

The Long Game

A Necessary Re-Diet Approach.

by Pete Fasciano, Executive Director 11/24/2024

We Americans are not a patient lot. We want our various gratifications served up instantly (and effortlessly). We just don't plan for, or do the long game very well.

“What do we want? **FOOD!** When do we want it? **NOW!**”

Welcome to the Holidays and the 'Eating Season'. We're just about done with all the Halloween candy and here comes the big stuffing. T-Day, Christmas, The New Year. It's the great gluttonous gastronomic gauntlet to get past.

A business (and life) truism: “If you can't measure it, then you can't manage it.”

Sooo, Turkey Day looms - filled with family, friends, football and food. Some say football is a game of inches. So is dieting. It's a long game - of ounces and inches. Measuring is managing.

Sooo, how to measure/manage? You begin with a baseline. Don't change your eating habits. Audit your weight - now and at the end of the year. Count all the calories from today to Jan 1. Log 'all the things' for 39 days. Your total cal-count will be a very big number. Let's say it's 94,000-ish calories. (Yikes!) But, fear not, my friend. On Jan 1 you will have knowledge, and knowledge is power.

A pound - 3,600 calories. If you packed on 8 holiday pounds during those 39 days, (21 oz/week) you have a 28,000 calorie gain to lose (gradually). That's almost 2 more inches of girth. Clothes become tighter. (Ugh!) So, how to practice girth control?

Subtract 28,000 from your 94,000 total intake. That's 66,000 cals over 39 days; OR - 1,700-ish cals/day to maintain normal weight. This is your personal baseline. USFDA claims 2,000 cals is normal, but not if you're less active, more sedentary.

Knowing your personal baseline, you can also know how much over/under you are on a daily basis. If 1,700-ish cals is your base number, then 1,300 cals daily intake (a 400 cal deficit) will lose 12,000 cals/mo or almost 4 pounds. That will get you back to your current weight at a safe rate by early March.

Hence, the long game of measuring and managing - and mastering.

And - as always -

Thank you for listening to wfpr.fm.

And, thank you for watching.

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Our Community Access
FranklinTV

Our wfpr.fm schedule lists interviews and musical programs of local interest hosted by Franklin residents. Franklin Public Radio's programming is possible thanks to talented, dedicated volunteers. Do you have an interest in podcasting? We can help. 508-541-4118



Monday:

9 AM 12 PM and 6 PM **Talkin' the Blues** - Jim Derick & Nick Remissong
Awesome blues music, info, interviews

11 AM 2 PM and 8 PM **Frank's Music** - with Frank Falvey

Tuesday:

9:00a/12:00p/6:00p **Jazz Journey** - with Pamela Hines
An insightful tour of Jazz Greats in a golden era

11 AM 2 PM and 8 PM **Safe Radio** - Dr. Anne Bergen and Jim Derick examine
treatments, coping strategies and recovery from
substance use disorder and mental illness.

Wednesday:

9:00a/12:00p/6:00p **Franklin Matters Radio** - Steve Sherlock
Our local officials, services and events

10:00a/1:00p/7:00p **The Wonderful World of Wine** - Mark Lenzi, Kim Simone
All about wine, its culture, lore and finer points

11:00a/2:00p/8:00p **Franklin Matters Radio** - Steve Sherlock
Our local officials, services and events

Thursday:

9:00a/12:00p/6:00p **Turntable** - with Dave (Vibe) Butler & Paul (G) Guarino
Our 2-hour deep dive into the great albums

11:00a/2:00p/8:00pm **Frank Presents** - Notable Local Conversations

Friday:

9:00a/12:00p/6:00p **Chapters** - Jim Derick
Insightful, life-affirming stories and interviews

10:00a/1:00p/7:00p **Music to Lift the Spirit** - Frank Falvey & Jim Derick

11:00a/2:00p/8:00pm **Senior Story Hour** - Senior Center Scribblers Group

Weekdays:

3:00p **Swingin' Music** of the Big Band Era

4:00p **Starlight Songs** from the Great American Songbook

Listen each week on the air at 102.9 fm, and online at our website, wfpr.fm as we bring more of our community - to community radio.

Our Community Access
FranklinTV
 Program Guide



Week of 11/24/2024

We post our weekly schedule on Saturday morning. Listings are subject to change. Check our program schedule on our channels for the most up-to-date information. If you have questions, let us know at: info@franklin.tv or call 508-541-4118.

SATURDAY

- 7:30 am Metrowest Symposium: Equity & Access in Arts & Culture
- 9:00 am Cooking Thyme: Red Pepper Soup
- 9:30 am Candlepin New Generation: Show 4
- 10:00 am Once Upon A Town: Grocery Stores
- 11:30 am Veterans' Call: VA Pension
- 1:00 pm Winning Ways with the MIAA: Districts
- 2:00 pm Mental Health: Amy Frigulietti
- 3:00 pm Fallen Heroes Pt 8
- 4:00 pm FUMC: Cathy Cargill Koch
- 5:30 pm Historical Museum: Randy LaRosa and Krishna Swain
- 8:30 pm The Circuit Breakers



SUNDAY

- 7:00 am LTBL_InTrueFreedom2_100724
- 8:00 am Sons & Daughters of Italy: Italian Cookies
- 8:30 am Mary Anning: Fossil Hunter
- 10:00 am Fallen Heroes Pt 8
- 10:30 am Veterans' Call: Tune It Out
- 11:30 am Senior Connection: Spaghetti Bolognese
- 12:30 pm Second Sunday Speaker Series: Rod & Gun Club
- 2:00 pm Joe Landry: Grocery Stores
- 3:30 pm Extended Play Sessions: Acoustic X
- 4:30 pm Veterans Day Luncheon 2024
- 6:00 pm SAFE Coalition: Woody Geissman
- 8:30 pm The Black Box: Wicked





Comcast 6
Verizon 26



MONDAY

7:00 am Riffin' on Main Street: Katherine Kennedy
 8:00 am SAFE Coalition: Woody Geissman
 9:00 am The Black Box: Wicked
 12:00 pm Brook'n'Cookin: Chicken Salad
 12:30 pm Cooking with Linda: Stuffing
 1:10 pm Cooking Thyme: Lasagna
 1:30 pm Pizzapalooza: White Pizza
 2:00 pm New England Candlepins: Summer 2018 Show 4
 3:00 pm Candlepin New Generation: Show 5
 3:30 pm Winning Ways with the MIAA: Referee Shortage Pt1
 4:30 pm Metrowest Arts & Culture Symposium 2023
 7:00 pm Frank Presents: Christel Akouri
 8:00 pm Franklin Interfaith Thanksgiving 2023
 9:30 pm Circle of Friends: Joe Jencks

TUESDAY

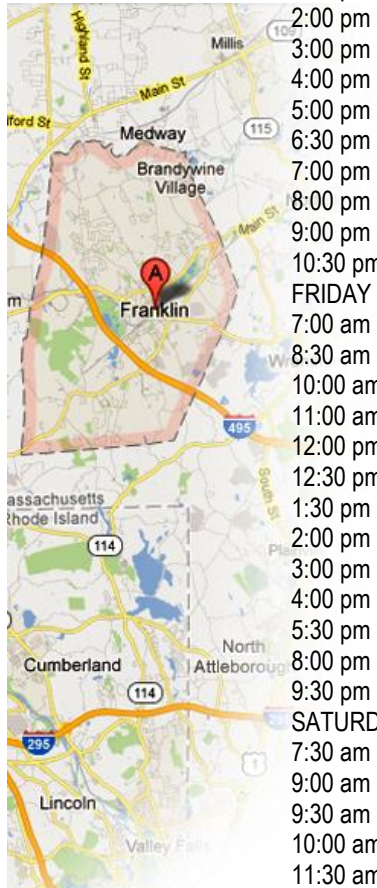
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WEDNESDAY

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 8:30 am Veterans Day Luncheon 2024
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SATURDAY

8:00 am FHS Girls Varsity Soccer v Bishop Feehan 11-09-24
10:30 am Mental Health: Amy Frigulietti
12:00 pm FHS Boys Varsity Soccer v Xaverian 11-13-24
3:30 pm SAFE Coalition: Task Force
4:30 pm FHS Varsity Football v Natick 11-14-24
7:30 pm FHS Varsity Field Hockey v Walpole 11-09-24

SUNDAY

8:00 am Mental Health: Rion James
9:00 am FHS Boys Varsity Soccer v Canton 10-01-24
11:30 am Public School Event: Remington Winter Music 2021
2:00 pm FHS Girls Varsity Soccer v Milford 10-24-24
4:30 pm FHS Theater Company: Lord of the Flies
5:30 pm SAFE Coalition: Woody Geissman
6:30 pm FHS Varsity Football v Natick 11-14-24
9:30 pm FHSTC: Peter and the Starcatcher



Comcast 8
Verizon 28

MONDAY

8:00 am FHS Girls Varsity Soccer v Milford 10-24-24
 10:30 am All-Town Showcase 2024: Chorus and Orchestra
 12:00 pm Public School Event: Remington Winter Music 2021
 1:30 pm Winning Ways with the MIAA: Referee Shortage Pt1
 2:30 pm SAFE Coalition: Woody Geissman
 3:30 pm Public School Event: FHS Winter Music 2021
 6:00 pm FHS Varsity Volleyball v Stoughton 09-23-24
 8:30 pm FHS Varsity Football v Natick 11-14-24

TUESDAY

7:00 am Public School Event: FHS Winter Music 2021
 9:00 am Public School Concert: Horace Mann Winter Music 2022
 10:30 am Winning Ways with the MIAA: Referee Shortage Pt1
 11:30 am FHS Varsity Swimming v Attleboro 01-12-24
 2:00 pm Mental Health: Rion James
 3:00 pm FHS Boys Varsity Soccer v Canton 10-01-24
 5:30 pm All-Town Showcase 2024: Chorus and Orchestra
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 12:30 pm FHS Varsity Volleyball v Stoughton 09-23-24
 3:00 pm Winning Ways with the MIAA: Referee Shortage Pt1
 4:00 pm FHS Varsity Field Hockey v Concord Carlisle 09-18-24
 6:00 pm Public School Event: FHS Winter Music 2021
 7:30 pm FHS Varsity Swimming v Attleboro 01-12-24
 10:00 pm FHS Girls Varsity Soccer v Milford 10-24-24





Comcast 8
Verizon 28



THURSDAY

4:30 am FHS Varsity Swimming v Attleboro 01-12-24
7:00 am Public School Event: FHS Winter Music 2021
8:30 am All-Town Showcase 2024: Chorus and Orchestra
1:30 pm FHS Theater Company: Lord of the Flies
2:30 pm Winning Ways with the MIAA: Referee Shortage Pt1
4:00 pm FHS Varsity Volleyball v Stoughton 09-23-24
6:30 pm FHSTC: Peter and the Starcatcher
9:00 pm FHS Varsity Field Hockey v Concord Carlisle 09-18-24

FRIDAY

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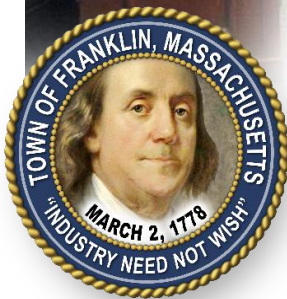


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 Check [franklinma.gov/calendar](https://www.franklinma.gov/calendar) for the most up-to-date meeting information.
 If you have questions, let us know at: info@franklin.tv or call 508-541-4118.

Note: 3rd Floor meetings are on Comcast&Verizon28 and our Franklin Pride YouTube channel.

<https://www.franklinma.gov/calendar>



SATURDAY

- 8:00 am Finance Committee 11-06-24
- 10:00 am Planning Board 11-04-24
- 2:00 pm Zoning Board of Appeals 11-07-24
- 5:00 pm Conservation Commission 11-14-24

SUNDAY

- 8:00 am School Committee 11-12-24
- 3:00 pm Town Council 11-20-24

MONDAY

- 8:00 am Planning Board 11-18-24
- 12:00 pm Economic Development 11-20-24
- 2:00 pm Planning Board 11-18-24

TUESDAY

- 8:00 am School Committee 11-12-24
- 12:00 pm Economic Development 11-20-24
- 2:00 pm School Committee 11-12-24
- 6:00 pm Police Station Building Committee 11-14-24
- 7:00 pm School Committee CHAMBERS 836 4460 2381 Code 956545**

WEDNESDAY

- 8:00 am Town Council 11-20-24
- 2:00 pm Town Council 11-20-24
- 6:00 pm Police Station Building Committee 11-14-24

THURSDAY

- 8:00 am Conservation Commission 11-14-24
- 2:00 pm Conservation Commission 11-14-24
- 6:00 pm Master Plan Committee 11-14-24

FRIDAY

- 8:00 am Zoning Board of Appeals 11-21-24
- 2:00 pm Zoning Board of Appeals 11-21-24
- 5:00 pm Master Plan Committee 11-14-24

SATURDAY

- 10:00 am Planning Board 11-18-24
- 2:00 pm Zoning Board of Appeals 11-21-24
- 5:00 pm Conservation Commission 11-14-24

