts Company at (508) 528-8668 or visit [www.fpaonline.com](http://www.fpaonline.com). The Whatever Theater Festival is sponsored by Middlesex Savings Bank, and, in part, by grants from the Franklin, Norfolk and North Attleboro Cultural Councils, local agencies which are supported by the Massachusetts Cultural Council, a state agency.



FPAC presents the 2014 Whatever Theater Festival from July 23-26, featuring a free presentation of Shakespeare's A Midsummer Night's Dream on Franklin Town Common. Bring your lawn chairs and blankets and enjoy Shakespeare under the stars!



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# We Knew Her When... Franklin Artist Spotlight: Madison Weber



and coming off the heels of a student teaching position in Weston, Weber hopes to find a position teaching art at the high school level. In the meantime, she's teaching art classes at the Franklin Art Center.

"I'm teaching classes each week, Monday through Thursday, for kids 11 and up. These include Art Studio, Photography and even Portfolio Building for Teens.

Weber says she is very excited to teach art to kids of high school age.

"It's a really crucial point. Kids are finding out what they are, who they are, what their interests are.

"Art saved me and helped me get through other stuff," says Weber. "I feel like there's a lot

of kids like that."

Weber also hosts an adult wine and paint night, called Art Uncorked. "The thing that I like about it, is a lot of people that don't think they can do art, don't think they're artsy, they come in, they get this confidence, and they want to come back and do more. I like the feeling I get doing it when they're so excited, so happy for themselves at the end. This is what I want to do. I want to be able to teach people," says Weber, who says she defines herself really as an artist, overall, noting that she enjoys woodcut printmaking as well.

"It's hard for me to choose," she says. "Photography is a business of mine. I love capturing the moments or the details of everybody's event, but I like making things with my hands. I like being able to make something out of nothing. I feel like I focus on small details in nature people don't really see.



I see all these little things, and I think that's what lends itself. I can share with people that don't see the way I do."

When a friend asked her if she did portraiture, Weber tried and loved it. "I like to be able to capture who someone is from their photo," she says.

In fact, one of Weber's favorite pieces is a photo she took while on a trip to Italy with the art department at Framingham State.

"On our first night there in Rome, there was this woman who was standing right near

**ARTIST**

*continued on page 11*

By J.D. O'GARA

If you've gone to the Franklin Art Center lately, you've probably seen a fresh new face, young artist Madison Weber,

who grew up in Franklin and recently graduated from Framingham State with a major in Art and minor in education.

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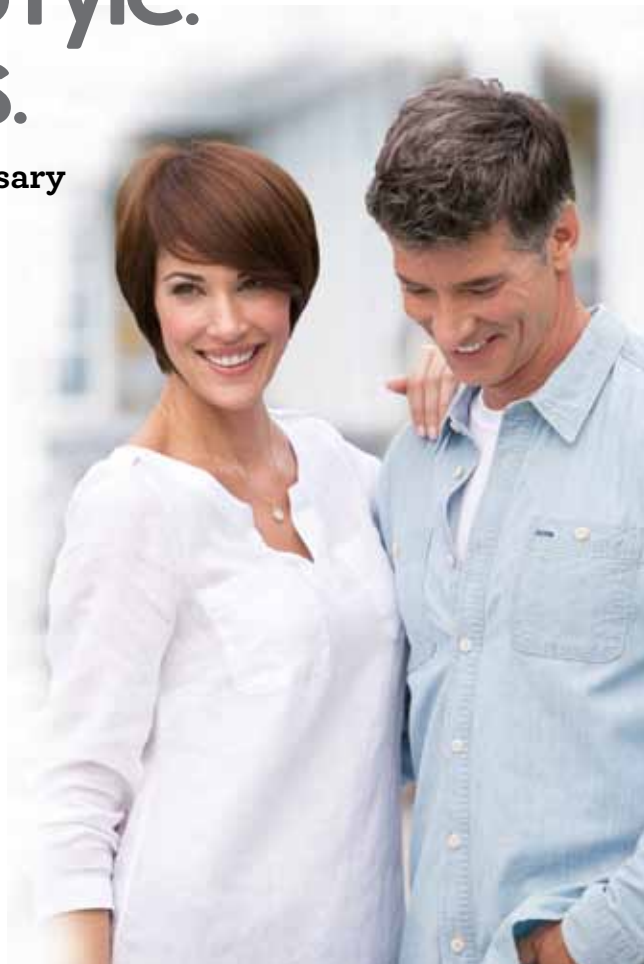
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**ARTIST**

*continued from page 10*

our table. She had this tweed skirt and jacket set, short hair, big cool glasses. She looks like she's going to take over the world with a confident, powerful stare," says the photographer. "I loved capturing who she was, and the setting was just so perfect. It's such a different feeling even sitting in Italy, the architecture's all different, the people that walk by are so fashionable and so eclectic, she embodied Italy."

Similarly, another of her favorites is one in which she experimented with a new macro lens.

"You can get infinitely close," says Weber. She took a photo of her 13-year-old brother's eye.

"You can see the texture of his iris, it's really different from others I've seen, and by happy accident, in his pupil, you can see me with the camera."

All throughout the month of July,

Weber's work will be hung at the Franklin Art Center. This will be the first time Weber has shown her work, and she's very excited. She says that a lot of her art and lifestyle has a nautical influence, with things like anchors, birds and octopuses often making appearances in her work.

To see a glimpse of Madison Weber's work, you may also visit [Madisonweberphotography22slides.com](http://Madisonweberphotography22slides.com) or check out her Facebook site.



# Masiello Named Dean of School of Continuing Studies

Dean College, a private, residential college located in Franklin, Massachusetts, welcomes Diletta "Dee" Masiello as Dean of the School of Continuing Studies. With over 15 years of increasing responsibility in higher education, Masiello will focus her new position on building programs for adult students.

Having worked at Northeastern University for the past 13 years, Masiello is excited to have an impact on a smaller institution. "My goal is to raise Dean's profile in the area," said Masiello. "Providing Dean students with more options through the addition of new programs and flexible course delivery is very exciting! Everyone deserves the opportunity to pursue a higher education and these initiatives build more pathways to make that possible."

Prior to joining Dean, Dee served as the Assistant Dean of Graduate Faculty and Academic Affairs at Northeastern University, where she provided leadership, strategic recruitment, enrollment management, and policy development. During her tenure, Masiello helped launch the first-ever online MBA program at Northeastern University. Under her leadership the program has grown from an original entering class of 18 students in November of 2006 to nearly 1,400 students today. "People are now recognizing the value of the online delivery mode," said Masiello. "To provide flexibility to those who might not be able to attend classes is where online education is valuable."

Masiello holds a M.Ed. in Higher Education Administra-

tion from Northeastern University and a B.A. in English from the University of Massachusetts, Boston. She has presented at local, regional and national conferences on a variety of topics including: strategic enrollment management, online learning and retention issues of adult and online students.

"We are excited to welcome Dee to Dean College," said John Marcus, Vice President of Enrollment Services and Marketing at Dean College. "Dee will be instrumental during our launch of the online degree program in the fall. Her expertise in starting new programs, working with adult learners and online program development and evaluation are exactly what Dean needs at this point in our history."

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 Barrett, Mark, Bellingham, Construction Craft Laborer  
 Berard, Joshua, Plainville, Electrical  
 Bhatt, Radhika, North Attleborough, Graphic Communications  
 Bigelow, Harley, Plainville, Graphic Communications  
 Bishop, Catherine, Wrentham, Auto Technology  
 Blowers, David, Norfolk, Medical Careers  
 Bobola, Alexandra, Rehoboth, Graphic Communications  
 Boger, Tasha, Rehoboth, Dental Assisting  
 Booth, Dylan, Franklin, Culinary Arts  
 Botteri, Stephanie, North Attleborough, Early Childhood  
 Bowen, Patricia, North Attleborough, Graphic Communications  
 Brown, Jaclyn, Seekonk, Medical Careers  
 Brown, Victoria, Franklin, Cosmetology  
 Buitta, Jaclyn, Franklin, Dental Assisting  
 Bussaglia, Brian, Franklin, Plumbing  
 Candeas, Beck, North Attleborough, Auto Collision  
 Carbary, Abby, North Attleborough, Culinary Arts  
 Carlson, Christopher, North Attleborough, Metal Fabrication  
 Carlson, Josilyn, Attleboro, Dental Assisting  
 Carneiro, Robert, Franklin, Computer Info Systems  
 Carrigan-Laquidara, Lindsey, Franklin, Medical Careers  
 Cawley, David, Franklin, Carpentry  
 Cedrone, Kyle, Bellingham, Facilities Management  
 Chase, Michael, Medway, Auto Collision  
 Chermely, Brian, Walpole, Facilities Management  
 Cherry, William, North Attleborough, Metal Fabrication  
 Clayton, Christopher, Franklin, Construction Craft Laborer  
 Colligan, Katie, Franklin, Auto Technology  
 Connell, Douglas, Plainville, Carpentry

Conroy, Elizabeth, Bellingham, Cosmetology  
 Copparini, Bryana, Attleboro, Dental Assisting  
 Coppelman, Olivia, Sherborn, Cosmetology  
 Cornell, Katherine, Plainville, Dental Assisting  
 Cote, Aaron, Wrentham, Early Childhood  
 Courtney, Jack, Franklin, HVAC&R  
 Crosby, Tracy, Norfolk, Medical Careers  
 Crowley, Thomas, Norfolk, Auto Technology  
 Crugnale, Alexa, Franklin, Dental Assisting  
 Cruickshank, Amanda, North Attleborough, Graphic Communications  
 Cunningham, Ryan, Franklin, Computer Info Systems  
 Cusack, Zachary, Franklin, Computer Info Systems  
 Dacko, Ryan, Medway, Auto Technology  
 Dailey, John, Franklin, Plumbing  
 Dailey, Joseph, Franklin, Plumbing  
 Dalzell, Thomas, Wrentham, Computer Info Systems  
 Dauphinee, Drew, Franklin, Auto Technology  
 Day, Andrew, Wrentham, Metal Fabrication  
 DeGloria Jr., John, Norfolk, Graphic Communications  
 Dellamano, Ashley, Franklin, Cosmetology  
 Deloia, Michael, Franklin, Auto Collision  
 Demus, Holly, Plainville, Cosmetology  
 Deveau, Brandon, Medway, Electrical  
 Deveau, Derek, Medway, Computer Info Systems  
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 Diorio, Joseph, Wrentham, Computer Info Systems  
 DiTullio, Emily, Franklin, Culinary Arts  
 Doherty, David, Wrentham, Engineering Technology  
 Donovan, Matthew T., Franklin, Electrical  
 Donovan, Matthew J., Medfield, Auto Technology  
 Drago, Haylie, North Attleborough, Early Childhood  
 Drews, Kathryn, Franklin, Dental Assisting  
 Driscoll, Jason, North Attleborough, Auto Collision  
 Dugas, Nathan, Medway, HVAC&R  
 Dull, Emily, Franklin, Engineering Technology  
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 Guidice, Susannah, Attleboro, Carpentry  
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## TRI-COUNTRY GRADS

continued on page 13

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 Ibello, Jayme, Seekonk, Culinary Arts  
 Jackson, Shawn, Franklin, Auto Technology  
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 Jarvis, Raymond, North Attleborough, Plumbing  
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 Jones, Daryll, Norfolk, Construction Craft Laborer  
 Kanelos, Gregory, Franklin, Dental Assisting  
 Keith, Harley, Medway, Metal Fabrication  
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 Ketz, Johnny, Plainville, Metal Fabrication  
 Korslund, Kelly, North Attleborough, Cosmetology  
 Kyle, Liliana, Franklin, Cosmetology  
 LaBarge, Sean, Millis, Culinary Arts  
 Lacasse, Justin, North Attleborough, Metal Fabrication  
 Lacasse, Jamie, North Attleborough, Graphic Communications  
 Lagos, Nathaniel, Wrentham, Carpentry  
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 O'Brien, James, Franklin, Auto Technology  
 Oliveira, Rhaira, Medway, Medical Careers  
 Onofrio, Marisa, North Attleborough, Culinary Arts  
 Osborne, Hailey, Plainville, Early Childhood  
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# Franklin Concerts on the Common Back for 23rd Year

By J.D. O'GARA

The Concerts on the Common committee is working hard to finalize their summer schedule of concerts on Wednesday nights at the Franklin Town Common Bandstand. The weekly outdoor music began with a good idea about 23 years ago. Franklin resident Barbara Rondeau, the only original member on the planning committee for the public performances, says that the committee reviews bands throughout the year, considering them for the series.

"I'm the last original member," says Rondeau, who says that bands submit CD's and acts call almost all year long to be considered for the series. The programs usually consist of a children's program followed by

a concert, featuring everything from musical acts to dance performances. As of this writing, children's performers had yet to be finalized.

All of the free entertainment is done through the generosity of the local merchants, residents and the Franklin Cultural Council, which is supported by a grant from the Massachusetts Cultural Council.

The group, says Rondeau, strives to present a variety of musical performers, for young and old alike. Franklin's town bandstand, says Rondeau, was actually donated by a mill owner years ago. Rondeau notes that the Franklin bandstand was built specifically for the purpose of presenting band concerts.

In addition to summertime concerts, the volunteer group also puts on Christmas on the Common, in which the bandstand is decorated for the holiday season.

Following is the 2014 Concerts on the Common schedule. On nights that have a children's entertainer, the program begins

at 6 p.m. Otherwise, the entertainment starts at 6:30 p.m.

In case of rain, the concerts will be held at the Benjamin Franklin Classical Charter School, across from the town common.

To make a suggestion or donation for Concerts on the Common, mail your inquiries to Concerts on the Common, P.O. Box 92, Franklin, MA 02038

**July 9**

To be determined

**July 16**

The Frank Padula Band

**July 23**

The Sharon Band

**July 30**

Electric Youth

**August 13**

To Be Determined

**August 20**

Mike Rutkowski

## Franklin Public Schools

Lifelong Learning Institute

355 E. Central Street

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### Looking for a Leader

Have you ever observed an art class and thought that the students were engaged and enjoying the experience? Attended food or beverage demonstrations and reflected on how they were presented? Identified a new fitness or dance trend and wanted to share it with others? Recognized a need for more and different technology courses for adults in your community? Enjoyed gathering a group of friends or colleagues for a night of music? If you have answered yes to one or more of these questions, have you ever thought that you would like to lead a non-traditional, creative education program? If so, Franklin Public Schools Adult Education and Community Learning program, which is part of Lifelong Learning, is looking for a new director for the 2014 – 2015 academic year.

We are seeking someone with experience in education, preferably working with adults, who is interested in identifying new education trends in creative learning opportunities. This person would be responsible for developing and offering courses that meet the social, cultural, educational, and recreational needs of adults 18 years of age and older in Franklin and the surrounding communities. He/she would identify learning opportunities and translate them into courses, recruit teachers for these courses, market and promote the courses, manage the department, and lead the Adult Education and Community Learning faculty and staff.

This is a part-time, 24-hour a week position, Monday through Thursday afternoon to early evening. It is a school year position; summers are your own. If you're interested in this exciting and creative opportunity, email us and tell us why you'd be a good fit with our program. You can reach us at: [lifelong@franklin.k12.ma.us](mailto:lifelong@franklin.k12.ma.us).

## 8th Graders Graduate from Sage School

Head of The Sage School, Dr. Nan Wodarz is pleased to announce the following members of the Class of 2014:

Julian Santiago Gutierrez Alvarez of Mansfield, Joshua David Bernardo of Hopkinton, Cameron George Camacho of Franklin, Jeremy F. Chen of Sharon

August Spencer Donovan of Franklin Noah Michael Powell of Dedham Janine Whitcher Reidy of Westwood Nathaniel Adams Smyth of Wrentham Theodore Francis Wooding of Wrentham Kyle Alexander Zschokke of Southborough

These eighth grade students will go on to attend the following high schools: Commonwealth School, Emma Willard School, Loomis Chaffee School, Nobles and Greenough School, Boston University Academy and The Rivers School.

# New Local Walking Trails Book Is Available

Summer is here and everyone is ready to get outside and enjoy the sunshine. But where to go? *Easy Walks in Massachusetts: Bellingham, Blackstone, Franklin, Hopedale, Medway, Milford, Millis, Uxbridge, Wrentham and Woonsocket, RI* offers 30 answers to that question, in 10 area towns. Written by freelance writer and Bellingham resident Marjorie Turner Hollman, and published by Silver Lake Publications, it's all about finding places nearby to spend time in the outdoors.

Each chapter offers directions to a trailhead, notes distance and trail conditions, offers points of interest on each trail and indicates where dogs (and their owners) are welcome. There are trails along the Charles and Blackstone Rivers, short climbs to nice views of the Blackstone Valley, walks alongside rushing streams, or around quiet ponds. Several railtrails, completed or in process are included. These are all great locations, close by, to head to when you want to get

outside either for some solitude, or with your family.

It's all here, right in our backyard. Summer is short; it's time to get out and explore.

Available now on Amazon, or at this link: [www.createspace.com/4333275](http://www.createspace.com/4333275) "Like" "Easy Walks in Massachusetts" on Facebook for views of trails we're exploring for future editions and updates.



## Franklin is BioReady®

### Franklin Now Platinum-rated Community for Biotech

The Town of Franklin has improved its zoning bylaws, building codes and other business and industry-related criteria to raise its BioReady® ranking from Gold to Platinum, signifying Franklin's readiness to work with biotechnology companies interested in locating there.

"We are very excited to see Franklin reach the Platinum level of BioReadiness®," said Robert K. Coughlin, President & CEO of MassBio. "Franklin has proved its commitment to facilitating innovation and supporting industry growth in Massachusetts."

"The Town of Franklin is honored to be a Platinum level BioReady® Community, and is very appreciative to the Massachusetts Biotechnology Council for the recognition," said Jeffrey Nutting, Franklin's Town Administrator. "This award signifies the success of Franklin Town Council's continued efforts to promote a higher level of investment in the Town's industrial areas, increase employment options for the Town's residents, and increase the Town's commercial and industrial tax base."

MassBio and partner organizations across the state began the statewide BioReady® Communities Campaign in 2008 in order to provide background to municipal officials about the biotech industry and offer guidance on how to position municipalities as destinations for biotech laboratory and manufacturing facilities. To date, there are 77 BioReady® rated communities in the state.

Communities are ranked on a scale of Bronze, Silver, Gold or Platinum, and the system helps Massachusetts cities and towns market themselves to biotechnology companies looking to expand or relocate. As part of the campaign, the MassBio Economic Development Advisory Group (EDAG) developed criteria to both guide communities in their pursuit of biotech facility opportunities and rate them for BioReadiness® in order to provide each with a tangible marketing tool.

Other communities that have recently been awarded new or upgraded BioReady® ratings include Leominster (Platinum), Malden (Gold), Millis (Silver), and Brookline (Bronze). To view full ratings criteria, visit MassBio's BioReady® Communities web page at [http://www.massbio.org/economic\\_development/bioready\\_communities](http://www.massbio.org/economic_development/bioready_communities).



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# Franklin Rotary Club Supports Hockomock Area YMCA's Annual Campaign

The Franklin Rotary Club presented a check for \$2,500 to the Hockomock Area YMCA on June 5, 2014 to support its annual Reach Out for Youth and Families Campaign. Funds raised during this campaign provides local families with access to the services that the Y provide, such as child care, summer camp and sports programs, regardless of their ability to pay.

The Hockomock Area YMCA's cause is the community and believes everyone

should have access to the Y. With the community's philanthropic support, more than 15,000 individuals, children, and families are able to enjoy a YMCA experience.

The Franklin Rotary Club started in 1930 and has begun its 84th year of service to the community. Rotary is a worldwide organization of business and professional leaders that provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the



Pictured from left to right in the front row is Terry Katsaros, Ed Hick, Julie Rougeau, Bernon Family Branch/ Franklin YMCA Executive Director Scott Martin, Hockomock Area YMCA VP/COO Jim Downs, and Jack McCarthy. Pictured from left to right in the back row is Leslie Scherer, Dan Gentile, Frank Cusanno, Joe Paolino, Beau Grassia, John Padula, Mike Khoury, and Matt Kelly.

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# Local Fourth of July Celebrations

## Franklin

Ongoing celebration from Wednesday, July 2-Sunday, July 6.  
Laser Light show at 10 p.m. on July 3rd at Town Common.

Visit <http://july4thfranklinma.com/> for more information.

## Milford

Fireworks July 3, 10 p.m. (Rain date 7/5)

Fino Field Annex, Granite Street

Events begin at 7 p.m.

For more information, visit [www.milford.ma.us](http://www.milford.ma.us)

## Walpole

Fireworks July 3, 9:30 p.m.

53rd Annual "The Night Before the 4th Celebration"

6 p.m. Fire Engine Parade; 6:30 p.m. Band Concert

Donations still needed! For more information or to make a donation, contact Peter Carter at the Walpole Fire Department.

## Bellingham

High School Football Field (parking at Middle School as well, High School lot fills up fast, no outside vendors permitted on town property)

Fireworks, July 4, 9:30 p.m.

6:45 p.m. concert featuring Bellingham band Velvet Skies, and 8:30 p.m. John Cafferty Band

For more information, visit [www.bellinghamma.org](http://www.bellinghamma.org)

## Natick

59th Annual 4th of July Parade: Friday, July 4, 2014 starting at 9:00 a.m. The 59th Annual Parade starts at the Rte. 9/27 Plaza and travels down Rte. 27 to Rt. 135 downtown Natick. Visit [www.natickma.gov](http://www.natickma.gov)

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## St. Vincent DePaul Monthly Food Collection

The Society of St. Vincent dePaul of St. Mary's Church in Franklin will hold its monthly food collection at all Masses the weekend of July 5 and 6, 2014. Donations may be left only in the marked boxes at the doors of the main part of the church. The lower church will not be accessible.

The pantry needs individual cups of jello, pudding, applesauce, fruit, peanut butter, jam

Or jelly, Kleenex, graham crackers and cereal. Please, no candy, soda, dented cans, anything perishable or beyond its expiration date and all donations must be in the original packaging, unopened.

St. Vincent dePaul helps anyone who asks for assistance by doing what it can to make life easier for those in need. Thank you for your concern and compassion.

# Local Officials Respond to, Prepare for Opioid Overdoses

By J.D. O'GARA

"If you asked me 10 years ago if my child would use drugs, I would have told you, 'No.'" We participated in D.A.R.E. We talked to our kids. We just said no," said Natick mom Kathy Pierce in a recent Holliston forum on the growing problem with heroin and other opiate abuse aired on Holliston Cable Access. ([www.hcattv.org](http://www.hcattv.org)). Pierce recounted how her son first smoked pot at 12, then was handed some percocet by a friend at age 16 and smoked them, and how, being a smart kid, he hid this drug use.

"By the time we realized he was in trouble, it was tough, because he was a man, and you couldn't tell him anything," said Pierce. Last September, her son died of an overdose.

"Sit down and talk to your kids about the consequences of drugs," said Pierce, "It's getting to them before they get to that point that will save your kids."

The problem is a serious one in the area. Already in Norfolk County, there have been 30 fatal overdoses this year,

and Middlesex County, at 78 halfway through the year, is already approaching their entire number of opiate-related deaths last year.

"Massachusetts' opiate epidemic is touching every corner of our communities, including our school buildings," District Attorney Morrissey said.

In Norfolk County, DA Morrissey distributed 300 doses of Narcan and training to those towns that didn't already have it. According to David Traub, spokesperson for the DA Morrissey's office, says that the effort has already saved lives. The local DA has aggressively moved on the problem with opiates, setting up a prescription drug task force, holding training for police officers and administrators, medical professionals and even school nurses.

According to Franklin Police Chief Steven Semerjian, since January 1, 2013, his department received 44 calls for opiate overdoses. He says the abuse of opiates has definitely increased across the board.

Emergency overdoses are

"frequent enough that people take notice," says Dr. Emily Groom, Medical Control Director, who works in the ER of Metrowest Framingham. "It's often a younger patient that it's happening to, needing to use Narcan. It's not a medication that brings them back to life, but it reverses the effects of the narcotics, specifically. Whether it be a pill, like Oxycodone, or Heroin, which is apparently readily available in our communities, we use it to reverse the life threatening side effects of these medications, most important being the respiratory arrest that follows that type of overdose."

In Franklin, "the fire department currently does have (Narcan), and we are currently in the process of

Developing a policy and looking to get training for our people, so we can have it in police cars," says Semerjian.

As for the use of heroin and other opioids, "a lot of it is attributed to prescription opiate. When for that individual it becomes a necessary part of their life and they can no longer

get prescription pill, the heroin product is relatively cheap – they'll go to the heroin," says Semerjian. Another local police chief, Keith Edison, of Millis, notes that one Vicodin can sell for \$80 on the street, whereas a bag of heroin, about a dose, costs \$5.

Semerjian notes that in his experience, people get more painkiller than they end up using from the doctor, which adds to the problem.

"You get prescription painkiller, you get a one-month supply. If you don't use that whole supply, it's just sitting in the medicine cabinet, tempting someone else to use it for another reason," says Chief Semerjian, who notes that his department aggressively pushes folks to use the prescription drug disposal box at the station and at the Franklin Senior Center.

"I think, sometimes, with the pill popper, pills are common. People have them in their homes, for different medical procedures, whether it was prescribed to them or a parent or grandparent, people will often get access that way," says Dr. Bloom. "I've had numerous patients come in to say I started with pills, and they graduated to heroin because it's cheaper."

Some local officials are wary now that a Massachusetts ban on Zohydro, a hydrocodone based drug, was overturned in an April court decision.

"The issue here is, that in the midst of this ongoing prescription painkiller problem we have, being introduced into the marketplace is a more powerful painkiller that is going wreak havoc on people prone to this issue," says Edison.

As for those taking the drugs to get high, Semerjian says he believes that self esteem has a lot to do with individuals' problem.

"You may have a young individual repeatedly interacting with police with alcohol or marijuana, but what happens is this individual is deteriorating otherwise. They may not finish school. I think there are probably many people who have used alcohol or marijuana who have never developed in that way, maybe are involved in clubs," says Semerjian. Those with problems, he says, "channel in that direction, because their lives aren't going the way they want and they just kind of spiral out of control downward."

The Franklin Police tries to educate children, with officers assigned to schools and to run the D.A.R.E. program. In the summer, Sgt. Chris Spillane runs a camp, aimed at building confidence and breaking down barriers.

"The guys do an excellent job. It breaks down barriers to some degree and lets the kids know that the guys who do this are really human, we have wives and families, and we like cheeseburgers just like anyone else." This year's program will take place from August 4-8, and anyone interested can contact Sgt. Spillane at (508) 528-1212, ext. 2723.

Semerjian points out that talking to kids about the consequences of taking drugs is very important.

"There's a line, and there needs to be a healthy fear before you cross the line. When you get to a point where you're crushing opiates or you're injecting heroin into your vein, no one in that situation is happy. There is no one who is addicted to an opiate who wakes up sick that is happy that they're in that situation, but the chemical takes control. They just can't break the cycle."

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# Roy & Ross Host Franklin Students at State House

Representative Jeffrey Roy (D-Franklin) and Senator Richard Ross (R-Wrentham) welcomed eighth graders from Franklin's Horace Mann Middle School Teen leadership and Communication class to the State House at the end of the school year.

These HMMS Leadership students enrolled in an extra course, on top of their normal workload to consider and address an authentic, real-world problem in their community. Through peer collaboration and feedback these students had to create a PSA outlining their topic and solution. On May 7th the HMMS 8th graders presented their projects at the 2nd annual PSA Symposium in Horace Mann Middle School's Mercer Auditorium to an audience made up of parents, teachers and peers.

"These students embody all of the great work of our Franklin schools and teachers," said Senator Ross (R-Wrentham) "Their dedication and creativity is truly inspiring and I value every opportunity to have them take part in civil service and give back to

their community."

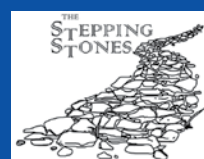
During their visit of the State House the HMMS Leadership students met with various State Legislators, had the opportunity to witness a joint House of Representatives and Senate event commemorating the 50th anniversary of UMass Boston and had an opportunity to share their future plans with their Legislators.

"I enjoyed the opportunity to meet with these student leaders and provide them with a glimpse of the work at the State House", said Representative Jeffrey N. Roy (D-Franklin) "When I met them a few weeks ago to observe their public service presentations in Franklin, I was impressed with their dedication, commitment and compassion. They took on extra course loads, worked with members of the community, and tackled issues designed to make the world a better place. I was happy to recognize their achievements and show them the work we do at the state level."



## Dunkin's Franklin Country Club Event Supports NECC

113 local Dunkin' Donuts representatives, including Dunkin' Brands Chief Executive Officer Nigel Travis, helped to raise more than \$210,000 for The New England Center for Children (NECC) at the 17th Annual Carlos Placido-Dunkin' Donuts Golf Classic at the Franklin Country Club on June 9.



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# Tri-County Students Restore Columns for Town of Franklin

Students from Tri-County Regional Vocational Technical High School's Construction Craft Laborer Career Program recently restored brick columns for the Town of Franklin at the entrance to the Colonial Village neighborhood on the corner of Washington Street, Colt, Stanford and Warwick Roads. With the guidance of Instructor Valerie Sumner, students began work on the project back in October but because of the long winter were unable to continue work until this May. In about six weeks total, the students rebuilt eight out of the 12 columns onsite. Franklin Building Inspector Lloyd "Gus" Brown approached Sumner early in the school year to see if she'd be interested in undertaking the task with

her students. Sumner welcomed the opportunity and brought her students to the site to take a look. The columns were hollow inside, offering them little support against the elements, and had deteriorated dramatically over the years. Two had to be knocked down and completely rebuilt. "We could not be happier about this," said Carol O'Neil, a Colt Road resident. "The students at Tri-County are providing a wonderful service to us and the community and we are so appreciative of it. The entrance to our neighborhood looks beautiful once again." Students from all four grades worked on the columns every day of their alternating shop weeks, with the more

experienced juniors and seniors doing most of the restoration. Students took measurements, installed the footings and rebar and made sure everything was level and plum. Instead of leaving the columns hollow, they put blocks on the inside to offer more support and then faced it

with the brick. Because the freshmen have only been in the program since February, they were tasked with tending to the upperclassmen's needs by mixing the mortar, cleaning and maintaining the site, cutting brick and running supplies back and forth. After the columns were finished, juniors gave them an acid bath wash, which involved the donning of Tyvec suits, rubber gloves and respirator masks. This

year's juniors will return in the fall of their senior year to finish the remaining four columns. "This was a great opportunity to give students real-life experience on the job that they wouldn't normally get in school," Sumner said. "It is an extremely valuable experience and I hope to have similar opportunities to offer my students in the future."



Tri-County RVTHS students (back row, from left to right) Rosemarie Carreiro of Franklin, Michael Carlson of North Attleboro, Matt Moses of Bellingham and Matthew Lombardo of North Attleboro, William O'Rourke of Wrentham, George Parker of Franklin, (front row) Aaron Moriarty of North Attleboro, Christopher Perno of Bellingham and Meghan DeMoranville of Attleboro (sitting) recently restored several brick columns at a neighborhood entrance for the Town of Franklin. Not pictured is John Simmons of Wrentham.

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# Franklin July 4th Coalition, Inc.

Franklin, MA. 02038

## 2014 Schedule

<b>Wed. July 2nd</b>	6-10 p.m.	Amusements & Food Booths
	7-10 p.m.	Matt Zajac's Band
<b>Thurs. July 3rd</b>	6-10 p.m.	Amusements & Food Booths
	7-10 p.m.	Loose Salute (Mike Nesmith & the Monkees & others)
	10 p.m.	Laser Light Show
<b>Friday July 4th</b>	12-10 p.m.	Amusements & Food Booths
	1-4 p.m.	Tyler Zajac's Band
	4-10 p.m.	Impersonators, 4-6 Frank Sinatra, 8-10 Michael Jackson
<b>Saturday July 5th</b>	12-10 p.m.	Amusements & Food Booths
	12 noon	Children's Parade
	1-2 p.m.	Vics & Sticks (family entertainment)
	2-3 p.m.	Jamie Barrett
	3-4:30 p.m.	Flippo the Clown
	4-7 p.m.	Franklin Idol Contest
	7-10 p.m.	Groove Doctors (local band) Sunday July 6th
	1-7 p.m.	Amusements & Food Booths
	2-3:30 p.m.	PARADE
3:30 p.m.	Tyler Zajac Solo	

# Franklin Finalizes 37<sup>th</sup> Fourth of July Parade

The 37th year of Franklin 4th of July plans are almost complete.

### Wednesday, July 2nd

The Celebration will begin @ 6 p.m. with Amusements and Food booths open. Matt Zajac Band 7-10 p.m.

### Thurs. July 3rd

Laser Light show on the Common in place of Fireworks, last year a hit for over 2,000 people, 10 p.m. A unique experience with Laser Lights set to music with 3D Glasses.

### Friday July 4th

Amusements and Food Booths, 12-10 p.m., Impersonators "Frank Sinatra" and "Michael Jackson" (with vocals)

### Saturday July 5<sup>th</sup>

Children's Parade at noon and family entertainment 1-4 p.m., Franklin Idol Contest 4 p.m. (application online at [www.july4thfranklinma.com](http://www.july4thfranklinma.com)) See accompanying schedule for entertainment specifics.

Groove Doctors Band (local musicians) 7 - 10 p.m.

### Sunday July 6th

Amusements and Food Booth 1-7 p.m.

PARADE 2:00 - 3:30 p.m.

All Civic groups (Boy Scouts, Cub Scouts, ELKS, Redmen, Girl Scouts, etc) and Businesses are invited to march / enter floats. Please TEXT Warren @ (508) 942-1940 with your intentions.

More information on our website: [www.july4thfranklinma.com](http://www.july4thfranklinma.com).

Also, the Coalition would like to thank all who participated in our "envelope drive." Without you, a lot of things wouldn't have taken place.

THANK YOU!!!

# Thanks to Yanks



**Pictured L - R**  
**Front Row: Joanne Wheeler (Gold Star Mother), Ilene Klaver (Blue Star Mother),**  
**Middle Row: Laura Nyren, Marianne Millette, Donnalee Shain (Vice President Thanks To Yanks and Blue Star Mother)**  
**Back Row: Rob, Juan and Sarah Keller Likins (Director Massachusetts Military Friends)**

On Memorial Day 2014 volunteers from Thanks To Yanks, a Milford based organization, along with Massachusetts Military Friends served ice cream sundaes to over 300 men and women at the New England Center for Homeless Veterans in Boston. Thanks To Yanks motto is to "remember, respect and revere" our nation's military, veterans and their families.

A special tribute dinner is being planned to recognize all military members, veterans and their families, including Blue and Gold Star families while also remembering the heroes and victims of 9/11/01. This non-political event is to simply say "Thank You", for your service and sacrifices. The free dinner will be held at the Dou-

ble Tree Hotel, Beaver Street, Milford, MA on Thursday evening, September 11, 2014 from 6pm-8pm. Help is needed to locate and invite military members, veterans and their families. If you know someone we should invite, please either send us their contact information or ask them to contact us directly. All information should be sent to Michael Shain, at [info@thankstoyanks.org](mailto:info@thankstoyanks.org), or call (508) 330-8487. Michael Shain is a private citizen who feels strongly that a "Thank You" as a random act of kindness is due all our military families. If you would like further information visit [www.thankstoyanks.org](http://www.thankstoyanks.org) and feel free to "like us" on Facebook.

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Resonance Frequency Technology (RFT) is a scientific breakthrough that allows the body to communicate its needs without any guessing. Baseline comparisons allow for detailed accurate analysis to determine many factors including specific biological preferences, out of range bio-markers, and areas in which the body may be deficient or unbalanced.

Dr. Dirk Johns, of New England Fat Loss is now using this breakthrough technology in his Milford, Ma office. Dr. Johns recently explained the technology this way, "It is taking a hormonal fingerprint which we use to determine the exact blueprint any individual needs to bring their body into an optimal state of fat-burning or health. Resonance Frequency

Technology is so specific it can detect any hormonal imbalances. He added, a person's hormones, are often the largest reason somebody cannot burn fat, Once these hormones are balanced and the metabolism is re-set, fat-loss becomes easy." Dr. Dirk Johns, one of the first doctors in the country, using this new weight loss treatment is seeing people travel from as far away as Montana and all across Massachusetts just to get access to this revolutionary new technology. Dr. Johns added, "There is no longer any need to go another day overweight. With RFT, I will determine EXACTLY what your body is missing and you will lose 20-40 pounds in just 40 days!" You can book a FREE in office review directly with Dr. Johns through his website, newenglandfatloss.com

## Corneal Transplantation

BY: ROGER M. KALDAWY, M.D.

A cornea transplant is a surgical procedure to replace part of the cornea with corneal tissue from a donor. The cornea is the transparent, dome-shaped, window surface of the eye that accounts for a large part of the eye's focusing power. This surgery can restore vision, reduce pain and improve the appearance of a damaged or diseased cornea. Also called keratoplasty, a transplant is typically performed as an outpatient procedure.

Corneal transplants are very common in the United States; about 40,000 are performed each year. The chances of success of this operation have risen dramatically because of technological advances, such as less irritating sutures, or threads, which are often finer than a human hair; and the surgical microscope. Corneal transplantation has restored sight to many, who a generation ago would have been blinded permanently by corneal injury, infection, or inherited corneal disease or degeneration.

Most cornea transplant procedures are

successful. But cornea transplant carries a small risk of complications, such as rejection of the donor cornea.

A number of conditions can be treated with a cornea transplant, including: A cornea that bulges outward (keratoconus), thinning of the cornea, cornea scarring caused by infection or injury, clouding of the cornea, swelling of the cornea, corneal ulcers, including those caused by infections and complications caused by previous eye surgery.

Cornea transplant is a relatively safe procedure. Still, a cornea transplant does carry a small risk of serious complications, such as: Eye infection, increased risk of clouding of the eye's lens (cataracts), pressure increase within the eyeball (glaucoma), problems with the stitches used to secure the donor cornea and rejection of the donor cornea. In this case, the body's immune system may mistakenly attack the donor cornea. This requires treatment and some-

### CORNEAL

*continued on page 23*

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# LIVING HEALTHY

## CORNEAL

*continued from page 22*

times another cornea transplant.

Most corneas used in cornea transplants come from deceased donors. Unlike with other organs, such as livers and kidneys, people needing cornea transplants generally don't have to endure long waits. That's because nearly all people can donate their corneas after they die, so more corneas are available for transplant compared with other organs. The surgery itself is performed under local or general anesthesia. Different types of transplantation exist: During the most common type (penetrating keratoplasty), the surgeon cuts through the entire thickness of the abnormal or diseased cornea to remove a small button-sized disc of corneal tissue. The donor cornea, cut to fit, is placed in the open-

ing. The surgeon then uses a fine thread to stitch the new cornea into place. The stitches may be removed at a later visit. With some types of cornea problems, a full-thickness cornea transplant isn't always the best treatment. Partial-thickness, lamellar or DSEK transplants may be used in certain situations. The newest type of transplant surgery (DSEK) includes replacing the innermost layer of the cornea's five layers. A small incision is made in the side of the eyeball to allow for removal of the diseased cornea's inner layer without damaging the outer layers. A donor graft replaces the removed portion. With this delicate procedure, fewer stitches are used, healing is quick and vision is much better.

Once the cornea transplant is completed, patients can expect to receive eye drops and,

occasionally, oral medications immediately after cornea transplant and continuing during the recovery to help control infection, swelling and pain. Most people who receive a cornea transplant will have their vision at least partially restored. But what to expect after a cornea transplant depends on the reason for the surgery and the previous health of the eye.

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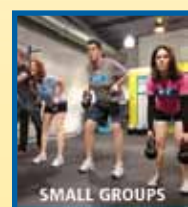
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# LIVING HEALTHY

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Getting through an interview with Jason Shea, owner of Athlete Performance Enhancement Centers (APECS)/CrossFit Tri-Valley at 276 Village Street in Medway, was tough. To be honest, my lower back was killing me, and I wasn't comfortable sitting, only standing. I'd walked into the right place.

Shea insisted we talk about how I might modify my exercise regimen to eliminate my pain before we got down to the business of his business, APECS Strength and Conditioning/CrossFit Tri-Valley, which has recently celebrated 10 years of business and 1 year at his new location. "I truly enjoy this. It gives me an opportunity to help people succeed, whatever their goals are," says Shea.

Shea notes that in addition to training over 500 athletes a year, he rehabs many people who've been injured. He and his staff work meticulously close with these clients to ensure they're conditioning properly.

Now that the weather is nice, a unique, 100x40-foot sand training pit exemplifies just how cutting-edge APECS/CrossFit Tri-Valley really is. In April, Shea, a columnist for Gatehouse Media, published an article, which appeared in *Metrowest*



*Daily News* and other *Wicked Local* publications, on the benefits of sand training. This month, his book, *Sand Training for Sports*, will hit the virtual bookstore shelves of Amazon and Barnes & Noble.

"I've always felt that sand training was one of the most effective tools for training athletes" says Shea, who lives with his wife, photographer Wendy Shea, and their two children in Franklin. "On average training in the sand requires 30% more mechanical work, which leads to nearly 2x greater caloric expenditure. There's also much less muscle protein breakdown and soreness associated with doing the same exact activities on the sand."

In fact, the private beach vol-

leyball court was one of the features that attracted him to the new APECS/CrossFit Tri-Valley location.

"I was able to combine what we do inside with what we do outside, without having to travel," says Shea, "and then, once I delved deeper into the research for the book, I learned just how effective sand training can be." Shea explains that studies have shown that participants burn 2.1 to 2.7 times more calories walking and 1.6 times more calories running on sand than they do on a hard surface.

"You have to work to sprint, accelerate, cut, and jump in the

**TEXT**

*continued on page 25*



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# LIVING HEALTHY

**TEXT**

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sand. Your foot will slide through the sand as you drive off it," says Shea. "This requires much greater calf and hamstring activity, leading to enhanced results in speed, agility, and vertical jump."

Shea points to a study published in the *Sports Medicine and Doping Studies Journal* that tested two groups of athletes in different agility tests. The first group trained for 10 weeks on a hard surface, and the second group trained in sand. Both groups improved, but the hard surface group saw just a .7 second increase in their speed in the T test, versus an improvement of 2.1 seconds in the sand group. The sand group also made significant improvements over the hard surface group in other agility tests.

"We have also created a CrossFit in the Sand training model, with a huge variety of exercises. We are carrying implements, throwing weights and kettlebells, pushing atlas stones, jumping,

sprinting, dragging sleds, loading wheelbarrows, and going through obstacle courses. We have three Olympic weight lifting platforms and a ten bar chin up rig on the perimeter. We have people coming from all over to try this. It is a CrossFit workout like no other. Not only are people burning more calories working out on sand, but also they can add these elements to dramatically amplify calorie expenditure. This is all in my book, which has dozens of sand training exercises, a lot people may not have seen."

"Training in the sand is more demanding on the body. The sand requires greater activation of the stabilizer muscles when running and cutting," says Mike Lane, a former football player for Medfield and Endicott College planning and training for a career in law enforcement. "I wish I had the luxury of this sandpit when I was a football player. I really like the mental toughness aspect of sand training."

Sand training, stresses Shea, is just one part of the overall umbrella of training at APECS/CrossFit.

"Each day is different in the CrossFit classes. The teams and athletes follow programs designed around their structural imbalances and needs of their sport," says Shea, who holds a master's degree in Human Movement, is an adjunct professor of Exercise Science at Dean College in Franklin, the Massachusetts Municipal Police Health and Wellness Coordinator, a board member of the Hockomock YMCA and author of three other books in addition to *Sand Training for Sports*.

There's no question, then, why APECS/CrossFit Tri-Valley is and has been the choice for multiple state title teams, high school Super bowl teams, league champion teams, Massachusetts players of the year, high school and college All-Americans, professional athletes and Olympic hopefuls, nearly two dozen individual league MVPs, and league all-stars from towns as far as Providence and Springfield, as well as a primary training referral for numerous doctors and physical therapists.

"A big part of what we do is educate, we don't just train," says Shea. "We want students and adults to understand why we do this. We offer the CrossFit program as our adult classes, while the APECS side of the business is reserved for the athletes, teams, and private training."

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Melony Claire Tocci  
 Olivia Katherine Toomey  
 Connor Jacob Trainor  
 Corey Brandon Travis  
 Kendall Grace Trenchard  
 Kayla Evan Trockman\*  
 Jason Tyler Trufant  
 Ebely Urbaz  
 Jessica Marie Valentine  
 Rebecca Gail Vickery  
 Laura Marie Wasnewsky  
 Stephanie Renee Webber  
 Jamie Allison Weiner  
 Sean Patrick White  
 Cody Lee Williamson\*  
 Mariah Emily Shao Ya Wilschek  
 Galen Robert Wolf  
 Ciara Rose Woodward  
 Aaron Matthew Yellin  
 Jared Tyler Yellin  
 Halle Mae Young  
 Madison Erin Young\*  
 Madison Taylor Young  
 Michael Francis Young  
 Tatyana Youssef \*  
 Allyse Claire Zajac\*  
 Matthew William Zajac  
 Benjamin John Zogby  
 Nicholas Lee Zucco  
 \*Denotes National Honor Society



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# Franklin Sports

## Versprille Helps Franklin Lacrosse Gain More Stature

By KEN HAMWEY

High school sports are in our rear-view mirror for now, but looking back at the just-completed spring season emphasizes just how good the girls lacrosse team at Franklin was and what a remarkable player Marta Versprille has been for four years.

The squad finished its regular season at 16-3, advanced to the playoffs and was able to win three games, downing Natick, Lincoln-Sudbury and Concord-Carlisle for the Sectional championship. Franklin then bowed to Longmeadow in the State Tournament semifinals. The 5-foot-7 Versprille, a starter at Franklin for four seasons, finished her final year as a midfielder with 40 goals and 5 assists, but more importantly,

she helped take the Panthers to a new level. She also helped the team capture four straight Hockomock League championships.

The 18-year-old Versprille, who will be heading north to St. Anselm's College in Manchester, N.H., in the fall will be on the Hawks' roster, thanks to a partial scholarship for lacrosse.

"I'm not expecting to get a lot of minutes in my first year," said Versprille who had more than 100 career goals. "It'll be tough in the beginning, but I'm eager to accept the challenge and excited about playing at a higher level."

Versprille, who's been playing lacrosse since she was eight, set her sights on a Division

2 college and St. Anselm's, competing in the Northeast 10 and playing the likes of Bentley, Adelphi and LeMoyne, will provide her with top-notch Division 2 opposition. St. Anselm's has often been ranked in the nation's top 10 at the Division 2 level.

"I was recruited by Assumption and Springfield but chose St. Anselm's after I visited the campus," Versprille said. "I went to a practice, liked the coach, enjoyed meeting potential teammates and loved the campus. It's very spacious."

Versprille, also a four-year starter in field hockey, excelled for the Panthers in lacrosse. Two of her best efforts came against highly-ranked state powerhouse squads — Needham and Notre Dame of Hingham. The Panthers downed Needham last year by two goals and this season they bowed to Notre Dame by two goals.

"Beating Needham was a thrill because they're such a force in the state," she said. "I was able to get two goals in that victory. Losing to Notre Dame was tough, but our team defense was so strong. We worked hard to pressure their key players. They were state champs last year."

Those two games were memorable, but so, too, are ending her Franklin career with a Sectional title and four straight Hockomock League crowns. "Being a dominating team in the league was fun but it's just as awesome to see the program grow. We worked very hard this year, and it paid off as we became the first team at Franklin to win a Sectional and play for the state title. We're glad to elevate the program and get it to a higher level."

And, Versprille, who's been a lacrosse captain for two years, is quick to credit the other captains and also her coach (Kristin Igoe). "Maegan Schmauder, Emily Jeffries and Julia Bireley have been great captains," Ver-



Marta Versprille will take her exceptional lacrosse skills, ingenuity and team spirit to St. Anselm this fall.

sprille said. "They all focused on leadership, solved problems and helped our younger players. As for coach Igoe, she's a superb student of the game, a good teacher and a motivator. She's also an excellent player at the national level."

Igoe is quick to emphasize how important a role Versprille played in the spring. "Marta was unselfish on and off the field," Igoe said. "She always communicated well, led in such a strong fashion and gave us solid play at midfield. She controlled 94 draws and had 18 ground balls. She was smooth in transition, carrying the ball on offense and marking her opponent quickly on defense."

Versprille, whose style in lacrosse leans more towards finesse than an aggressive nature, is adept at the sport because she possesses all the key attributes needed for success. She's smart, instinctive, has field awareness, is quick and is technically sound.

"I learned the sport early because my older brother (Jake)

and older sister (Anne) both played at Franklin," Versprille said. "And, Anne played in college at Springfield and Jake is still playing the sport, also at Springfield. What makes the game so special is the speed and pace of the sport. And, it also teaches real-life lessons. It's easy to make a mistake in lacrosse but you work to fix problems. And, when you're on the ground, you get up. It mirrors real life."

A National Honor Society student while at Franklin, Versprille relies on an athletic philosophy that has not only defined her, but also helped the Panthers build their program.

"I'm competitive and I like to win but it's very important to improve every day, whether you're playing a game or in practice," she said. "The key is to fix any flaws or mistakes and to make sure you reach your potential."

In Marta Versprille, St. Anselm's is getting the total package.

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We also have a bin by the front door to accept non-perishables after business hours. Monetary donations can be mailed to Franklin Food Pantry, PO Box 116, Franklin MA 02038. We are a registered 501(c)(3) charitable organization FEIN#04-3272663.



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 or visit [www.franklinfoodpantry.org](http://www.franklinfoodpantry.org).  
 All contributions are greatly appreciated!

# Franklin Sports

## Jack Sturtevant Makes the Jump at Tri-County Track

By CHRISTOPHER TREMBLAY

Soccer had been in his blood for as long as he could remember. However, once he entered high school, that all changed. Wrentham's Jack Sturtevant made the move to track during his freshman year at Tri-County.

"I loved running and being faster than other people," the Tri-County junior said. "When I was playing soccer I was usually the first to the ball so I knew that I could run track."

Sturtevant began running the 100 and 200 meters as well as doing the long jump for the Cougars in his freshman year. This past season he added the shot put to his other three events.

Thus far, his best shot put is 33 feet; he has jumped 19 feet 2 inches in the long jump while his fastest time in the 100 is 11.56, and he holds the school record in the 200 with a time of 23.01. At this year's Division 4 State Meet, Sturtevant surpassed Lucas Mistler's 2009 school record of 23.5.

Of his four events, Sturtevant finds the 200 meters as his top event.

"Jack's long and tall. When

most of the other runners are peaking at 100 meters, he doesn't until 160 meters, allowing him to finish a lot stronger than most," Tri County Track Coach Seth Curran said. "The junior track star believes the 200 is more to his liking, as he prefers running sprints instead of taking on the distances. His times would agree, as he captured the Mayflower League Championship in the event as well as being the runner-up at the State Vocational Meet.

"The 200 is not only my best, but it's also my favorite as it allows me to focus more," Sturtevant said. "It gives you more time to build up your speed unlike the 100 which is too short and the 400, which is too much."

Coming into his third track season the Wrentham resident was looking to break the 23 second barrier, and although he hadn't come close to that time all season, he was optimistic about the State Meet.

"My best time going into that race was 23.6, so when I set the school record, I was actually surprised with myself," he said. "I knew at this stage it was a possibility, but I wasn't counting on it. The only thing I could count on was the level of com-

petition being a level higher and to keep up I was going to have to run better."

Taking part in the shot put for the first time in his career, Sturtevant was basically doing it for fun, despite not being all that good at the event.

"It may not be one of his better events, but he's trying and as a captain that shows a lot," Curran said. "While he may be a good athlete, he's also good at managing the other athletes and will help anyone in whatever way that he can."

As school closes for the summer, Sturtevant may find himself away from the track, but not away from trying to get better for his senior season.

"I'll basically be getting ready for football season, which will in turn help me get ready for track," the cornerback said. "Both sports help one another, but one is individual while the other is team oriented."

As he begins his preparation for next spring's track season, Sturtevant is looking to accomplish two goals during his senior campaign: he wants to get his 200 time under 22 seconds and defend his Mayflower League title.



Tri-County Junior Jack Sturtevant holds the school record for the 200 meter race and captured the Mayflower League Championship in the event. He hopes to beat his own time in that event, one of four in which he competes, next year.

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# Tri-County Students Building House for Town of Franklin

For the first time, Tri-County Regional Vocational Technical High School is partnering with the Town of Franklin to build a home for the town's affordable housing program. Juniors and seniors from the school's Carpentry, Electrical Wiring Technology, and Plumbing and Hydronic Heating Career Programs are involved in this project under the guidance of their instructors.

Ten percent of the housing inventory of every city and town in Massachusetts must qualify as affordable, according to state law. This year the Town of Franklin worked out an arrangement with Tri-County RVTHS, agreeing to pay for materials for construction and transportation in exchange for a house that met its needs. In doing so, the town will save money while giving the school the ability to offer students a chance for real-world experience constructing a house while still in high school.

Students began work on the project, which is currently being built outside on the Tri-County campus, in early April.

Construction of the home's foundation was subbed out to a contractor and will be poured at the permanent location on Beaver Court in Franklin. When completed, the home will be a three-bedroom, two-bathroom ranch measuring 42x24' with a 20x18' addition. Students are working on the house during their alternating "shop" weeks with instructors overseeing their work.

Franklin Building Inspector Lloyd "Gus" Brown is overseeing the entire project and pays weekly visits to the site to ensure that the home is being built according to the town's Building Code. The house is being kept on school grounds for the first phase, which includes the rough frame, roofing and installation of windows, making it possible for Tri-County to complete the project in a timely manner, as instructors can only take eight students off-site at a time. When this phase is completed, the house will be lifted by a crane and set on a flat bed truck to be transported to Beaver Court. The move is scheduled for the beginning



**Tri-County RVTHS has partnered with the Town of Franklin to build a home as part of the town's affordable housing program. Guided by their instructors, juniors and seniors from the Carpentry, Electrical Wiring Technology, and Plumbing and Hydronic Heating Career Programs are currently working on construction of the house, which is scheduled to be completed by June 2015.**

of September with the house scheduled for completion by the end of June 2015.

"This is a great opportunity for our students," Carpentry Instructor John Lavigne said.

"It's a win-win: our budget is paid for by the town, we provide them with the house, and the hands-on experience the students gain from this is incredible. Students learn how to work safely and efficiently as

a team to put together a massive project. Twenty, thirty years from now, they can look back and say that they built a house while in high school. The value of this opportunity is priceless."

## Saint Catherine of Siena Congratulates Its 8th Grade 2014 Graduates

### A very special class to remember

Saint Catherine of Siena School's 8th grade students, the Class of 2014, concluded their Graduation Mass and Commencement Ceremony on a beautiful Friday evening, June 6th, in St. Catherine of Siena Church. The Graduation Mass was concelebrated by Monsignor Paul Garrity, Monsignor Paul Ryan, and Father Jean Pierre Aubin. Serving as Class Valedictorian and Class Salutatorian respectively were Fiona Powers-Ozyurt of Dedham and Kevin Costello of Norwood who earned the highest grade point averages in the class over a three year period.

Current graduates received close to \$500,000 in merit scholarships and all students were accepted to their first-choice high schools. Seventy-four percent of the class will be attending area Catholic high schools in September. Also of special note, all graduates planning to attend public high schools in September were placed in Honors level courses.

Congratulations and best wishes to the 8th grade class:

George Aharonian - Walpole  
Lena Isabel Astarjian - Walpole  
Brendan Thomas Brogan - E Walpole  
Cassandra Elizabeth Cahill - Norwood  
Dominic Thomas Carciere - Dedham  
Colin Lorne Cmaylo - Foxboro  
Veronica Diane Coard - Norwood  
Andrew John Cobuccio - Norwood  
Kevin Stephen Costello - Norwood  
Kenneth Allen Cox III - Norwood  
Adriana Lucia Della Camera - Norfolk  
Sherry Sher Deng - Norwood  
Vilmayes Anais Durán - N. Easton  
Jaménard Etienne Exavier - Attleboro  
MaryRose Yacob. Fadel - Dedham  
Noah Amabiile Foilb - Canton  
Patrick Joseph Flaherty - Norwood  
William Casey Flinn - Dedham  
Hayden KiefDillow - Norwood  
Christina Rose Germino - Norwood  
Grace Kilcommons Gillis - Norwood  
Daniel Joseph Goggin - E. Walpole  
Lauren Maureen Goggin - E. Walpole  
Daniel Michael Gunning - Norwood  
James Anthony Dusaban Icuspit - Norwood

Paul Harrison Manning - Norwood  
Kevin Mitchell Matthews - Wrentham  
Brendan Charles McCarthy - Canton  
Kyle M. McCue - Norwood  
Maire Grace McDonald - Norwod  
Danielle Anne McMurtry - Readville  
Steven Paul Melanson II - Norwood  
Juliane Marie Melass - Franklin  
Ikechukwu Bryant Okoye - Foxboro  
Arcelia Argentina Pena - Westwood  
James Louis Piatelli - Norwood  
Mary Alice Ponte - Canton  
Fiona Tulay Powers-Özyurt - Dedham  
Emily Lynn Rooney - Norwood  
Gretchen Caulfield Sandstrum - Norwood  
Nectaria Savvidis - W. Roxbury  
Evan Christian Sheehan - Weymouth  
Anya Christel Szczepanowski - N. Attleboro  
Amelia Toomey - E. Bridgewater  
Jake Bennett Verille - Canton  
Oliver Kelly Wales - Norwood  
Joseph Francis Walsh - Norwood  
Julia Rose Wenstrom - Canton  
Cameron Stanley Willox - Dedham  
Jack P. Wilson - Walpole

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# Calendar of Events

## July 2

Franklin 4th Coalition, Inc. Celebration, Amusements & Food booths 6-10 p.m., Matt Zajac's Band, 7-10 p.m., Franklin Town Common, visit [www.july4thfranklinma.com](http://www.july4thfranklinma.com)

Greg & Axel Magic Show: "Fizz, Boom, Read," Wednesday, 3 p.m., Franklin Public Library, Magician Greg McAdams & his real dog Axel will need audience help to stop Boom & Fizz, two of the most notorious bookworms in all of New England, who are trying to ruin summer reading.

## July 3

Franklin 4th Coalition, Inc. Celebration, Amusements & Food booths 6-10 p.m., 7-10 p.m. Loose Salute (Mike Ne-smith & the Monkees & Others), 10 p.m. Laser Light Show, Franklin Town Common, visit [www.july4thfranklinma.com](http://www.july4thfranklinma.com)

## July 4

Franklin 4th Coalition, Inc. Celebration, Amusements & Food booths 12-10 p.m., Tyler Zajac's Band 1-4 p.m., Impersonators 4-10 p.m. (4-6 p.m. Frank Sinatra, 8-10 p.m.

Michael Jackson), Franklin Town Common, visit [www.july4thfranklinma.com](http://www.july4thfranklinma.com)

## July 5

Franklin 4th Coalition, Inc. Celebration, Amusements & Food booths 12-10 p.m., Children's Parade 12 Noon, Vics & Sticks 1-2 p.m., Jamie Barrett 2-3 p.m., Flippo the Clown 3-4:30, Franklin Idol Contest 4-7 p.m., Groove Doctors 7-10 p.m., Franklin Town Common, visit [www.july4thfranklinma.com](http://www.july4thfranklinma.com)

Society of St. Vincent DePaul of St. Mary's Church monthly food collection, pantry needs individual cups of jello, pudding, applesauce, fruit, peanut butter, jam or jelly, Kleenex, graham crackers and cereal. Donations may be left only in the marked boxes at the doors of the main part of the church.

## July 6

Franklin 4th Coalition, Inc. Celebration, Amusements & Food booths 1-7 p.m., Parade 2-2:30 p.m., Tyler Zajac Solo 3:30 p.m., Franklin Town Common, visit [www.july4thfranklinma.com](http://www.july4thfranklinma.com)

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## July 25

A Midsummer Night's Dream, Whatever Theater Festival, by Franklin School for the Performing Arts, Franklin Town Common, 8 p.m., free, donations to FPAC gratefully accepted

## July 26

One Acts, Whatever Theater Festival, Franklin School for the Performing Arts (FSPA), 38 Main St. Franklin, 7 p.m., free, donations to FPAC gratefully accepted

## July 30

Electric Youth, 6-8 p.m., Franklin Town Common

Society of St. Vincent DePaul of St. Mary's Church monthly food collection, pantry needs individual cups of jello, pudding, applesauce, fruit, peanut butter, jam or jelly, Kleenex, graham crackers and cereal. Donations may be left only in the marked boxes at the doors of the main part of the church.

## July 16

Franklin Concert on the Common, The Frank Padula Band, 6:30 p.m., Franklin Town Common

## July 23

One Acts, Whatever Theater Festival, Franklin School for

the Performing Arts (FSPA), 38 Main St. Franklin, 8 p.m., free, donations to FPAC gratefully accepted

Franklin Concert on the Common, The Sharon Band, 6:30 p.m., Franklin Town Common

## July 24

A Midsummer Night's Dream, Whatever Theater Festival, by Franklin School for the Performing Arts, Franklin Town Common, 8 p.m., free, donations to FPAC gratefully accepted

# United Regional YPO Raises Funds for Julia Cekala Charitable Foundation

The United Regional Young Professionals Organization, an affiliate of the United Regional Chamber of Commerce, recently raised nearly \$200 for Julia's Garden, a playground at the World War I Memorial Park in North Attleboro, created and maintained by the Julia Foundation, in memory of Julia Cekala.

YPO, an organization focused on professional relationship building, networking, career development, social engagement, and civic leadership, supports a variety of area nonprofits during the course of the year.

For more information call (508) 488-YPO1 (9761) or email [UnitedRegionalYPO@ymail.com](mailto:UnitedRegionalYPO@ymail.com).



**United Regional Young Professionals Organization recently supported Julia's Garden in North Attleboro, created and maintained by the Julia Foundation in memory of Julia Cekala. Left to right: Chris Cekala (Julia Cekala Charitable Foundation), Sean Chrobak (YPO president), Tom Dunn (YPO secretary), and Ron Groves (YPO vice president).**

# 10th Annual Pete's Bluebird Car, Truck & Motorcycle Show a success

More than over 200 vehicles of all types, antique to brand new, headed to Pete's Bluebird on Mendon Street in Bellingham in early June. They were headed to Pete's to have fun and raise funds for some good causes. Bill and Stamma Coniaris, owners of "Pete's," and the Car Show Staff, set up tents, picnic tables, heated up the grills and invited everyone to come and stay awhile. Enjoying the sunshine and some great music, people came, stayed, and had a wonderful time.

All proceeds from the event, including the sale of food, t-shirts, and beverages, were all donated. Joe Deslauriers,

Sr. was at the event to accept a \$1,000 check from the Franklin Elks to benefit his son and Bellingham native, Master Sgt. Joe Deslauriers, who was severely injured while on duty in Afghanistan. The remaining money raised, around \$4,000, will be given to Master Sgt. Deslauriers and Tufts Veterinary School in Grafton, which provided care for the Coniaris's beloved dog, "Katie."

"We ran out of food! I'll have to plan for more next year," said Bill Coniaris. "We appreciate all the help from every person who contributed to the program's success."



# Tri-County Scholarships and Awards 2014

The following scholarships and awards were presented at the graduation ceremony at Tri-County Regional Vocational Technical High School on Sunday, June 8, 2014.

## **Austin Narewski Electrical Trade Scholarship**

\$750 – Dylan Leffort – Electerical – Rehoboth

## **Chestnut Dental Associates Scholarship**

\$250 – Lauren Hall – Medical Careers – Franklin

## **Craig DeGiso Memorial Scholarship**

\$2,500 – Connor Qvarnstrom – HVAC – Attleboro

## **David L. Gaboury Sr. Scholarship**

\$250 – Tracy Crosby – Medical Careers – Norfolk

\$250 – Joseph Galligan – Carpentry – Medway

## **Dean Co-Operative Bank – Judith Hutchins Memorial Scholarship**

\$1,000 – Drew Lessard – Computer Info Systems – Wrentham

## **Dean College Scholarship**

\$33,000 – Emily DiTullio – Culinary Arts – Franklin

## **Don Coe Memorial Scholarship**

\$500 – Andrew Waple – Facilities Management – North Attleboro

## **EMC Scholarship**

\$1,000 – Anna Hall – Engineering Tech – Franklin

\$1,000 – Stephen Hagen Jr. – Engineering Tech – Wrentham

\$1,000 – Rodrigo Verissimo – Engineering Tech – Medway

\$1,000 – John Nicastro – Computer Info Systems – Plainville

## **Franklin Community Cable Acces - Franklin TV Award**

\$1,000 – Emily Scannell – Computer Info Systems – Franklin

## **Franklin Youth Services Scholarship**

\$1,000 – Matthew T. Donovan – Electrical – Franklin

## **George E. Young Memorial Tool Award**

\$250 – Katie Colligan – Automotive Tech – Franklin

## **James Paquette Scholarship**

\$770 – Joshua Winters – HVAC&R – Seekonk

## **Kim Howie Memorial Scholarship**

\$500 – Danielle DuPont – Culinary Arts – Franklin

## **Lou Bentley Memorial Scholarship**

\$500 – Jake Pantano – Facilities Management – North Attleboro

## **Los E. Hoegler Scholarship**

\$800 – Tyler Forgeron – Computer Info Systems – Walpole

## **Michael J. Drinkwater Memorial Scholarship**

\$1,500 – Derin Rheaume – Culinary Arts – Seekonk

\$1,500 - Dylan Booth - Culinary Arts - Franklin

## **Middlesex Savings Charitable Foundation Scholarship**

\$1,000 – Matthew T. Donovan – Electrical – Franklin

## **Nadine M. (Nolin) Bryda Memorial Scholarship**

\$500 – Kelly Korslund – Cosmetology – North Attleboro

\$500 – Marisa Onofrio – Culinary Arts – North Attleboro

## **North Attleboro/Plainville Rotary Club Scholarship**

\$500 – Andrew Robinson – Carpentry – North Attleboro

## **Paul Anthony D'Ascenzo Memorial Scholarship**

\$500 – Emily Scannell – Computer Info Systems – Franklin

## **Paul G. Foley Career & Education Award**

\$500 – Arianna Sandland – Medical Careers – Plainville

\$500 – Ryan Dacko – Automotive Tech – Medway

\$500 – William Cherry – Metal Fabrication – North Attleboro

## **Plainville Lions Club Scholarship**

\$500 – Joseph Staples – Auto Collision – Plainville

## **Rebeckha Lynn Whitefield Memorial Scholarship**

\$500 – Josilyn Carlson – Dental Assisting – Attleboro

\$500 – Drew Zaiter – Plumbing – Attleboro

## **Robert J. Rappa Scholarship**

\$800 – Ashley Monterotti – Medical Careers – Franklin

## **Rockland Trust Charitable Foundation Scholarship**

\$2,500 – Tasha Boger – Dental Assisting – Rehoboth

## **Shannon Ely Scholarship**

\$800 – Radkhika Bhatt – Graphic Communications – North Attleboro

## **Sherborn Business Assoc. Award for Vocational Excellence**

\$1,000 – Olivia Coppelman – Cosmetology – Sherborn

## **Timothy Anderson Tool Award**

\$200 – Joseph Long – HVAC&R – North Attleboro

## **Todd E. Vogel Memorial Tool Award**

\$400 – Joshua Berard – Electrical – Plainville

## **Tri-County Boosters Athlete Scholarship**

\$400 – Matthew T. Donovan – Electrical – Franklin

\$400 – Andrew Robinson – Carpentry – North Attleboro

\$400 – Emily DiTullio – Culinary Arts – Franklin

\$400 – Ronelle Erickson – Graphic Communications – Plainville

\$400 – Collin Spillane – Carpentry – Franklin

\$400 – Thomas Dalzell – Computer Info Systems – Wrentham

## **Tri-County Teacher's Association Award**

\$400 – Christopher Pinette – Plumbing – Rehoboth

## **Tri-County Teacher's Association Scholarship**

\$400 – Lindsey Carrigan-Laquidara – Medical Careers – Franklin

## **Tri-County Teacher's Association – Gerry Slaney Memorial Scholarship**

\$100 – Jayme Ibello – Culinary Arts – Seekonk

## **Walpole Co-Operative Bank Award**

\$1,000 – Lindsey Parent – Automotive Tech – Plainville

# Spaces Still Available at Stony Brook Camp

“Stony Brook Camp is a place where children from 4-14 can discover the natural world in a safe environment, while discovering a lot about themselves,” said Camp Director Marla Cohen “That’s a big reason why many of our campers come back year after year.”

And the 2014 camp season will incorporate new ways of exploring habitats and enjoying the birds, bugs, plants, and games that make Stony Brook such a special place for children.

And the even better news is that there are still some spaces available! To learn more about Stony Brook and to register, please visit [www.massaudubon.org/stonybrookcamp](http://www.massaudubon.org/stonybrookcamp).

If camp is not for you, check out our July programs:

**Tiny Trekkers: Saturdays, July 5th and 19th, from 10:30 a.m. - 12 p.m.** Start your weekend off right with a fun and knowledgeable Stony Brook teacher on the trails. Each day will have a special topic created to excite your child about the natural world. There will be crafts, activities and lots of laughter. So come and join the fun. This month’s themes: Our Web-footed Friends/ Fabulous

Flowers. Ages 2.9 to 6 with a parent. Fee: \$5m/\$6nm per person per session

**The Bog at Poutwater Pond: Saturday, July 5th, from 9:30 a.m. – 12 p.m.** Bogs are unusual places that are much more common in Maine than in Massachusetts. These wetlands, characterized by highly acidic soils and waters, set the stage for plants and animals that can adapt to these unusual conditions. Poutwater Pond is home to stunted trees and shrubs as well as unusual orchids and insect eating plants. Join us in this exploration along the shores of this National Natural Landmark and Massachusetts’ first Nature Preserve. Directions to the trail head will be sent upon registration. Dress for the weather and bring snacks, water, boots (that you don’t mind getting wet) and insect repellent, should the need arise. Fee: \$15m/\$18nm per person

**Frogs & Fireflies: Friday, July 18th, from 8 – 9:30 p.m.** In the early summer you can always count on fireflies and frogs. Fireflies are fun to watch zipping around the field. We will catch them and take a closer look to find out what makes them light up. We will also visit the boardwalk to listen for frogs

and to try to identify which species are calling. Don’t miss the fun. Bring your binoculars and something to keep the insects at bay should the need arise.

Min. age 6. Fee: \$5m/\$6nm per person, children \$1 less

**Family Canoe Trip on the Charles: Saturday, July 19th, from 9 a.m. – 2 p.m.** Experience the magic of gliding quietly over the silky smooth waters of the upper reaches of Charles River as you paddle with the unhurried current downstream. The Charles River has played an important role as a travel way, wildlife corridor, supplier of energy and convenient spot for waste disposal in the past. Today, the Charles is a fascinating place to explore where Great Blue Herons and Kingfishers stalk their dinner along the shores and where the remnants of old mills reflect the important role the river played in the European settling of Massachusetts. We will supply the canoes, paddles, lifejackets, and guides. Directions and further instructions will be sent when you register. Limited to 12 participants. Fee: \$15m/ \$20nm adults; \$8m/ \$10 children

Pre-registration is required for all programs (except as noted).



For more details, visit the Mass Audubon webpage at [www.massaudubon.org](http://www.massaudubon.org) or contact us at (508) 528-3140. Register by phone, email ([stonybrook@](mailto:stonybrook@)

[massaudubon.org](http://massaudubon.org)), fax (508-553-3864) or in person. Stony Brook is located at 108 North Street in Norfolk.

## Tri-County Students Honored

Tri-County Regional Vocational Technical High School celebrated outstanding student achievement during the school’s 23rd annual Honors Night on Wednesday, June 4.

Nearly 300 students received awards for various achievements.

Outstanding student achievement awards included seniors Andrew Robinson of North Attleboro, nominated by school administrators for the Massachusetts Vocational Association Secondary Award; Lindsey Parent of Plainville for the Massachusetts Association of School Superintendents’ Award for Academic Excellence; Nathaniel Lagos of Wrentham for the Massachusetts Secondary School Administrator’s

Association Award; and Patricia Bowen of North Attleboro for the Daughters of the American Revolution Good Citizen Award. Seniors Lauren Hall of Franklin and Nicholas White of North Attleboro received the Marine Corps Athletic Excellence Award while seniors Stephen Hagen, Jr. of Wrentham and Lindsey Parent of Plainville were awarded the Marine Corps Scholastic Excellence Award.

To mark the importance of being on time and present for school each day, seniors who had perfect attendance for four years were recognized. Students recognized were: Joseph Galligan of Medway, Stephen Hagen, Jr. of Wrentham, Arianna Sandland of Plainville and William Sullivan of Franklin.

An additional highlight of the evening included recognizing the Cougar Culture Award recipients. These students exemplify achievement in the areas of scholarship, leadership, character and service. The honorees were freshmen Kathleen Loonie of North Attleboro and William Galligan of Medway; sophomores Thomas Vagnini of Medfield, Tyler Thomas of North Attleboro and Kelsey Maynard of Millville; juniors Laura Auerbach of Franklin, Dillan Hoyt of Walpole and Emily Spillane of Franklin; and seniors Matthew T. Donovan of Franklin, Andrew Robinson of North Attleboro and Collin Spillane of Franklin.

## Summer Vacation Workshop at Milford Performing Arts Center

Harry Potter and the Order of the Phoenix, a theater production workshop for ages 12 to adult, meets Tuesdays, Wednesdays, and Thursdays from 6 to 9 p.m. beginning July 15, 2014 through production dates August 7 and 8. Improvisation, theater games, technique, scene study, costuming, make-up, and more! Fee \$140 for four weeks.

All sessions held at the MPAC studio at 150 Main Street (MA Rte. 16), Milford.

More info & registration: [www.milfordpac.org](http://www.milfordpac.org), [milfordpac@verizon.net](mailto:milfordpac@verizon.net), or call (508) 473 1684.

The Milford Performing Arts Center is a not-for-profit Massachusetts corporation and tax exempt under US IRC Section 501(c)(3).

# July Programs at the Franklin Public Library

## Every Monday

Story & Craft for ages 3-6 at 10:30 a.m.  
 Stories, activities, and a craft for children ages 3 to 6 who are able to attend "on their own." This program lasts around 45 minutes. Please note – no program on August 4th.

Family PJ Storytime for all ages at 6:30 p.m.  
 Come in your pajamas with your favorite storytime pal and we will provide the bedtime stories.

## Every Tuesday

Family Storytime for all ages at 10:30 a.m.  
 Join us for thirty minutes of stories, fingerplay, and music the whole family will enjoy.

Drop-In Crafts for all ages at 10:30 a.m.  
 Our summer theme is "Fizz, Boom, Read" so drop-in and see what crafts we have invented for you!

## Every Thursday beginning July 3rd

Lego Club and Games at 4 p.m. for all ages  
 Use your imagination to build anything you like with our tubs & sets of Legos! We will also have puzzles and board games.

## Music & Movement

Wednesday, July 2nd at 10:30 a.m.  
 Enjoy 45 minutes of singing, dancing, & playing instruments! Together with Ms. Marsha from Self Help Community Partnerships for Children, we will sing some new songs & some old favorites. This program is open to all young children & their caregivers.

## Greg & Axel Magic Show: "Fizz, Boom, Read"

Wednesday, July 2nd at 3 p.m.  
 Magician Greg McAdams & his real dog Axel will need audience help to stop Boom & Fizz two of the most notorious bookworms in all of New England who are trying to ruin summer reading.

## Animal World Experience – Locomotion Commotion Wednesday, July 9th at 3 p.m.

What's all the commotion? Animals move in many different ways, and we'll explore how they slither, crawl, hop, climb and swim.

## Art & Science of Puppets

Thursday, July 10, 17, and 24 at 3 p.m.  
 This is a 3-part workshop presented by Ms. Marsha of Self Help Community Partnerships for Children. Registration required.

## Teddy Bear Picnic

Wednesday, July 16th at 1 p.m.  
 Bring a bag lunch & blanket to the library lawn for stories & songs. All well behaved Teddy Bears are also invited!

## Swimmy/Swimmer Shadow Puppet Show

Wednesday, July 23rd at 1 p.m.  
 Shadow puppets, animation, projections, and music bring to life Leo Lionni's book *Swimmy*. *Swimmy* is a beautiful and inspiring original work.

## Marvelous Marvin – Magic of Science

Wednesday, July 30th at 3 p.m.  
 The Magic of Science explains the scientific process, from the art of experimenting to the creation of an invention with simple experiments that kids can try at home.

## TEEN PROGRAMS

### Duct Tape Beach Bags

Tuesday, July 1st at 4 p.m. for ages 11 and up  
 Make a beach bag out of duct tape.

### Medieval Mania

Tuesday, July 8th at 2:30 p.m.  
 A workshop on medieval history and weaponry presented by Dana Perkins. Participants will learn about medieval times and make their own shield!

### Hunger Games Survival Course

Tuesday, July 22nd at 2:30 p.m.  
 Calling all tributes! The time has come to say goodbye to loved ones and journey to the capitol to begin your survival training course. Learn how to create a life-saving shelter anywhere, build a quick fire that can be lit using only one match, archery basics, and more.

**Our Ad & Editorial Deadline is the 15th of each month, for the following month's issue.**



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(508) 533-5855. All cats and kittens are examined by a Veterinarian, tested for feline leukemia and FIV, spayed or neutered, vaccinated, dewormed, and microchipped prior to adoption.

The Purr-fect Cat Shelter is a non-profit, no-kill, all volunteer organization caring for homeless cats and kittens with the ultimate goal of finding permanent loving home for each cat.



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# home MARKETPLACE



**Our Ad & Editorial Deadline is the 15th of each month, for the following month's issue.**



## It's a Sign of the Times...

### Print Advertising Is Stronger Than Ever

Summer is here. What that means to a real estate agent is that families who are thinking of moving will be diligently searching for a property, in order to be settled before the next school year. Marketing is or should be the primary focus of every real estate agent who lists property.

Both online and offline marketing are necessary. Not enough emphasis is placed on offline marketing. Many real estate agents rely solely on the Internet to satisfy their marketing efforts. That's not acceptable today.

Successful marketing is accomplished with the proper balance of both online and offline marketing. Print advertising continues to lead the way as an offline source. Newspaper ads complemented with direct mail campaigns are a win-win situation for any real estate agent. Where you market and how you market will depend on what you're marketing.

Know your target audience and reach them via the Internet and print advertising. One will complement the other, and the end result will be a positive one. Print advertising will never die. Homeowners need to think about how their properties will be marketed by their future real estate agent before they hire an agent.

Barbara Todaro is the sales manager of RE/



MAX Executive Realty and a team leader for The Kuney-Todaro Team. Barbara has 36 years of real estate experience and is the marketing agent for her team members. She is a blogger on several real estate platforms including ActiveRain, Google+ and other real estate websites. Barbara Todaro can be reached at (508) 520-9881.



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