Local FHS Arts Students Donate to Food Pantry

By J.D. O’Gara

Self-expression through art can be a rewarding feeling, but getting paid for that artwork has its advantages. Not only did a number of young artists earn a profit with the fruits of their labor, they donated it to neighbors in need. On June 17th, students from the Franklin High School Art Club and Franklin Arts Academy programs donated $200 to the Franklin Food Pantry.

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Franklin Concerts on the Common Back for 22nd Year

By J.D. O’Gara

Wednesday nights will again ring with song this summer, as the Franklin Town Common Bandstand comes alive with Concerts on the Common.

The weekly music al fresco began with a good idea about 22 years ago. Franklin resident Barbara Rondeau, the only original member on the planning committee for the Wednesday-night public performances, says that the committee reviews bands throughout the year, considering them for the series.

“I’m the last original member,” says Rondeau, who says that bands submit CD’s and acts call almost all year long to be considered for the series. The programs usually consist of a children’s program followed by a concert, featuring everything from musical acts to dance performances.

All of the free entertainment is done through the generosity of the local businesses, such as Dean Bank, individuals and the Franklin Cultural Council, which is supported by a grant from the Massachusetts Cultural Council.

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

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

Following is the 2013 Concerts on the Common schedule. On nights that have a children’s entertainer, the program begins at 6 p.m. Otherwise, the entertainment starts at 6:30 p.m.

July 10
Roy Scott Big Band, 6:30 p.m.
Jamboree—Children’s program, 6 p.m.

July 17
Franklin School of Performing Arts Electric Youth, 6 p.m.

July 24
The Sharon Band, 6:30 p.m.
Elaine Kessler – Children’s program, 6 p.m.

July 31
The Frank Padula Band, 6:30 p.m.
Children’s program, 6 p.m.

August 7
Ayla Brown, 6 p.m.

August 14
4EverFab-Beatles, 6 p.m.

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

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

Franklin School for the Performing Arts SummerStage presents Shrek the Musical on Saturday, July 13 at 2 and 6 p.m.

The Franklin Performing Arts Company (FPAC) presents the 2013 Whatever Theater Festival, running from Wednesday, July 24 to Saturday, July 27 at the Franklin School for the Performing Arts (FSPA) and Franklin Town Common. The 6th annual festival features Shakespeare’s Richard III and an eclectic series of one-act plays. All performances are free of charge, with donations to FPAC gratefully accepted.

One Acts will be performed on July 24 at 8 p.m. and again on July 27 at 7 p.m. at FSPA, 38 Main Street. Richard III will be staged on Franklin Town Common (High Street) on July 25 and 26 at 8 p.m. Saturday’s performance of One Acts will be followed by the Whatever Theater Festival Soirée, a fun and informal presentation of unusual talents.

The Whatever Theater Festival brings together professional artists, FPAC alumni, students and community performers in a collaborative theatrical experience that showcases an exciting range of dramatic and comedic works.

For more information, call the Franklin Performing Arts Company at (508) 528-8668 or visit www.fspaonline.com. Remaining tickets will be sold at the door.

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MARSHALL
continued from page 1

Lieutenant, Platoon Leader. He also served in the same capacity in the 1st Squadron, 10th Cavalry, 4th Infantry Division. During his service in Vietnam, Gardner was awarded the Purple Heart for wounds received in combat, the Bronze Star for Valor and a second Bronze Star for Meritorious Service.

In 1984, Gardner, then a Special Agent with the FBI, was transferred to Massachusetts and moved to Franklin. He retired 10 years later after 26 years of service in four different field offices. Gardner and his wife, Barbara, a retired Librarian of the Parmenter School who served 19 years with the Franklin School System, raised two children who graduated from Franklin High School.

Although their two children have moved, the Gardners have made a home and have settled here in this town.

Who Needs Fireworks? Franklin’s Got a Five-Day Bash Planned

By J.D. O’GARA

Last year, Warren Revell, who has organized six and is working on organizing his 7th Fourth of July celebration for the town of Franklin, along with co-chair Mike Kelly (also Secretary), Michael Barry (Treasure), Mike Spath and John Yoder, wasn’t sure that with his handful of volunteers, the town could pull off a 31st event. Revell didn’t get more volunteers this year, he says. In fact, the pool has grown smaller, but this scrappy little crew is once again making the Franklin July 4th Celebration a reality.

This year, fireworks are cancelled, due to FHS construction in the way of the regular fireworks launch site, but Franklin will still celebrate our Nation’s birthday in style, with a five-day celebration beginning on Wednesday, July 3rd and ending with a parade on July 7th. The five day festivities will also include vendors, a children’s parade, various musical bands and a talent show.

Revell has said that the celebration, including events on the common, probably costs from $80,000 to $100,000, with $35,000 to $40,000 to put on the parade. None of this comes from town coffers.

Revell explains that amusement proceeds help defray the cost, and the organizers do send out a mailer to all residents of the town, about 12,400, asking for donations of $5 a house. Many residents generously give, as do sponsors. This year’s sponsors include Garelick Farms, Ramieri Supply Co., Middlesex Bank, the Franklin Newcomers Club, Rockland Bank, Ficco’s Bowladrome, Dean Bank and Grove St. Towing & Tire.

The food booths also defray some of the cost, while raising money for local nonprofits.

“Local non-profit organizations can buy a booth and sell food,” says Revell, “and no two people sell the same food. We do it that way on purpose. By them renting (for $300) the booth helps defray the expenses, and they keep whatever profit beyond that.”

Many hands make light work, and the Franklin 4th of July Coalition still needs volunteers, both as children’s character actors and ground maintenance (in two-hour shifts). All volunteers will receive a 4th of July T-shirt and will receive community service hours.

To learn more, or to volunteer, visit www.july4thfranklinma.com and download a volunteer application form. Volunteers may also call Warren Revell at (508) 942-1940.

Franklin 4th of July Events

Wednesday, July 3rd:
• 6 p.m.-10 p.m. Food Booths and Amusements Open
• 7 p.m.-10 p.m. Digger Dawg Band

Thursday, July 4th:
• 11 a.m.-10 p.m. Food Booths and Amusements Open
• 11 a.m.-1 p.m. D.J. Bob Brown
• 1 p.m.-4 p.m. Local Youth Bands
• 4 p.m.-5 p.m. Tyler Zajac (2010 “Franklin Idol” winner)
• 7 p.m.-10 p.m. “Z” Band

Friday, July 5th:
• 6 p.m.-10 p.m. Food Booths and Amusements Open
• 7 p.m.-10 p.m. Corvairs “Oldies” Band

Saturday, July 6th: Children’s Day
• 11 a.m.-10 p.m. Food Booths and Amusements Open
• 12 noon Children’s Parade
• 1 p.m.-2 p.m. Vic and Sticks (Family Entertainment)
• 2 p.m.-3 p.m. Flippo the Clown
• 3 p.m.-4 p.m. Jamie Barrett (Franklin’s Own)
• 4 p.m.-7 p.m. Franklin Idol Contest
• 7 p.m.-10 p.m. Groove Doctors Band

Sunday, July 7th:
• 1 p.m.-7 p.m. Food Booths and Amusements Open
• 1 p.m.-4 p.m. D.J. Bob Brown
• 2 p.m.-3:30 p.m. PARADE
• 4 p.m.-5 p.m. Tyler Zajac
• 5 p.m. Idol Winners Announced

How’s This For An Office Park?

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Inspiring offices and office shares are currently available for those who appreciate the pristine setting of this restored turn-of-the-century mill building. Located immediately off rte 140, within walking distance of Dean College and the train station, the Mill is a thriving business community of over 30 businesses, both retail & b2b, with 1000+ visitors coming by each week. Moseley Mills’ tenants enjoy the added benefits of organized networking, co-op advertising, group discounts and more.

Moseley Mills 31 Hayward Street Franklin
Franklin's American Idol Contest

The Franklin July 4th Celebration is happy to be having our 6th annual Franklin’s American Idol Contest on Friday, July 7th 4 p.m.-7 p.m.

The contest is limited to the first 30 contestants. Each contestant will be able to perform in front of three judges. At any point during the performance the judges may stop the music and give their feedback to the contestant. Once all contestants have preformed the judges will narrow the 30 contestants down to the best 5. The final 5 will then be able to sing 1 song in its entirety for the audience for a final paper ballot vote. The audience will then submit their vote into one of the ballot boxes. Winners will be announced on Sunday, July 7th @ 5 p.m.

Rules:
Completion of the Registration form is required -- one entry per person or group will be allowed.
Must be at least 8 years of age to compete.
Open to all amateurs in and around the Franklin area
Must choose a song provided by the DJ Bob Brown and one that is appropriate for all audiences.
Applications must be submitted by Friday, July 5th @ 10 p.m. They can also be filled out at the Franklin 4th of July soda booth.
The final 5 must be present on Sunday, July 7th @ 5 p.m. for the announcement and presentation of the winner.
For an official online entry form, visit www.july4thfranklinma.com/franklinidol.asp

Electric Youth to Perform Two Free Summer Concerts

Electric Youth, (EY) the international touring ensemble of singer-dancers trained at the Franklin School for the Performing Arts (FSPA), will perform two free concerts this summer. The outdoor performances will be held at Franklin Town Common on Wednesday, July 17 from 6-8 p.m. and at Town Hill in Norfolk on Thursday, July 18 from 6:30-8 p.m.

Known for high-powered family entertainment with exciting choreography and impressive vocals, Electric Youth is backed by an eight-piece band of Boston-based musicians. EY delivers fully choreographed performances of classic rock and contemporary pop music for audiences of all ages. This season’s repertoire includes hits by Aretha Franklin, The Beatles, The Blues Brothers, Green Day, Icona Pop, Lady Gaga, The Script, Stevie Wonder and more.

The outdoor concerts kick off an exciting itinerary of summer performances for the group. Electric Youth will embark on a three-week concert tour of the British Isles and France in August at venues including Disney Paris and theatres in Belfleur, France and in London and Wimborne, England. EY has toured Europe nine times, released five professional CDs and performed on a Royal Caribbean cruise, on Fox-TV, and at Fenway Park, Gillette Stadium, Mechanics Hall, Walt Disney World and the United Nations. EY 2013 debuted to an enthusiastic audience at Showcase Live at Patriot Place on February 10.

EY members are chosen by audition for superior musicianship, stage presence and triple threat accomplishments in voice, dance and acting. Some members are preparing to pursue a career in the performing arts, while all are gaining valuable life skills through their participation, extensive training and travel experiences with the ensemble. Electric Youth 2013 includes Madison Asgeirsson, 15, Kendra Dombroski, 14, Ali Funkhouser, 17, Graham Hancock, 16, Jocelyn Jones, 14, and Shaina McGillis, 14, from Franklin; Michael Fajardo, 14, from Hopkinton; Maddy Williams, 14, from Medway; and Jenna McDermott, 14, from Wrentham.

For more information about Electric Youth or the EY summer concerts, call FSPA at (508) 528-8668 or visit www.electricyouth.com.

Tri-County Medical Students Pinned

Tri-County Regional Vocational Technical School hosted a Pinning Ceremony on Thursday, May 16 to honor the Medical Careers seniors who earned their Certified Nursing Assistant (CNA) pins.

The students who received their pins were Haley Drake, Andrew Hall, and Aleana Kilcullen of Franklin, Jane Wambugu of Attleboro, Ashley McLean of Bellingham, Bridget McHugh and Brittany Skelly of Medway, Kacie Fitzpatrick of Millis, and Britney Boyle, Ashley Cornelio, Keara DeRose, Rachel Giusti, Kayla McCarthy, Brady Rogers, Brittany Sheroff and Caitlin Willette of North Attleboro.

The Tri-County RVTHS Medical Careers program is certified by the Massachusetts Department of Public Health and acquaints students with the many career opportunities available to them in the rapidly growing health care field.

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community service or project component is a very important part of these programs,” says Jane Hogan, District Art Director for Franklin Public Schools. “Students) probably did 8-12 fund-raising events during the year … We did give donations in prior years to the food pantry, so we wanted to continue that kind of giving. We’re very proud that we give them money (students raised).”

Begun in 2010, The Franklin Arts Academy offers 10th, 11th and 12th grade students a 3-year focused path to aspiring artists and continue that kind of giving. We’re money (students raised).”

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Franklin High School students raised $200 for the Franklin Food Pantry and donated it on June 17th. The students in the photo from left to right are: Sam Nazaretian, Pat Timmons, Haley Goulet, Nicole Desimone, and Bryanna Samoilyk. The amount of the donation on the check is $200. There are so many demands in school on the kids now,” says Hogan. “When they do something for community service, a donation, all of that is reflective of what they did. I think they should get recognition for all these things they’re doing for the community.”

Sam Nazaretian and Pat Timmons, both juniors, set up outside Stop & Shop to both get the word out about the Franklin Arts Academy as well as drum up donations for the food pantry.

“We tried to play songs people would know. We tried to make it better,” says Sam Nazaretian, who both sings and plays guitar.

“We played different pop songs. We attracted people to come over to us with the music,” says fellow musician Pat Timmons, who adds, “We talked about FAA and what it was and if they wanted to donate.”

Hogan, who herself is a 2-dimensional artist who works with mixed media and acrylics, says she thinks the students should be lauded for their efforts.

“It’s different, not being able to keep it, but it’s also good, because other people are seeing it,” says the young artist. “It was like putting a piece of yourself out there. I didn’t want anybody to say anything bad about it, but I wanted the feedback, but I was afraid of the bad.”

Not only did concrete art help raise funds, but some of the Franklin Arts Academy students performed for donations.

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Student Leaders Honored at Breakfast

Tri-County Regional Vocational Technical School recently recognized outstanding student leaders in grades nine through twelve at the Annual Leadership Breakfast last month.

Each year, the Tri-County Chapter of the National Honor Society (NHS) coordinates and hosts the breakfast in honor of students who have made significant contributions to student clubs, events, extracurricular activities, and community service.

The breakfast featured guest speaker Kerrie Drushella, Campaign Coordinator for The Leukemia and Lymphoma Society (LLS). The students who were recognized at the Annual Leadership Breakfast are Shannon Croatto, Aimee Evers, Drew Kelley, Craig Maloney, Erica Pollack, Emily Scannell, Jacqueline Tedesco, and Dan Todd of Franklin, Brendan Black and Drew Zaiter of Attleboro, Lauren Albee, Taylor Davis, Joseph Galligan, Abigail Gay, Harley Keith, and Johanna Leazott of Medway, Keith Hoell, Kevin Kohls, Abigail Miller and Mary Walsh of Milis, Colleen Mister of Norfolk, Radhika Bhatt, Jake Billington, Patricia Bowen, Katherine Cornell, Keara DeRose, Jamie Dunner, Amanda Duren, Josh Gingras, Rachel Giusti, Kayla McCarthy, Kimberly Sorenson, and Holly Turner of North Attleboro, Kylie Blakely, Mackenzie Easterbrooks, Samantha Gitschier, Jess Lavin, Aaron McLaughlin, Lindsey Parent, Nathan Weidman, Chris Weir, and Shannon West of Plainville, Jon Mingo and Samantha Rego of Seekonk, Dillian Hoyt and Kayla Hoyt of Walpole, and Eli Fields, Steven Hagen, Nathaniel Lagos and Geoffrey Penchuck of Wrentham.

Artist Spotlight: Dick Fotland

BY J.D. O’GARA

Painting, says Dick Fotland, is part of what keeps him young.

The father of five and grandfather of nine has the time now to pursue art, something he didn’t have when he worked full time in Research and Development for Denison Manufacturing. There, he says, his creativity manifested itself in a different way. His job was to have the vision to develop new products.

“I’ve always liked art, but I like science better,” says Fotland. He sees the marriage of his science background and his work in oil painting as a perfect fit.

“I try to avoid capturing a likeness. Half the stuff I paint is from my imagination,” adds the painter. “Even when I paint from a photograph, I move things around and change things to make it more emotionally appealing to me.” Fotland says he paints for himself, but that it’s gratifying when he comes across someone “who’s absolutely crazy about my paintings. They share my same emotional makeup, I guess,” he notes.

Fotland found the Franklin Art Association in 2000, when he first moved to his current home. He’d owned on Webster Lake until retiring in 2000, when he first joined the Franklin Art Association. Only a few years later, says Fotland, “I’m not in it really to sell paintings, but to meet people.” Fotland has an affinity for marine paintings. He’s particularly fond of the crew of a freighter captain, “and I’ve had small boats since I was 16, mostly sailboats. I’ve built a few boats and restored them.” Fotland says he often sells paintings for him self, but that it’s gratifying when he comes across someone “who’s absolutely crazy about my paintings. They share my same emotional makeup, I guess,” he notes.

That Fotland has an affinity for marine paintings is clear at a glance. “My father was a Great Lakes freighter captain,” says the artist. “I’ve had small boats since I was 16, mostly sailboats. I’ve built a few boats and restored them.” Fotland says he often sells paintings for himself, but that it’s gratifying when he comes across someone “who’s absolutely crazy about my paintings. They share my same emotional makeup, I guess,” he notes.

Fotland volunteered to serve as treasurer. A woman next to him, he smiles, then suggested he be president.

“So I was president for two years,” says Fotland, “and we grew into almost 100 members.” Fotland had taken it upon himself to reach out to the Milford Art Association, and he worked on the club’s website and newsletter for a few years as well. Now, he says, he just enjoys being a part of it.

“It’s a great organization. I learned a tremendous amount and made very good friends. Every summer, we go up to Maine and paint.” Fotland is also a member of the Foxboro Art Association and the Blackstone Valley Art Association.

Fotler will be showing his paintings this month at the Franklin Art Center, and he has also worked with the Woodshed Gallery in Franklin and Premier Image Gallery in Framingham. In addition, his work has been shown at Franklin Art Association Shows and at the Norfolk Library.

“I’m not in it really to sell paintings,” says Fotland. “I give away a lot more than I sell.”
223 Graduate from Tri-County

The 34th graduation at Tri-County Regional Vocational Technical High School took place on Sunday, June 9, 2013 at 12 noon. Two hundred twenty-three students graduated.

Valedictorian
Jacqueline Tedesco, Franklin, Program: Engineering Technology
College: Worcester Polytechnic Institute
Double Major: Environmental Engineering, Environmental Sustainability
Activities and Awards: MASS Certificate of Academic Excellence, Robotics, National Honors Society, Outstanding Vocational Student of the Year, Math Team, Dance, Piano

Salutatorian
Keara DeRose, North Attleboro, Program: Medical Careers
College: UMass Amherst, Commonwealth Honors College
Double Major: Biology/Kinesiology (Pre-med)
Activities and Awards: National Honor Society, Certified Nursing Assistant, SkillsUSA Gold Medal

Class President
Daniel Todd, Franklin, Program: Construction Craft Laborers
College: UMass Amherst, Major: Physics
Activities and Awards: Football, Hockey, Lacrosse, Math Team, Robotics

For a complete list of graduates, visit www.franklintownnews.com.

Music Trains Your Brain

BY BARNSTORM MUSIC

A few thoughts and words as your child approaches that moment of thinking of taking up the study of music – a path that could offer immense enrichment, joy discipline and scholastic reinforcement throughout their educational journey and life.

1. If your child expresses an interest in starting an instrument, encourage them!
2. Visit a music shop and ask them to allow your child to try the various string instruments, to see which one might be a good fit for him or her.
3. Once they receive their instrument in the fall and begin school group lessons, please be sure to help them set up a schedule of regular practice – no one can be successful at anything, without the proper investment of time and effort behind it.
4. Begin slowly at the beginning – 4 or 5 short 15 minute sessions will help them to begin acquiring a familiarity with the instrument – shorter but more frequent practice sessions are infinitely better than one or two long sessions each week.
5. Encourage them with positive reinforcement – the sounds you will hear at the beginning may not be anything that sounds like music!!! It is a difficult and sometimes frustrating endeavor to begin to try to make beautiful sounds come out of these “alien” objects, but they WILL succeed with perseverance and support at home.
6. Be sure to attend school concert presentations, especially the wonderful “vertical” concerts that our Milford School Music department presents – concerts that present ensembles from every grade, and can show the younger students where they can also be in just a few short years.
7. Take them on occasion to professional orchestral and “classical” presentations, such as the Claflin Hill Symphony in our own community, or orchestra concerts at Mechanics Hall in Worcester or in Boston.
8. ABOVE ALL AND MOST IMPORTANT: We cannot stress the importance of seeking out and engaging private instructors for your students from the very beginning.
9. You will have made a major financial investment in a musical instrument, which you are handing over to your child to learn to play – what parent would hand their child the keys to their car, without first investing in driving school instruction to insure their success?
10. Studies have shown over and over again, that the students in our schools that are engaged in the study of music are also as a group the highest achievers in academics and go on to greater success in their future endeavors.

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The Rockland Trust Charitable Foundation today announced its support for HMEA’s 12th Annual Independence Walk, Roll and Stroll in the Park, which benefited the organization’s comprehensive, timely, cost-effective, and high-quality services provided by 600 caring and dedicated staff for 3,800 children and adults with developmental disabilities such as autism, Down syndrome, and cerebral palsy in more than 110 communities in Massachusetts and Rhode Island. As an official Stars and Stripes sponsor, a brigade of more than 20 Rockland Trust volunteers attended the event on May 19th at the Franklin EMC grounds.

“At Rockland Trust, we pride ourselves on not only sponsoring great community events, such as the Independence Walk, Roll & Stroll in the Park, but participating in them as well,” said Ralph Valente, Senior Vice President and Director of the Rockland Trust Charitable Foundation. “This is a great cause, and I am proud that our colleagues have personally embraced HMEA with full participation.”

The event is HMEA’s only public fundraising event, and included the Independence 5K Race, and the Independence Walk, Roll & Stroll in the Park. More than 200 volunteers and 2,000 attendees participated in the event, which raised more than $200,000 and featured free refreshments, kids games and activities, Wally the Green Monster from the Boston Red Sox with the two World Series trophies, a cookout, and more. HMEA also awarded prizes for the top fundraising efforts.

“We were excited to have the support of the Rockland Trust Charitable Foundation, which helped make our 12th annual event a success,” said Douglas MacPherson, Vice President of Development at HMEA. “We believe that every person deserves an equal chance for a rich and varied life, and we are thankful to all of our sponsors and fundraisers for their assistance in helping us deliver these opportunities to individuals with development disabilities throughout the state.”

For more information on supporting HMEA, please visit www.hmea.org.

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Franklin residents graduate from The Rivers School in Weston

Franklin residents Sasha and Sally Gorski, Chris Tomaselli, and Maggie Walsh were among the 83 students to graduate from The Rivers School in Weston on Friday, June 7.

Sasha and her twin sister, Sally, are well known across the Rivers campus for being two of the most talented musicians the school has ever had the pleasure of teaching. Sasha, whom teachers describe as dedicated, focused, and passionate, has played the violin and the piano since she was a small child and has participated in the Boston Youth Symphony Orchestra since second grade. Despite her packed schedule, Sasha still managed to make high honors throughout her Rivers career, even if it meant sacrificing sleep. She was an avid reader and an excellent writer who excelled in English. Sasha and her sister were the recipients of the Classical Music Prize at Rivers on June 6. In her little spare time, she volunteered at the Acorn Animal Hospital in Franklin.

Sally established herself as an extremely talented musician during her time at Rivers. After learning to play the violin and the piano as a toddler, she spent 13 years as a member of the Boston Youth Symphony Orchestra and four years in the Conservatory program at Rivers. She has played in Carnegie Hall three times and has won a plethora of musical competitions with her sister, and when she wasn’t competing, she was sharing her musical gift with communities in need, hospitals, and nursing homes. Sally was also the co-president of the Gay-Straight Alliance and considered creative writing one of her specialties in the classroom. The daughters of Ludmila Tsiganova and Anatoli Gorski, Sasha and Sally will attend the prestigious Royal Academy of Music in London in the fall.

Chris was an introspective, conscientious student who proved to be thoughtful and reflective in the classroom. In addition to appearing in the Rivers Big Band, Chris was also a varsity lacrosse player who started his own summer lacrosse team composed of students from surrounding public and private schools. Led by Chris, the team registered an undefeated season and advanced to the championship. Chris also worked as a counselor-in-training at the Franklin Country Day Camp, where he was challenged to thrive outside of his comfort zone. The son of Gina and Stephen Tomaselli, Chris plans to attend Texas Christian University in the fall.

Maggie was an excellent athlete, playing on both the varsity ice hockey and varsity soccer teams at Rivers. As one of 10 children, Maggie was always eager to separate herself from the pack, and she did this not only through her athletic endeavors but also through her other extracurricular activities, such as the Cheese Club. She is a motivated and responsible individual whose determination paid off in the classroom and within the Rivers community. The daughter of Lisa and John Walsh, Maggie plans to attend a college prep school in the fall.
Children Share More Than Just a Classroom at School

School-aged children spend several hours per day in the classroom, in close proximity to one another. That proximity means that, in addition to sharing their classroom in close proximity to one another. That proximity means that, in addition to sharing their school with more than just homework. Communicable diseases and parasites may accompany kids home, and while every sniffle or fever cannot be prevented, there are ways parents can reduce their child’s risk of coming home from school with an ailment passed on by a classmate. The first step toward reducing that risk is understanding some of the more common ailments.

Lice
Few children survive school without enduring at least one outbreak of lice. Lice are tiny parasites that feed on the blood of their hosts. Head lice are about two to three millimeters in length (about the size of a sesame seed). A female louse can produce between seven and 10 eggs, known as nits, per day. The nits will hatch and continue the process of the adults.

Having lice is not an indication of poor hygiene. It just means you have come into contact with someone with lice and have contracted the parasite. Sharing brushes, pillows, hats, and head-to-head contact with someone who has lice facilitates transmission.

Many old wives’ tales discuss how to keep lice from getting into the hair. None of these methods are necessarily effective. Should lice climb aboard, it is essential to remove all of the nits and adult lice through careful combing and to reduce the numbers of lice until they die off. In extreme cases, a doctor may recommend a medicated shampoo.

Mononucleosis
The Mayo Clinic says infectious mononucleosis, commonly shortened to “mono,” is known as the kissing disease. Epstein-Barr virus, the virus that causes mono, is transmitted through saliva. It can be spread through kissing, but also by sharing cups and straws or if saliva is expelled through sneezing or coughing.

Symptoms of mono include fatigue, sore throat, fever, swollen lymph nodes, and a soft, swollen spleen. Mono is not often serious and is even less communicable than the common cold. However, it is advisable to keep a child home from school until symptoms have subsided. There is no specific method to treat mono, but doctors may suggest a combination of bed rest, pain relievers and drinking plenty of water and fruit juices.

Oral Herpes
There is a lot of confusion about herpes circulating because two similar viruses are commonly mistaken for each other. Most of the cases of oral herpes result from the virus herpes simplex 1, or HSV-1.

According to the organization Herpes Online, the oral outbreak of herpes forms cold sores or fever blisters on the lips or inside of the mouth. While these blisters -- and the HSV-1 virus itself -- can be spread through kissing, most young children are diagnosed with oral herpes after they have contracted it through the sharing of utensils. Sometimes parents inadvertently pass herpes on to their kids when they kiss them goodnight.

Generally speaking, oral herpes is most contagious when a lesion or blister is present. When scars have healed and there is no other symptom of the condition, then a person is much less likely to pass the virus to someone else. When a blister is present, the affected person should wash his or her hands frequently and avoid touching the lesion.

Strep Throat
A child will get strep throat when he or she comes in direct contact with saliva or fluids from the nose of an affected person, says the National Institutes of Health. Strep throat is usually caused by group A streptococcus bacteria. It is most common in children between the ages of five and 15.

Once a person comes in contact with the bacteria, he or she may begin to feel sick two to five days later. Chills, a sore throat, trouble moving the neck, and difficulty swallowing are some of the more common symptoms.

Because strep can mimic a viral sore throat, most doctors will take a throat culture to confirm diagnosis. Should the bacteria be present, antibiotics will be prescribed for treatment. A doctor will advise when it is safe for a child to return to school.

Meningitis
Meningitis is the inflammation of the protective membranes covering the brain and spinal cord, known as the meninges. There are five types of meningitis: bacterial, viral, parasitic, fungal, and noninfectious. The severity of the illness and the treatment depends on the cause. The most widely known types of meningitis are bacterial and viral. Both are contagious, but bacterial meningitis can be life-threatening and requires immediate medical attention.

Meningitis can be spread through exchange of respiratory and throat secretions. People who have viral meningitis find it is a less severe form and does not become serious as long as their immune system remains strong.

Symptoms of a meningitis infection may include a sudden onset of fever, headache and stiff neck. Nausea, vomiting and altered mental status are also symptoms. Samples of blood or cerebrospinal fluid are collected to test for the cause of the meningitis to begin prompt treatment.

Spending time in close proximity with other students increases the spread of communicable diseases among students. Knowing the symptoms of various communicable diseases can help parents quickly recognize an ailment.
School Nurses are Often Unsung Heroes

School nurses do much more than apply bandages to playground scrapes. School nurses conduct vital health screenings and are often the security blanket for students who need special care during school hours. Despite all they do, school nurses are often the unsung heroes within the school community.

School nurses certainly tackle their share of fevers, nosebleeds, cuts, and scrapes, but nurses play other pivotal roles as well, calling up moms and dads to pick up their sick sons and daughters, overseeing the school's health policies and helping to ensure a safe school environment for students. In addition, the role of the school nurse has changed dramatically over the years. A school nurse may oversee vaccination schedules. He or she also may arrange for assemblies regarding "change of life" seminars for children about to enter puberty. When there is an epidemic at the school, the nurse is often charged with notifying staff and parents and helping to contain the situation.

Apart from all of the tasks in treating "sick" children, nurses also are essential in helping to keep children with life-threatening diseases healthy while they are at school. The number of children with serious allergies, diabetes, asthma, and even seizure disorders has increased. According to the American Diabetes Association, roughly 1 in every 400 children and adolescents has diabetes. School nurses may help administer life-saving insulin shots to children who need them. According to Anaphylaxis Canada, 1 in 50 Canadian children has a peanut allergy, and about 1 to 2 percent of these can have severe or life-threatening reactions. School nurses may treat serious allergic reactions or provide a safe place where children with serious allergies can eat lunch.

In some cases, school nurses become a mediator between home and school. Nurses may indirectly be teaching students as well. Each time the nurse treats a condition, he or she may be educating students on how to avoid that situation in the future. For example, a nurse may impart the importance of eating breakfast to avoid a morning headache or teach youngsters about the benefits of stretching before diving into physical education class.

School nurses are often the unsung heroes of a school, wiping away tears when youngsters suffer an injury at school and acting as a reassuring voice when such injuries are painful.
Doctor, I Have a Stye

BY: ROGER M. KALDAWY, M.D.

Milford Franklin Eye Center

A stye is a small bump that sometimes appears on the outside or inside of the eyelid. A stye is also referred to as a hordeolum. A stye develops from an eyelash follicle or an eyelid oil gland that becomes clogged from excess oil, debris or bacteria. Styes can be a complication of blepharitis but also seem to be brought on by stress.

If you have a stye, you may be suffering from watery eyes, pain, tenderness, itching, or redness. Your eye may feel bruised and sensitive to light. You may also notice a reddish bump on your eyelid. If your stye is severe, you may develop an internal hordeolum. Pus will build up in the center of the stye, causing a yellowish spot that looks similar to a pimple. If the stye is painful, it will feel better once it ruptures and the pus drains.

What causes a stye to happen?

Clogged eyelid glands seem to be one cause of stybes. If you suffer from chronic blepharitis, bacteria may often build up and infect the glands, making you prone to developing stybes. Eye makeup sometimes causes stybes. Some people notice the development of a stye during times of stress.

How To Avoid a Stye?

Relax. Stybes often develop in times of stress. College students cramming for exams often wake up with a stye. During times of stress, our bodies secrete certain chemicals and hormones that may play a role in developing stybes. Because stress is unavoidable in life, it is important to find ways to reduce or prevent stressful incidents and strive to decrease negative reactions to stress.

Keep It Clean. Clogged glands that line the eyelid can become infected and possibly develop into a stye. Take time daily to properly clean your face, gently washing your eyelids to remove excess debris. Never fall asleep without removing makeup. Residue from cosmetics can easily clog the glands of the eyelids.

Scrub. If you are prone to blepharitis, an inflammation and infection of the eyelid, put yourself on a schedule of weekly or even daily eyelid washes. Pre-packaged and pre-medicated eyelid wipes are available in stores, making it easy to scrub the eyelids to reduce or eliminate bacteria that cause blepharitis, reducing the chance of developing a stye. Tear-free baby shampoo applied to a warm washcloth is a less-expensive alternative and makes a great eye scrub.

Warm Compress. Right before bed, apply a warm compress or washcloth soaked in very warm water to your eyes for 5 to 10 minutes.

How to Treat a Stye?

Stybes tend to linger longer than most people would like. The following steps might speed up healing time.

• Warm compress:
  Lightly press a warm washcloth against your eyelid for 10 minutes. Try this up to 4 times a day.

* The example continues on page 15
LIVING HEALTHY

STYE

continued from page 14

• Massage:
  Gently massage the affected area.
• Apply eye drops:
  Medicated eye drops or antibiotic ointments may help cure the infection. Your eye doctor will be able to tell which is best in your situation.

What are the Complications of Styes?

The longer a stye hangs around, the more likely it is to turn into a chalazion. A chalazion is a blocked oil gland that has become infected. A chalazion usually causes pain and inflammation, as well as a hard lump or bump on the eyelid. Your eye doctor may suggest lancing the chalazion for draining, and possibly a steroid injection to reduce swelling.

Stye Tips:

While you may have a strong urge to squeeze or pop a stye, it’s probably best to allow the stye to drain on its own. Squeezing the stye may cause a severe eye infection. See your doctor if you have a stye for longer than two weeks and it is resisting your application of warm compresses. To prevent the possibility of infection, avoid wearing eye makeup or contact lenses until the stye completely heals.

Styes tend to be common…

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Advice For Aging Athletes

Retired professional athletes often speak about the difficult moment when they knew it was time to retire from professional competition. The transition can be easy for some but far more difficult for others. But aging amateur athletes know you need not be a professional to realize there comes a time when your body is telling you it's time to ease up.

Athletes are used to pushing themselves and stretching their limits, but some limits are best not pushed. Such is the case with the limits posed by aging. While athletes don't have to completely fold up shop and hang up their cleats, they grow older. Whereas a sprained ankle might once have been as good as new after a few days or rest, aging athletes must recognize that the same ankle sprain now might require more recovery time. Returning too quickly from an injury can only make things worse for aging athletes, so don't push yourself.

- **Recognize your new recovery time.** Veteran athletes tend to have a sixth sense about their bodies, knowing how long they need to recover from common ailments like ankle sprains, knee pain, back pain and shin splints. Despite the body's remarkable ability for recovery, it's not immune to aging, and that recovery time will increase as the body ages. Whereas a sprained ankle might once have been as good as new after a few days or rest, aging athletes must recognize that the same ankle sprain now might require more recovery time. Returning too quickly from an injury can only make things worse for aging athletes, so don't push yourself.
- **Aging athletes need to focus on flexibility.** The more flexible you are, the more capable the body is of absorbing shock, including the shock that results from repetitive activities. But as the body ages, it becomes less flexible, which makes it less capable of successfully handling the repetitive movements common to exercise. Aging athletes should focus on their flexibility, stretching their muscles before and after a workout. In addition, activities such as yoga can work wonders on improving flexibility for young and aging athletes alike.
- **Don't stop strength training.** Some aging athletes mistakenly feel they should stop strength training as they get older. No longer concerned about building muscle, aging athletes might feel as if they have nothing to gain by lifting weights and continuing to perform other muscle strengthening exercises. But the body gradually loses muscle mass as it ages, and that loss puts the joints under greater stress when aging athletes perform other exercises. That stress can put people at greater risk for arthritis, tendinitis and ligament strains. While you no longer need to push yourself, you do need to exercise. As you age, gradually increasing the intensity of your warm up exercises may help you adapt to new movement patterns. A personal trainer and spotter can help correct mistakes in form.
- **Focusing on flexibility.** The more flexible you are, the more capable the body is of absorbing shock, including the shock that results from repetitive activities. But as the body ages, it becomes less flexible, which makes it less capable of successfully handling the repetitive movements common to exercise. Aging athletes should focus on their flexibility, stretching their muscles before and after a workout. In addition, activities such as yoga can work wonders on improving flexibility for young and aging athletes alike.

Quick and Safe Ways to Build Muscle

Building muscle is a goal of many men. Men have more muscle mass than women, but it takes some effort to sculpt muscle tissue into a firm and fit physique. While there is no magic formula for transforming the body overnight, there are ways for guys to build muscle quickly and safely.

### Start with nutrition

As the old adage goes, “You are what you eat,” and this is true when it comes to getting fit and building muscle. Food acts as fuel for the body and plays a role in building muscle. A nutritious diet helps build healthy, lean muscle.

The key is to eat enough so that you will gain muscle without eating too much so your diet does not negate the positive impact of your workouts. When choosing foods, multiply your lean body weight by 19 to determine the amount of calories you need to build muscle. Getting the majority of your calories from lean protein sources can help muscles grow faster. The rule of thumb is about 1 gram of protein per pound of body weight each day. However, don't overlook the benefits of carbohydrates, which are a source of fuel for the body.

Balancing proteins and carbohydrates with a variety of fresh produce will give the body the necessary vitamins and minerals it needs to recover itself after workouts.

### Less is more

While it may seem like you have to spend hours at the gym to build muscle, it's actually better if you scale back a bit. Fitness experts suggest doing no more than 20 sets per muscle group. In fact, sticking to around 12 sets is even better. Keep repetitions in each set to around six for the most muscle growth. Don't spend hours working out; stick to a 45-minute workout and do each set at a controlled speed. Slow speeds are always harder because they isolate the muscle being used.

When working out, limit the amount of cardiovascular work that you do. Incorporate just enough to burn fat and not burn off muscle. Twenty to 30 minutes of cardio per session is ideal.

### Always incorporate stretching

Stretching is a key to a successful workout. Stretching can help prevent injury, which can sideline any workout plans and reverse all of your hard work. Furthermore, stretching can improve recovery between workouts.

### Graze throughout the day

Instead of eating three big meals per day, aim for four to six smaller, quality meals a day to continue to provide fuel to your body. This provides the calories your body needs to build muscle while maintaining a healthy metabolism.

### Change it up

You may get stuck in a groove with regard to your workout routine, and that routine can negatively impact muscle growth. Regularly alter your routine to keep your body guessing. Just as you can plateau with weight loss by keeping everything status quo, the same thing can happen with muscle growth if you do the same thing day in and day out. Remember not to workout everyday. Muscles grow during resting periods.

### Ensure proper form

If you're not doing the lifting or exercises correctly, you will not build the bulk you desire. Furthermore, you could injure yourself. Always consult with a professional before beginning any workout routine, so you can be sure you're performing the exercises correctly. A personal trainer and spotter can help correct mistakes in form.

By following some guidelines, men can build muscle safely and quickly.
GERD Treatments May Carry Side Effects

Thousands of men rely on the use of proton pump inhibitor, or PPI, medications to tame symptoms of acid and gastroesophageal reflux disease, commonly referred to as GERD. The Federal Drug Administration is warning that individuals on prolonged regimens of PPIs may experience low levels of circulating magnesium in the blood, which can increase a person's risk for serious health conditions.

The FDA has noted that brand name prescription drugs, including Nexium, Desilant, Prilosec and Prevacid, may contribute to hypomagnesemia. Low levels of magnesium in the body may result in weakness, cardiac arrhythmia, muscle cramps, irritability of the nervous system, tremors, hallucination, epilepsy, and hypertension.

Hypomagnesemia has been linked to poor levels of magnesium in the diet and intestinal deficiencies that lead to inadequate absorption of the mineral. Alcoholism, which stimulates renal excretion of magnesium, can also be a culprit, as can taking diuretics. However, recent evidence now shows that popular PPI medications may cause low magnesium levels. While supplementation with magnesium may help, the FDA warns that in about 25 percent of cases, "magnesium supplementation alone did not improve low serum magnesium levels and the PPI had to be discontinued." The FDA advises that PPI treatment given to patients who receive a stent or experience a cardiovascular event may increase risk of heart attack or stroke.

Widespread usage

Proton pump inhibitors are among the most commonly prescribed drugs in the United States. They are one of the largest classes of drugs in the country, representing more than 100 million prescriptions annually, according to IMS Health, a healthcare market research firm. Many PPI drugs are now available everywhere without a prescription from warehouse centers to independent drug stores.

According to research published in the Archives of Surgery, which looked at nearly 3,000 Australian adults, many of whom were expecting surgery to correct GERD, men were more likely than women to have weak valves where the esophagus meets the stomach, which can contribute to GERD symptoms. Men also were more likely to have esophagitis or Barrett's esophagus, both of which are changes to the esophagus caused by chronic acid exposure.

According to Anthony Starpoli, M.D., a gastroenterologist at Lenox Hill Hospital in New York, men may be more likely to undergo surgery to correct GERD, as men were more likely than women to have weak valves where the esophagus meets the stomach.

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Mitchell Katz, M.D., director of the San Francisco Department of Public Health, estimates 60 to 70 percent of people taking PPI drugs probably don't need them and should attempt to change their lifestyle before resorting to medication.

Symptoms and causes of GERD

GERD is a burning sensation in the chest that sometimes spreads to the throat with a sour taste in the mouth. It may cause regurgitation of food or stomach acid. Chest pain, a lump in the throat or trouble swallowing also may be symptomatic of GERD.

In healthy people, the esophageal sphincter -- a circular band of muscle around the bottom of the esophagus -- will relax to allow food and liquid to reach the stomach and then retighten. However, if this valve becomes weak, stomach acid can back up into the esophagus.

Other alternatives

Those looking to reduce or cease PPI medications can turn to lifestyle changes. Avoiding certain foods, eating smaller meals, drinking less alcohol, and quitting smoking are key ways to help minimize GERD. Losing weight and exercising can also promote positive results.

When they first came on the market, GERD medications seemed like they had minimal side effects. As more research is done on to these medications, many within the medical community are advising patients to reduce their dependency on PPI drugs or supplement with more natural treatments.
How Men Can Cope With Stress

Stress is a significant part of many people's lives. Men and women experience stress for a variety of reasons, but the rigors of managing a career and a family are something many men and women point to as their biggest causes of stress.

Though both men and women suffer from stress, how they respond to stress is vastly different. According to a report from the American Psychological Association titled "Stress in America," only 52 percent of men say it is very important to manage stress. That pales in comparison to the 68 percent of women who recognize the importance of managing stress. In addition, the APA notes that roughly 25 percent of women recognize they are not doing enough to manage stress, while just 17 percent of men feel the same way. Such statistics are important, as men who underestimate stress could be unaware that stress increases their risk for depression, anxiety and cardiovascular disease.

Recognizing a problem with stress is a great first step toward reducing it and improving your long-term health. There are many ways men can reduce stress, but the APA again notes that men are far less likely than women to employ strategies to reduce stress. Fifty-one percent of women, for example, admit to reading as a means of relieving stress, while only 31 percent of men say they read to relieve stress. Men who want to buck these trends can take several steps to cope with and ultimately reduce their stress.

• Find the cause of your stress. Recognizing the things that trigger your stress can help you avoid them or at least be more prepared for them going forward. Workplace stress is considerable for many people, and a 2012 study published in the medical journal Cardiology & Vascular Medicine found that people with job strain at work, which the authors defined as high demand on the individual and little to no freedom to make their own decisions as to how and when to do the work, had a 23 percent greater risk of heart attack. If work is the primary cause of your stress and you don't address it, the impact on your health could be dire.

When you find yourself stressing out, take a moment to write down the things that might have triggered the stressful episode. It might be a particular task at work or driving in heavy traffic. Once you have identified the things that trigger your stress you can work to avoid them as best as possible or you will be able to see them coming and might be able to respond more calmly.

• Find a healthy response to stress. How you respond to stress is essential to reducing it. As previously noted, many men do not even recognize the importance of managing stress, and those men might be more inclined to respond to stress in negative, unhealthy ways, such as by smoking or drinking. Such responses will only exacerbate the problem.

Finding a healthy response to stress is essential. Some research has suggested that exercise enhances the body's ability to deal with stress and provides the body with somewhat of a trial run at responding to stress. When the body is exercising, several of its physiological systems must communicate with one another, and those same systems must work together once again when the body is responding to stress. So exercise may not only relieve stress but also help your body become more capable of coping with stress. Discussing stress with others or a stress-reducing activity like meditation are also healthy responses to stress.

• Take a proactive approach to stress. Many people can trace their stress to taking on more than they can handle. This can occur at the office, in your personal life or, as is the case for many people, a combination of both. Stretching yourself too thinly can make you vulnerable to stress. Even if one particular thing like work or family is not stressing you out, it's important to recognize that stress can also be caused by a combination of things. Before stress even has a chance to settle in, make an effort to give yourself more down time and do not stretch yourself too thin.
Addressing the Basics of Breast Cancer

According to Breastcancer.org, one in eight American women will develop invasive breast cancer over the course of her lifetime. Though this figure is based on American women alone, it’s safe to say millions of women across the globe face a similar fate.

While organizations such as the Susan G. Komen for the Cure have been instrumental in raising awareness of breast cancer, many people remain largely uninformed about breast cancer and what, if anything, they can do to reduce their risk. But the more people understand breast cancer the more formidable a foe they become for this potentially deadly disease.

What is breast cancer?
Breast cancer is an uncontrolled growth of breast cells. According to Susan G. Komen For the Cure, between 50 and 75 percent of breast cancers begin in the ducts, which carry milk from the lobules to the nipple. Between 10 and 15 percent of breast cancer cases begin in the lobules, which are the milk-producing glands of the breast. Over time, these cancer cells can invade nearby breast tissue and may even spread into the underarm lymph nodes, which give the cancerous cells a pathway to the rest of the body.

Are there different types of breast cancer?
Breast cancer can be invasive or noninvasive. Invasive breast cancer occurs when abnormal cells from within the ducts or lobules break out into nearby breast tissue. When this occurs, the cancer cells can spread to the lymph nodes, which may allow them to spread even further throughout the body to organs like the liver and lungs and to bones. Noninvasive breast cancer occurs when abnormal cells grow within the milk ducts but have not spread to nearby tissue or other parts of the body. But noninvasive breast cancer can develop into invasive cancer.

Are there warning signs of breast cancer?
There may be no initial warning signs of breast cancer. A developing lump on the breast may be too small to notice, which only highlights the importance women must place on routine breast cancer exams. A mammogram, for example, is an X-ray of the breast that might detect symptoms of breast cancer that women did not notice. When such symptoms are detected, further testing can be conducted to determine if breast cancer is present.

Women or their physicians also might detect breast cancer before a breast exam. A lump or mass on the breast can be detected during a self-exam or on a routine doctor visit. But the American Cancer Society notes that several unusual changes in the breast may also be symptomatic of breast cancer. These changes include:
- breast pain
- a lump in the underarm area
- nipple discharge other than milk
- nipple pain or the nipple turning inward
- redness, scaliness or thickening of the nipple or breast skin
- skin irritation or dimpling
- swelling of all or part of the breast

What are the risk factors for breast cancer?
Some risk factors for breast cancer are beyond a person’s control. You can’t stop aging, you have no way of changing your family history, and there’s nothing you can do about your own medical history. However, there are risk factors for breast cancer that are within your control.

- Alcohol consumption: Alcohol can affect a woman’s ability to control blood levels of estrogen, which can increase her risk for breast cancer. Studies have indicated that the more alcohol a woman consumes, the greater her risk of breast cancer becomes.
- Diet: Researchers often cite diets that include lots of fruits and vegetables reduce breast cancer risk, and the ACS recommends that both men, who are not immune to breast cancer, and women get between 45 and 60 minutes of physical exercise five or more days per week.
- Weight: Being overweight is a significant risk factor for breast cancer, especially for women after menopause. Higher estrogen levels increase a person’s risk of breast cancer, and estrogen levels increase when a person has more fat tissue. Maintaining a healthy weight pays various dividends, not the least of which is reducing your risk of breast cancer.

Thanks to various organizations promoting breast cancer awareness and research, many individuals have at least a basic knowledge of the disease. While knowledge alone cannot prevent the onset of breast cancer, it may help men and women better protect themselves and their loved ones from a disease that afflicts millions of people across the globe each year.
Franklin Youth Baseball Celebrates Its 60th Anniversary

BY KYLE COVINO

On a chilly Saturday morning in late April, the Franklin Youth Baseball and Softball leagues kicked off their opening day ceremonies with a traditional parade through the center of town. Concerns about the parade route had been raised, and several people have complained that the blocked off streets downtown have been an inconvenience.

“This was probably the last year the parade will march that route,” said FYBO Secretary Kurt Doyle.

Controversy aside, the parade took place as scheduled, leaving off from the Davis Thayer School and parading down to the Peck St. baseball fields. In spite of the early morning rain, players and families turned out in great numbers, making for an exciting day for everyone in attendance.

As a special treat, ‘Paws’ (the Pawtucket Red Sox mascot) marched alongside the teams in the parade, and stayed on hand for the ceremonies at Fletcher Field.

A short distance away at the adjacent Pisani Field, the youth softball opening day celebration was just as lively. The players and parents gathered around the diamond, and each team held a banner with their name and logo.

This year the National Anthem was sung by Christina Luccini, a player in the league.

The crowd patriotically saluted an American flag held by a small troupe of girl scouts, who stood at the pitcher’s mound.

At Fletcher Field, the National Anthem was performed by trumpeter Ben Zogby, a former FYBO player; this was his fourth season in a row playing at the ceremony. The teams stood with their coaches in the outfield as the FYBO Board of Directors addressed the parents and players about the significance of this year’s opening day.

This year marked the 60th anniversary of the Franklin Youth Baseball Organization, which has sponsored youth baseball programs in town since 1953. To honor this milestone, nine alumni from the league’s very first season were invited as honorary guests, and sat together along the first base line. The former players still live in Franklin, and they often get together.

Though he was not one of the nine alumni, Dale Lippert was also honored for his many years of great contribution to the organization.

The ceremonies concluded with the customary first pitch, a long-standing tradition in American baseball; the honored FYBO guests huddled at the pitcher’s mound, and switched off hurling a pitch to home plate.

This year’s 60th anniversary truly represented the longevity of this Franklin program, and the large hometown crowd was incredibly supportive throughout the event.

After the ceremonies had concluded, the attendants collected the money going to help the caliber youth baseball program facilitate the 2013 season. These local festivities are always a great reminder of the tight bonds small communities share.

The alumni present included Edward Doherty, Ronny Pellegrini, Ronny Taddeo, Ray D’Amelio, Mickey Carlucci, Richard Cook, Nello Luccini, John Feeley and John Lombardi.

The Purrr-fect Cat Shelter

Pet of the Month

Sweet Sisters Seek Loving Home

Ophelia

“Ophelia” and “Olivia” have come a long way from the base- ment in which they and their two brothers were born. The boys have been adopted, and the girls are patiently waiting to meet their new family. These two young adults are playful and curious and love to be petted and brushed by the volunteers. Ophelia is black and white and Olivia is gray and white and both are spayed, vaccinated, tested for feline leukemia and FIV, dewormed and microchipped. Ophelia and Olivia are very entertaining and would be a nice addition to the right family.

If you are interested in adopting Ophelia and Olivia or any of the other cats available for adoption, visit our website www.purrfectcatsshelter or call the message center at (508) 533-5855 for more information or an application. The Purrr-fect Cat Shelter is a non-profit, no-kill, all volunteer organization caring for homeless cats and kittens with the ultimate goal of finding loving homes for each cat.
## Calendar of Events

### July 1
- **Patriotic Crafts** children’s program, Franklin Public Library, 4 p.m.

### July 2
- **Family Storytime** for all ages at 10:30 a.m., Franklin Public Library

### July 3
- **Patriotic Party** with Jamie Barrett, sing along family music show, 1 p.m., Franklin Public Library
- **Franklin Fourth Celebration**, 6 p.m.-10 p.m. Food Booths and Amusements Open, 7 p.m., Digger Dawg Band

### July 4th:
- **Franklin Fourth Celebration**, 11 a.m.-10 p.m., Food Booths and Amusements Open, 11 a.m. D.J. Bob Brown, 1 p.m.-4 p.m. Local Youth Bands, 4 p.m. Tyler Zajac (2010 “Franklin Idol” winner), 7 p.m. “Z” Band

### July 5
- **Franklin Fourth Celebration**, 6 p.m.-10 p.m. Food Booths and Amusements Open, 7 p.m.-Corvairs “Oldies” Band

### July 6
- **Franklin Fourth Celebration**, Children’s Day, 11 a.m.-10 p.m. Food Booths and Amusements Open, 12 noon Children’s Parade, 1 p.m. Vic and Sticks (Family Entertainment), 2 p.m. Filippo the Clown, 3 p.m. Jamie Barrett (Franklin’s Own), 4 p.m. Franklin Idol Contest, 7 p.m. Groove Doctors Band

### July 7
- **Franklin Fourth Celebration**, 1 p.m.-7 p.m. Food Booths and Amusements Open, 1 p.m., D.J. Bob Brown, 2 p.m. PARADE, 4 p.m. Tyler Zajac, 5 p.m. Idol Winners Announced

### July 9
- **Family Storytime** for all ages at 10:30 a.m., Franklin Public Library

### July 10
- **Greg & Axel Magic Show** “Dig Up Clues,” 1 p.m., Franklin Public Library
- **Franklin Concerts on the Common**, Ray Scott Big Band, 6:30 p.m. Jamboree—Children’s program, 6 p.m. Free
- **Advanced “Ductivities”** Teen craft grades 6-12, 4 p.m., Make duct tape beach bag and phone case, Franklin Public Library

### July 12
- **Franklin Farmer’s Market**, Town Common, 12-6 p.m.

### July 13
- **How to Draw Stuff Art Workshop** for grades 6-12, 1 p.m., Franklin Public Library, “Outlining”

### July 14
- **Franklin Farmer’s Market**, Town Common, 12-6 p.m.
- **Zentangle®**, art program for grades 6-12, 6:30 p.m., Franklin Public Library

### July 15
- **Franklin Concerts on the Common**, Ray Scott Big Band, 6:30 p.m. Jamboree—Children’s program, 6 p.m. Free
- **Franklin Concerts on the Common**, Ray Scott Big Band, 6:30 p.m. Jamboree—Children’s program, 6 p.m. Free
- **Advanced “Ductivities”** Teen craft grades 6-12, 4 p.m., Make duct tape beach bag and phone case, Franklin Public Library

### July 17
- **Mike the Bubble Man**, 1 p.m., Franklin Public Library
- **Character Costume Ball**, 4 p.m., Franklin Public Library, for grades 6-12
- **Franklin Concerts on the Common**, Franklin School of Performing Arts Electric Youth, 6 p.m., Free, For more information about Electric Youth or the EY summer concerts, call FSPA at (508) 528-8668 or visit www.electricyouth.com.

### July 18
- **Electric Youth**, Town Hill, Norfolk, 6:30 – 8 p.m., For more information about Electric Youth or the EY summer concerts, call FSPA at (508) 528-8668 or visit HYPERLINK “http://www.electricyouth.com” www.electricyouth.com.

### July 22
- **Zentangle®**, art program for grades 6-12, 6:30 p.m., Franklin Public Library
- **Cut-A-Thon for local family, 4-7:30 p.m. Willow Salon & Day Spa, 1275 Main Street, Millis. All proceeds to Sorrelle Family Fund.

### July 23
- **Family Storytime** for all ages at 10:30 a.m., Franklin Public Library
- **Franklin School for the Performing Arts Open House, 3-7 p.m., 38 Main St., Franklin, Registration is ongoing for all summer and fall programs. Beginners are welcome and encouraged! For more information, call FSPA at (508) 528-8668. Visit online at www.fspaonline.com.

### July 24
- **Teddy Bear Picnic**, children’s program, bring Teddy and lunch to library lawn, 1 p.m., stories & songs
- **Franklin Concerts on the Common**, The Sharon Band, 6:30 p.m. Elaine Kessler – Children’s program, 6 p.m., Free
- **Whatever Theater Festival, 8 p.m., Franklin Performing Arts Company, eclectic mix of one-act plays, Franklin School for the Performing Arts, 38 Main St., Franklin, free, For more information, call the Franklin Performing Arts Company at (508) 528-8668 or visit www.fpaonline.com.

### July 27
- **How to Draw Stuff Art Workshop** for grades 6-12, 1 p.m., Franklin Public Library, “Shading”...
Franklin Legion Baseball Aiming For More Success

BY KEN HAMWEY

Franklin’s American Legion baseball team is hoping to continue with its success.

Last year, after compiling a 13-8-1 record, coach Mark DeAngelo’s forces made it three straight years of qualifying for the Zone 6 West playoffs. The veteran coach is optimistic 2013 can be another season that includes a playoff run. So far, Franklin is off to a successful start, winning its first two games.

“We’re a blue-collar team that relies on pitching, defense and speed,” DeAngelo said.

“We can hit for power or make contact and aim for the gaps. I like our mix, and I like having unselfish players.”

Now in its fifth year, Franklin again will be competing in Zone 6 West, which includes Norwood, Walpole, Needham, Brookline, Westwood, Medfield, Norfolk and Foxboro. To qualify for post-season play, Franklin will need a top-five finish in the standings.

“Our goal this season is to finish in the top four,” DeAngelo said. “Walpole and Norwood (defending champion) are the top teams. If we’re to finish in the top two, we’ll have to dislodge one of those squads.”

Pitching is one of Franklin’s strengths, and DeAngelo has an impressive starting rotation, featuring Tyler Buck, Zach Walker, Brad Rebello and Anthony Chaiton. Buck is a left-hander who pitched for Franklin High and finished this year at St. Anselm’s. Walker was the ace of Medway High’s staff, Rebello was a key hurler at Bellingham High and Chaiton competed at Franklin.

“Buck gives us veteran leadership,” said DeAngelo who’s coached Franklin since its inception five years ago. “His fastball and curve are excellent and he likes the ball in key situations. Walker threw two straight no-hitters at Medway. He’s got great mechanics and good control. Rebello is mature, throws hard and keeps hitters off balance while Chaiton is poised and calm for a young player.”

Middle-inning relief and spot-starter assignments will be left to a trio of Connor Gouiou of Medway, and Kevin Dolan and Colby Lewis, who live in Franklin but play for Xaverian.

“Gouiou mixes a good change-up with his fastball and curve,” DeAngelo said. “Dolan is aggressive and throws hard while Lewis keeps hitters off balance.”

Medway’s Tim Huffer and Jordan Papula, a Milford native who attends the Bancroft School in Worcester, will handle the catching chores. Huffer has a strong arm and blocks the plate well and Papula can hit and play defense.

Franklin’s infield will include Brian Abbott or Kyle Skidmore at first base, Cam Flateau or Evan Abbott at second, Brendan Skidmore at shortstop and Riley Young at third.

“Brian is a contact hitter who plays good defense,” DeAngelo said. “Kyle has power and fields well. Cam knows the game and can also play short or third. Evan is a contact hitter who’s got a good glove. Brendan is in his fourth year for us. He’s a clutch hitter and he’s top-notch defensively. Riley can play many positions. He’s a quality fielder and a decent hitter.”

The outfield features a solid blend of talent. Brian Abbott, Huffer and Rebello are all in the mix along with Steven Gilbert, Drew Inglesi and Ethan Mick.

“Rebello has a nose for the ball, Brian Abbott plays hard and Huffer is a versatile kid,” DeAngelo said. “Gilbert has been a starter in the outfield because of his speed and great arm. Drew can play any of the three positions since he’s got a great arm and speed. Ethan is versatile, able to play the outfield, infield or pitch.”

DeAngelo, who played at Franklin High, will again employ a staff that includes Joe Macchi and Brett Samarian. The Junior Legion team will be directed by Mike Glynn.

“It’s great to see Franklin with a Legion program,” DeAngelo said. “There once was a vacuum, and players went to Milford or Norfolk. A lot of credit should go to Ryan Jette and Peter Pasquarosa, who helped get the program off the ground.”

Still a young franchise, DeAngelo’s squad has built some tradition early and, if this talented mix of players jells quickly and effectively, there’s no telling how far Franklin can go.
Franklin Girls Softball Hold Their Own in Tough League

BY CHRISTOPHER TREMBLAY

Playing in a very competitive league, such as the Hockomock, Franklin expected to find its softball in the mix of things, but didn’t think it had enough to capture the championship going up against the likes of North Attleboro, King Philip (a two-time state winner), Milford (this year’s Division 1 South Champion) and Taunton.

When the regular season came to an end the Panthers were not atop the Hock, like they expected, but they did put forth a decent year going 13-6 while earning a spot in the Division 1 South Softball Tournament.

“Our goal was to start the season 7-0, which we did, heading into the first North Attleboro game,” Franklin Softball Coach Kate Fallon said. “We lost that game as well as the second contest against North. We also fell to King Philip twice, Milford and Oliver Ames once.”

The Oliver Ames game was not one of Franklin’s better performances on the year. Leading 11-4, the Panthers eventually fell to the Tigers 14-11 and realized that this was not something they wanted to endure again anytime soon and stepped up their game the rest of the season.

In the tournament Franklin looked unstoppable through its first three games defeating New Bedford 4-0 and upsetting the number six seed Marshfield (1-0) and the number three seed Sandwich (4-3) before falling to the eventual division champion and newly added Hock member Milford.

“We just ran out of gas by the time we had to face Milford (following their home win, the Panthers had to play three games in five days traveling over six hours and about 280 miles roundtrip),” the Franklin Coach said. “There was a lot of traveling, and we were involved in a lot of close, hard fought games that just took it out of us by the last game.”

Leading Franklin into the Division 1 South Semi-Finals against Milford were quad captains Shannon Takahata, Julia Malloy, Rae Ann MacLellan-Hurd and Becca Sieffert, who set the tone throughout the entire tournament for the rest of the team, quietly leading by example.

Takahata, who the coach refers to as the Triple Queen, was a defensive key at first base for the Panthers in addition to leading Franklin in just about every batting category. She began the season batting second, but big hits caused the Coach to move her to the leadoff position. Takahata was named a Hock All Star as well as the scholar athlete of the year for Franklin.

Third baseman Malloy and right fielder MacLellan-Hurd combined for 14 RBI for the Panthers, while shortstop Seiffert came up huge in the tournament. In the tournament opener against New Bedford the short stop bruised her knee and was only used in the field during Marshfield.

“As our number two hitter, it hurt not having her in the lineup against Marshfield, but we got her back in during the Sandwich game, hitting in the nine slot where she went 2-3,” the coach said. “We’re not a heavy run management team, 1 or 2 runs is all you need in this league.”

On the mound, Fallon was lucky enough to have two quality pitchers in junior, three-year starter Elizabeth Criscione and sophomore Sabrina LoMonaco. Criscione was 6-3 with a .85 ERA, but was forced to miss 7 games due to an injury in Franklin’s second game of the season. Fallon was then forced to hand the ball over to the sophomore, where LoMonaco did an admirable job filling in. LoMonaco went 7-3 with a 2.29 ERA but she too was forced out of the lineup with a strained ankle.

“It was like we didn’t miss a beat when Sabrina came in for Liz,” Fallon said. “We lucked out having two quality pitchers; luckily the two of them were not injured at the same time. Down the stretch you could see Sabrina was getting tired, but Liz was well rested and ready to go.”

Sophomore catcher Brie Flaherty, a Hockomock League All Star, managed both pitchers and called about 95% of the pitches. The coach allowed her young catcher to call 95% of the pitches, but reserved the right, as the coach, to change the other 5%. Flaherty was second on the team with 10 RBI, behind Takahata, who knocked in 15 on the season.

“This was the first year that I let Brie bat. Last season, as a freshman, it’s tough enough learning the defense and concentrating on the tasks at hand; never mind that we play in the Hockomock League,” Fallon said. “This year I started her batting in the lower half of the lineup before she eventually crawled her way up to the cleanup position.”

Fallon believes that the Panthers will once again be competitive in the Hockomock League next spring, but knows that every game in the league is going to be a battle. There are never any days off, and there is no such thing as an easy game.
In 2008, we had a vicious presidential campaign and election, the stock and housing markets were imploding, and massive Federal bailouts of banks and manufacturers were being implemented nationwide. “So naturally, I thought this was a great time to start a new business,” jokes Shawn Strok, Owner/Decorator of Decorating Den Interiors, Franklin, MA.

Most people did not anticipate the rollercoaster ride that the country and the world would be taken on from 2008-2013.

“I knew it would be tough; this was not a great time to start a business, however, at age 41 with two sons headed for college in the next few years...the gap was closing on my number of tomorrows” says Mrs. Strok. Her dream of owning an interior design business had already come true with the opening of Potters Hand Interiors in 2005, a small business that she ran out of her home by referral only. When it came time to grow her business to the next level, Decorating Den Interiors, a 40-year-old company with hundreds of independently owned franchises across the U.S. and Canada popped up again and again during her research. As a graduate of The Fashion Institute of Technology in New York City and experienced in several aspects of interior décor and design, Shawn knew that it made sense to at least check it out. Five years later, she has found that with a proven system in place, buying power of the larger organization, and continued training have enabled her to build a much bigger and profitable business in less time than if done on her own.

“My birthday present to myself in April 2008 was signing on with DDI, exactly five years later...I gave myself a second gift on my birthday...a commercial office space,” announces Shawn. From a small space in the basement to a larger space on the main floor of the Strok’s home, Shawn built her business and took care of her growing family. Now that her boys are 13 and 16, the move out of the house makes sense. The new office is located at 20 Liberty Way, Suite B Franklin, MA. It is housed within EMM on Demand, which is a furniture receiver and delivery company.

Strok’s plan is to continue to implement her vision for Decorating Den Interiors in Franklin: The Strok Design Team. Decorator Deb Grasley came on board in 2011, and a second decorator will begin training in May 2013. Strok’s goal is to create a team of decorators to meet the growing needs of Franklin and surrounding areas. She explains, “I developed my business during the hard economy by truly appreciating each client, giving them personalized attention and great follow up. You don’t find this kind of service and expertise in a retail store or catalog.”

Decorating Den Interiors offers an initial complimentary consultation and generally no hourly fees when purchasing new products such as upholstered furniture, custom window treatments and shadings, floor coverings, lighting and accessories. From concept to completion, everything is taken care of. With a growing team and the economy on the mend, Strok expects to double the size of her business in 2013 and beyond.

**Local Decorating Den Interiors Celebrates Five Year Anniversary**

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Franklin Manufacturer to Receive Two Awards for Innovation

Dynisco Plastics Division, Franklin, MA, is a finalist in two categories of The 2013 American Business Awards and will ultimately receive Gold, Silver, or Bronze Stevie® Awards for:

• New Product or Service of the Year – Industrial Products & Services

Most Innovative Tech Company of the Year - Up to 2,500 Employees

In their preliminary review of Industrial Product of the Year entries, independent American Business Awards judges acknowledged that the Vertex™ Mercury-Free Pressure Sensor sets a new, higher standard of control for melt pressure in plastics extruders. Introduced last October, Vertex sensors take a radically different approach to high-temperature pressure sensing, using no mercury, or any other fill medium. This means Vertex™ is significantly friendlier to the environment than other sensors currently on the market. The design is exceptionally robust, easily withstanding the high temperatures, pressures and other stresses that define this application. The sensor is a drop-in replacement for existing devices so customer acceptance was virtually assured.

Dynisco’s selection as a finalist for Most Innovative Tech Company of the Year arises out of their use of an innovative new-product-development approach called Simply Complex™. Developed in-house by Dynisco, the process aims to challenge complexity wherever it resides; not only in product design but also in the product line structure, model nomenclature, marketing messaging and materials, and in the customer ordering process. The process was employed first in the development of the Vertex sensor and will be replicated throughout Dynisco, driving simplicity through its products and processes.

The American Business Awards are the nation’s premier business awards program. All organizations, operating in the U.S.A. – public and private, for-profit and non-profit, large and small – are eligible to submit nominations. More than 3,200 nominations from organizations of all sizes and in virtually every industry were submitted this year for consideration in a wide range of categories. The American Business Awards will be presented at two awards events: the ABA’s traditional banquet on Monday, June 17 – in Chicago for the first time, after 10 years in New York; and the new product & technology awards event on Monday, September 16 in San Francisco.

“We’re very excited to have been selected to receive these two awards,” said Matthew Carrara, Vice President and General Manager, Dynisco Plastics. “When Dynisco introduced the Vertex™ mercury-free pressure sensor eight months ago, we knew it was a significant achievement. Then, to have that work validated with not one but two Stevie Awards is especially gratifying.”

A mercury-free approach to pressure sensing has been the plastics industry’s “Holy Grail” for the past two decades. Several companies, including Dynisco, tried alternative approaches but none caught on because of the challenging extrusion application, which can involve caustic and abrasive materials and temperatures as high as 750°F. Thus, even though mercury is a known environmental hazard, the industry steadfastly resisted attempts to eliminate it.

All that changed, however, with the breakthrough development of a new Vertex sensor tip, which registers melt pressure directly through a single, more robust diaphragm. Direct measurement eliminates errors that can arise in sensors with complicated internal structures, transmission fluids and moving push rods. The Vertex diaphragm is much thicker than the diaphragms in other sensors and is made of tough Inconel 718 alloy, which provides a higher level of corrosion resistance than stainless steel. A proprietary DyMax™ coating provides added protection against abrasion and the sensor wall structure has also been fortified to handle side stresses.

The thickness of the diaphragm and materials of construction make for a highly robust device that can be expected to outperform and outlast other sensors. Dynisco is so confident in the durability of the Vertex sensor that it is covered by an unprecedented 4-year warranty. This is significantly longer than any other sensor warranty on the market today.
Franklin Public Library 2013 Summer Reading Program

Register for the Franklin Library Summer Reading Program up until July 31. Children who sign up will receive a themed bag containing a reading log and bookmark. All ages are invited to register! When they complete 8 hours of reading or 8 books, they will earn a free book, a certificate, and a prize packet.

Special Summer Reading Children’s Programs

All ages are welcome and no registration is required.

Patriotic Crafts

Monday, July 1st at 4 p.m.

Get ready for July 4th by making some festive glasses and a patriotic wreath.

Patriotic Party with Jamie Barrett

Wednesday, July 3rd at 1 p.m.

Sing along at Jamie Barrett’s family music show featuring patriotic tunes. Plus, enjoy free give-aways and face painting to get you in the spirit to celebrate Independence Day!

Greg & Axel Magic Show: “Dig Up Clues”

Wednesday, July 10th at 1 p.m.

Magician Greg McAdams & his real live dog Axel will use the library to solve a mystery: The Case of the Missing Library Card. This performance includes, magic, comedy, audience participation, and teaches kids about the importance of becoming a good reader.

Mike the Bubble Man

Wednesday, July 17th at 1 p.m.

Learn about the science and magic of bubbles with Mike. He will entertain us with tricks, perform bubble experiments, and maybe even a few lucky volunteers will end up inside their own giant bubble!

Teddy Bear Picnic

Wednesday, July 24th at 1 p.m.

Bring a bag lunch and a blanket to the library lawn for stories & songs. All well behaved Teddy Bears are also invited!

Ronald McDonald: “Dig into Reading”

Thursday, July 25th at 1 p.m.

Ronald McDonald will lead this interactive literacy event. Discover the magic of reading and the success it leads to through this performance full of magic, music, and Ronald fun.

Teddy Bear Picnic

Wednesday, July 24th at 1 p.m.

Create your own puzzles and a feather mask disguise.

Television, Movies & Music

Every Tuesday

Family Storytime for all ages at 10:30 a.m.

Join us for thirty minutes of stories, fingerplays, and music the whole family will enjoy.

Every Thursday

Drop-In Crafts at 10:30 a.m.

Our summer theme is “Dig Into Reading” so drop-in and see what crafts we have dug up for you!

Teen Programs

Every Tuesday

“Science Magic”

Wednesday, July 31st at 1 p.m.

Want to know how some magic tricks really work? This program explores the science behind the “magic” of some classic magic tricks. You might learn how to fireproof a balloon, defy gravity, or find out how science makes it safe to lie down on a bed of nails.

Every Tuesday

Family Storytime for all ages at 10:30 a.m.

Join us for thirty minutes of stories, fingerplays, and music the whole family will enjoy.

Every Thursday

Drop-In Crafts at 10:30 a.m.

Our summer theme is “Dig Into Reading” so drop-in and see what crafts we have dug up for you!

Teen Advisory Board (T.A.B.)

For students in grades 6 – 12

- Outlining
- Character Design
- Animal Anatomy

Teen Programs

Friday, July 26th at 1 p.m.

“How to Draw Stuff” Art Workshops

Come for any one or for all three sessions to learn drawing skills:

Saturday, July 13th at 1 p.m.
- OUTLINING

Saturday, July 27th at 1 p.m.
- SHADING

Saturday, August 3rd at 1 p.m.
- ANIMAL ANATOMY

Wednesday, July 17th at 4 p.m.

Character Costume Ball

All characters welcome! Come dressed as your favorite character from a book or movie. Win prizes for best costume; enjoy food, drinks, music & more!

Monday, July 22nd, 2013 at 6:30 p.m.

Advanced “Ductivities”

Make a beach bag and a phone case all out of duct tape.

Recognition

Everyone ages 13 through 18 are encouraged to register for the Franklin Library Teen Summer Reading Program up until July 31. Receive a reading log and a Book Genre Bingo Card. Every 5 books you read earns a raffle ticket to use for great prizes at our end of summer party. Get a BINGO by reading 5 books in different genres to win a free book.

Special Summer Reading Teen Programs

For students in grades 6 – 12

- SHADING
- OUTLINING
- ANIMAL ANATOMY

Wednesday, July 3rd, 2013 at 6:30 p.m.

Teen Advisory Board (T.A.B.)

On the first Wednesday of the month, come help plan teen programs, choose materials, and promote the library...we will provide the snacks. Membership looks great on job and college applications. Open to all!

Wednesday, July 3rd, 2013 at 6:30 p.m.

“Zentangle®”

Create beautiful doodle art by learning the Zentangle method & leave with a masterpiece!
The 4 “Rs” of Low-Risk Investing

Despite how the “big guys” of the financial services industry might like to otherwise portray it, all forms of investment involve an element of risk. Even with the current availability of huge volumes of free research and opinion, managing risk in an investment portfolio is something that many people who take a “DIY” (do-it-yourself) approach struggle with. Understanding the core strategies for developing a low-risk investment portfolio is critical, and can mean the difference between ensuring your family’s financial future or losing most (or all!) of the money you’ve worked so hard for. We call these strategies the 4 “Rs” of Low-Risk Investing, and we present them for you briefly below.

Risk Tolerance: Perhaps no concept is more important to a low-risk portfolio than that of risk tolerance. Clearly defining and understanding your personal tolerance for the risk involved in the investment products you choose is absolutely crucial to a DIY scenario. Are you comfortable with high-risk products like sector-based equities and index funds, or do you want safer but slower-growth products like Treasury Bills and bonds? Determining the right mix of products that meet your personal risk-management strategy is the very first place you should start.

Research: Once you’ve determined your risk tolerance, it’s time to do the research you’ll need to both quantify and adjust your risk-management strategy. You’ll find no shortage of free research on the Internet, but beware: not all research is good research, and some of it is downright horrible! Cross-check opinions and advice from various sources. Don’t rely solely on ratings, performance snapshots, or benchmarks. In our opinion, focusing heavily on “outperformance” gets a lot of people in trouble! Do your due diligence with your risk-tolerance profile firmly in mind.

Realism: It’s important to be realistic about your investment goals, and to build and manage a portfolio that matches them as closely as possible. For example, if you’re in your 20s or 30s, you might have higher risk tolerance for your retirement portfolio than for the investment strategies you need to put your kids through college. Ask yourself “Realistically, given my current and anticipated future circumstances, what can I expect from my portfolio over the next 5, 10, 20 or more years?” Make decisions about the mix and relative risk of investment products from there.

Right-Sizing: Be judicious about how to fund your portfolio. We’ve all heard the stories about people pouring their money into shaky investments, or day-trading it away. Unfortunately, those stories happen all the time. Take the time to think hard about your present and future liquidity, and how that liquidity can be applied to your investment strategy. Benchmark constantly against your risk tolerance, and make adjustments as circumstances warrant.

For much more in-depth information about the 4 “Rs” of Low-Risk Investing, including some hands-on strategies for formulating a risk-tolerance profile and researching appropriate investments, we invite you to visit our blog at www.atlanticcapitalmanagement.com.

William C. Newell, Certified Financial Planner (CFP®), is president of Atlantic Capital Management, Inc. a registered investment advisor located in Holliston, Mass. With Wall Street access and main street values Atlantic Capital Management has been providing strategic financial planning and investment management for over 25 years. On the Web at www.atlanticcapitalmanagement.com.
Franklin Heights

Franklin, MA - The Villas at Franklin Heights are tucked away off Lincoln Street on 36 acres which has been designed as environmentally responsible. The Villas at Franklin Heights is a non-age restricted community of two-bedroom, two bath garden-style condominiums, each offering approximately 1,060 square feet of living space. It all adds up to an inviting community surrounded by greenery and vistas that are more akin to a vacation-spot than standard Franklin fare. However, Franklin is an important ingredient, offering residents easy access to major routes and town amenities including fine dining, shopping, golfing, and its outstanding school system.

In 2012, Businessweek.com became the third nationally recognized publishing organization in the last five years to name Franklin, MA a top place to live. Businessweek.com also designated Franklin as the best community in Massachusetts in which to raise children.

Franklin Heights is divided into two sections, Garden-Style condominiums, or Villas, and Townhomes. New construction garden-style condominiums are available now while the next phase of townhomes is slated to begin in the late fall.

Step into the model home that is beautifully designed and staged and you can immediately see yourself living there. “Model homes are meant to impress, and we offer expert advice on final touches to help a buyer choose finishes, wall colors, and even interior design after the sale if desired,” said Matt Kelly, who is the sales manager at the site.

The modern kitchen features Shaker-made, soft close cabinets, granite countertops, and a dining area that is open to the comfortable living area and sliders than lead to your private outdoor space. Hardwood floors are standard in the main entertaining areas. Moving from the inviting main space you will find a spacious master bedroom with walk-in closet and large en-suite bath with ceramic tile floors and the same beautiful finishes as the kitchen. A spacious second bedroom, full second bathroom, and laundry room round out the unit.

The Wellesley Group, the builder, has been in the real estate business since 1921 and their success has come from building the best new homes in the construction business for an affordable price. Wellesley provides quality and affordable new homes for sale in every price range. Great locations and well thought-out communities make Wellesley developments a solid real estate investment.

The Kelly & Colombo Group of Real Living Realty Group handles sales for the Villages at Oak Hill. First floor units start at $199,900 with third floor units starting at $219,900. Additional amenities of these homes include a private outdoor balcony or patio and exterior maintenance including landscaping, snow removal, and road maintenance included in your condominium fee. The condo fee also includes water, sewage, refuse removal, and master insurance. Currently the monthly condominium fee is $266.10. All the properties come with private storage units in the building.

For more information, contact Real Living Realty Group at (508) 520-9669. Weekly open house hours are Thursday 5 p.m. to 7 p.m. and Saturday & Sunday 1 p.m. to 4 p.m. at the model home at 24 Shayne Road in Franklin.

DETAILS:
Condominium — Garden-Style:
Year built: 2013 Home size: 1,060 sq. ft., 2 bedroom, 2 baths, $199,900-$219,900

Stony Brook Announces Its July Programming!

Beat the heat with Stony Brook’s cool programming!

The Bog at Poutwater Pond: Saturday, July 6th, from 9:30 a.m. - 12 p.m. Bogs are unusual places that are much more common in Maine than in Massachusetts. Directions to the trail head will be sent upon registration. Dress for the weather and bring snacks, water, boots (that you don’t mind getting wet) and insect repellent, should the need arise. Join us at a local eatery afterwards for a bite to eat and discussion of our experience. Fee: $15m/$18nm

Heron’s at the Nest: Sunday, July 7th, from 9 a.m. - 11:30 a.m. Join us for an easy walk to a magnificent rookery which serves as home to more than 30 pairs of great blue herons near Stony Brook. Herons (and occasionally other birds at this rookery) raise their young in giant stick-nests built high up in standing dead trees in the middle of wetlands. Heron rookeries are places of great activity. We will carpool from Stony Brook a short distance to the rookery. Fee: $8m/$10nm

Frogs and Fireflies: Friday, July 12th, from 8 – 9:30 p.m. During the summer around sunset the marshes, ponds, forests and fields in the area come alive as the birds and other animals that live here prepare for the coming night. Many of the creatures that have remained inactive during the daylight are beginning to stir. Minimum age: 6. Fee: $9m/$11 nm per person.

Jazzy Jewelry, Pretty Purse, More: Tuesday, July 24th, from 2 – 4 p.m. Art, Nature and Shiny Things! What could be better? Join us to make some nature-themed accessories, and as we conduct some seriously-scented experiments! Suitable for children 5 - 12 years old. Fee: $10m/$13nm per person.

Sundays at Stony Brook: Sunday, July 21st, from 1 - 3 p.m. Take a Stony Brook Sunday stroll in search of birds, turtles, frogs, plants, and other natural wonders in the company of a Volunteer Naturalist. Or, join the Naturalists on the observation deck for a peek through the spotting scope. Do you have questions? Stop by. Fee: FREE with admission.

Full-fledged Foray: Monday, July 22nd, from 7 a.m. - 12 p.m. Most songbirds have fledged their young by this date. We will visit several nearby areas, including West Hill Dam, Blackstone River & Canal Park, and Birchwold Conservation area in West Wren-tham. Good photo opportunities, wear boots, bring bug spray. Water provided. Fee: $30m/$35nm

Icky, Creepy, and Just Plain Gross: Wednesday, July 31st, from 2 – 4 p.m. Looking for some “Eww!” Then this is the program for you! Join us as we try to make fake snot, bounce some pudding, and delve into mighty morphing milk. What better way to spend a hazy summer day? Suitable for children 5 - 12 years old. Fee: $10m/$13nm per person.

Pre-registration is required for all programs (except as noted). For more details, visit www.massaudubon.org or call (508) 528-3140. Register by phone, email (stonybrook@massaudubon.org), fax (508-553-3864) or in person. Stony Brook is located at 108 North Street in Norfolk.

We publish the 1st of every month. Advertisement and editorial deadline is the 15th of each month.
It’s A Sign of The Times…

Barbara Todaro

We are in an extreme sellers’ market in Franklin MA with only one month of resale listings remaining on the market, at the writing of this article. What this means to homeowners is that this is the ideal time to purchase a new home. New home prices are very affordable, interest rates are near an all time low; and resale homes are in great demand. The formula for moving to a new home could not be better.

Start your journey by calling your mortgage broker for a pre-approval letter. This is a necessary document that will be required in order to participate in searching for a home. Then call your local real estate agent who focuses on listing property and request a Free Home Evaluation.

There is no obligation to list with any agent, and you should call three agents to make sure you are being given the right information. Compare agents and what each has to offer for marketing.

Once you have selected a listing agent and you have your pre-approval letter in hand, use that listing agent as a buyers’ agent and start your search for a new home. Every buyer needs proper representation by a buyers’ agent, just as every homeowner needs a well qualified listing agent to guide them and market their home.

Take advantage of the current market and think about making the move to new construction. The time is right. The time to buy a new home is NOW. This is just another sign of the times…

About the Author:

Barbara Todaro is an award winning real estate agent with 35 years of experience and is the marketing agent for The Kuney-Todaro Team. Barbara is a blogger on ActiveRain, Google+ and several other real estate platforms. Visit her website at www.todarosellsfranklinma.com. For commenting and further discussion, Barbara Todaro can be reached at (508) 520-9881.

Kuney-Todaro Team #4 in New England

Congratulations to Lorraine Kuney and Tammy Todaro of The Kuney-Todaro Team for their achievement of ranking at #4 on the top 25 list for RE/MAX of New England. We are probably the smallest team in New England, but Lorraine and Tammy are consistently top producers.

We are a team of listing agents and we focus on new homes and condos. Our resale listings are very important to us, and we lead the way in our marketplace for Franklin MA resale listings. My job is to market our listing inventory, and that’s a full time job! Congratulations to The Kuney-Todaro Team for their success in the month of May.

About the Author:

Barbara Todaro is an award winning real estate agent with 35 years of experience and is the marketing agent for The Kuney-Todaro Team. Barbara is a blogger on ActiveRain, Google+ and several other real estate platforms. Visit her website at www.todarosellsfranklinma.com. For commenting and further discussion, Barbara Todaro can be reached at (508) 520-9881.

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Have You Heard The Good News?

Construction Has Started at Mill River Heights In Norfolk

- Nine beautiful acre+ lots
- Custom designed luxury homes
  - High end amenities
  - Surrounded by conservation
- Builders/Developer:
  Kurt Courtemanche & Anthony DiMartino

Marketing Agent:
Lorraine Kuney of The Kuney-Todaro Team
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Unbelievable 4,200+ sf home on 1.49 acres. 4 bed, 2.5 bath in private cul-de-sac setting!

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22 Ribbons Drive, Franklin
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NEW LISTING

BELLINGHAM
53 Deer Run Road, Bellingham
$379,900

PRICE REDUCED

FRANKLIN
122 Miller Street, Franklin
$309,900

UNDER AGREEMENT

Franklin Heights
Starting at $199,900

UNDER AGREEMENT

FRANKLIN
61 Miller Street, Franklin
$329,000

NEW LISTING

FRANKLIN
12 Spruce Pond Road, Franklin
$314,000

UNDER AGREEMENT

Franklin
122 Miller Street, Franklin
$309,900

NEW CONSTRUCTION
TOWN HOMES

NEW CONSTRUCTION
CONDOS

FRANKLIN
26 Shady Lane, Franklin
$464,900

UNDER AGREEMENT

FRANKLIN
61 Chestnut Street, Franklin
$269,900

UNDER AGREEMENT

FRANKLIN
55 Cross Street, Franklin
$224,900

SOLD

FRANKLIN
268 Chestnut Street, Franklin
$269,900

SOLD

FRANKLIN
32 Betten Court, Franklin
$279,900

SOLD

FRANKLIN
6 Dogwood Circle, Franklin
$339,900

SOLD

FRANKLIN
5 Crab Apple Lane, Franklin
$389,000

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FRANKLIN
6 Farm Pond Lane, Franklin
$559,900

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