

Putter Day, 2018!

This year my get-it-done holiday falls on a Monday.
by Pete Fasciano, Executive Director 12/31/2017

I celebrate the first day of each New Year with promise, purpose and puttering. Putter Day 2018 is upon us. Some choose to call it New Year's Day, but that just describes a date on the calendar. Where's the gravitas; the holiday eventfulness?

This year the purposefulness of Putter Day is in peril as it lands squarely on a Monday - day three of a long three day weekend. This puts my annual Putter Day festivities at odds with the calendar. P-Day festivities may consist of: learning a new skill (or parlor trick), being generally productive in some way, or just making progress toward some vague but fruitful outcome.

In our present lexicon, puttering gets downplayed. Dictionaries describe the verb *to putter* as a perfunctory engagement in some desultory, yet pleasant activity. Some regard puttering as a waste of time. They miss the point of puttering. Time is the most valuable thing you can spend, and time you enjoy wasting is not wasted time, but regret over wasted time is just more wasted time. Are you getting this? The key is *not* spending time, but investing it. One does not spend time puttering. One invests it, for there is a return.

Puttering's value is two-fold.

First, if you've puttered about the day in proper fashion, you've gotten a thing done (or fixed).

Second, puttering rarely demands a huge mental footprint. While you're moodling about some lightweight business at hand you can think, ponder, set plans in place, solve small nagging problems, perhaps even discover.

Putter Day is not about starting a New Year. It's about starting the year that I want.

The festive yet functional décor for Putter Day? Duct Tape. Need I say more?

As Putter Day comes to a close, I hope you smile, satisfied over something you did (or fixed).

A happy and productive New Year to you. May your duct tape hold eternal.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2017, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

We've added a wfpr•fm radio schedule to what is now our TV & Radio Program Guide.

Our current slate of programs runs Wednesday, Thursday and Friday. Programs repeat at 9am, Noon, and 6pm. We'll also rebroadcast our weekday programs Saturday mornings, starting at 8am.



On Deck this week: We enjoy traditional carols and music of the season, along with helpful holiday advice and recipes – it's Holiday Joy – on wfpr•fm.

Wednesday: [It Takes a Village – Dr. Anne K. Bergen](#)

9:00a/12:00p/6:00p Raising resilient children and modern education

[The Wonderful World of Wine – Mark Lenzi, Kim Simone](#)

9:30a/12:30p/6:30p All about wine, its culture, lore and finer points

Thursday: [Senior Circle – Stella Jeon / Senior Connection – Nan Rafter](#)

9:00a/12:00p/6:00p All about the Senior Center and Senior Issues

[Music & the Spoken Word, with the Mormon Tabernacle Choir](#)

9:30a/12:30p/6:30p A Holiday Special

[Frank's Music – Frank Falvey](#)

10:00a/1:00p/7:00p Frank explores a range of music genres and artists

Friday: [Chapters – Jim Derick](#)

9:00a/12:00p/6:00p Insightful, life-affirming stories and interviews.

Saturday: All shows above run hourly, beginning at 8am.

So, what else is On Deck for this week? – A memorable musical Holiday Special of inspiration by the Mormon Tabernacle Choir.

Listen each week on 102.9 fm, or on our website, wfpr•fm as we bring more of our community – to community radio.

Staring at January!

You know the holidays are over when ...
by Pete Fasciano, Executive Director 01/07/2018

This week's storm told us in no uncertain terms that this is January, and spring is just not about to happen.

The holiday, now packed away;
time to hunker.

Our aging, aching bones rebel
each January's hoary hell.

We stare at January.

A sullen stare through distant air -
and daylight glare is frozen where
it's - stark - clear - silent - still.

An aftermath.

What once was water, flowing free,
now, locked in solidarity
with January.

Winter tries to apologize
with pristine snows in cool-white flows
on windswept fields of softer shapes
and other otherworldly scapes.

My January stare affixed
for want of light and warmth betwixt
the shadows tall that deeply fall
across these darker days in ways
that nature slowly lets us know
there's life. And so,
beneath the snow -
it waits.

Just as I do - in January.

And - as always -
Thank you for listening to wfpr.fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



I Have a Dream!

And what of today's dreamers?

by Pete Fasciano, Executive Director 01/14/2018

Fifty years ago Martin Luther King was taken from us. This week we honor his life and legacy. Let us accept in this time that his life's work goes on. We owe him that.

<https://www.archives.gov/files/press/exhibits/dream-speech.pdf>

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

Today, fifty years later, the content of our national character remains at risk.

There are those who seek power and self-promotion through the media and through politics; public figures manipulating public opinion to advance their private ends. They foment fear, mistrust, discord, anger, hate. They dictate the opinions of those who can't or won't think for themselves to form well-reasoned opinions of their own.



We are polarized by polemics and rhetoric.
This is not new, but technology amplifies it.

A baseless, aimless mistrust pervades.
Consider those who benefit from that.
They speak of *them* and *us*.
In truth, there is no them. There is only us.
All of us. E Pluribus Unum.
That belief is right on the money - literally.
We are rejecting today's dreamers.
Dreams are no longer welcome here.
Our own dreams are a gift of human reason.
Exercise your right to reason, and to dream.

This was King's message.
This is why we celebrate him.
The King is dead, (but not his dream).
Long live the King. Long live the dream.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

The Gloves Are Off, uh – ON!

Football and product placement go hand in glove?
by Pete Fasciano, Executive Director 01/21/2018

Welcome to my very own conspiracy theory.
(Leans in, sotto voce) So- here's what I'm thinkin'...

This week all lenses have been focused on TB12's right hand, or more accurately – **LeGlove**. Rarely has apparel gotten so much airtime, even rivaling Michael Jackson's bedazzled glove for limelight. My theory? Product Placement. Right now the champagne flows freely at Under Armour's HQ as brand Brady steps before cameras, bedecked in UA like a NASCAR driver. What's it worth?

I once placed a baseball cap with company logo into a movie. Cost? 25 Large for 2 whole seconds.

Now consider the value for 3 days of Le G.O.A.T. at the height of fame, just before legend-making games, wearing your logo – shot up close – in every sportscast in America. Cha-CHING! Skazillions!

That UA-F5 Boy's Football Glove @ only \$24.99? Demand is about to go bonkers-bananas-ballistic.

This reporter, perched far from the locker room is not treating this with kid gloves. My adspiracy theory's so hot, I wear oven mitts as I type this. If that glove does fit – you must admit... But, that's another juicy killer story about some other football legend who endorsed products.

At the Pats' pressers, it's been, "Talk to the hand." Hands down, it's Tommy's genius PR coup of his career. Deliberate or not, ya gotta hand it to him.

For TB12 & Company every single game is a fight where the gloves always come off. Go Pats!

And – as always –

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

UA F5

Boys' Football Glove

★★★★★ 5 | Style #1271185

\$24.99

Color: Red (600) / White



Please select a size

YSM

YMD

YLG

Quantity: Please select a size.

1

ADD TO BAG



Our Community Access
FranklinTV

From Wood Comes Art!

The Artful Carver with Basil LeBlanc.
by Pete Fasciano, Executive Director 01/28/2018



This week we premier a new series on Franklin•TV, *The Artful Carver*. It's a program all about woodcarving with instructor Basil LeBlanc. Basil has been conducting his carving classes at the Franklin Senior Center for several years.

Basil reviews the progress of each person in the group through one-on-one discussions, answering 'how-to' questions, while highlighting techniques and adding special touches.



The Artful Carver series is produced by the newest member of our video production team, Meredith McKunes. (Welcome, Meredith)

Watch *The Artful Carver* this week; on Sunday, Tuesday and Thursday afternoon at 5:30pm on our All-Access TV. Are you a carver? Come to the Senior Center and join Basil's group.



And - as always -

Thank you for listening to wfpr•fm.

And, thank you for watching.

Copyright, 2017, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

A Three Way Holiday

So much to celebrate, all on one day.

by Pete Fasciano, Executive Director 02/04/2018



Friday, Feb 2. A biggie. Groundhog Day. Admit it. You sat there, bundled up in your comfy chair, taking in the waning light of Groundhog Day's Eve, hot cocoa in hand, with vague dread (the spirit of Groundhog Day) anticipating that ol' Punxsutawney Phil was going to deliver the bad tidings from Gobbler's Knob after seeing his shadow. Still, hope springs eternal. (At 07:18 he saw his shadow.)

Now, understand that Phil does not have an exclusive franchise as The Rodent Weather Prognosticator Deluxe. There are others.

Birmingham Bill in Alabama, General Lee in Georgia, Unadilla Bill of Nebraska, Staten Island Chuck in New York, Buckeye Chuck of Ohio, Peewee up in Vermont, Jimmy of Wisconsin, and last but by no means least, our very own Ms. G, resident groundhog at Drumlin Farms in Lincoln MA. Phil gets it right about 30%. Ms. G calls it correctly 64% of the time. That said, Ms. G also saw her shadow. Bummer!

*The badger peeps out, and if he finds snow he walks abroad,
but if he sees the sun he draws back into his hole until spring.*

-German proverb

Now, this psuedo-holiday that celebrates groundhog prognostications everywhere has its roots in a much earlier holiday - Candlemas. A holiday with pre-Christian roots, Candlemas marks Mary's ritual purification, 40 days after the birth of Jesus. Even earlier, it was the Festival of Light. The Celts called it "Imbolc" (i-MOLG) - the midpoint between winter solstice and the vernal equinox of spring.

*If Candlemas be fair and bright,
Winter has another flight.
If Candlemas brings clouds and rain,
Winter will not come again.*

-English proverb

Candlemas was about karmic balance. If Feb 2 was a nice day, bundle up until spring. If Feb 2 was hard overcast or snowing, it was ol' man winter's last hurrah.



Now, I like to think of myself as a man of science. If the Candlemas legend is legit, then we don't need a rodent to make the call. We can utilize highly calibrated, specialized scientific instrumentation.

I consulted a sundial.

B'cuz, SCIENCE!

The gnomon would tell the tale.

However, results were ambiguous.

This shadow business gets us to our third and best cause for celebrations. It's our birthday. On February 2nd at 10:29 last year our proud little community radio station wfpr.fm went on the air on 102.9 for the first time.

We launched on Groundhog Day. Like the Bill Murray Andie MacDowell rom/com flick, we get to revisit and refine our efforts, upping our game every year, striving toward perfection.

Having constructed our radio tower atop Forge Hill in a big open field, we inadvertently created what might be the tallest sundial gnomon in town.

On this, our very first birthday (and Groundhog, Candlemas Day) it's an odd comfort to know that our tiny radio station casts such a tall shadow.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Our Youngest Chef

Meals need not be complicated.

by Pete Fasciano, Executive Director 02/11/2018



On an upcoming episode of *The Life of Reilly in Franklin*, Lily DeForge, Reilly's younger sister steps up in our kitchen to prepare two simple yet yummy meals. Above, Lily and her besty Meghan Norton are preparing fish-stick tacos. They also made some ham and cheese stuffed crescent rolls. No complaints here.

The simple recipes that they demonstrate are all about comfort and convenience. There's no compromise on taste either. Our kitchen shoots are always enjoyable - with some good eats at the end as a bonus. Would you like to have your own cooking show? Yes? Then I'm your new besty. Call us. It's easy. Ask Lily.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Our Community Access
FranklinTV

Senator Elizabeth Warren

Her Town Meeting at Franklin High School.
by Pete Fasciano, Executive Director 02/18/2018



A Special Programming Event - on Franklin Public Radio, 102.9 FM

On Friday, Feb 23

[Senator Elizabeth Warren's Town Meeting](#)

10:00a/1:00p/7:00p

A rebroadcast of her Franklin visit on 2-10-2018

This week look for Senator Elizabeth Warren's recent town meeting in Franklin. She came to the Franklin High Auditorium which was packed with 1,100 citizens and enthusiastic supporters who came with their questions and high interest.

Warren, "We had an INCREDIBLE town hall in Franklin, Massachusetts. The energy and passion of the 1100 people who joined us at Franklin High School fills me with hope and keeps us in this fight. Thank you!"

Warren spoke for about an hour, advocating for reducing student loan debt, improving health care, and fighting climate change. An enthusiastic crowd cheered loudly as she outlined her views, often using hand gestures to accentuate her points. The crowd booed at the first mention of Republican President Donald Trump.

The event marked the first time a sitting U.S. senator visited Franklin since the 1990s when the late Sen. Edward Kennedy stopped by, said state Rep. Jeffrey Roy, D-Franklin, who introduced Warren and ran the question-and-answer session.

Warren praised federal investment in mental health and drug addiction and infrastructure such as roads and bridges called for in the federal budget approved by Congress early Friday, but said more is needed. She criticized the Republican tax changes, which she said were developed without feedback from Democrats.

"We want to build an economy, we want to build a country that works for all of us,"

Here are some local links to all the details:

<http://www.bellinghambulletin.com/2018/02/14/167042/warren-holds-lively-crowded-town-hall-in-franklin>

<http://www.wickedlocal.com/news/20180210/sen-elizabeth-warren-shares-vision-at-franklin-town-hall-meeting>

Warren's town hall took an emotional turn when Stephanie Lambert, who lives on the Stoughton and Canton town line, broke down while sharing how she and her husband are struggling to get adequate health care despite being promised benefits because of service in the Air Force. She described cuts to health benefits and long waits on hold – sometimes up to four hours – when she calls her insurance company.

"You're not alone," Warren told Lambert after she asked her staff to reach out to her. *"We're with you. The American people are with you."*

Warren shared how her three brothers served in the military, and one is battling cancer and has raised similar concerns.

Warren also noted that the country also made a promise to the 800,000 Dreamers, who were brought here as undocumented children. We need to help them come out of the shadows, become vetted, go to school, work and over time, become the next wave of the American dream,

And – as always –

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



FranklinTV

Frank Falvey!

Always a thoughtful discussion.

by Pete Fasciano, Executive Director 02/25/2018



Frank Falvey - creating thoughtful local programming since way back when. Here, Frank has a scintillating sit-down with Dr. Michael Walker-Jones.

Frank was here well before my time, and from the start he has offered a wealth of information about Franklin, it's goings on, and local people worth knowing.

Year after year, engaged citizens like Frank make local access TV happen. They are the folks who promote public discourse through their local programming. Sometimes it's on the issues of our times and what it means where we live and work. Sometimes it's about their personal pursuits and passions - enjoyments that they wish to share with others.

In some way we are all teachers and pundits. We all have something to say. Citizen producers like Frank Falvey make local TV happen. We do our best to make it easy. Do you have an idea or passion to share on TV? Let's discuss. 508-541-4118.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Sandhya!

Diet? Schmiet!.

by Pete Fasciano, Executive Director 03/04/2018



Cheese Crackers (Cheez•Its)



Sandhya sent the Powerpoint slides for her next set of recipes. I opened the file, and my eye started that nervous tic when faced with too many good things made of calories.

A day of just desserts?! O! M! G! Wowwerz!

Well, somehow our studio crew managed to hang in there and suffer through the delicious day. After taking that last 'beautiful food' shot, any 'evidence' of Sandhya's culinary skills vanished - almost instantly.



Baked Donuts

Amazing how many people 'volunteer' to work on her cooking show. (Uh-huh - Can't imagine why.)

So, do keep your eye on our program schedule as Sandhya's recipes roll out in the coming weeks.



Cupcakes w/ Buttercream Frosting

You can also email us: info@franklin.tv

And - as always -

Thank you for listening to wfrp.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Franklin•TV has Scholarships

For deserving media students
by Pete Fasciano, Executive Director 03/11/2018

It's scholarship time.

Each school year we at Franklin•TV & wfpr•fm offer scholarships to students who wish to study media and communications in college.

There are many career opportunities both in front of, and behind the camera to participate in the broadcast and media production industry.

We provide a thousand dollar scholarship to a student at Tri-County RVTHS and another to a student at Franklin High School.

Do you know a student who has an interest in media arts and communications? Have them contact their school's guidance department for details on how to qualify and apply.



And - as always -
Thank you for listening to wfpr•fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
Franklin•TV

Growth at Franklin•TV

Celebrating Franklin's Farms & Gardens
by Pete Fasciano, Executive Director 03/18/2018

Growth! It's all around us. Our lovely town is growing. Franklin•TV is growing. Our radio station wfpr•fm is growing. Growth is good.

What better time to celebrate growth than the Vernal Equinox (my fave equinox).
Some details:

Meteorological Spring - March 1 (Whoops- not this year)

Equiluminous Spring (Equilux)- Sat, 3/17 at 9:12a (equal night & day)

Astronomical Spring (Equinox)- Tue, 3/20 at 12:15p (Sun crosses Equator)

Then there's this from our program schedule:

Monday, 12:55 PM Franklin Farms & Gardens Show 1



Starting this week we celebrate growth and all its goodness with our own Ken Norman as he shines some sunlight on Franklin's local farms and gardens. Look for it this week. (Just thought I'd plant that seed -)

And - as always -

Thank you for listening to wfpr•fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Gripes of Wrath

Time to stop complaining and work toward Spring.
by Pete Fasciano, Executive Director 03/25/2018

This year March made sure we didn't escape into Spring until we felt the full weight of Winter's wrath. Given all those downed wires, felled trees and broken branches, wrath ain't light.

We definitely felt its full weight. Many of us still do, and we'd like to lose that winter wrath - uh, weight. Uh-huh! That last ten-ish pounds you lost last Summer? It's baaaaack.

Thus, so be our resolve to banish it once more. The warming optimistic days of Spring are upon us. It's time (once more) to stop griping and get with the program. Starting (once more) - that is everything. There's always one more 'once more'.

Sticking to that restricting diet - every - single - day-in-day-out feels like misery without end. It's also too radical a change to build into a new dietary lifestyle. When you finally do stop, them ol' bad habits slowly slip and creep back in.

The answer? A lifestyle change based on a weekly trigger.

This time, be patient. Accept that fact that it took some time to pack on the pounds, and it will take more time to reverse that trend.

The trigger is Monday. Devote every Monday to a diet do-over. We can all diet for just - one - day. From Tuesday on, we're off the hook. Just don't go food-crazy. If Monday is working well, consider adding a Wednesday or Thursday now and then. That's how we can get past the wrath of that 24/7 diet to learn and live a new sustainable lifestyle.

Such is the power of each and every Monday.
Yea, Monday!

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Our Community Access
FranklinTV

Eureka! Seirolac!

It's Just Too Good to be True.

by Pete Fasciano, Executive Director 04/01/2018

Last week I revisited the Redemption Diet and why I ♥ Monday.

Now I'm here to tell you there's a brand new dietary supplement in town. Seirolac! It's not like other supplements that just minimize caloric intake or suppress hunger. It actually absorbs calories as they enter your body. The more you drink the more calories you eliminate. It's like reverse calories. Hence, the name, Seirolac, which is calories spelled backwards. Clever marketing name for a calorie killer.

Sound too good to be true? Unfortunately, it is. Welcome to April Fools Day.

If only... Right?

The real truth is that there are many diets out there that say, "Just eat this and lose the weight."

Fruits & veggies? Keto? Atkins? Whatever. In truth, it's all about calories in v. calories out.

That's why my take on dieting is not what to eat, but how to eat, and you practice and learn this as a new lifestyle by revisiting your weekly caloric intake - and always starting over - each and every Monday. Just - one - day.

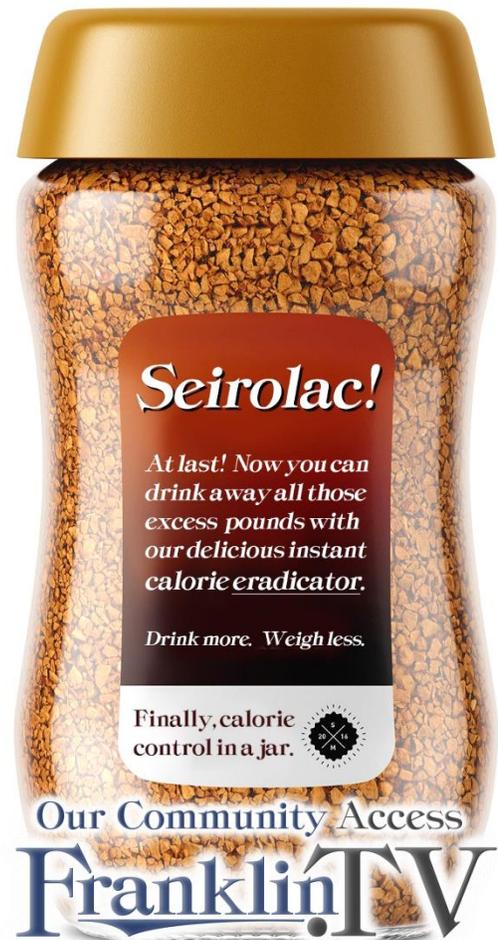
With time and work, a day becomes a diet habit. A habit formed becomes a lifestyle. No foolin'.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Radio: Too Much Fun!

Big laughs from our small studio.

by Pete Fasciano, Executive Director 04/08/2018

I know when Frank Falvey and Jim Derick are at it. I hear laughter from our studio. They are having fun creating great radio; a medium as casual as an old friend.



Here, Marshall Frank corrals Hoss Thief Jim as they get silly in the studio for *Frank's Music*. This episode was all about the singing cowboys in the movies of the old West. Can you tell?

We're planning another evening get-together for our volunteer radio producers. More good times, and you can join us. We discuss future program ideas and how we all can create great radio.

Want to know more? Call us. 528-WFPR (9377).
Get in on the good times.
Happy trails.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Your Community Calls

Chance meetings and shared goals.

by Pete Fasciano, Executive Director 04/15/2018

Franklin's Veterans Services Officer Dale Kurtz stopped by with friends on Friday. With support from vets Bob and John, Dale is working with Franklin.TV to develop an upcoming TV series about Veterans Affairs.



Ever the opportunist, I brought them all into the wfpr.fm studio where Jim Derick was completing another episode of Chapters, his highly engaging interview series.

As expected, everyone hit it off, exchanging contact info and ideas for programs. More importantly, exchanging enthusiastic smiles and handshakes. Such chance meetings - connecting good folks with shared interests - are how community is made to happen. We're growing a great community at Franklin Public Radio.

We're planning another evening get-together for our volunteer radio producers. More good times. You can join us. We discuss future program ideas and how we all can create great radio together. Want to know more? Call us. 528-WFPR (9377). Your community is calling.

And - as always -

Thank you for listening to wfpr.fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Franklin•TV Annual Meeting, June 14th

by Pete Fasciano, Executive Director 04/22/2017

The time is approaching for our annual open board meeting. This year our meeting will be at our 23 Hutchinson St. studios on Thursday, June 14th at 7:00pm and is open to all Franklin residents. We'll meet-greet and enjoy refreshments starting at 6:30pm. You can tour our studios, meet our current board and staff, and learn about Franklin•TV and wfpr•fm. We'll also review our progress during the past year and discuss plans for the future.

At our open meeting you may cast a vote for new and/or renewing board positions. There will be a vote by all in attendance to extend term(s) of office for current board member(s). This year we will vote to extend Jay Horrigan's board position for an additional three years.

Excerpt from FCCA bylaws: (Available on our website.)

Section 15. Election of Director by the Membership (a) Members shall be notified by the Clerk of the election of a director by the Membership at the Annual Meeting. Said notice shall be in accordance with the notice provisions of Section 4 of this Article IV. (b) Any eligible voting Member may be nominated for election to the position of Director by: (i) Written notification to the Clerk no later than seven (7) days prior to Annual Meeting; or (ii) By nomination from the floor of the Annual Meeting made and seconded by no less than three (3) eligible voting members.

Our facility enables us to provide full production support for Franklin residents and groups who wish to create TV and radio programs. Thanks to our board members who contribute their time and energy to help make Franklin•TV all that a public access studio can be.

If you would like to become involved either as a volunteer or as a producer of your own TV or radio programming at Franklin•TV or wfpr•fm, just send an email to: info@franklin.tv with your contact information. You can also call us for more information. 508-541-4118.

Meet Our Current FCCA Board

Please join us at our Franklin•TV event. Starting at 6:30pm we'll have tours of our facility, some good eats, and you can meet our board. Our brief open meeting begins at 7:00pm. Come meet, greet, and learn all about local TV in Franklin.

Oh - and we also get to celebrate Flag Day!

And - thanks for watching!

Copyright, 2017, FCCA, Inc. & the author. All rights reserved.



Senior Connections

Another Program of Historic Proportions with Joe Landry
by Pete Fasciano, Executive Director 04/29/2017

If ever it can be said that living in the past is a good thing, Joe Landry probably qualifies as the exception. His research into Franklin's past is impressively detailed, producing presentations about Franklin life of truly historic proportions.



On April 11th Joe sat with Nan Rafter again for another walk down memory lane on an episode of Senior Connections.

Here our own Meredith McKunes starts off their program with clapsticks that synchronize our studio cameras. A quick click of sticks and we're transported back in time with Joe as our guide. Note that on May 18th at 1pm Joe will have a presentation at the Senior Center on Franklin's 1976 bicentennial parade.

And - as always -
Thank you for listening to wfpr.fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Here's to Volunteers!

The Senior Center Celebrates its Volunteers - Including Us!

by Pete Fasciano, Executive Director 05/06/2017

This past Friday at the Senior Center we gathered to celebrate and acknowledge all the otherwise unsung acts and good works of volunteers that make a charitable organization not only possible - but vital and vibrant.



Volunteers - turns out we were appreciated for being exactly that. The Senior Center gave us a nod and awarded us a lovely plaque for our work, and we do very much enjoy working with them.

As I offered a few words of thanks, my key point was that as Executive Director I'm just the help. Franklin.TV & wfpr.fm also rely on volunteers like our President, Ken Norman. (Thanks, Ken.)

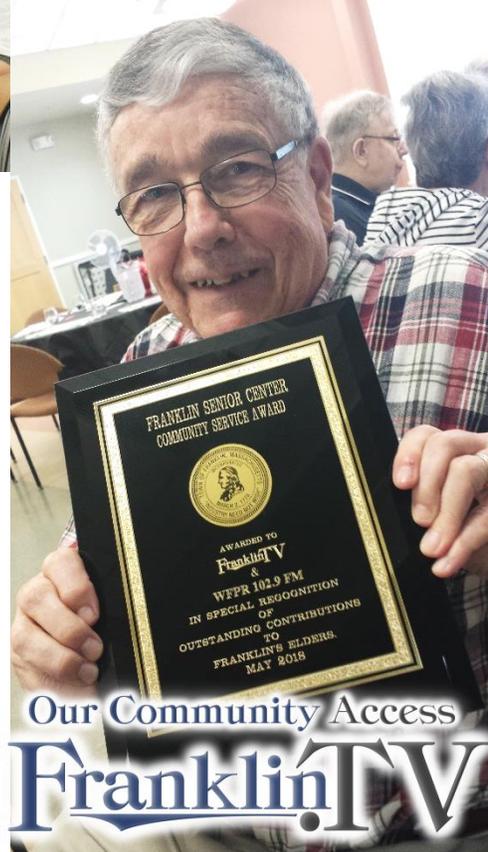
And, if Mark Twain was right that no good deed goes unpunished then the entire room is doomed.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Emergency Preparedness!

When disaster strikes and you can't stay, be packed and ready to go.

by Pete Fasciano, Executive Director 05/13/2017



The Franklin Disability Commission's Mary O'Neal, in conjunction with Fire Chief Gary McCarraher and DaLonn Pearson of the MA Office on Disability conducted a presentation at our studio on how to be prepared for the unexpected. This can pose particular challenges to those who are disabled in some way.

They also provided free emergency backpacks filled with essentials for coping during a crisis. The backpacks are designed for two people, including emergency blankets, hand warmers, ponchos, personal care products, can openers, glow sticks, a hand-powered flashlight/radio and many more items. They also advised packing essential medications, identification and other important critical personal items. When disaster strikes just grab and go.

This public safety event was one of many meetings held by local civic groups at our studio. If your small civic group needs a place to meet at no cost, call us.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Calories In v Calories Out

The great dietary truth that just won't go away..
 by Pete Fasciano, Executive Director 05/20/2017

The ReDiet is agnostic. The ReDiet does not care what you eat. The diets that we all know make their various recommendations, but in the end, underneath that list of approved foods du jour, it's always about the calories. There's no escape. What is missing from most diet plans? Time. We are an impatient lot, and we tend to gravitate toward the easy promise – the instant fix. This time for sure.

It's the Overnight Diet! Just take one teaspoon at bedtime. Wake up tomorrow morning, twenty pounds lighter. (The difficult part? Swallowing the teaspoon.)

Calorie Calc						
Burn	Intake	Day	Week	Month	Year	
1,600	1,700	100	700	3,010	36,400	
	Pounds	0.03	0.19	0.84	10.11	

Here is the weighty truth in a simple Excel table. It illustrates the fact that those pesky ten pounds sneak back in over time. The daily In/Out difference was only 100 calories on average. No egregious dietary crimes were committed.

Calorie Calc						
Burn	Intake	Day	Week	Month	Year	
1,600	1,500	-100	-700	-3,010	-36,400	
	Pounds	-0.03	-0.19	-0.84	-10.11	

So, what's the fix? Be patient and put time on your side. Find 200 calories in your daily intake that you could live without. Giving up just a little each day sounds achievable, but there are those days when...

Calorie Calc						
Burn	Intake	Day	Week	Month	Year	
1,600	1,000	-600	-4,200	-18,060	-218,400	
	Pounds	-0.17	-1.17	-5.02	-60.67	

An additional approach is to have a fasting day. Just one day. Monday? This table illustrates that if you can fast for one day a week, and trim that 100 extra calories from the other six days, you will lose about eight pounds a year.

The numbers don't lie. It took time to gain that extra weight. Only time can help you take it off. Somewhere between the 'daily -200' and a fasting day is a plan (a habit?) that you could live with. Let time and patience be your new best friends.

And – as always –
 Thank you for listening to wfpr.fm.
 And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Memorial Day 2018

Our fallen deserve to be decorated.

by Pete Fasciano, Executive Director 05/27/2018

Franklin's Veterans Officer Dale Kurtz presided over the annual Memorial Day Breakfast Event at the Senior Center and brought recognitions and honors to notable Franklin vets now gone.



The fallen who served us honorably on foreign lands in time of war deserve no less.

Those who came home remember those who didn't in a deeper, more profound way that the rest of us simply can't know. Good friends we once knew, perhaps in high school, are now sadly conspicuous by their absence. This is Memorial Day.



Even in solemnity we should rejoice in our freedoms with those we care about. That is also what gatherings such as these are for.

Jamie Hellen,
Deputy Town
Manager with

Representative Jeff Roy: two gentlemen who care about all things Franklin, including our vets.

On Veterans Day we honor the living and the sacrifices of their service in time of war.

On Memorial Day we remember and honor those who made the greatest sacrifice of all.

What was originally known as Decoration Day originated following the Civil War, and became an official federal holiday in 1971. This is why we decorate the graves of those we remember.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Graduation 2018

It Takes a Village to Raise a Panther.

by Pete Fasciano, Executive Director 06/03/2018

Now fully grown and graduating, another class of FHS Panthers have been loosed upon society. Society will be the better for it. Their parents, teachers and all who touched their lives have raised them up to succeed. Yes, it does take a village.



With the graduation stage set, it also takes a village to cover the event - live.

Our Franklin•TV crew, from top left: Jay Horrigan, Demi Seremetis (FHS '19), Sophie Olsson (FHS '17), Keith Palmieri, Chris Flynn, Meredith McKunes, and Brooke Winsmann.

Technical management by Marc Berman, Dan Chase and yours truly. The FHS Graduation Ceremonies take place in just over 2 hours. However, we start planning and working on Graduation coverage in early May. The day before the event we install a 5 camera TV studio in the gym. We will spend part of this week organizing our video equipment for next year - when once again Panthers will rule.

Go Panthers!

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Meeting: This Week!

Be Heard at Our Open Board Meeting on Thursday.
by Pete Fasciano, Executive Director 06/10/2018

In December of 2016 the 10 year service agreement expired between Verizon as a cable provider and the Town of Franklin. Negotiations for terms to renew that agreement are ongoing and are anticipated to be finalized within the next year. The original Verizon agreement is posted on our website for reference. Franklin is identified in that agreement as the LFA, the Local Franchise Authority. As such, all negotiations take place between Franklin and Verizon.

Franklin•TV also operates via an agreement with Franklin. We are a nonprofit organization contracted by Franklin to manage local cable TV channels provided by Verizon and Comcast. Our agreement with Franklin and our corporation bylaws are both available on our website.

We are also advising Franklin during their negotiations. In past open meetings, we conducted a required customer needs assessment survey on behalf of the LFA. This informs Franklin about what customers want from their cable service providers. We are also in regular contact with other PEG facilities and towns that are in current negotiations with Verizon.

In the recent Framingham needs assessment meeting 30 cable subscribers strongly requested that their local channels be upgraded to HDTV and local programming be listed on the Cable TV Program Guide. RCN as a cable provider in Framingham already supports these services.

In Medfield, Verizon agreed to provide TV Guide support and one HDTV channel. Other LFAs have insisted that all PEG channels be converted to HDTV.

We in Franklin are also requesting HDTV service and Program Listings on the Cable TV Guide. Verizon has not yet agreed. Carrying our programs in High Definition is long overdue. Listing our programs in the Guide for easy search and access also would enable customers to record local programs on their DVRs.

You can voice your opinion on these and other matters at our upcoming meeting as part of ongoing customer needs assessment for Verizon cable service in Franklin. We hope to see you on Thursday evening. See the information on the next page.

And - as always -
Thank you for listening to wfpr.fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Dad's Day '18!

On this day we are heroes - or at least, not feckless.
by Pete Fasciano, Executive Director 06/17/2018

I googled away. Naturally, Wikipedia popped up at the top of the search responses. Woah! Lots of serious Father's Day info.

https://en.wikipedia.org/wiki/Father%27s_Day

Call me jaded, but I considered it just another ersatz 'paper goods' holiday to peddle more greeting cards. That said, I do enjoy the ones that I get.

Question: Whatever happened to the wise "TeeVee Dad" back when father knew best? Where are Robert Young, Hugh Beaumont or Fred MacMurray when we need 'em? Then there were dads who played out the gag bits: Danny Thomas, Ozzie Nelson, Dick Van Dyke, Dick York, Carol O'Connor and William Bendix.



By now you're Googling your brains out. WHuh? Wha-? Who? All TeeVee dads. More recently, dads are often cast on TeeVee as feckless Homer Simpsons. (D'oh!)

I watched a 'dad' once work magic. I was seven, and had a toy car that was controlled through wires from a hand-held battery pack. Another kid grabbed my car to tease me, ripping the wires from the pack. Car was broken. I was broken. Mr. Petrillo lived next door and saw what happened, "Let's have a look here. -"

He brought me, the car and control pack into his workshop. He carefully disassembled the car and pack, showing me where the wires were ripped out. He had this very hot pointy pencil - a soldering tip. I watched in awe as he removed the old wire ends and attached new wires to the metal tabs in the case. He showed me how electricity went from one end of the battery, through some switches to the car and back to the other battery end. Mr. P. fixed the unfixable. More importantly, he introduced me to the miracle of science. In that moment of great kindness he became one of my heroes. Not at all feckless, a man who had no kids of his own, but is quietly remembered on Dad's Day.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Summer Sun and Bocce!

Let the Games Begin - at The Senior Center.
by Pete Fasciano, Executive Director 06/24/2018

The Summer Solstice just snuck by. A tiny twinge of sadness. Feels like Summer is just getting started and now it's all downhill from here. At least the sunsets won't be shifting earlier until mid-July. This is the sunshine and warmth that we longed for only a handful of chilly snowy months ago. Summer is my season.



So it is with our two sports guys Pete Royce and Jay Horrigan. They're keeping it cool - made in the shade as they cover a morning of bocce games at the Franklin Senior Center. It's a fun game to watch and easy to play with a mix of skill and strategy. The Senior Center players are quite good, and the weather couldn't be better. We'll spend the rest of our sunny Summer shooting more bocce programs.

Perhaps our Senior Summer games can help warm us up when Winter rolls around again.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Happy Birthday to U.S.

In Franklin, our national birthday is ON!
by Pete Fasciano, Executive Director 07/01/2018



This year the fireworks are back! Yea, U.S. Franklin has lots of fun events planned over several days leading up to the Fourth, and Franklin•TV will be out and about, working overtime to cover all the festivities to enjoy throughout the Summer. Backyard grills will be working overtime as well. Here's an all-American take on a July Fourth classic, hot off the grill: The American Ranchburger.

You need:

- 2 pounds of lean ground beef
- 1 (1 oz) package of ranch dressing mix
- 1 egg, lightly beaten
- 3/4 cup crushed saltine crackers
- 1 onion, chopped

Mix the ground beef, ranch dressing mix, egg, crushed crackers, and onion. Form into patties. Preheat the grill for high heat. Lightly oil the grill grate. Grill the patties for 4 to 5 minutes per side, or until medium to well done.

Per Serving: 268 calories; 15.2 g fat; 7.7 g carbohydrates;
23.1 g protein; 98 mg cholesterol; 393 mg sodium.

Now, what kind of cheese rides a Ranchburger on the Fourth?
American, of course. Enjoy!

And - as always -

Thank you for listening to wfpr•fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Sign of the Times

A sense of permanence!

by Pete Fasciano, Executive Director 07/08/2018



Timeline: We bought our building at the beginning of 2013. Renovations started in Spring 2014; building completed/occupied, November 2014. Interior technical installations - wiring studios, control rooms, equipment, etc. - always ongoing.

All this time we posted a temporary banner sign out front for folks to find us. Now, finally, we have a fancy building sign declaring that we - are - here.

It feels like punctuation at the end of a declarative (if not exclamatory!) sentence. With our newfound sense of permanence, I think we're staying.

Franklin•TV & wfpr•fm 102.9 - it's who and what we are - in simple sign language.

And - as always -

Thank you for listening to wfpr•fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Pizza-&-Festival!

Who would have thought it?

by Pete Fasciano, Executive Director 07/15/2018

Our producer Meredith came to me with the idea. Boston - Pizza - Festival. I let those words sink in. Pizza is wonderful. Festivals are wonderful. Pizza - and - Festival - in the same sentence? That's a thing? Wow! (I must find and thank the marketing wizards who came up with it.) My brain was momentarily frozen in the dazzling headlights of all that pizza wonderfulness. "Pizza Festival? Um- SURE! That's WONderful. Let's do it."

Thus, our Pizza Powered Program:

Bill Hurley's Full Contact PizzaPalooza (with Extra Cheese) begins a new season.



Now, as management it's my job to delegate. So the crew got to tough it out on a glorious Summer Saturday, being paid to cover (and partake in) an All-U-Can-Eat Pizza Festival.

Such are the steep sacrifices and hardships of television production that one must endure. They took one for the team. Actually, they took several slices - uh, for the team.

Not one complaint. Such dedication.

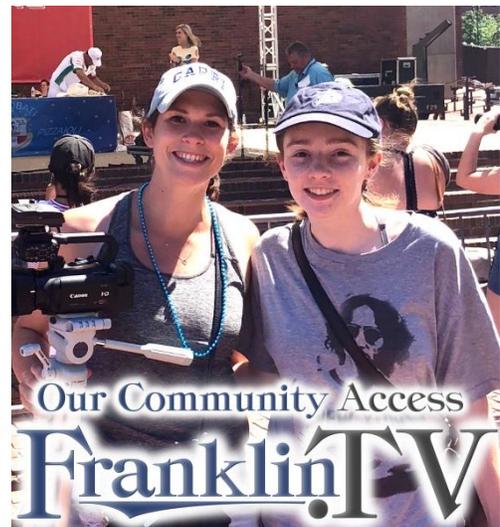
So much pizza. So little time. Meredith, Sophie and Bill endured four fabulous pizza filled hours on site, uncovering the cheesy, saucy, doughy, crispy pizza truth. With a strong turnout, the Second Annual Boston Pizza Festival was clearly a big hit with the citizenry. Trying to hide their cheese-eatin' smiles, our stalwart TV crew has already fully committed to bravely covering the Third Annual... Why? 'Cuz, Pizza! That's why.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



We-Are-Honkin'!

Powering through our programs
by Pete Fasciano, Executive Director 07/22/2018

Back in 2012 when Franklin.TV began, one of our early tasks was to rebuild our facility. We began with the basics - new cameras and editing systems. New cameras are fairly easy. Point and say, "I'll take five o' those, please." Done.

New editing systems are just that - complex systems that consist of customized high-performance computers with advanced graphics and audio subsystems and twin HDTV displays, coupled with task-specific keyboards and a suite of creative software applications, all assembled in a way that facilitates making TV programs. Our video editing systems are baked from scratch for maximum performance.



How powerful are these custom systems? The high tech slang is: They're - *Honkin'*. Our first editing computers were honkin' systems in 2012 that could, "Git 'er done". They served our needs well. Now six years later, they have been replaced by newer systems that are even more mega-honkin'.



But, we didn't stop there. We also added a centralized media storage server. It has all of our projects stored in one high-performance system that supports the editing systems through highly available access to its media files via ten Gigabit direct connections. There's also some special sauce software that manages all the media and maintains very high QoS (Quality of Service) to the edit systems. Honkin'.

All of this honkin' is just part of what makes it possible for us to create so many programs each week. Our production team is pretty honkin' as well.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Town Chambers: 1

High time for a Digital Makeover

by Pete Fasciano, Executive Director 07/29/2018

At the start of 2013 Franklin•TV began a sweeping renovation of our facilities. Along with our new building, there were many technical projects. New TV studios and control rooms, our radio station, Franklin High School's Panther TV. We've been tackling these projects and improvements, one after another. Finally, this week we are scheduling the construction of a new HDTV facility to record and broadcast the evening government meetings in Town Chambers.



The existing cameras and control room were installed when Franklin purchased the Municipal Building. We made a few changes and small improvements along the way, and added a large ceiling projector in 2013. However, it's time to retire the equipment that has served us for all that time as we now begin our last major facility renovation.

The existing system is slated to be removed as early as Friday August 10th, and new cameras and control systems will be installed during the following week. The School Committee meeting scheduled for Tuesday, August 14th will be recorded for later broadcast, but might not be carried live that week.

When our brand-new facility is completed in late August there is only one significant thing that we will keep - our steady-on guy who has made it all work very well in Town Chambers for so long. Full respect to our own Chris Stearns.

The picture at right is Chris in 2012 at the helm of the control facility that we are retiring.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Franklin•TV

Town Chambers: 2

It Begins - Design & Investigation

by Pete Fasciano, Executive Director 08/05/2018



“Where’s the hole? I can’t find a hole.”

A muffled voice came up through the floor from our basement.

Some years ago we were renovating a basement room. My wife made a keen observation about such projects. It seemed like plumbers or electricians were always searching for a hole.

Now it was my turn.

Given that there are at least 20 microphones and 5 cameras to install in our new Town Chambers video system, that’s a few dozen wires for connecting audio, video, Ethernet and power in all the right places.

Whither thy wires? They all go through holes. Lots of ‘em. Some go from Chambers on the second floor, descending down through the ceiling in the Town Clerk’s office on the first floor and back up to the video control room. Some travel through and across the Chambers soffets and ceiling.

When we begin extracting the existing system and installing our new equipment we have only a brief window of time for everything to come together. Thus, our advance search for holes.

Be it a construction project or a video project, the advance work - preproduction - is where you can insure that your ‘master plan’ has no holes in it.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Town Chambers: 3

Demolition - No Turning Back Now.

by Pete Fasciano, Executive Director 08/12/2018

Friday was 'site prep' day. In our case, a euphemism for wanton destruction. We ripped out the video control room, cameras and all, to make way for new stuff.



Literally hundreds of signal cables and video systems were yanked from racks. Destruction can be cathartic. It's a rare opportunity when destroying something actually is a good thing, but we are making way for the new.

Come Monday morning the resurrection begins. By Friday we will have a new control room and HDTV cameras in place. What was planned out for some months will all take place in a few days. Then, it's on to the next construction project. The cycle of planning and building will continue.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Our Community Access

FranklinTV

Town Chambers: 4

Resurrection - The Old, Made New.

by Pete Fasciano, Executive Director 08/19/2018

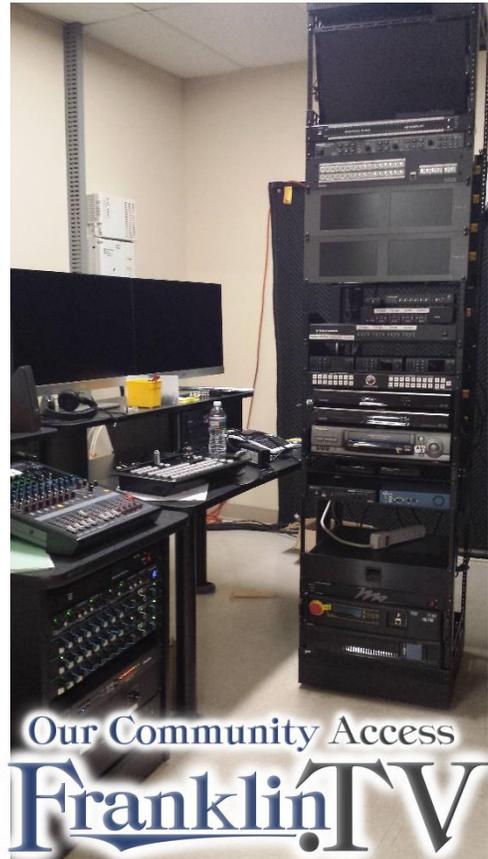


First thing come Monday morning the work of rebuilding began; running new video and audio lines through ceilings and floors.

Along with the main pieces of equipment there were many boxes of small widgets and adapters to connect and distribute digital video signals from thing A to thing B (and things C, D, E, etc.)

Once the console table and rack were populated with all the switches and recorders, the wiring began; stuffing the racks with cable after cable running from thing to widget to other thing.

There comes a point in the thick of these projects where, after all of the detailed planning - you have to squeeze through a set of minor issues to resolve in the final design.



Stuff happens. But, planning keeps that stuff small and manageable - and the project on track. We finished each day with goals met, progress made, and no big surprises along the way.

Come Thursday afternoon we enjoyed that moment when we turned it all on and were pleased (rather than surprised) that it all worked, as planned.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Town Chambers: 5

Our 1st Programs - Maiden Voyage.

by Pete Fasciano, Executive Director 08/26/2018

Showtime!



At last, after some months of planning our design, poking into ceilings and floors to find where the signal cables go, and purchasing new cameras and equipment, and then - finally putting it all together in four days and calibrating cameras, audio and all, it was time to go live with our first meeting.

First up -Monday's Planning Board Meeting of 8/20.

Since our new cameras are in high definition, the picture is

16:9, wider than the older standard TV images at 4:3. We letterboxed the video signal to the cable channels. The irony is that shooting in HD and then letterboxing a program for standard TV makes everything smaller.

For Thursday's ZBA meeting we opted to change our HD conversion to a 'wings cut'. This approach trims the sides of the HD picture to fill the standard screen so it looks normal. We also adjusted the graphics to look normal in SD. We now record meetings in HD, and archive them as such, but viewing them on cable looks normal when sized for SDTV as seen here.



And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access

FranklinTV

Wow! That Was Fast.

Summer, here and gone. I blinked.
by Pete Fasciano, Executive Director 09/02/2018

Summer whizzed by – again. Summer deserves a speeding ticket.

Labor Day is here. It's the holiday that no one rushes to, but inevitably, it comes.

Some Labor Day factoids:

THE 1ST LABOR DAY CELEBRATION WAS SEPT 5, 1882, NEW YORK CITY.
On that Tuesday, 10,000 citizens marched for labor rights down the streets of Manhattan. During this time the average American worked 12 hours a day, six days a week. It wasn't until the Adamson Act passed on September 3, 1916 that our modern eight-hour work day was established.

LABOR DAY IS OFTEN CONFUSED WITH "MAY DAY."
Most other countries celebrate International Workers' Day, or May Day, instead of Labor Day. The concept is the same, but it is celebrated on May 1 around the globe.

LABOR DAY IS THE OFFICIAL END OF HOT DOG SEASON.
Srsly. It's recorded as such on the National Hot Dog & Sausage Council website. They ought to know.

IT IS THE SECOND MOST DANGEROUS HOLIDAY WEEKEND TO DRIVE.
According to CBS News, there were 308 casualties over Labor Day weekend between 2011 to 2015, following closely behind Memorial Day's 312 casualties. These particular holidays designate the beginning and ending of summer, where excitement is heightened and people tend to be a bit more reckless on the road.

THE HOLIDAY ALSO SYMBOLIZES OTHER ENDINGS AND BEGINNINGS.
Yes, Labor Day is the "unofficial end of summer" (Sigh!) and the end of hot dog season. However, it is also the beginning of NFL season—almost every NFL kick off game has started the weekend after Labor Day. Labor Day is the end of white pants but the beginning of black pants. (Not being a slave to style, I was unaware –) It's also, unfortunately, the end of three-day weekends until November.

Therefore, labor on, we must.

And – as always –
Thank you for listening to wfpr.fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Brooke-n-Cookin' !

Our Newest Cooking Series.

by Pete Fasciano, Executive Director 09/09/2018



We've been busy all summer long in our kitchen, producing our latest cooking series, Brooke-n-Cookin'. (And, yes, we eat the yummy results.)



Top, L to R: Brooke, Demi, Melissa, Sophie, and Meredith. Brooke-n-Cookin' was the brainchild of my wife Diane (not shown) who conceived and developed the series as Executive Producer. She and Brooke slated an entire year of programs, keeping our staff and summer interns engaged in an extensive, well-planned and executed project (And, did I mention they were also well-fed?)

It all starts this week: Mon/Tue/Wed/Fri at noon.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

The Broadcast Museum

A Recent Field Trip for Our TV Staffers.
by Pete Fasciano, Executive Director 09/16/2018

There's a private museum for just about every quirky thing under the Sun. Many of these oddities are right here in New England. Maine has an umbrella cover museum. We have the MoBA, The Museum of Bad Art in Brookline, MA. A must see - or not.



Not far from our studio - The Woonsocket Museum of Broadcast Technology. The WMBT is one of several private museums dedicated to the technology that launched the Radio and TV Broadcast industry. It is filled with vintage TV cameras and video recorders of a bygone black-and-white era. The Museum's cameras often find their way into throwback movies and TV shows.

Above: Demi stands next to a 1960s vintage black and white camera. The Museum also has color cameras dating back to the mid-fifties. Videotape machines first appeared at about that time as well, and The Museum has fully restored, working examples of these first recorders.

There is also a fully-functional fifties-era radio studio featuring a lathe recorder to hand-cut vinyl records (then known as ETs, Electrical Transcriptions). Record cutters were common in early radio stations, predating audiotape recorders.

Here we see our crew proudly being 'televised' via a 1940s RCA black-and-white studio camera. L to R: Demi, Meredith, Rory, and Sophie. Today they work with digital cameras and computers that can produce HDTV programs effortlessly. I noted that everything in the Museum - cameras and recorders - now resides in their smartphones - in high-definition, no less.



And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Equinox – and Eating?

Diminishing Daylight & Dietary Balance.

by Pete Fasciano, Executive Director 09/23/2018

Here we are at the end of another summer. The nights just became longer than the days. In another handful of weeks many of us could be going to work in the dark; going home in the dark.

Winter is coming! So too, is winter weight gain. Why the concern now? Winter and weight creep up on you. While the likelihood of first snow is still about two months away, now is a good time to get a running start to winter weight management.

We tend to slow down. We seek more comfort (calorie) foods. We wish to hibernate.

That ten pounds of winter? The math is simple. Find 36,000 calories and kill them before they kill you. Where do these ninja calories come from? All winter long around 150 to 200 more than you need sneak into your meals, comfy munchies, snacks and drinks every day. Yeah – there they are – hiding – lurking in that massive mug o’ hot chocolate avec mound of whipped cream.

You need a maintenance plan over some 20-ish weeks between now and the vernal equinox. That’s 1,800 cal/wk. Come spring, you’ll still be your summer-svelte self.

If you already understand the big idea behind the ReDiet, your plan is dirt-simple. Come trigger Monday, you switch on (just like always). Drop 400-600 cal that day. Not too difficult for one day. Do the same on Wednesday or Thursday. Try to eat reasonably during the other 5 days. Note of emphasis on *reasonably*.

The key is keeping true to your ReDiet trigger day(s). By starting sooner than later, you won’t have to starve – every – single – day.

Note that when you diet, winter weather feels colder. Calories are heat. When calories are restricted, you work to conserve them. Dress warmer, even indoors. On your ‘normal’ days try to fend off those extra 150-200 calories by considering warm comforts like tea that are not so calorically excessive.

And – as always –

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



In Vino Veritas

When the conversation flows.

by Pete Fasciano, Executive Director 09/30/2018



Nothing makes for great conversational radio as when great minds come together in common cause. For Kim Simone (Vinitaswineworks.com), Mark Lenzi (FranklinLiquors.com) and Jim Derick, (Chapters radio) the conversation was all about wine. Kim and Mark, the gurus, and Jim, the eager student. On their own, they all create great radio on Franklin Public Radio every week.

Tune in to wfpr.fm 102.9 FM. Listen and learn. Check out our radio schedule on the next page.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Pastor Jacob Juncker

A Frank Falvey Welcoming to FUMC.
by Pete Fasciano, Executive Director 10/07/2018



The Franklin United Methodist Church welcomes a new pastor, Jacob Juncker (pron. Yunker). This week Frank Falvey sits with pastor Juncker.

Pastor Rev. Jacob Juncker first discerned his call to full-time ministry in High School after preaching a sermon for his church, FUMC, Mt. Vernon, IN. After the service ended, two women approached and said, "Son, you have quite a call." Their words have sparked a continual life of discernment (and formation) as he strives to live into God's call. He received his A.B. in Religion (with a Math and Classics double-minor) from Wabash College and his M.Div. from Boston University School of Theology.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Senior Scribblers

Telling their stories the write way.

by Pete Fasciano, Executive Director 10/14/2018



Welcome to our latest radio endeavor on wfpr.fm. This happy group of creative souls is the Senior Center's Writers Club, aka "The Scribblers". In September we gathered in the Franklin Public Radio studios so the group could read and share some of their best works with our listeners. We're just now completing program two which should start next week. This week is your last chance to hear their first program. The Senior Story Hour runs 3 times on Fridays and again on Saturdays. Check the times on our radio schedule, next page.

Pictured L to R: Sue Wade, William Wyllie, Sue Blevin, Kathy Salzberg, Alice Judge, Carol Belcher, Joe Ewald, and Faith Flaherty.

What's a good story if it isn't shared?
Tune in to 102.9 wfpr.fm and enjoy.

And - as always -
Thank you for listening to wfpr.fm.
And, thank you for watching.

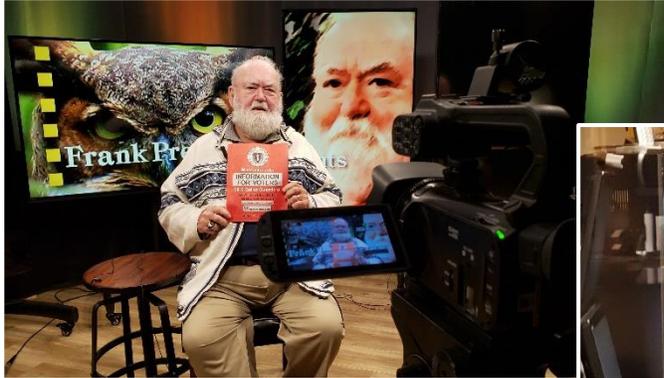
Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Our Community Access
FranklinTV

Just Another Day

And - like all the others - it's great.

by Pete Fasciano, Executive Director 10/21/2018



Frank Falvey was in our TV studio. He was making the case for voting in the upcoming election.



Jim Derick was in our wfpr.fm radio studio, editing the latest episode of his weekly radio program *Chapters*,



Lily DeForge (center) and friends were in our TV kitchen, recording a segment for Lily's program *Living Out Loud*.

Our studio manager Chris Flynn was editing another TV episode for *The Safe Coalition*.

This is community TV. We support Franklin residents who enjoy engaging our community on TV and Radio. We provide it all and do it all for free. When we help people tell their story - for us that's a great day. Are you ready for prime time? Call us. 508-541-4118. And, have a great day.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Our Community Access
FranklinTV

Then and Now

'Then' wasn't that long ago.

by Pete Fasciano, Executive Director 10/28/2018



We tend to romanticize the good parts of the past. We polish up, "The good-ol'-days." When our FCCA board of directors was first formed in 2012, a quick look around the place would tell you that there weren't that many good parts. What would eventually become Franklin•TV and wfpr•fm was - a fixer-upper.

What you see here? This was just about all of it.



But, our board had the passion and the power to act - to make things happen. After six years of making many things happen, we are a much larger and much more modern operation.

What was once a tiny TV studio tucked in a back corner downtown is now ten times larger.

Two racks of gear in the back room has now grown to fourteen, all distributed across four locations around town.

The small shooting area is now two much larger well-appointed studios with all the amenities. As for the rest of our new facility? It is as digitally advanced and complete as can be. It is the result of our board's long term vision and abiding faith. They made a commitment. They made it happen.

And - as always -

Thank you for listening to wfpr•fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Our Community Access

Franklin•TV

Let's Get Out the Vote

It's yours - to do with as you will.

by Pete Fasciano, Executive Director 11/04/2018



Above: The debate at the Senior Center between Representative Jeff Roy and Town Council's Pat Casey, was covered live by both Franklin•TV and wfpr•fm.



This year's early voting period was a notable success by all electoral measure. Across the country, states are reporting up to a twenty percent advance voter turnout.



Given that there is no presidential race, this is already a larger number than many past mid-term elections. What does this mean? Clearly, early voting enables many more people to exercise their franchise - at their convenience.

For those of you who have not yet voted, (like me) do go to the polls (I will) and cast your ballot. Whether you think your candidate is a shoo-in or not, your vote is yours and yours alone. It's precious. Make it count.

And - thanks for watching!

Our Community Access
FranklinTV

Frank's Music is One!

Happy 1st Anniversary, and many more.
by Pete Fasciano, Executive Director 11/11/2018

We've just put the finishing touches on producing the First Anniversary Special for Frank's Music. Episode #53 is in the can and slated for air on Franklin Public Radio wfpr.fm, 102.9 this Thursday at 10:00a/1:00p/7:00p.



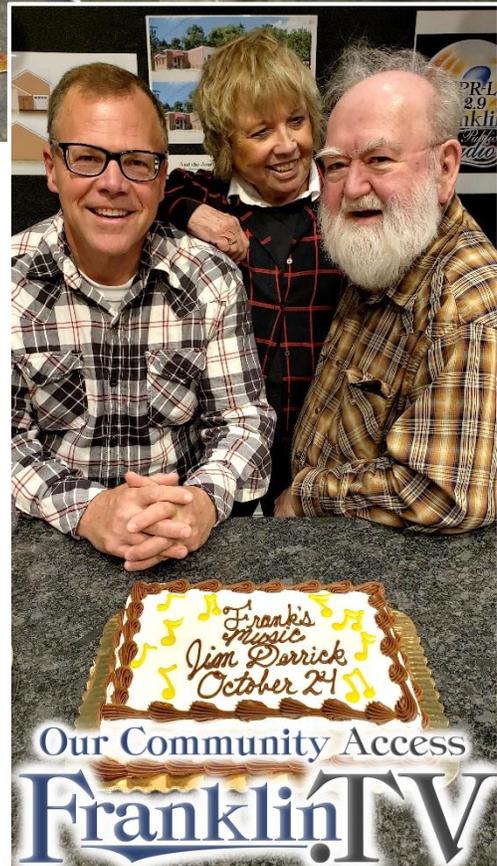
We had a little party celebrating the fact that Frank and Jim have been at it happily for the past year – producing one great music program after another.

also pictured is Nancy Dowd, who has engaged in music research for Frank's show and has also been in recent episodes, including this upcoming Anniversary Special.

Do make it a point to tune in to 102.9 and hear Frank's insightful commentary on all manner of songs. And as Jim likes to say, "Listening and learning all about Frank's Music."

And – as always –
Thank you for listening to wfpr.fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Mass Production Coalition!

An Organization About Our Film & Video Industry
by Pete Fasciano, Executive Director 11/18/2018

As an active local TV studio, Franklin•TV supports several regional film and video trade organizations. We are members of the SMPTE engineering society and SBE, Society of Broadcast Engineers as well as the MPE, Massachusetts Production Coalition and WFFNE, Women in Film & Video New England among others. We are dedicated to creating programs for our local community, but we are also known more broadly for the quality of our work.



Above: Our staffers Sophie and Chris attend a lecture about branded content and storytelling. Leading corporations expend part of their public relations efforts to create educational programs about key social issues and where they stand.

Right: An interview by Charles Merzbacher with Showrunner Christopher Keyser. A showrunner is a director of a TV series who is also a script writer that understands the continuing seasonal plotlines of episodic TV.

By attending events that trade groups conduct all through the year, we stay abreast of the latest production trends and keep our staff engaged and at the top of their game.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Let's Talk Turkey!

It's all for the birds

by Pete Fasciano, Executive Director 11/25/2018

Yes, let's talk turkey - about turkey. Here in Franklin we hold a special place in our hearts for ol' Benny. He was many things: wise elder, statesman, businessman, etc. However, one head scratcher that Ben came up with was his choice for our national bird - the turkey. That's right. Not the regal eagle. The turkey.

"I wish the bald eagle had not been chosen as the representative of our country....The turkey is a much more respectable bird, and withal, a true original native of America." - Franklin

Now consider how that choice might have rippled through our American culture.

We would be putting two-under-par for a turkey, not an eagle on the golf course.

Folks in Pennsylvania would be cheering on the Philly Turkeys, not the Eagles.



Then there's all that symbolism -
Turkeys on our money,
On the Presidential Seal,
All over the place on July Fourth.

Turkeys everywhere.

Finally,
that beautifully cooked Eagle on Thanksgiving?
Pass the gravy. (Eagle is not amused.)

I'm just talkin' eagle here.

And - as always -
Thank you for listening to wfpr.fm.
And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.





The Season Writ Large!

The Franklin Senior Center Writers Group
by Pete Fasciano, Executive Director 12/02/2018

Here we are in December. The Season is upon us, and with that, the holiday plans, the shopping, gifting and decorating (including untangling the lights) is in full swing.

In our fourth episode of Senior Story Hour, we celebrate the season in full measure with memories of Christmas past - and stories about the Christmas we all want - by our Senior Center Writer's Group.

It is Christmas literally writ large.

You'll hear their own odd and funny versions of "The Night before Christmas" and reminiscences of Christmas long ago.

Listen to Senior Story Hour on wfpr.fm 102.9 Fridays each week as Sue Wade and all of the Senior center's 'Scribblers' group take us on their personal journeys of life and lore.

Also consider joining our group. Whether simple philosophies, wild anecdotes or just observations of life, we all have stories to share.

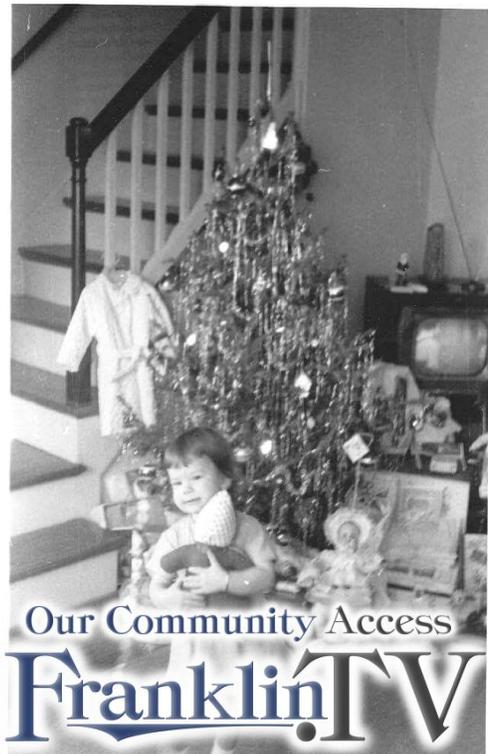
You do too.
What's your story?

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.





At December's Doorstep

by Pete Fasciano, Executive Director 12/09/2018



At December's doorstep there is a palpable shift in the day-to-day of life.

Subtle, but there.

That cold -
It settles in for the season.

I like to think that it's offset by
a rise in social warmth.

We get to dust off words like
Convivial, Cheerful
Jolly & Joy
And yes, Merry,
and even lesser known phrases like
Hail-fellow-met-well.

That warmth -
It settles in for the season.

My New Year's resolution:
Try to keep it going.

For all that we are grateful for, at the end
of November we say, "Thanks."

With twinkle and smile, December nods,
"You're welcome."

And, thanks for watching!



Our Community Access
FranklinTV

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.

Solstice



Chanukkah



Christmas



Epiphany



Kwanzaa



Eid al-Adha



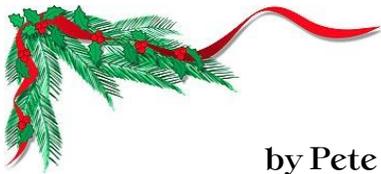
The New Year



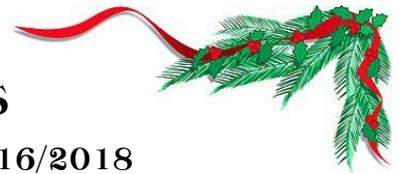
Oshogatsu



謹賀新年



FOTV Festivities



by Pete Fasciano, Executive Director 12/16/2018

Oh, yes we did – with lots of good food and good company to usher in yuletide 2018.



Our second annual holiday festivities are now in the record books. Let the record show that we all had great fun.

We were also graced with the presence of the very best and most genuine Santa I know. Frank Falvey attended with his wife Linda. The Santa we all know was illustrated in 1881 by artist Thomas Nast. I cannot recall a time when that Santa ever looked so dashing and dignified.

publicdomainreview.org/collections/a-pictorial-history-of-santa-claus/

And, thanks for watching!

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



Solstice



Chanukkah



Christmas



Epiphany



Kwanzaa



Eid al-Adha



The New Year



Oshogatsu



謹賀新年



The Season in Stereo 3D

by Pete Fasciano, Executive Director 12/23/2018



Here's a little something to celebrate the holiday season. It's a modern digital take on an old-fashioned stereogram. Collections of these 3D photographs were viewed through a stereoscope, and were popular parlor entertainment in the late 1800's.

This one is printed at a size that allows you to see it in 3D directly from this page. Just stare straight through it into the distance beyond. If you do it right, the lights from the two images will converge and form a true 3D image of our decorations.



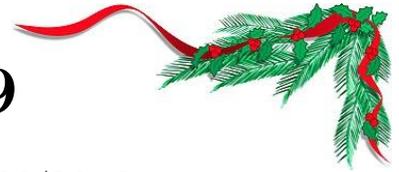
Garland's Glow

Enjoy, and may you experience every joy of the season in the fullest dimension.

And, thanks for watching!

Copyright, 2018, FCCA, Inc. & the author. All rights reserved.





Putter Day 2019

A Day Dedicated to Doing.

by Pete Fasciano, Executive Director 12/30/2018

1-1-2019. What will I do on Putter Day? Not sure, but I will do something. Putter Day is my start to the New Year. Doing - is what Putter Day is all about.

Among many works by famed Harvard futurist Buckminster Fuller- a small book written later in his career: "*I Seem to Be a Verb*". His premise was simple. Fuller described mankind as a 'doing' creature. We are defined by our verbs - by our activities, pursuits and achievements.

We are happiest when we live not in a static place, but at some rate of progress. We are always seeking to advance. The faster we progress, the happier we are. Whenever we achieve a goal - a plateau, we momentarily celebrate, but then we realize that there's still more.

We wonder, "Okay, what's next?"; and we move on.

It begs the question: if you are not in motion, then what are you? Life is inherently an urgent thing. Learn to appreciate it that way. Puttering is merely that relaxed resting state for those of us who enjoy living in motion.

When we first take in this great big world, everything is novel and wondrous through our child's eye. Every day is filled with wonder and fascinating things to discover. As we mature and age, the world can become all too familiar and increasingly ordinary. We can become comfortable with the familiar; complacent with our station and circumstance. Puttering keeps that little kid in you curious, and helps you answer that recurring question, "Okay, what's next?"

May you enjoy the pleasurable pursuits of Putter Day.

And, thanks for watching!



Copyright, 2018, FCCA, Inc. & the author. All rights reserved.



謹賀新年