



Feast of St. Rocco Franklin

If, sometime between August 11-14, you find yourself floating Fred Flintstone-style toward the scent of something delicious, you're probably sensing the advent of St. Mary's Parish's annual Feast of St. Rocco. This North-End style feast, the brainchild of Father R. Michael Guarino in 1979, according to St. Mary's website (stmarysfranklin.org), is a family-oriented religious, social, and cultural event. The feast honors Saint Rocco, the patron saint of the sick and impoverished, who was born (with a red cross birthmark) in Montpelier, France toward the end of the 13th century. Saint Rocco is said to have inherited great wealth, but gave up his material possessions. A man of great faith, he is said to have devoted his time and effort to the infirm, healing the sick.

A statue of St. Rocco stands on the grounds where the annual Feast is held. Nick Verna, a parish member, donated the statue in 1959, in honor of his mother. As a child, Nick had



Shown is St. Mary's Parish's statue of Saint Rocco, believed by Catholics to be the Patron Saint of the Sick. From August 11-14, the church will celebrate this Saint with its 38th Feast of Saint Rocco, which welcomes all for a great variety of food and fun. Photo by John Ristaino used courtesy of St. Mary's Parish

been very ill. His mother took him to a shrine of St. Rocco, and when he recovered, she believed that Verna had the patron saint to thank for his

life. The St. Rocco statue, in fact, is featured as part of the festival on the final day, when,

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3rd Annual Blood Donor Drive at St. Rocco's Feast

With St. Rocco the Patron Saint of the Sick, the Graci family thought it a fitting location three years ago to host their first bone marrow registry booth, aimed at increasing the pool of candidates in the Delete Blood Cancer registry who could potentially save or prolong the life of someone with blood cancer. Now for the third year, on Friday, August 12, from 6-10 p.m., Saturday, August 13, from 12-7 p.m. and Sunday, August 14, from 12-6 p.m., Rita Graci and her husband, Brad, will once again encourage festival goers to take a simple tissue swab and fill out a form.

The first two years of the drive garnered 454 registrees, and out of those, seven proved to be possible matches.

"They do further testing to see who is a perfect match," says Rita, "They say 18-35-year-old men are the best match, but we usually see women register." Potential donors must be 18-55

years old to register.

Rita and Brad's daughter, Kristin Graci, passed from Leukemia at just 21 years old in April of 2010, but it was a battle she was able to fight a little bit longer, thanks to an anonymous bone marrow donor overseas. She was one of the four out of 10 patients who was able to receive a transplant, but thousands are still in need.

The Graci family's involvement in bone marrow donor drives began when Kristin's brother, Justin, became very involved with them as a student at UMass Amherst. While there, the drives he worked hard to help put together yielded 9,287 registered. 569 matches, and 53 donations. They wanted to continue his work.

In fact, says Graci, "One of Kristin's friends, Sarah, who

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after a 10:30 a.m. mass, a procession will carry the statue back to the festival grounds.

In its 38th year, the Feast of Saint Rocco has become known for its food – and that’s a lot of food. This year, according to Peter Brunelli, who’s worked on the event that takes place across from the Franklin Town Common behind the Benjamin Franklin Classical Charter School since its inception, that means 900 pounds of sausages alone. Brunelli orders all the food himself, and this year, he is chairing the event along with Tom Olsen, Mickey DeGrazia and Frank Fiorillo, with a lot of help from Paula Coughlin.



Visitors to St. Rocco’s Feast will have a chance to win cash or some beautiful homemade gifts, such as these crafts made and donated by Phyllis Ciannavei.

“Paula is our left, right, center – she is everything for me. Without Paula, it wouldn’t go smoothly,” insists Brunelli.

The old standby’s will be there, including calzones, eggplant, meatballs and sauce, pasta, fried dough, clam cakes, clam chowder, fried chicken, pizza and hot dogs, not to mention delicious Italian pastry, just to name a few. There’s also the Coughlin family tomato salad, which is chopped up and prepared nights right before the feast, and fresh lemonade. There’s a St. Rocco’s sampler plate each year, tweaked and updated each year. Bring your appetite, because this year, “The Ark,” will include stuffed quahogs, chicken wings, chicken tenders, mozzarella sticks, toasted ravioli and macaroni and cheese bites.

In all, at least 12 food booths are set up by what Brunelli estimates are 600 volunteers. St. Mary’s has acquired a collection of items for the festival, from tables and chairs to grills, fryolators, tent poles and electrical poles and stoves, that awaken from their hibernation each year for the event.

The fun event also includes rides, supplied by Fiesta Rides, as



In addition to the old time carnival stands peddling lemonade, slush and more, the Feast of St. Rocco will offer everything from clam cakes and calzone to eggplant, meatballs, sausage and more.
Photo by John Ristaino used courtesy of St. Mary’s Parish

well as entertainment. This year, entertainment includes

- Friday: The Reminiscent (50s and 60s music) 6-10 p.m.
- Saturday: DJ on the Bandstand (on festival grounds) 1:30-4:30; Sea Breeze 6-10 p.m.
- Sunday: DJ on the Bandstand 12-4 p.m.; Jerry Seeco Band 4-7 p.m.; DJ 7-9 p.m.,

And Andi the Clown will entertain throughout the crowd on Friday, from 6-8 p.m., Saturday 3-5 p.m. and Sunday, 3-5 p.m. Sunday will also feature a visit from Pawtucket Red Sox mas-

cots, Paws and Sox, at 1:30 p.m.

The opening mass for the 2016 Feast of St. Rocco will take place in the Upper Church of St. Mary’s Parish at 10:30 a.m. on Sunday, August 7. Rides and limited food booths will open on Thursday, August 11, from 6-10 p.m., with all food booths, entertainment and rides, Friday-Sunday, August 12-14. On Saturday morning, August 13, the celebration will include a Mass and Sacrament of Anointing of the Sick on Festival grounds at 10 a.m., and the closing Mass of the event will take place on Sun-

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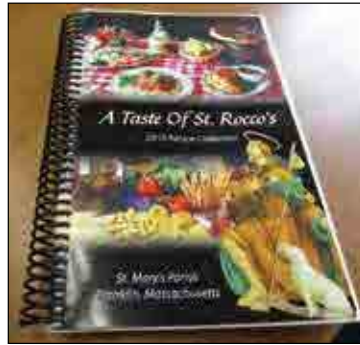
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day, August 14 at 10:30 a.m. followed by a procession returning the statue of St. Rocco to festival grounds.

The Feast will also feature raffles of handmade items by parishioners, as well as a cash raffle with a first prize of \$1,500. Raffles feature four quilts, with themes of Red Sox, New England Patriots, Frozen and Star Wars, and stuffed fabric horses made by Connie Camuso, as well as fleece throws with matching ceramic nightlights and nativity



Like the food? Make it at home with the Feast of Saint Rocco cookbook, available at the Italia Booth.

sets made by Phyllis Ciannavei. Raffles will be chosen at about 8:30 on Sunday night.

“It’s family-oriented, a friendly atmosphere,” says Brunelli, pleased that event planners stopped serving alcohol a few years back. “You could see families coming back,” he says.

In addition to raffles, the Italia booth will also feature reprints of the 2010 St. Rocco Cookbook for \$20, as well as the St. Mary’s Adult Choir Christmas CD.

Volunteers are always needed for the Feast of Saint Rocco.

“Everybody on the field, other than Fiesta Shows, is a volunteer,” says Brunelli, who says many volunteers have grown up helping and now run booths. “You make a lot of friends and a lot more friends over the years, and that what’s its all about,” he says. Those interested in volunteering for the Feast of Saint Rocco can call the rectory at (508) 528-0020 and speak to Paula Coughlin.

You can find out more about the Feast of Saint Rocco at stmarysfranklin.org or on Facebook under “Feast of Saint Rocco Franklin Mass.”



Sunday afternoon, “Paws” and “Sox,” the Pawtucket Red Sox mascots, will drop by for a visit.

Liturgical Services

Sunday, August 7
Opening Mass
10:30 a.m. in the upper church

Saturday, August 13
Mass and Sacrament of
Anointing of the Sick
10:00 a.m. on the festival grounds

Sunday, August 14
Closing Mass
10:30 a.m. in the upper church
followed by the
Procession of the St. Rocco statue
to the festival grounds

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Paying Off Debt the Smart Way

Being in debt isn't necessarily a terrible thing. Between mortgages, car loans, credit cards, and student loans - most people are in debt. Being debt-free is a great goal, but you should focus on the management of debt, not just getting rid of it. It's likely to be there for most of your life - and, handled wisely, it won't be an albatross around your neck.

You don't need to shell out your hard-earned money for exorbitant interest rates, or always feel like you're on the verge of bankruptcy. You can pay off debt the smart way, while at the same time saving money to pay it off faster.

Know Where You Are

First, assess the depth of your debt. Write it down, using pencil and paper, a spreadsheet like Microsoft Excel, or a bookkeeping program like Quicken. Include every financial situation where a company has given you something in advance of payment, including your mortgage, car payment(s), credit cards, tax liens, student loans, and payments on electronics or other household items through a store.

Record the day the debt began and when it will end (if possible), the interest rate you're paying, and what your payments typically are. Add it all up, painful as that might be. Try not to be discouraged! Remember, you're going to break this down into manageable chunks while finding extra money to help pay it down.

Identify High-Cost Debt

Yes, some debts are more expensive than others. Unless you're getting payday loans (which you shouldn't be), the worst offenders are probably your credit cards. Here's how to deal with them.

- Don't use them. Don't cut them up, but put them in a drawer and only access them in an emergency.
- Identify the card with the highest interest and pay off as much as you can every month. Pay minimums on the others. When that one's paid off, work on the card with the next highest rate.
- Don't close existing cards or open any new ones. It won't help your credit rating.

- Pay on time, absolutely every time. One late payment these days can lower your FICO score.
- Go over your credit-card statements with a fine-tooth comb. Are you still being charged for that travel club you've never used? Look for line items you don't need.
- Call your credit card companies and ask them nicely if they would lower your interest rates. It does work sometimes!

Save, Save, Save

Do whatever you can to retire debt. Consider taking a second job and using that income only for higher payments on your financial obligations. Substitute free family activities for high-cost ones. Sell high-value items that you can live without.

Do Away with Unnecessary Items to Reduce Debt Load

Do you really need the 800-channel cable option or that dish on your roof? You'll be surprised at what you don't miss. How about magazine subscrip-

tions? They're not terribly expensive, but every penny counts. It's nice to have a library of books, but consider visiting the public library or half-price bookstores until your debt is under control.

Never, Ever Miss a Payment

Not only are you retiring debt, but you're also building a stellar credit rating. If you ever move or buy another car, you'll want to get the lowest rate possible. A blemish-free payment record will help with that. Besides, credit card companies can be quick to raise interest rates because of one late payment. A completely missed one is even more serious.

Do Not Increase Debt Load

If you don't have the cash for it, you probably don't need it. You'll feel better about what you do have if you know it's owned free and clear.

Shop Wisely, and Use the Savings to Pay Down Your Debt

If your family is large enough to warrant it, invest \$30 or \$40 and join a store like BJ's or Costco. And use it. Shop there



first, then at the grocery store. Change brands if you have to and swallow your pride. Use coupons religiously. Calculate the money you're saving and slap it on your debt.

Each of these steps, taken alone, probably doesn't seem like much. But if you adopt as many as you can, you'll watch your debt decrease every month.

Jeffrey Schweitzer can be found at Northeast Financial Strategies Inc (NFS) at Wampum Corner in Wrentham. NFS works with individuals and small businesses providing financial and estate planning, insurance, investments and also offers full service accounting, bookkeeping, payroll, income tax preparation, and notary public services. For more information, stop by the office, call Jeffrey at 800-560-4NFS or visit online - www.nfsnet.com

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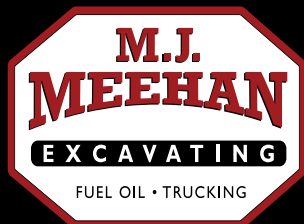
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Tiny Trekkers: Saturdays, August 6 and 20, from 10:30 a.m. to noon. Start your weekend off right with a fun and knowledgeable Stony Brook teacher on the trails learning about nature. Each day will have a special topic created to excite your child about the natural world. There will be crafts, activities and lots of laughter. So come and join the fun. This month's themes: Along Came a Spider/Beavers: Dam Builders. Ages 2.9 to 6 with a parent. Fee: \$5m/\$6nm per person per session

Who's Out There-Evening Wildlife Prowls: Friday, August 12, from 7:30 to 9 p.m. Explore the fascinating world of Stony Brook after dark. It's a magical time of day and adventures out on the trail often reinforce that notion. You never know what you will find on a walk around the trails after sunset. We'll be on the lookout for the many creatures that roam the wetlands, fields and forest in the early evening. We might hear, or even see, owls, beavers, frogs, otters, bats or other nocturnal animals. If you're open to surprises, these leisurely walks are for you! Minimum age 6. Fee:



\$9adult/\$6childm - \$11/\$7nm

Totally Turtles: Saturday, August 27, from 10:30 a.m. to noon. At Stony Brook turtles are the main attraction during the summer months. Join us as we explore the sanctuary in search of turtles that may be basking on logs or swimming in the ponds and marsh. We'll look for the four species of turtles that live here and learn about



their lifestyles including the "grand daddy" snapping turtles. This program is designed

the ponds and marshes as day gives way to night. Sunset is a glorious time to be out in the wet-

lands, and there is no better way to get close to the action than from a canoe. We'll provide the canoes and equipment. Participants limited to 10 people. Minimum age 6. Fee: \$22m/\$27nm

Raptor Identification Primer: Wednesday, August 10, from 7 to 9 p.m. There are over a dozen birds of prey that migrate south for the winter right over our heads. With some good instruction and a little practice we can learn to reliably identify these amazing birds. Join master naturalist Jack Lash as he covers all the important points for raptor identification before the onset of hawk migration. This is the perfect way to prepare for a visit to Mount Wataatic in September. Fee: \$11m - \$14nm

Wetland Plants-A Field Exploration: Saturday, August 13, from 10:30 a.m. to 1 p.m. Wetlands are fascinating places with unusual plants adapted to living in flooded, wet conditions. The compliment of plants living in area wetlands is diverse, beautiful, and sometimes dangerous. Join us on this wetland walk while we explore our wetland plants and the characteristics used to identify them. Fee: \$17m - \$21nm

Twilight Canoe Trip: Saturday, August 27, from 6 to 8 p.m. Spend a lovely evening gliding around the Stony Brook wetlands, listening and exploring

for children ages 3-6, accompanied by an adult and will be held rain or shine, so please dress accordingly. Fee: \$9adult/\$6childm - \$11/\$7nm

Exploring the landscape for clues to our past: Sunday, August 21, from 2 to 3:30 p.m. Have you ever wondered what the forests in your neighborhood, local park, or your own backyard looked like 10, 25, 50, or 100 years ago? Every landscape holds clues that can be used to understand past land use. All one has to do is to understand how to read the clues. Join Doug Williams to learn and practice forest investigation skills while walking around the Stony Brook Sanctuary searching for clues to past land use. Fee: \$6m - \$9nm

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BLOOD DRIVE

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played travel softball with her for years, she came to UMass for a celebration of Kristin's Life Drive in April of 2010, and she registered and was a perfect match for somebody. I had the honor to fly down to Georgetown Hospital in May of 2014 to be with Sarah during the donation process. I must say, it was

a moment in my life to see a process come full circle."

Rita says she herself was actually found to be a match at one time, but ultimately was not needed to donate. "Why, they really can't tell you," she says.

The odds of a patient finding a donor are like winning the lottery, according to Delete Blood Cancer DKMS. The donor and patient should share at least 8 HLA tissue characteristics.

Therefore, every new donor increases the odds for those who need it.

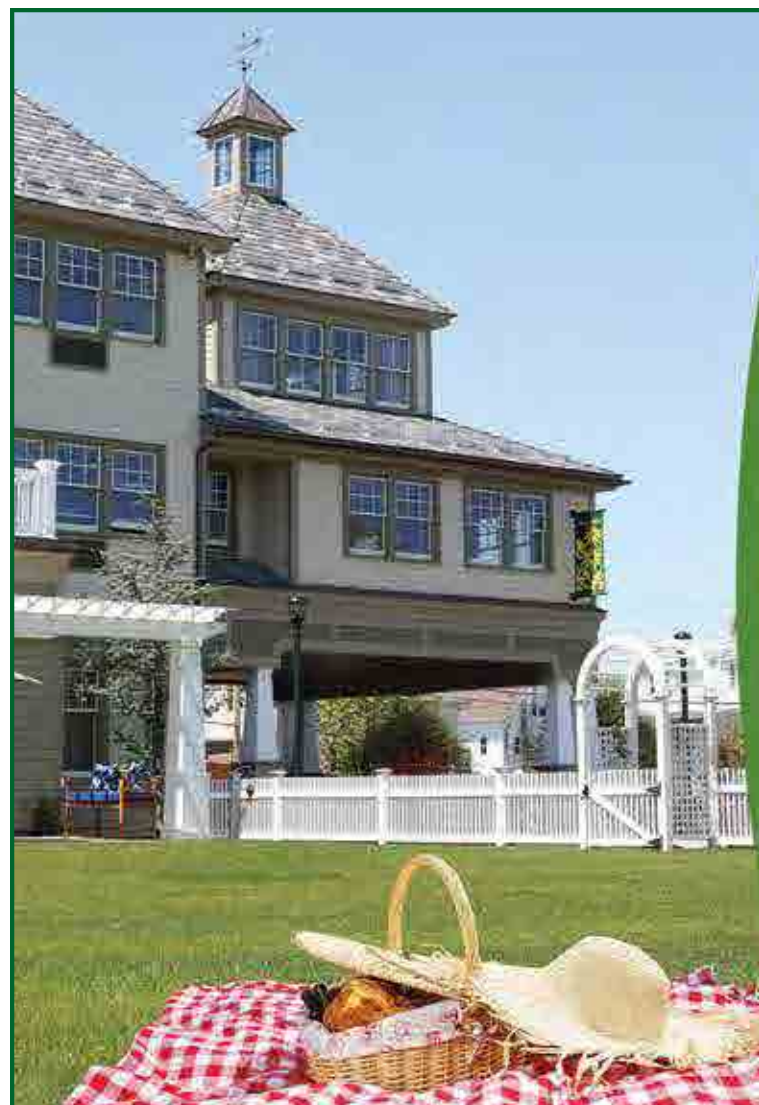
Potential donors' HLA information is stored anonymously on the database until the donor reaches the age of 61. If the donor is a match for a patient, the donor will be asked to provide a blood sample and possibly undergo a few more tests. If the tests are positive, the donor will be asked to donate in one of two ways – peripheral blood stem cell donation or marrow donation. Rita Graci notes that 85% of donors are asked to do so through peripheral blood stem cell donation.

If you would like to find out more about signing up on the registry as a bone marrow donor, you can visit www.deletebloodcancer.org, email info@deletebloodcancer.org or call (212) 209-6779.

In a bone marrow drive held in 2010 in remembrance of Kristin Graci, Kristin's friend, Sarah, was found to be a match and was able to donate bone marrow to extend someone's life.



Brad, Rita and Justin Graci continue the mission of adding numbers to Delete Blood Cancer's bone marrow registry in Franklin.



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Encore Students Excel in National Program

Another round of Royal Conservatory Music Development Program (RCMDP) assessments has come and gone at Encore Music Academy and Recording Studios. Students from all around the New England area participated during the eleven days of assessments held at Encore's Franklin location. Students of all ages and musical abilities came to Encore throughout the month of May and early June to perform their exams in front of adjudicators who traveled from all across Canada in order to administer the assessments. In addition to academic assessments in music theory, harmony, analysis and history, students performed practical assessments on their instrument of choice. Instruments represented included piano, voice, classical guitar, flute, violin, and viola.

Encore Music Academy and Recording Studios, located at 3 Bent Street, in Franklin, MA, and at 352 Village Street, in Millis, Mass., a Royal Conservatory Music Development Program Founding School and Official Assessment Center, is very proud to commend the following Encore students for their outstanding achievement in this round of Royal Conservatory Music Development Program assessments:

FIRST CLASS HONORS WITH DISTINCTION

Prem Pendkar – Voice Level 6, age 12, Franklin

Timothy Reda – Voice Level 1, age 9, Medway

Iain Yarbrough – Piano Level Preparatory B, age 13, Wrentham

FIRST CLASS Honors

Christopher Botchis – Piano Level 4, age 11, Franklin

Shreya Choudhury – Voice Level 4, age 12, Franklin

Samyuktha Chaganti – Voice Level 1, age 10, Franklin

Olivia Dwyer – Voice Level 1, age 10, Medway

Morgan Fitzpatrick – Voice Level 3, age 15, Franklin

Ella Griffin – Piano Level 1, age 9, Franklin

Kaylee Lukasek – Piano Level 3, age 13, Mendon

Emma Newton – Piano Level 10; Voice Level 8, age 16, Franklin

Max Olson – Piano Level 2, age 14, Medway

Elyza Tuan – Piano Level 2, age 10, Millis

Vedika Vinayak – Voice Level 3, age 11, Franklin

Deeya Yadapadithaya – Voice Level 3, age 11, Medfield

HONORS

Peter Botchis – Piano Level 4, age 13, Franklin

Charlotte Kunz – Voice Level 1, age 10, Franklin

Danielle D'Errico – Piano Level 4, age 14, Franklin

Morgan Fitzpatrick – Beginner Theory Rudiments, age 15, Franklin

Sarah Gallant – Flute Level 5, age 13, Foxboro

Wyatt Greenberg – Piano Level 1, age 11, Wrentham

Emma Newton – Advanced Theory Rudiments, age 16, Franklin

Maya Sankaran – Voice, Level 3, age 12, Franklin

Nyna Pendkar – Voice Level 5, age 15, Franklin

Prem Pendkar – Piano Level 5, age 12, Franklin

Kyle Strick – Piano Level 1, age 14, Hopedale

Sunchri Verma – Voice Level 1, age 8, Franklin

The Royal Conservatory Music Development Program provides a recognized national standard of success in music study from beginner to advanced levels. It inspires excellence through individual student assessments that are central to the Program, while also supporting teachers with high-quality and innovative resources. The RCMDP allows students to measure and celebrate accomplishment and track their progress throughout the country. All students and teachers across the United States are invited to participate, and Encore Music Academy is proud to offer these opportunities at the school and through outreach to the surrounding communities.

Levels of achievement are determined by the following scale:

- First Class Honors with Distinction: An assessment score of 90 to 100.
- First Class Honors: An assessment score of 80 to 89.
- Honors: An assessment score of 70 to 79.
- Pass: An assessment score of 60 to 69.

Students are graded on proficiency in the following areas: Performance; technical requirements; aural skills; rhythm; and, sight-reading ability.

To learn more about Encore Music Academy and Recording Studios and the many opportunities for private music lessons and classes in everything from music theory to Audio Recording Techniques, vocal ensembles to jazz and rock ensembles, please visit the website at www.encoremusicacademy.net or call (508) 533-7700.

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Getting the Financial “Junk Drawer” in Order with Charles River Bank

Everyone’s got a junk drawer, and although it can be a daunting task, it feels good to reorganize that drawer once in a while. That feeling is twofold when the reorganization involves finances. Tomas Cern, VP/Director of Financial Services at Charles River Bank, specializes in helping customers take stock of and reevaluate all of the different pieces that comprise their financial “junk” drawers.



“I think I have more passion with helping you – just by having a conversation with you on finding opportunities to help you get better lined up – be a happier person in relation to your finances. That’s the reward,” says Cern.

Tom Cern, who has been affiliated with Cambridge Investments since 2013, helps provide clients with a “family financial office.”

“There are so many services that we provide,” he says. “It entails a conversation with clients about all of their financial needs – not just mortgage, not just savings, not just commercial lending for businesses, but how are you handling all your assets? Where are you in relation to retirement savings or estate planning, and how can you manage your cash flow better? The fun part is working with the clients and finding what works for them,” says Cern.

The starting point, says Cern, is to take an assessment at all of a client’s accounts and determine what is or is not still working for them.

“It could be a collection of

life insurance policies, wills, trusts that you created five, 10 years ago, looking at retirement accounts through work or an old employer 401K that you’ve left behind. In most situations, we have a simple questionnaire

that clients can fill out,” he says.

The second step in the process is simply having that conversation, says Cern.

“What do you want to get accomplished? What are your biggest fears, or your biggest highs? Do you want a second house on the beach in Florida? Do you want to buy that classic Camaro that you had your eyes on? Do you want to get your kids through private instead of public college? Do you want to go to Europe? This gives us a good idea of the type of person you are, and helps us figure out how to get that accomplished,” says Cern.

Cern, whose background began in engineering, explains that his job is to figure out the map to get client’s through life’s



roadblocks. He explains, “The investments are the easy part. Those are just the bricks. The house design is the more important.”

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Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Charles River Bank and Cambridge are not affiliated. Not FDIC Insured, Not Bank Guaranteed, and may lose value. Information contained in this email is privileged and confidential. Tom Cern’s office is located at 70 Main Street, Medway, MA 02053. (508) 321-3144



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Franklin School for the Performing Arts to Host Open Houses

Franklin School for the Performing Arts (FSPA) will hold summer Open Houses for prospective students and families on Wednesday, August 10 from 10 a.m. - 4 p.m. and Tuesday, August 23 from 4-8 p.m. at 38 Main Street in downtown Franklin. Back-to-school Open Houses will take place on Thursday, Sep-

tember 1 from 4-8 p.m. and Saturday, September 10 from 10-4. The community is invited to tour the facilities, speak with faculty and staff, and learn more about FSPA programs in music, dance, and drama. Prospective students are also encouraged to try a complimentary class.

Founded in 1985 by Director

Raye Lynn Mercer, FSPA has been dedicated to the enjoyment of the arts for all ages and to the artistic growth and development of young people. The school offers an extensive roster of classes in all dance disciplines, acting, musical theater, voice, and instrumental instruction, whether for recreational enjoyment or serious study. FSPA is also home to the Little Music School, an innovative program that teaches children as young as 18 months to play the piano. Performance is an integral part of an FSPA education and the school offers a year-round calendar of opportunities, including musicals, plays, voice and instrumental recitals, opera scenes, acoustic coffee houses, musical theater showcases, summer theater, ballet and dance company performances, and the school's signature Spring Concert. THE BLACK BOX, the home of the Franklin Performing Arts Company (FPAC), is located just behind the school and provides a professional venue for FSPA student productions. Many FSPA students also participate, by audition, in FPAC's annual season of shows.

Registration for summer and fall sessions is ongoing. Beginners are welcome and encouraged. For more information, including summer brochure or fall class schedule and catalogue, call (508) 528-8668 or visit online at www.FSPAonline.com.

Franklin Farmers' Market Open for Business throughout Summer

August 7-13 is National Farmers Market Week

The Franklin Farmers' Market will take place at the Franklin Town Common every Friday through October 28, 12 p.m.-6 p.m., and support these local businesses.

- A Basket Full of Herbs
- Angel Hair Alpacas
- Birchtree Bread Company
- Clarion Farms
- Claymark Studio
- Cooks Valley Farm
- DOOS P.K.
- Eric's Sharper Edge
- Everything Jalapeno and Not
- Fairmount Fruit Farm
- Forest Edge Pottery
- Foxboro Cheese
- Franklin Honey Company
- Grateful Farm
- Hoffmans' Farm
- Kelleys' Farm
- La Cantina Winery
- Montville Candy Company
- Painted Lady Flower Farm
- The Pumpkin Farm
- Stacey's Custom Creations
- Wenger's Farm

For Information on how to become a vendor at the Franklin Farmers Market, please contact Cynthia Garboski of Grateful Farm at c.garboski@gratefulfarm.com or (508) 423-6818.

Are you a nonprofit community group?

Weekly space is available to nonprofit community groups by reservation only. Visit www.franklinfarmersmarketma.com for more details.

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The Credit Union Difference

Norfolk Credit Union Turns 63 This Month

By SUSAN J KENNEY, MANAGER/
CEO, NORFOLK COMMUNITY
FEDERAL CREDIT UNION

When it comes to financial institutions, most of us are programmed to automatically think “bank.” But a bank is not your only option. Credit Unions offer some of the same services as other financial institutions but with an added personal touch. Many people do not see a distinction between these very different types of institutions. That is unfortunate, because while you can get many of the same financial products from a variety of providers, their fundamental approach to doing business may eventually have an impact on how well you sleep at night. Credit Unions are cooperative, not-for-profit financial institutions organized to promote thrift and provide credit to its members. We pool our money for the benefit of all. All profits made by

the credit union are returned to the members in some way. This may be offering lower loan rates, fee reductions or better rates on savings. What this means to you is that you are the investor in the credit union and you, as members, reap the rewards.

We are member-owned and controlled through the election of a Board of Directors drawn from our membership. Each year, a credit union will hold an annual meeting to elect a Board of Directors and to report to the membership the status of the credit union. The Board of Directors are volunteers whose responsibility is to guide the credit union, to insure that the credit union is operated on a sound financial basis and to chart a course for implementing new services that are requested and needed by the membership. Board members serve on a volunteer basis. Membership in federal credit unions is limited to persons sharing a

common bond such as residents of a defined area, members of associations, and employees of corporations.

Perhaps the least widely known or understood part of credit unions is our democratic control. Democratic control makes the credit union a part of the communities it serves rather than an engine of profit seeking markets where it can reap maximum revenue. Individual credit union members who determine the future of the credit union have no better use of the capital than the institution controls than to continue their credit union’s mission of service to the community. The stockholders who own the bank are always on the lookout for a way to make the bank more profitable, including merging or sell out of a market. Credit unions are the most successful and widespread of cooperative business in the United States.

Credit union deposits are

insured up to \$250,000 by the National Credit Union Share Insurance Fund (NCUSIF), which is backed by the full faith and credit of the United States Government. Each credit union approved for NCUSIF insurance must meet high standards of safety and soundness in its operation. Adherence to these standards is determined regularly through credit union examinations by federal and state examiners.

Not one penny of insured savings has ever been lost by a member of a federally insured credit union.

To join Norfolk Credit Union, you can come into our office or apply for membership

online. Upon submittal of the membership, a member has full voting rights after purchasing one share, which is \$10. Our membership is open to anyone living, working, or worshipping in Norfolk, Franklin, Wrentham, Bellingham, Millis, Medway, Foxborough, Medfield, Plainville,

and Walpole or their immediate families.

We pride ourselves on our personal service and our belief that people are more important than dollars. All of our members regardless of their financial or social position are equals with a voice and a vote in things that affect the credit union. We don’t exist to provide financial services—we provide financial services for the purpose of improving lives.

Norfolk Community Federal Credit Union will celebrate our 63rd year of service on

August 11, 2016. For over a 100 years, credit unions have put people before profit. We share a remarkable heritage and history. We were chartered in Norfolk and have remained in this town for over 62 years. Achieving over 60 years of service is a testament to the credibility and stability of our growing financial institution. In an environment where financial institutions have come and gone our credit union has grown and prospered.

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S.A.F.E. Coalition Golf Tournament Fundraiser August 22

BY J.D. O'GARA

The S.A.F.E. Coalition, community partners who have united to provide support, education, treatment options and coping mechanisms for those affected by substance abuse disorder, is having its first Annual Golf Tournament at the Franklin Country Club on August 22.

"We have 144 spots we're hoping to fill," says volunteer Rita Graci.

After an 8 a.m. registration, the shotgun start will take place at 9 a.m., and play will be followed by a 1:30 p.m. barbecue luncheon and awards. The fundraising event is \$150 per player or \$600 per foursome, and sponsorship opportunities of \$150 per hole and \$250 per presenting sponsor are available. Interested parties may register at www.safecoalitionma.com or make a check payable to the SAFE Coalition, Inc. and mail it to SAFE PO Box 434, Franklin, MA 02038.

S.A.F.E., was formed in March of 2015 in response to the growing heroin epidemic in our community. It has drawn com-

munity members, town, safety and elected officials, joined efforts with the local District Attorney's office and brought several speakers on the topic of substance abuse to the town, as well as helped to increase the number of support meetings for those suffering from addiction and their loved ones. S.A.F.E. began in Franklin, but since its inception, the now 501c3 group represents Franklin, Milford, Medway, Upton and Mendon.

S.A.F.E. Initiatives

- Education/ prevention in Schools, Community forums etc... P2P student advisory group of 20 – currently spanning 3 school systems – Franklin, Tri County and Medway.
- Community resource/gateway to treatment – in Cooperation with police, fire, schools and other agencies, we provide access to resources including counseling, treatment options, Angel volunteer program, Narcan Training.

• Drop in Centers – weekly – serve a population of over 160,000 in two counties. The centers also offer a support telephone line for non-center hour support.

• Three support Groups – Learn to Cope, Healing Hearts, Community of Hope.

• Police roundtables – We facilitate monthly police roundtables designed to discuss opening pathways for police agencies to assist known at risk people.

• In June of 2016 a SAFE collaborated with Sherriff Michael Bellotti launching "SOAR" at the Norfolk County House of Correction; a treatment program for non-violent pre-trial detainees with the goal of reducing recidivism.

To find out more about the S.A.F.E. Coalition, visit <http://safecoalitionma.com/> or find them on Facebook at <https://www.facebook.com/safecoalitionma/?fref=ts>.



S.A.F.E. Coalition Inaugural Golf Tournament

MONDAY, AUGUST 22, 2016

Franklin Country Club, 672 E. Central Street
Franklin, MA 02038

8:00 am Registration

Shotgun start: 9:00 am

1:30 pm Barbecue Luncheon & Awards

\$150 per player / \$600 per foursome

Sponsorship opportunities: \$150 - Hole sponsor
\$250 - Presenting sponsor

Register at www.safecoalitionma.com or make check payable to S.A.F.E. Coalition, Inc. and mail to: S.A.F.E., PO Box 434, Franklin MA 02038.

"This tournament is committed to raising funds to support S.A.F.E. programs of education, treatment and coping mechanisms for those affected by Substance Use Disorders in our communities"

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Drummers' Studio Celebrates 6th Anniversary

Music and Rhythm Studio Offers Showcase, Camps and Open Houses

The Drummers' Studio (TDS) recently celebrated their 6th Anniversary Drum and 2nd Anniversary Piano Showcase held at the FUSF Meeting House on June 25th. This year's theme was entitled, "Classics, Charts and Chops, centered around the idea that the contemporary musician should be able to play "classic" songs within different styles, along with songs on current or recent radio "charts." "Charts" also means we want to have the ability to read music to enable us to learn at hyper-speed. "Chops" refers to having the facility, technique, musicality and stylist freedom on our instrument that allows us to play simple to complex me-

lodio or rhythmic patterns while improvising or playing within a fixed groove, creating a musical balance.

Students covered a wide range of genres including, Classic Rock, Jazz, Metal, Latin-Jazz, Funk-Fusion, Pop, Funk, Progressive Rock and Classical. A sampling of the bands performed include, U2, 21 Pilots, Cream, Van Halen, Meghan Trainor, Maroon 5, Rush, King Crimson, Led Zeppelin, Return to Forever and more.

Guitar and Bass Instructor, Berklee Grad and Franklin resident John Kinney and Berklee Grad and Piano Instructor Charlie Choi accompanied a few of our drum students with exciting

"live" performances for enthusiastic families and friends. With a Jazz theme, our staff and students performed, C-Jam Blues, Lady Bird and a medley of Caravan and 7 Steps to Heaven.

June 26th, The Drummers' Studio hosted an incredible 4-Day Drum Camp with 2013 Guitar Center Drum Off Grand Champion, Juan "Carlito" Mendoza. "Carlito" took our students thru an array of technique, chop building exercises and chart reading concepts as he prepared for his European Clinic and Camp tour in Sweden and Spain. July 11th thru July 15th, TDS also hosted its annual 5-Day Drum Camp, run by TDS Instructor, Kris Russell. Students learned "Mutant" beats, soloing ideas, sight reading and a whopping 20 songs.

Summer Camps and Open Houses

TDS will host a special 2-Day Summer Drum Camp for kids with "no prior drum experience" on August 3rd and 4th from 10 a.m. - 12 p.m. Our new drummers will cover topics such as, stick technique, music reading, basic beats, fills and songs.

Summer Open Houses will be held, Saturday August 6th and Saturday August 13th from 10 a.m.-1 p.m. Please RSVP to confirm your Drum Camp spot or Open House time slot.

TDS hosts many drumming activities including, Workshops, Drum Camps, Clinics, Drum Factor Field Trips, Concerts, Recitals

and more. TDS also plays host to some of the world's elite drummers. Guest artist have included such drummers as Chris Coleman (Prince, New Kids on the Block, Chaka Khan), Trevor Lawrence Jr. (Herbie Hancock, Alicia Keys, Dr Dre), Felix "D-Kat" Pollard (Taylor Hicks, American Idol), JP Bouvet (2012 Guitar Center Drum Off Grand Champion), Juan Carlos Mendoza (2013 Guitar Center Drum Off Grand Champion), and "2015 Hit Like A Girl" International Winner, Lindsay Artkop.

The Drummers' Studio is located at 244 East Central Street, Franklin, MA 02038. Contact us at (508) 520-1414 (Studio), (626) 676-2486 (Cell), thedrummersstudio@gmail.com or www.thedrummersstudio.com.

From 8 to 84, a Family Reunion in Franklin

In all, 84 members of the Cody family celebrated a large family reunion hosted at the home Denise and Mike Lewindowski in Franklin on Sunday, July 10, 2016. Joseph and Shirley Cody were married in June, 1938 and had a family of 8 children, who

attended the former King Street School (now Walgreens), who still gather from the Franklin area and as far as Florida, South Carolina and California for a big celebration that includes siblings, spouses and grandchildren.



Photo by Carol Adiletto

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Learn to Cope Gives Back to Children of Those Lost by Opioid Epidemic

The "Happy Feat" organization stopped by Learn to Cope's headquarters Wednesday, June 22 with a huge donation that Learn to Cope has earmarked for children who have lost a parent to addiction.

"The pain and disruption in the life of a child when a parent has overdosed it too enormous to put words to," said Joanne Peterson, Learn to Cope's founder and executive director. "As an organization we understand this from very personal experience, and we want to help."

Happy Feat, a fundraising organization based in Norfolk, Mass., organizes a "women's dancing night out" event each year, according to Founder and President Eileen Stetter. With each new year, Stetter and her team chose a different non-profit organization to benefit from the proceeds.

This year, as the opiate overdose epidemic continues to kill across Massachusetts, Happy Feat chose Learn to Cope. "We are thrilled to announce that we will be donating \$17,600 to

Learn to Cope," Stetter said, after the proceeds of the April 29th fundraiser at the Lakeview Pavilion in Foxboro were tallied.

According to the organization, more than 200 generous women enjoyed themselves as they danced the night away, while also raising community awareness around the disease of addiction and raising money for an organization that supports families.

Peterson said she was "blown away" by the event: "Especially knowing that people from communities all around came out in support of families dealing with addiction," she said. "In the past years even using the word addiction was taboo."

Joanne added, "Learn to Cope along with Hillary Dubois, advisory board member, have decided that the monies raised by Happy Feat will be used to support children whose family has been affected by addiction. "As we hear the staggering statistics of fatal overdoses that continue to climb across the Commonwealth, we are often left forgetting that overdose deaths are not just numbers on paper, but a person gone too soon" she said.

Each fatal overdose has a ripple effect in a community, and those hit hardest are the children left without parents. The loss of a parent often displaces a child, passing the child-rearing responsibilities onto other fam-

ily members, most commonly grandparents who live on limited or fixed incomes. These children are not only left without their parent, but may also be left in households that though safe and loving are struggling financially.

Under the umbrella of Learn to Cope the Forget Me Knot Fund will help provide back to school supplies, holiday gifts and summer activities, along with giving resources to families to help address the basic needs of these children. Learn to Cope's mission remains to provide peer support, education, resources and hope to families who have been impacted by a loved one's disease of addiction. This initiative will show children that their friends, family and community are committed to putting forth a continuous effort to show them that they are cherished - not forgotten.

For more information, please visit www.learn2cope.org

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"Learn to Cope non-profit, recipients of 2016 Happy Feat fundraiser" (Front Row L-R) Phyllis Govoni, Joanne Peterson, Eileen Stetter, Terry Ferraris. (Back Row L-R) Ryann Bonilla, Marcy Julian, Carrie Walsh, Merielle Paul, Linda Botelho, Kathy Day, Terri Nabulsi.

Franklin Elks & Franklin Public Schools Launch Free Backpack Program

The Franklin Elks Lodge 2136, located at 1077 Pond Street in Franklin, have partnered with Franklin Public Schools to launch a free backpack program. Its goal? To supply 400 filled backpacks for the elementary schools by August 21. The lodge is accepting any and all dona-

tions to the cause! Drop off bins are located at the Bernon Family Branch of the Hockomock YMCA and its Lodge.

Looking for a little fun? Join the Elks for Bingo every Wednesday in the Large Hall. All are welcome!

YMCA, Dean College Offer Free College Transition Workshops this Month

Ok – you got in! You have the dorm room, supplies and some new clothes. You’ll be leaving pretty soon to take the next huge step in your life. For many teens, this is a time filled with excitement but also anxiousness and uncertainty, and certain skills need to be developed in order to overcome these fears and succeed that very first weekend and beyond.

Join us on Tuesday evenings, August 9th and August 16th, for two powerful workshops which will focus on solutions for some of the hurdles both teens and parents often face at the beginning of the college experience. The Thriving in College: Your First Weekend and Beyond workshop series is sponsored by the Hockomock Area YMCA Bernon Family Branch and Dean College, with support from State Representative Jeffrey Roy, the Franklin Public Schools, Community Impact, New Hope, Riverside Trauma Center and the S.A.F.E. Coalition.

The topics covered during the workshops include, but are not limited to:

- Separating from family, lifelong friends, boyfriend/girlfriend
- Creating new friendships
- Academic pressure
- Social pressure

The main focus of these two workshops will be how to stay strong, healthy and confident throughout your college years. Parents are invited to participate as well; the workshops will be structured so that parents and prospective college students will be in separate break-out sessions run by counselors, experienced college officials, college students and recent graduates who will share their experiences, advice and wisdom to help everyone get through the first few weeks and months (and beyond)!

“We are aiming to make that transition from high school to college far less stressful for our teens and their parents,” said State Representative Jeffrey Roy (D-Franklin). “We know that powerful things happen when community organizations and people come together and support each other, and these workshops are yet another example. Join us on August 9 and 16 to help make your teen’s journey this fall less daunting.”

“Going off to college elicits so many emotions: excitement, anxiety and most often, some combination of both. We do a great job of helping teens get into college, but we want them to succeed once they arrive. We want teens to realize that if they are feeling anxious, they are not alone in feeling that way. The more our

young people are prepared for the challenges they may face, the more positive college experience they will have, from the first weekend and beyond,” said Dr. Anne Bergen, retired educator, host of “It Takes a Village: Raising Resilient Kids in Today’s World” on Franklin TV and volunteer on the Bernon Family Branch YMCA’s Board of Managers.

“The transition to college can be very challenging for new students and their families. The first few weeks and months can be an emotional roller coaster,” said Cindy Kozil, Vice President of Enrollment & Retention at Dean College. “Many parents ask us how they can best support their son/daughter during this transition. We offer specific recommendations, strategies and tips to make the experience easier, less stressful and more enjoyable for all involved.”

These workshops are free and open to the public. We encourage all students (and their parents) just beginning college and anyone seeking more information about the college experience to attend.

Where: Franklin High School, Lecture Hall, 218 Oak Street, Franklin, MA

When: August 9 and 16 from 6 - 7:30 p.m.

Pre-registration is encour-

aged, and all those who pre-register and attend will be eligible to win a \$100 gift card.

To preregister visit <https://trinexum.com/HUB/Hockomock/Program/ProgramEnrollment> and enter in the keyword search: Thriving in College.

These workshops are part of the Teen Transitions program. The Hockomock Area YMCA’s

Bernon Family Branch in Franklin and Dean College have joined forces to provide mentoring and guidance to young adults currently enrolled in high school. Teen Transitions is an innovative approach that pulls together professionals and industry experts living and working in our community to volunteer their time presenting tips and best practices.

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PMC Rides through Franklin on August 6th

BY J.D. O’GARA

The Pan Mass Challenge, a 36-year-old Massachusetts bike-a-thon that raises money for lifesaving cancer research and treatment at Dana-Farber Cancer Institute, will ride through Franklin on Saturday, August 6. In 2015, over 6,000 cyclists took part. Bikers can choose one of six two-day routes that range from 132 to 190 miles and six one-day rides that range from 25 to 110 miles. PMC’s goal is \$46 million for this year (It raised \$45 million in 2015), and

thanks to thousands of volunteers, every penny goes to Dana-Farber.

The Franklin waterstop is at the Jefferson School, 628 Washington St., Franklin. Volunteers are still needed for the waterstop, from 5 a.m. – 12 p.m.

Two prominent Franklin residents will be taking part yet again in the event for Dana Farber. Franklin town administrator Jeffrey Nutting belongs to a PMC team “Phat Tuesday.” He is in his 10th year of fundraising rides for the Pan-Mass Challenge. <http://profile.pmc.org/JN0077>

Representative Jeff Roy has ridden for the past 14 years and raised over \$77,000 as an individual—and nearly \$1 million with his team...and in total over \$45 million in the fight against cancer in 2015. <http://profile.pmc.org/JR0142>

Interested in just donating? Visit <https://www2.pmc.org/donation.asp>

For more information on the Pan Mass Challenge, visit www.pmc.org.



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Direct Federal Credit Union Awards Franklin High Students Scholarships

\$3,000 Apiece to Seniors Katelyn d'Entremont and Nathaniel Kay

Direct Federal Credit Union (www.direct.com), a federally chartered and insured credit union serving the financial needs of the region since 1953, is pleased to announce Franklin High School seniors Katelyn d'Entremont and Nathaniel Kay as recipients of the Direct Federal Values in Practice Scholarship Program.

The scholarships were presented at the Franklin High School Scholarship night. Representing Direct Federal were Michael Ferreer, Vice President, Sales & Marketing; Jessica Glezellis, Business Development Manager; and Kristen Johnson, Marketing Manager. Each student was presented a \$3,000

scholarship.

Kay and d'Entremont were selected based on personal essays that demonstrated use of Direct Federal values (drive, integrity, resilience, engagement, competence and teamwork) in their everyday lives.

Kay will attend Massachusetts Bay Community College in the fall.

d'Entremont will attend Halifax College in Nova Scotia to study Oceanography.

Jessica Glezellis, Business Development Manager of Direct Federal Credit Union, said, "It was a pleasure to recognize these two exemplary Franklin High School students. Their essays were well-crafted and inspiring,

and we have every confidence they will achieve every goal they set out to accomplish."

Glezellis will look to extend Direct Federal's relationships with schools in Norfolk County through an expanded scholarship program and the introduction of a financial literacy program.



Joe Walsh, CEO & President of Direct Federal Credit Union, presents a check to Franklin High School scholarship recipient Nathaniel Kay (center). Shown also is Jessica Glezellis, Business Development Director at Direct Federal Credit Union.

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Joe Walsh, CEO & President of Direct Federal Credit Union (left) presents check to Franklin High School scholarship recipient Katelyn d'Entremont (center). Shown far right is Jessica Glezellis, Business Development Manager at Direct Federal Credit Union.

Legislature Passes Balanced Fiscal Year 2017 Budget, Includes Funding for Franklin

On June 30, 2016, the Massachusetts Legislature enacted a \$39.146 billion state budget for Fiscal Year 2017 yesterday that invests in key areas related to local aid, education, children's health and safety, housing, health and human services, workforce training and economic development. The budget reflects a conservative tax revenue outlook and focuses on opportunities for savings while preserving key programs and services, with emphasis on preserving local funding.

On July 8, after review Governor Baker a \$38.92 billion Fiscal Year 2017 budget, which for Franklin, includes \$27,903,911 in Chapter 70 funding, \$2,375,806 in Unrestricted General Gov-

ernment Aid, \$65,000 for fire department safety improvement equipment, \$50,000 for the Franklin Senior Center in Franklin, \$25,000 for a recreational management plan for Franklin, Medway and Bellingham Army Corps of Engineers flood plan and wild habitat, \$15,000 for the Franklin Downtown Partnership, and \$10,000 for a little library in the Franklin Housing Authority.

"This budget reflects our belief that we must be responsible stewards of taxpayer dollars, while keeping the Commonwealth moving forward on the path to resilience, especially during a time of fiscal uncertainty," stated Sen. Karen Spilka.

"We honor our commitment to increased K-12 education funding, preserve investments for our most vulnerable residents, including our youngest children, and continue to direct resources to address the opioid crisis," Spilka continued. "This budget also significantly increases local aid to help cities and towns address community needs. Despite the challenges of lower than anticipated revenue, I am proud to say that the conference committee worked swiftly and collaboratively to produce a timely budget that preserves critical services, allows for strategic reductions and makes modest investments in our shared future."



K9 Axe Reporting for Duty

Franklin Police Department's K9 Axe and Officer Gilboy recently graduated from the Boston Police K9 Academy's Narcotics Detection Course. K9 Axe is seen here

wearing his new bulletproof vest, which was donated by Massachusetts Vest A Dog. Thank you MA Vest A Dog, and congratulations to K9 Axe and Officer Gilboy!



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Franklin Public Library Calendar of Events

Teddy Bear Picnic at the TOWN COMMON, Wednesday, August 3, 12 p.m. – 2 p.m.

Bring your favorite bear or stuffie, bagged lunch and blanket! Enjoy songs, stories and crafts with your favorite snuggle buddy.

Animal World Experience, Friday, August 5, 1 p.m. – 2 p.m.

Come walk on the wild side and learn how animals stay fit and healthy. Whether it's digging like a degu, eating healthy like a tortoise, or soaking up the sunshine like a lizard, we all have a lot to learn from our wildest friends!

Ecology of Sound, Wednesday, August 10, 1 p.m. – 2 p.m.

Ricardo brings an exciting and dramatic performance that entertains and inspires everyone to absorb the rhythms, sounds, and feelings of the Brazilian rainforest. Through his engaging and dynamic style, Ricardo entertains and educates while playing multi-cultural songs from indigenous peoples around the world. He incorporates African, South American, Native American, and Brazilian music into an interactive experience for people of all ages.

Liquid Nitrogen Demonstration, Friday, August 12, 10:30 a.m.

Chris Towle from Air Products Health & Safety will be teaching us about expansion and contraction, temperature, pressure, and states of matter all through hands-on demonstrations using liquid nitrogen. Experiments include freezing common items, modeling expansion from a liquid to a gas form, and physical changes that result from cryogenic temperatures. Hopefully providing these experiences will spark an interest in the science and engineering disciplines for our next generation!

Barn Babies Traveling Petting Zoo AT 118 Main Street! Parking Lot, Tuesday, August 16, 2:30 p.m. – 3:30 p.m.

Barn Babies will bring a variety of animals including a diapered goat, a little potbellied pig, lots of baby bunnies, chicks or ducks, puppies and kittens. Animals are swaddled in receiving blankets to keep them safe and secure. Children will be able to snuggle and cuddle with these cute critters!

Get on your feet with Mr. Vinny and his little puppets, Friday, August 19, 1 p.m.

Professional silly man, Vinny Lovegrove, who is a member of the wildly popular Toe Jam Puppet Band, presents a solo performance of Mr. Vinny's Little Puppets Show. This is a highly energized very interactive silly and surprising program featuring a variety of puppets. This program is free and open to the public.

End of Summer Jam with Jamie Barrett, Monday, August 22, 1 p.m. – 2 p.m.

Celebrate reaching the finish line of the Summer Reading Game by dancing your socks off to Jamie Barrett's cool tunes!

Tweens & Teens End of Summer Party, Tuesday, August 23, 12 -1:30 p.m.

Congratulations for reaching the finish line. Let's celebrate with pizza and cake! Bring in your completed log and win gift certificates.

Christmas in August, End of Summer Party, Friday, August 26, 1 p.m. – 4 p.m.

You've heard of Christmas in July! Now there's Christmas in August! Celebrate at the finish line of the Summer

Reading Game with our Christmas in August Party! The choices are so many. Get your face painted, balloons by Ceil, make a craft, and Cool off from the summer heat with our frosty games, treats and prizes.

WEEKLY SUMMER PROGRAMS at the FRANKLIN PUBLIC LIBRARY

AUGUST 2016

Legos & Giant Games, Tuesdays at 10:30 a.m.

Create your own Lego masterpiece, or challenge your friends to a giant game tournament! The choice is yours in this free-play environment.

Story & Craft Family Storytime, Thursdays at 10:30 a.m.

- August 4, Move It with Miss Lauren
- August 11, Focus on the Fifties with Miss Wendy
- August 18, Dance, Dance, Dance with Miss Rachel
- August 25, Planes, Trains, & Automobiles with Miss Denise

Library Book sale, Buck A Book, Saturday August 20, 9 a.m. – 3 p.m.

Bag Sale - \$5 A Bag, Sunday, August 21, from 9-12 a.m.

Come fill a brown bag with all the books you can carry for only \$5 dollars.

Chess Group, Saturday August 20, 2 p.m.

Have you ever thought about getting together and playing some chess? If so com and join the Chess Group for some chess, laughs and fun. An understanding of how to play is all that is needed. Free and open to all.

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Roy Kicks Off 2016 Re-Election Campaign

Rep. Jeffrey Roy (D-Franklin) kicked off his 2016 re-election campaign at the Black Box in Franklin with support from Congressman Joseph P. Kennedy III, Norfolk District Attorney Michael Morrissey, and House colleagues John V. Fernandes (D-Milford), Tom Sannicandro (D-Framingham), Paul McMurry (D-Dedham), and Danielle Gregoire (D-Marlborough), Massachusetts. Roy is seeking re-election for a third term in the 10th Norfolk District which includes all of Franklin and precincts 2, 3 and 4 in Medway.

Roy currently serves on the Joint Committees on Ways & Means, Judiciary, and Labor & Workforce Development. He also serves as Vice Chair of the House Committee on Ethics. He also is an attorney who maintains a trial practice in Franklin.

"I have enjoyed serving the

residents of Franklin and Medway for the past four years and would be honored to serve another term," noted Roy. "We have made great progress in the areas of education, economic development, health care and veterans affairs, and I want to build on that success. In addition, we have addressed the challenges of opioid addiction, gun violence and transportation, and I look forward to continuing the work

in these areas."

"I continue to be humbled by the outpouring of support I have received from my friends and colleagues, and have enjoyed the opportunity to be the voice of Franklin and Medway on Beacon Hill. If re-elected, I will continue to be a fierce advocate for these communities."

Roy grew up in Milford and he and his wife Maureen moved to Franklin in 1986. They have three children -- Alicia (26), Natalie (22), and Jeff Jr (20) -- all of whom were educated in the Franklin Public Schools.

Roy is a 1986 cum laude graduate of Boston College Law

School in Chestnut Hill, Massachusetts. He received his undergraduate degree from Bates College in Lewiston, Maine in 1983, where he served as Editor-in-Chief of the Bates Student newspaper.

His entire legal career has been primarily devoted to the representation of injured persons. He specializes in product liability cases, automobile accidents, construction accidents, and other work-related injuries. He has represented clients at all levels of the trial and appellate courts in Massachusetts, New Hampshire, Rhode Island, and Colorado.

For more information on Roy and the campaign, please visit www.jeffreyroy.com



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14th Annual Runaways Runaround 5K To Benefit Community VNA Hospice Care

The Runaways Running Club is pleased to announce the 14th annual Runaways Runaround 5K Road Race on Sunday, August 7 (rain or shine) in North Attleboro, MA at 9 a.m. This family-friendly event is open to runners and walkers of all ages and benefits Community VNA Hospice Care.

Santander Bank is the Presenting Sponsor. Pleasant Print-

ing Company has signed on as Gold Sponsor. Additional sponsorship opportunities are available. For more information, contact Jeffrey LaValley at (508) 220-0118, ext. 1303 or (774) 203-1303. Or, email jlavalley@communityvna.com.

Participants may register online through July 31 at <https://signmeup.com/site/online-event-registration/114770> at a

cost of \$25 per person. Registration also will be available on race day at a cost of \$30 per person beginning at 7:30 a.m. T-shirts are available for the first 100 pre-registrants.

The Runaways Runaround is a USATF-NE certified 5K course that is mostly flat and runs along a loop through the town of North Attleboro. The race starts in front of Town

Hall, 43 South Washington Street, North Attleboro, MA. A downloadable map is available at: http://www.runawaysclub.org/runaways_5_k.html.

In addition to a \$100 cash prize for the male and female overall winners, awards will be presented to the first three male and female runners in their divisions: 19 and under; 20 to 29; 30 to 39; 40 to 49; 50 to 59; 60

to 69; and 70+. Additional amenities include refreshments and raffles featuring items donated by local businesses.

For more information contact Dr. Mark Young, Race Chair at (508) 339.0147, or mrymd@comcast.net.

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Franklin Fourth Celebration Draws Crowd

As it has for over three decades, Franklin celebrated the Fourth of July 2016 in style with five days of carnival fun, entertainment, parades and a fabulous laser light show. To get a head start on volunteering or sponsoring next year's celebration, visit <http://july4thfranklinma.com/>.



Photo by David O'Gara

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LETTER TO THE EDITOR

The Garden Club of Norfolk plants and maintains ten areas in the Town of Norfolk, including some container gardens at the Norfolk town sign, Town Hall and train station. This year we were able to purchase and plant new containers to replace the old worn ones. One of the planted new containers, in a group of three, near the train platform has been removed, in other words -stolen.

Club members work very hard to raise the funds needed for our plantings that are designed to make the town a little more pleasant in the summer, so we are dismayed at the loss. We hope that the conscience of the person who removed the planter will lead them to replace it where they found it. The Norfolk Police Department has been informed of the theft. Please contact them if you have any information concerning this matter

Liz Davey
President, Garden Club of Norfolk

Local Leaders Celebrated at Hockomock YMCA Annual Meeting

At Lake Pearl in Wrentham on May 18th, volunteers, members, and community leaders of the Hockomock Area YMCA came together to celebrate the Annual Meeting. At this meeting, many outstanding members and partners of the Y accepted awards honoring their commitment and service to the YMCA and the community.

Brian Earley, chairman of the Y's Board of Directors presented the **Chairman's Award** to

ily Charitable Fund. Additionally, in January of this year the Robbins Family dedicated the Robbins Family Kids Gym at the Franklin Y. On accepting the Chairman's Award, Robbie Robbins expressed gratitude on behalf of his family, saying "Thank you once again for recognizing our family. We're all part of this team, the local community, and we thank you, everyone in the YMCA for your continued service going forward."

their partnership with and support of the Hockomock Area YMCA and their help in meeting the changing needs of the community Representative Roy was fundamental in the creation of the S.A.F.E. Coalition, a group that aims to assist those who struggle with substance abuse. The coalition comes together to provide support, education, treatment options, and coping mechanisms, according to the group's mission statement. On receiving the award, Representative Roy remarked, "They [The Hockomock Area YMCA] reach out, it goes under the radar, nobody knows that they're reaching out and helping these people, and they've done it time after time, and I'm so grateful to have developed a relationship to be a part of this YMCA team."

Youth of the Year Awards recognize youth members of the YMCA who positively affect the Y and the community. One honoree was Samantha Bellavance, of the Bernon Family Branch in Franklin, who has been a member of the Y almost her entire life. Active in the Y's Leaders Club, Samantha has spent an astonishing 2,000 hours performing community service. She is also active in the School's Out program, where she is a group leader for the before and after school child care at the Y. According to Nate Packert of the Bernon Family Branch,

On behalf of the Bernon Family Branch, a Red Triangle Award was presented to State Representative Jeff Roy of the 10th Norfolk District of Massachusetts. This award recognizes individuals or organizations for

the Robbins Family of Franklin. The **Chairman's Award** recognizes individuals who demonstrate leadership, dedication, and passion working with the Hockomock Area YMCA to improve the quality of life in our community. As Brian Earley mentioned in his presentation of the Chairman's Award, "Terry and her family have been instrumental in helping us impact children and families in our Bernon Family Branch." The Robbins Family has long been a partner of the Y, even in 2003 when Terry Robbins joined the steering committee for the "Shaping Our Futures Together" capital campaign. This campaign transformed into the Bernon Family Branch. From there, the Lee W. Robbins Gymnasium was dedicated in 2004 in memory of Terry's late husband, and Terry and her sons, Jason and Robbie, have been active in philanthropic work through the Robbins Fam-



The Robbins Family received the YMCA's prestigious Chairman's Award. Pictured in the back row are (from left to right) Hockomock Area YMCA President Ed Hurley, Robbie Robbins, Terry Robbins, Donna Robbins, Jason Robbins and Hockomock Area YMCA Board of Directors Chairman Brian Earley. James Robbins (left) and Mary Jane Robbins are in the front row.



Pictured with the Franklin Y's Youth of the Year Samantha Bellavance (center) are Sam's mother, Anne Marie Bellavance (left), and sister, Emily Bellavance.

"Throughout her Senior Leaders journey, she has shown what it means to be a leader among leaders through hard work and dedication to the club." Samantha is headed to the University

of New England for ocean studies and marine affairs, but not until after she works as a YMCA camp counselor this summer.

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Pictured with State Representative and Franklin YMCA Red Triangle Award winner Jeff Roy (left center) are (from left to right) Hockomock Area YMCA President Ed Hurley, State Senator Richard Ross, Hockomock Area YMCA Board of Directors Chairman Brian Earley, and State Representatives Betty Poirier and Jay Barrows.

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Living Healthy

Summer Eye Safety

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

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your

eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By

wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye

diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

Cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Extensive exposure to the sun is one of the major reasons why we develop cataracts. Cataract surgery is by far the most common surgery performed in the United States.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

- Choose wraparound styles so that the sun's rays can't enter from the side.
- If you wear UV-blocking contact lenses, you'll still need sunglasses.
- Wear a hat along with your sunglasses; broad-brimmed hats are best.
- Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.
- Know that clouds don't block UV light: The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.
- Be extra careful in UV-intense conditions: Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

- Wear sunglasses labeled "100% UV protection": Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.

By embracing these simple tips, you and your family can enjoy the summer sun safely while protecting your vision. And if you have a cataract, and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sun glasses. And if you need cataract surgery, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem as these implants can

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Living Healthy

EYE

continued from page 22

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share time and compassion with others. A strong need exists for volunteers who are available during the day, are bilingual, or can provide pet or music therapy. No previous experience is necessary. VNA Hospice Care provides training and ongoing support to all volunteers. Please call (781) 569-2811 for find us online at www.vnacare.org.

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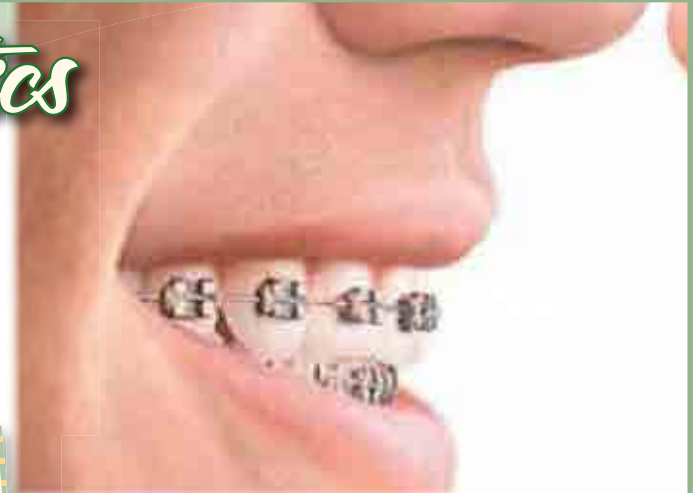
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Karen Alves Named 2016 Unsung Heroine

Karen Alves, of Medway, was honored Wednesday as a member of the Massachusetts Commission on the Status of Women's 2016 class of Unsung Heroines. Karen was recommended by Representatives Jeffrey Roy and John Fernandes and Senators Karen E. Spilka and Richard J. Ross for this recognition because of her dedicated years of service and for her role as director of the Senior Center in Franklin. Karen was honored with 100 other Unsung Heroines in a ceremony in the Great Hall at the State House in Boston.

Alves is the Director of the Franklin Senior Center and Council on aging. Her success derives from her 15 years of dedicated work for the hundreds of senior citizen that receive daily services in Franklin. In 2014

Karen was named Massachusetts's council on aging Innovator of the Year for her advocacy, planning, and implementation of an in-home respite care service, providing relief to caregivers of seniors suffering from dementia and Alzheimer's disease.

In 2010, Karen and the Franklin Senior Center were awarded Innovator of the Year by the Massachusetts Association of Councils on Aging for the Safe & Secure at Home program that provides outreach and assistance to frail, homebound, or isolated seniors who are at risk for life-threatening falls.

"Karen's great work with Franklin's seniors provides peace of mind for countless families, a nurturing center for our elders, and a place for seniors to thrive," said Representative Jeffrey Roy

(D-Franklin) "Throughout her years of service, she has given her time, talent, spirit, and enthusiasm to enrich the lives of Franklin's elder population. She never seeks the limelight and returns each year to the task of making Franklin a great place to live, work, and raise a family."

Representative John Fernandes (D-Milford) added: "I commend Karen, not only for her devoted and compassionate treatment, but also for her numerous initiatives and civic endeavors that have made life easier, healthier and safer for our seniors."

"Karen is a terrific leader in the Franklin community and a strong voice for our seniors," said Senator Karen Spilka (D-Ashland). "This is a very well-deserved honor for a woman who is actively making a difference, and I was proud to honor her at the State House among other strong, female leaders across MetroWest and the Commonwealth."

"Karen is truly the embodiment of selfless service. Every day she works tirelessly to improve the lives of our Franklin seniors and I am pleased that we were able to honor her for all that she has done for our com-



munity," said Senator Richard Ross. (R-Wrentham)

The Unsung Heroines are women who don't make the news, but make the difference. They are the women who use their time, talent and enthusiasm to enrich the lives of others and make a difference in their neighborhoods, cities and towns. They

are mentors, volunteers and innovators who do what needs to be done without expectations of recognition or gratitude. These women are the glue that keeps a community together and every community is better because of their contribution.

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Franklin Concerts on the Common for August

The 25th season of Franklin Concerts on the Common is fully underway, with more fun scheduled this month. The summertime evening concerts are funded through the generosity of the Franklin Cultural Council (funded by the Massachusetts Cultural Council), Dean Bank, local businesses, patrons and residents. The free concerts offer a wide variety of musical groups for young and old alike.

The fun for the whole family generally takes place from 6:30-8:30 p.m. on Wednesday nights, with children's programs as an introduction to the bigger acts, from 6-6:30 p.m. where noted. In the event of rain, concerts are held at St. Mary's/Benjamin Franklin Classical Charter School across the street from the common.

August's lineup includes:

August 3

Leed's Band, with children's program by Rob Peters', Bubble Man, at 6 p.m.

August 17

Matt Zajak & Partner, with children's program by Elaine Kessler, Storyteller, at 6 p.m.

Community Events

August 3

Franklin Concerts on the Common, 6:30 p.m., Leed's Band, with children's program by Rob Peters', Bubble Man, at 6 p.m.

August 6

The Drummers' Studio Summer Open House, 244 East Central Street, Franklin, MA 02038. Contact us at (508) 520-1414 (Studio), (626) 676-2486 (Cell), thedrummersstudio@gmail.com or www.thedrummersstudio.com. Please RSVP to confirm your Drum Camp spot or Open House time slot.

August 7

14th annual Runaways Runaround 5K Road Race (rain or shine). This family-friendly event is open to runners and walkers of all ages and benefits Community VNA Hospice Care. 43 South Washington Street, North Attleboro, MA, 7:30am Registration, 9 a.m. Start Time

Registration Online: <https://signmeup.com/site/online-event-registration/114770>, Visit <http://www.runawaysclub.org>, <http://www.communityvna.com>, or <https://www.facebook.com/events/1751039248445658/> for more information about the VNA.

August 9

Thriving in College: Your First Weekend and Beyond free workshop series, 6-7:30 p.m., sponsored by the Hockomock Area YMCA Bernon Family Branch and Dean College, with support from State Representative Jeffrey Roy, the Franklin Public Schools, Community Impact, New Hope, Riverside Trauma Center and the S.A.F.E. Co-

alition, Franklin High School, Lecture Hall, 218 Oak Street, Franklin, MA. Pre-registration is encouraged, and all those who pre-register and attend will be eligible to win a \$100 gift card. To preregister visit <https://trinexum.com/HUB/Hockomock/Program/ProgramEnrollment> and enter in the keyword search: Thriving in College.

August 10

Franklin School for the Performing Arts (FSPA) Summer Open Houses, 10 a.m. – 4 p.m., 38 Main Street, Franklin. The community is invited to tour the facilities, speak with faculty and staff, and learn more about FSPA programs in music, dance, and drama. For more information, call (508) 528-8668 or visit online at www.FSPA-online.com.

August 11-14

Feast of St. Rocco on St. Mary's Parish grounds behind Franklin Classical Charter Public School. Food, entertainment, rides, raffles, begins Thursday at 6pm.

August 12

Liquid Nitrogen Demonstration, Franklin Public Library, 10:30 a.m. Chris Towle from Air Products Health & Safety will be teaching us about expansion and contraction, temperature, pressure, and states of matter all through hands-on demonstrations using liquid nitrogen.

August 13

The Drummers' Studio Summer Open House, 244 East Central Street, Franklin, MA 02038. Contact us at (508) 520-1414 (Studio), (626) 676-2486 (Cell), thedrummersstudio@

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www.thedrummersstudio.com. Please RSVP to confirm your Drum Camp spot or Open House time slot.

August 16

Barn Babies Traveling Petting Zoo AT 118 Main Street! Parking Lot, 2:30 p.m. – 3:30 p.m., through the Franklin Public Library, will bring a variety of animals including a diapered goat, a little potbellied pig, lots of baby bunnies, chicks or ducks, puppies and kittens. Animals are swaddled in receiving blankets to keep them safe and secure. Children will be able to snuggle and cuddle with these cute critters!

Thriving in College: Your First Weekend and Beyond free workshop series, 6-7:30 p.m., sponsored by the Hockomock Area YMCA Bernon Family Branch and Dean College, with support from State Representative Jeffrey Roy, the Franklin Public Schools, Community Impact, New Hope, Riverside Trauma Center and the S.A.F.E. Coalition, Franklin High School, Lecture Hall, 218 Oak Street, Franklin, MA. Pre-registration is encouraged, and all those who pre-register and attend will be eligible to win a \$100 gift card.

To preregister visit <https://trinexum.com/HUB/Hockomock/Program/ProgramEnrollment> and enter in the keyword search: Thriving in College.

August 17

Franklin Concerts on the Common, 6:30 p.m., Matt Zajak & Partner, with children's program by Elaine Kessler, Storyteller, at 6 p.m.

Franklin Public Library Book sale, Buck A Book, 9 a.m. – 3 p.m.

August 19

Mr. Vinny's Little Puppets Show., 1 p.m., Professional silly man, Vinny Lovegrove, who is a member of the wildly popular Toe Jam Puppet Band, presents a solo performance. Free.

August 22

End of Summer Jam with Jamie Barrett, 1 p.m. – 2 p.m., Franklin Public Library

S.A.F.E. Coalition First Annual Golf Tournament, Franklin Country Club, 8 a.m. registration, the shotgun start will take place at 9 a.m., and play will be followed by a 1:30 p.m. barbecue luncheon and awards. \$150 per player or \$600 per foursome, and sponsorship opportunities of \$150

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per hole and \$250 per presenting sponsor are available. Interested parties may register at www.safecoalitionma.com or make a check payable to the SAFE Coalition, Inc. and mail it to SAFE PO Box 434, Franklin, MA 02038.

August 23

Franklin School for the Performing Arts (FSPA) Summer Open Houses, 4-8 p.m., 38 Main Street, Franklin. The community is invited to tour the facilities, speak with faculty and staff, and learn more about FSPA programs in music, dance, and drama. For more information, call (508) 528-8668 or visit online at www.FSPAonline.com.

August 26

Christmas in August – End of Summer Party, 1-4 p.m., Franklin Public Library, You've heard of Christmas in July! Now there's Christmas in August! Celebrate at the finish line of the Summer Reading Game with our Christmas in August Party! The choices are so many. Get your face painted, balloons by Ceil, make a craft, and Cool off from the summer heat with our frosty games, treats and prizes.

Free Soccer Clinic for Area Kids

Global Premier Soccer Boston Metro South is offering FREE Technical Training Clinic on Friday 5th August at North Field, Bellingham, (415 Hartford Avenue) for all players (3-14 year old boys and girls) in the Metro South region, which covers the following Towns:

Foxboro, Norwood, Wrentham, Plainville, Franklin, Bellingham, Milford, Hopedale, Mendon, Blackstone, Medway, Norfolk, Walpole.

The FREE GPS TTC is open to all players aged 3 – 14 years old for both current and non GPS members. The clinic is broken into the following various categories based on age to support the level, experience and to maximize the learning environment for the players:

- GPS Juniors: 3-5 Years Old, 9 a.m. – 10 a.m.
- GPS EDP: 6-8 Years Old, 9 a.m. – 11 a.m.
- GPS TTC: 9-14 Years Old, 9 a.m. – 12 a.m.
- GPS GK: 9-14 Years Old, 9 a.m. – 12 a.m.

Working from a specialized curriculum from the GPS Technical department, the Clinic is designed to focus on the players' technical ability in a fast paced learning environment, that creates a fun energetic atmosphere to enhance the players familiarity on the ball in the age specific environment.

To register for the FREE GPS Technical Training Clinic please visit www.gps-massachusetts.com. If you have any further questions please feel free to contact the Metro South DOC, Ryan German: rgerman@globalpremiersoccer.com or (781) 996-9942.

Franklin Sports

Young Atwood Kicks Off High School Soccer Years with Match at Disney

BY CHRISTOPHER TREMBLAY

Coming from a family that loves going to Walt Disney World any chance they can get, Franklin's Breanna Atwood was thrilled when her basketball team was invited to play in a tournament at the ESPN Wide World of Sports Complex in Orlando Florida. Atwood's AAU basketball team MT Elite, which practices out of Walpole, was one of 12 teams to take part in the 14U tournament on the Disney grounds.

Atwood, accompanied by her mother, spent the first week of July in Orlando participating in the tournament as well as going to Disney Springs and EPCOT

when they had free time. During the tournament MT Elite went 2-2 in the play-in games before heading into the seeding matches. The New England squad grabbed the W in their first contest, but found themselves on the short end of game two knocking them out of the championship running. MT Elite also lost in the consolation round and ended up finishing in fourth place.

With MT Elite basically being a travel basketball team Atwood and her teammates have been involved in many tournaments, but none quite on this stage before.

"I've played in other National

Tournaments, but to play on the main court for a few games of the ESPN Wide World of Sports Complex was just so cool," the 14-year old Franklin native said. "It was an awesome experience playing in a NBA style arena. During the morning games, there weren't too many fans except for the families of those playing, but the afternoon games had much more fans watching and scouting the games."

Having first picked up a basketball in the fourth grade, Atwood has continued to play the sport with the best of the best, but deep down inside, soccer is her number one sport.

"Soccer is definitely my main passion," she said. "I've been playing soccer (Atwood is a goalie) longer and absolutely love the sport, not that I don't love playing basketball, I just love soccer more."

Since the first time she stepped onto a basketball court, Atwood has come to love playing the sport, but it wasn't too long after that she realized that she had a talent.

"When I made the A team in my first year of playing and was then asked to play for the AAU team, I figured I must be good," she said. "It's unusual as a first year player to be offered a chance to play AAU basketball, so it was a big deal for me."

In addition to playing AAU basketball, Atwood has also played town and recreation basketball.

"The two are so much different," Atwood said. "Town basketball everyone comes out to play, while in AAU you have to be more skillful and have a better knowledge of the game. It's also a much more paced game."

As the summer begins to come to an end and the cool weather of the fall starts to roll in Atwood's AAU days may be behind her as she will be entering her freshman year at the high school. Those fall afternoons in the Franklin area will quickly turn into days on the soccer field representing the Panthers, while the winter will be

back on the courts but again with a different team and a different group of girls.

"It's been cool being able to travel outside of Franklin and get to do something you love with a group of girls from other towns that have the same passion as you do," Atwood said. "Now, it's time to take the court with a new team. I would definitely like to at least make the JV team, Varsity would be cool, but I'm not aiming that high."

No matter what happens with her high school athletic career over the next four years, Atwood can look back on the week in July when she got to play on one of the biggest stages around and in an area she calls her second home.



Breanna Atwood's AAU basketball team MT Elite, which practices out of Walpole, was one of 12 teams to take part in the 14U tournament at Walt Disney World.



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Franklin Sports

New Chapter For Stowell Sisters — Soccer At Assumption

By KEN HAMWEY

Alexis and Victoria Stowell are ready to take their game to a higher level.

The sisters, who are triplets, were dynamic soccer players at Franklin High, where they were captains and four-year starters who played on a state championship team as freshmen in 2012. Both were Hockomock League all-stars, and Victoria not only was Franklin's MVP as a junior and senior, but also was the conference's Player of the Year last fall.

Next month, the pair will be playing at Assumption College, a Division 2 program that has been successful competing in the Northeast-10 Conference. Both received athletic and academic scholarships.

"I'm excited for the opportunity to play Division 2 soccer and to see what happens outside of Franklin," said Victoria, who played center midfielder. "I'm eager to see if I can prove myself elsewhere."

Alexis, who plays forward, concurs, saying: "I'll miss all the success we had at Franklin and the great atmosphere surrounding our program. But, I'm looking forward to a new chapter at Assumption where I hope to discover some clues to my future."

During their four years, the Panthers compiled a 72-4-9

record and suffered only one home loss in regular-season play. In their final campaign last fall, Alexis scored 11 goals and had eight assists while Victoria scored seven times and had 17 assists.

"Both will be good additions to Assumption's program," said Franklin coach Tom Geysen. "Alexis has incredible speed, she's tenacious and quick. She gets to the ball and creates lots of opportunities. Victoria is a complete player who's outstanding in transition. She's excellent on either side of the ball and she makes things happen."

Both girls rate Franklin's state title as their top thrill in high school. "It came my freshman year," Victoria said, "and I really didn't understand the extent of the achievement then. We got back to the tourney three more times expecting similar success but it didn't happen. I cherish that moment so much now but I should have cherished it more in 2012."

Alexis said she's delighted to have been part of the 2012 squad, but is mildly disappointed a second crown wasn't achieved. "It was tough not winning the states again but I learned so much from the 2012 experience," she said. "I saw how excited our seniors were and know now how hard it is to duplicate a state title."

The sisters are acutely aware that their transition to intercollegiate soccer will be challenging.

"The college game is quicker and faster," said Alexis who stands 5-foot-7. "Adjusting to the mental aspect will be as important as adjusting physically. It'll be important to sharpen my field awareness and to improve in all aspects. Victoria said she knows she'll be battling for playing time because nine freshmen were recruited by coach Kevin Meek. "I'm only 5-2, so I'll need to be mentally and physically ready," she emphasized. "And, I'll need to work on headers and learn to rely on others. So often at Franklin, I'd pass to Alexis."

Both had similar reasons for choosing Assumption. Alexis liked the academic atmosphere, the strength of the soccer program and the campus while Victoria admired all those aspects but added some other twists.

"We didn't plan on going to the same school, but we depend on and support each other," Victoria said. "And, that'll be nice to continue. I also liked coach Meek's intensity and that I don't have to select a major until my junior year."

Both Alexis, who wants to be an elementary school teacher, and Victoria, were honor-roll students. That achievement is a fond memory for both and so, too, are several games they regard as memorable.

"I scored the winning goals against Needham as a sophomore and Central Catholic as a junior," Alexis said. "The Needham game was a 2-0 shutout and Victoria got the other goal. Against Central Catholic, I had a goal and an assist and scored from 15 feet out for a 3-2 win."

Victoria recalled Senior Night last fall when she scored both goals in a 2-0 triumph over Mansfield. "That night was special and getting both goals on free kicks was exciting," she said. "Mansfield is a formidable team and it was a rewarding victory."

Both competitors admired their teammates and classmates at Franklin, but both rank their coach as "someone special."



Sisters (and triplets) Alexis and Victoria Stowell enjoyed success playing soccer side by side at Franklin High. They will continue to do so for Assumption College in the fall.

"Mr. Geysen is a great coach," Alexis said. "He's a motivator who taught soccer technique well and also helped me to learn life lessons from sports. Victoria admired Geysen's overall approach. "He was like a grandfather, and that was special," she said. "He knows the game, and he's able to get our best efforts because he has high expectations for his players."

Although Victoria and Alexis weren't state champions at Franklin after their freshman year, they did enjoy state titles as juniors and seniors playing for their club team — FC Blazers. And, it's very likely they'll experience more championships in college.

Assumption is getting a top-notch tandem in the Stowell sisters.

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