

## Millis has a 'Picture-Perfect' prom

BY MADDIE MIGA  
SPECIAL WRITER

On May 12, Millis High School students took part in a tradition they'd been planning for months: the junior and senior prom. At 6 p.m., these upperclassmen ar-



Patrick Sennott (left) and Maddie Miga (right) posing in front of a gorgeous view overlooking the lake. (Right) Mirola Arian (left) and Lillian Antony (right) smiling in the beautiful outdoor space at Coachmen's Lodge. Photo credit: Maddie Miga

ived at Coachmen's Lodge in Bellingham; however, prom night officially started an hour beforehand at MHS where, for years now, students have been meeting before the dance to take photos with family and friends.

From the dancing to the location, this year's prom was truly one to remember.

Lindsay Suereth, a senior at MHS, said she "loved the venue, the outdoor space was beautiful." Many other students agreed with Suereth especially because of the pleasant greenery that overlooks a pond. All of the prom attendees, myself included, appreciated all the picture-perfect views that were ideal for photos.

Stephen Bigelow and Michael Carter (MHS junior advisors) along with the rest of the junior class, helped organize the prom. When asked his opinion on this year's prom, Carter said he thought it was a great event. "All the students seemed to have fun and the venue even mentioned how much they loved having Millis so we all must have done something right. It was nice to see everyone let loose and enjoy themselves, that's what prom is supposed to be about." Bigelow added, "This year's prom was a huge success! The students all had a blast and represented Millis in such a positive light. It was an all-around great night for Millis."

As a senior, this prom was a great way to end my high school career. The night began with a fun atmosphere that carried out into the rest of the evening. Thank you to everyone who helped make this year's prom a great one!

## Medway prom goers filled with 'genuine excitement'

BY SOFIA MERCIER  
SPECIAL WRITER

The time for rented suits and corsages arrived in Medway again on Friday, May 19, when the Medway High School Class of 2024 hosted the junior-senior prom at the Four Points Sheraton in Norwood.

Before boarding buses to the

As sneakered and heeled feet walked along the slightly frayed red carpet, parents took out their cameras and began photographing the moment the sunset fell on a blue sequin-encrusted dress. As students crammed into the seats of the silver buses, those of us who were not inside were lucky enough to escape the humidity of 55 formally-dressed teenagers.



Millis High School students gathered at the school before boarding buses to this year's prom at the Four Points Sheraton in Norwood. Credit: Sofia Mercier

event, students gathered at the school decked out in shimmering mermaid-style dresses and black suits, occasionally shoving packs of Goldfish crackers into their bags for later snacking.

While most were too preoccupied to take a breath, senior Nora Kempner's words of "genuine excitement" could be said for everyone.

Prior to departure, many students took a pledge given by the Substance Use Prevention Coalition ('SUP) not to drink, smoke, or use any substances at any point throughout the night. Additionally, Medway families donated snacks, water, and money to give the juniors and seniors their send off.

As for the students, prom of 2023 was certainly a night to remember.



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# Millis Beautification Day



Above, many residents worked together as part of Millis Beautification Day. The annual event is sponsored by the Millis Lions Club. Courtesy photo  
Below, Girl Scout Junior Troop 82362. Courtesy photo

As part of Millis Beautification Day on April 29, Millis students, sports teams and coaches tackled the fields while other residents were around town beautifying Millis parks.

“Sadly, our rural roadways are still being trashed,” said Jen Donehey of the Millis Lions Club which organizes the annual event. “The constant battle continues of discarded nips, fast food bags, cups, beer cans, cigarette butts, etc.”

For more information about the effort, visit [www.millisbeautificationday.org](http://www.millisbeautificationday.org)



The Girl Scout Brownie Troop 64074. Courtesy photo

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# Celebrate Medway to be held July 15

*Day to include kids' activities, watermelon-eating contest, fireworks and more*

Celebrate Medway will be held on Saturday, July 15, from 1 p.m. to 9:30 p.m. at Choate Park and the Thayer Homestead. The annual "Give back to the Town" event will be a day full of activities for the young and old alike. This year's popular activities include a remote-control racetrack, a climbing wall, multiple bouncy houses, and boating on the pond (boats supplied).



**CELEBRATE MEDWAY DAY!**  
**Saturday, July 15, 2023**  
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 Refreshments all day at old fashioned prices!  
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**CELEBRATE MEDWAY DAY!**

**2:00 - 9:30 P.M.**

Kids will enjoy various games and activities throughout the day, such as face painting, crafts, a magician, and balloon animals. The Medway Fire Department will be on hand with some fun firefighter foam.

Medway Café will host a beer garden on the Thayer House lawn where you can sip your favorite beverage while listening to the sounds of the Lake Shore Drive Band during the afternoon, followed by the Claflin Hill Symphony Orchestra at 7 p.m. Bring a chair and/or a blanket to enjoy the fireworks display at dusk that is sure to light up the night sky.

Like in years past, the community event will feature old-fashioned prices on refreshments, and there will even be a watermelon-eating contest at 4:00 pm.

The event will take place rain or shine.

# Millis election results

By THERESA KNAPP

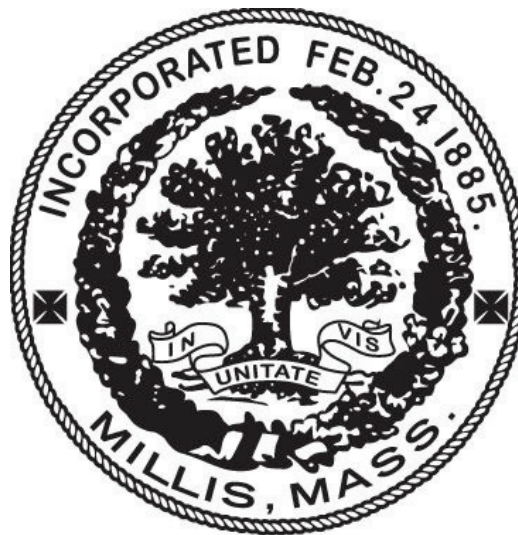
MILLIS - This year's annual town election in Millis was held on May 8. There were no contested races. The results are as follows:

Moderator: Robert A. Cantoreggi, II\* (191 votes)

Town Clerk: Lisa Jane Hardin\* (188 votes)

Select Board: Erin T. Underhill\* (195 votes)

School Committee (2 seats): Denise D. Gibbons\* (188 votes), Shayna Ann Canestrari (164 votes)



Board of Health: JaiKaur LeBlanc\* (187 votes)

Library Trustee: Jennifer White Farrar\* (201 votes)

Planning Board: Richard D. Nichols\* (191 votes)

Constable (2 seats): Helen R. Kubacki\* (189 votes), Nathan R. Maltinsky\* (191 votes)

The Town Clerk's office reported 3% of the town's 6,934 registered voters turned out for the annual election.

For entire ballot results, visit [bit.ly/MillisElection2023](http://bit.ly/MillisElection2023)

\*Candidate for re-election

# The Millis Cultural Council Presents The Art of Living Festival

SAVE THE DATE! Saturday, June 17, 2023, 1-4 p.m.

Calling All Local Visual and Performing Artists!

If you would like to share your visual or performing art, fill out this form at: [tinyurl.com/MCC-Art-of-Living-Festival](http://tinyurl.com/MCC-Art-of-Living-Festival)

All ages and talent levels welcome! Forms are due by June 10th

Email questions to: [millisculturalcouncil@gmail.com](mailto:millisculturalcouncil@gmail.com)

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# Annual MCF BBQ to be held on June 3

June 3, 2022, 12-4pm  
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We're thrilled to invite you to our annual BBQ & Cornhole Tournament!

Kick-off the start of summer with a day on the Farm. Walk the trails, visit our farm stand, and see what's growing in the fields. Enjoy the best in finger

lickin' southern-style bbq smoked on site by Tazz's BBQ.

Award winning, internationally recognized Blues musician Mark T. Small, will be playing his signature foot stompin blues, boogie, rock, and honky-tonk selections.

Again this year, we will be offering a beer tent with locally brewed craft beer from the surrounding area.

Grab a partner and sign up

to play in our corn hole tournament. The Cornhole Tournament will start at 12pm (corn hole players please arrive by 11:30 for your board assignments) and we will have great prizes!

Event / Meal Tickets - Must be purchased by June 5th \$30/person; \$10 for kids 5-10; free for children under 5. BBQ includes smoked chicken, smoked pulled pork, and 3 southern style sides. Soda/seltzer, bottled water, and beer (over 21) will be available.

Cornhole Tickets & Combo Package: \$40/per team of 2. \$90 for (2) meals and cornhole tickets.

Please feel free to bring a picnic blanket, a pop-up, and chairs for lounging. Don't forget your sun screen. See you on the Farm!



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# Medway High School to Offer First Innovation Pathway in Healthcare and Social Assistance

Principal John Murray is pleased to announce that Medway High School will begin offering its first state-designated Innovation Pathway next school year.

Innovation Pathways are designed to give students coursework and experience in specific high-demand industries. The 'real-world' pathways allow great flexibility for students who want hands-on experiences and high-level coursework that will prepare them well for both college and career. Innovation Pathway programs designated by the state include information technology, engineering, healthcare, life sciences and advanced manufacturing.

The Innovation Pathway in Healthcare and Social Assistance will be the first pathway offered at MHS, and will give

students access to real-world hands-on training to prepare them for careers in medicine, nursing, emergency medical services and more. Through their participation in the pathway, students will build career awareness, gain skills and participate in classroom and work-based learning.

In the Healthcare Assistance pathway that will be offered at Medway High School, students will take biomedical courses offered in partnership with Project Lead the Way (PLTW). Courses in the PLTW Biomedical Science pathway may include Principles of Biomedical Systems, Human Body Systems and Medical Interventions.

Students in the pathway will participate in an internship with a local healthcare partner for up to 100 hours. They will

also complete a capstone experience where they will do a project of their interest in relation to the pathway.

"We are excited to implement this Innovation Pathway at Medway High School as a unique offering for our students interested in exploring healthcare or social assistance careers," Principal Murray said. "This initiative will connect them with real-world experience and high-quality instructional materials and will partner well with the biomedical courses offered through our Project Lead The Way program. Students will participate in a truly immersive learning experience that aligns with their interests and prepares them for life beyond graduation."

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# Flea Market, Craft Fair, Electronic Recycling and more

No matter who you are or where you are on life's journey you are welcome at Millis United Church of Christ, Congregational, 142 Exchange Street. All events are open to the public.

## Flea Market, Craft Fair and Electronic Recycling on Saturday, June 3rd

9:00 AM - 2:00 PM Rain or Shine

Calling vendors, crafters, and yard sale sellers. Reserve your 10x10 spot for \$20. Tables included, if needed. For reservation forms visit [www.millisucc.org](http://www.millisucc.org), and select "News & Events".

## Green Day Electronic Recycling:

All electronics, appliances, items with a plug and/or batteries, bicycles in any condition will be accepted and recycled.

Cost to You:

- \$5 each for Computers, Laptops, Video Game Consoles, DVD Players, VCR's, Small Printers, Radios, Speakers, Table Lamps, Fans, Hair Dryers, Curling Irons, Projectors, Drills, Cameras, Clocks, Trophies, Frying Pans, Holiday Lights, Other Small Electronics.



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- \$15 each for Flat Screen Computer Monitors, Small Microwaves
- \$20 each for CRT Computer Monitors, TVs up to 24," Dorm Sized Refrigerators, Dehumidifiers, Air Conditioners, Water Coolers, Large Printers/Copiers, Heat Lamps, Heaters, Propane Tanks (Empty), Range-Top/Large Microwaves
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- \$30 each for TVs between 32" and 35," Large Refrigerators, Ride-On Lawn Mowers
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For more information please visit the church's website: [www.millisucc.org](http://www.millisucc.org) or the church office: [millisucc@msn.com](mailto:millisucc@msn.com); 508-376-5034. Office hours T-F 8:30a-1:30p.

# Medway Democrats To Elect Convention Delegates

The Medway Democratic Town Committee (MDTC) is pleased to announce that registered Democrats from Medway will hold a caucus on Saturday, June 3, 2023, starting at 10:00 am, to elect Delegates and Alternates to the 2023 Massachusetts Democratic State Convention. The caucus will take place in-person in the Dining Room at the Medway Senior Center, 76 Oakland St, Medway. The doors will open at 9:30 am to allow participants to check in, receive their materials, and enjoy socializing. Democrats wishing to participate may sign up through the Caucus link posted on the MDTC website [www.medwaydemocrats.org](http://www.medwaydemocrats.org).

The caucus is open to all registered and pre-registered Democrats in Medway. Pre-registered Democrats who will be 16 by May 23, 2023 will be allowed to participate and run as a Delegate or Alternate. Medway can elect 6 Delegates and 4 Alternates to the Convention.

Youth, minorities, people with

disabilities, and LGBTQ+ individuals who are not elected as a Delegate or Alternate may apply to be an Add-on Delegate at the caucus or at [www.massdems.org](http://www.massdems.org).

This year's state convention will be held on Saturday, September 23, 2023 at the Tsongas Arena in Lowell, and will also have a virtual attendance option. Democrats from across the state will come together to endorse the Democratic platform for statewide office, start working on Democratic campaigns in the State and nationally, discuss other Party business and celebrate our successes as we prepare for upcoming elections. The event will take place in accordance with all federal, state and local health guidelines.

Those interested in getting involved with the Medway Democratic Town Committee should contact the MDTC at [email@medwaydemocrats.org](mailto:email@medwaydemocrats.org) or check out their website at [www.medwaydemocrats.org](http://www.medwaydemocrats.org) or their Facebook page @MedwayDems.

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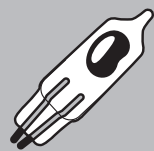
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# T.C. Scoops Now Open in Holliston

## Grand opening party on Sundaes, May 7th a cool success

T.C. Scoops, a local favorite ice cream parlor, is now officially open in the heart of Holliston offering an array of refreshing dairy and non-dairy ice cream treats and beverages. Owned by Holliston resident Tina Chemini, the bright and inviting T.C. Scoops store is located at 100 Central Street, Holliston next to Table Top Pizza and recently celebrated its opening with a giant party on Sunday, May 7th featuring entertainment by Dale Freeman, balloon animals, face painting, and an enter to win for a free ice cream cake won by Dan Berman of Holliston along with lots of delicious ice cream.

With free parking and dine-in seating for 21 guests, Holliston area families and ice cream lovers can enjoy ice cream treats, ice cream cakes, and an array of

beverages such as frappes, sodas, floats, and smoothies seven days a week starting Memorial Day weekend. Groups and gatherings are welcome to enjoy off the menu, and the T.C. Scoops ice cream truck is available for catered ice cream parties in your neighborhood or company parking lot.

Filled with local art, plants, modern lighting, and bright cheerful ice cream-themed décor, T.C. Scoops is a warm and inviting store with round tables and a stand-up dining bar for plenty of seating. The store also offers family-friendly games and conversation starter cards on the tables to encourage screen-free “chill” conversation.

Founded in 2011 in Medway, T.C. Scoops owner and Holliston resident Tina Chemini left her



HR job in corporate America to the ice cream industry inspired by her college years in Burlington Vermont near the flagship Ben & Jerry’s ice cream parlor. After nearly ten years of community-focused ice cream retail ownership, Chemini closed her Medway shop during the pandemic and began the search for a new location while operating her popular mobile ice cream truck. Finding the perfect location in Holliston opened a new chapter for Chemini.

“Opening a T.C. Scoops in Holliston is a dream come true,” said Chemini, a Holliston resident. “I couldn’t be happier to bring my community spirit and passion for delicious frozen treats to my friends and neighbors. I also welcome my former customers from Medway to come back and enjoy the atmosphere and treats you know and love. Our mission is to provide quality sweet treats, exceptional service, and a fun and memorable experience for all.”

At T.C. Scoops, the spotlight is on New Englanders’ favorite frozen treats. The store will feature 60 different flavors of locally-made Hershey ice cream, sorbet, and frozen yogurt along with FoMu non-dairy/vegan desserts, available in cups, cones, or beverage form. Classic and innovative flavors include Moose Tracks, Cookies & Cream, Cookie Dough, hard-to-find fruit-based flavors such as lemon and peach ice cream, and the ever-popular kids’ choice Superman along with many other flavors to choose from. T.C. Scoops also offers an array of wet and dry toppings, such as liquid peanut butter, gooey marshmallow, and rich sweet caramel alongside classic candies such as gummi bears, M&Ms, Reese’s Pieces, chocolate chips, and more.

T.C. Scoops is committed to sourcing the freshest and highest quality ingredients and products for discerning ice cream lovers, with as many locally-sourced items as possible. The store offers vegan and dairy-free options to welcome customers with di-



etary restrictions. Every allergen precaution is in place along with extensive allergen awareness training for staff to ensure a welcoming and inclusive ice cream store for all.

For more information about T.C. Scoops, email [tcscoopsicecream@gmail.com](mailto:tcscoopsicecream@gmail.com) or visit them on Facebook at <https://www.facebook.com/tcscoops> or Instagram @TCScoops.

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an

## Business spotlight

entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.



And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order

a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.takeawayjunk.com](http://www.takeawayjunk.com).

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# Chipotle, medical facility, day care proposed for Medway

By THERESA KNAPP

There has been a lot of activity near Medway Commons in recent months.

## Chipotle (and Starbucks)

According to a Planning and Economic Development Board notice for public hearing, the applicant is Charter Realty and Development Corporation of Greenwich, CT, which is asking for “approval of drive-thru special permit and a minor site plan for building renovations and site improvements to the former McDonald’s building...and for the configuration of the Starbucks drive-thru lane.”

The notice says the “applicant proposes to divide and renovate the interior and exterior of the former McDonald’s building to accommodate two new restaur-



Ground was recently broken for a satellite Milford Regional Hospital Medical Facility at 68A Main Street in Medway (next to Walgreens). The proposed building will be approximately 22,000 square feet and will offer pediatric care, women’s health care, and other services. Credit: Theresa Knapp

rant tenants. The primary tenant space will be occupied by Chipotle and includes on-site seating and an order ahead, drive-thru pick-up window. The tenant for the second restaurant space is not yet finalized. The building

size will not change. There is no increase in parking.”

The plan also calls for “a substantial redesign and re-routing of the Starbucks drivethru lane...an outdoor seating area for Chipotle, additional cross-

walks and sidewalks, landscaping, and construction of a right-turn lane in the driveway area south of the subject building to provide better access to the businesses located in the southern portion of Medway Commons.”

## Bright Path Child Care

Construction of the new Bright Path Child Care, whose playground now occupies part of the former parking lot at Medway Commons, has nearly finished all town requirements and plans to open as soon as it receives its childcare license from the state.

## Milford Regional Hospital Medical Facility

Across the street, a 2.2-acre site has been carved out of the cow pasture next to Walgreens, and is now known as ‘68A Main

Street.’

The Planning and Economic Development Board is working with Milford Whitinsville Regional Hospital for a new Milford Regional Hospital Medical Facility to be built on that site. Town documents indicate the proposed 21,900 square foot building will offer pediatric care, women’s health, wellness, emergency care, lab, and x-ray services.

PEDB records show a noise study was performed at the property line, relative to homes on Robin Circle, and it was determined “the expected noise was found to be in compliance.” All work must be completed within three years.

For more information on these projects, visit [www.townofmedway.org](http://www.townofmedway.org)

## June events at Niagara Coffee Haus

On Saturday, June 3, Sol y Canto from Cambridge brings their Latin Roots music to the Niagara Coffee Haus! Our venue is located in the historic Fire station at 8 Exchange Street in Millis, MA. Doors open 7:30. Show starts at 8pm. Advance tickets are \$20 on sale at Eventbrite or at the door, if still available. <https://www.eventbrite.com/e/632526532887> This event is sponsored by Middlesex Savings Bank.

On Thursday, June 15, Ni-

agara Coffee Haus presents Open Mic Millis. Doors open at 6:30. Music from 7 to 9 pm. Free admission. Hosted by Brian Roche.

On Saturday, June 17, Niagara Coffee Haus presents Moonbellies, Hobo Coat and the Frederick Chamberlain Band. This is a spirited roots rock concert as part of the Millis Arts Festival. Niagara Coffee Haus is located at 8 Exchange Street in Millis, MA. Doors open 7:30. Show starts at 8pm. Advance concert tickets are

\$10 on sale at Eventbrite or at door. <https://www.eventbrite.com/e/632539622037> Discount admission vouchers will be available at the Arts Festival during the afternoon from 1-4 pm in the library courtyard. This concert event is sponsored by Middlesex Savings Bank. Please email [niagaracoffeehaus@gmail.com](mailto:niagaracoffeehaus@gmail.com) regarding seating for the disabled for any event. All NCH events are supported in part by Friends of Niagara and the Millis Cultural Council.

## Medway election results

The Medway Town Clerk’s Office has released the Official Ainclude:

- Select Board - Glenn Trindade (342 votes)
- Board of Health - Cristina St. Pierre (233)
- School Committee (2 seats) - Melissa Greenfield (337), Preston Gales (320)
- Park Commission - John Farrell (325)
- Library Trustees (2 seats) - Lisa Sheehan (355), John Smith (343)
- Planning & Economic Development Board 3 yr. term (2 seats) - Andy Rodenhiser (295), John Parlee (244)

Planning & Economic Development Board 2 yr. term - Tim Harris (335)

- Housing Authority - Rita Larabee (370)
- Redevelopment Authority - Michael Griffin, Jr. (361)
- Water Sewer Advisory Board - Steven Burke (358)

Town officials say 445 people (4%) turned out to vote. Medway has 10,450 registered voters.

To view the Official Election Results, click this link: <https://bit.ly/41LW5tE>



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# Establish Access When Things Are Good, Not When Times Turn Bad



**Glenn Brown**

Planning for the unexpected when things are good is a necessary evil.

This is true for electing work benefits, insurance, estate planning and access to equity.

When engaging in discovery with new clients, I often encounter misconceptions or bias against Home Equity Line of Credit (HELOC).

Their mindset is to seek one only when there is a large home

repair or renovation project. True, it can be used for this purpose and the interest could be tax-deductible. But there's other benefits to consider in using access to the equity you've built as a tool.

Let's take a step back, make we sure understand the tool.

**What's a HELOC?** - A second mortgage that allows you to borrow money using the equity in your home as collateral - a secured line of credit. There is an underwriting approval process with a hard credit pull and home appraisal, which determine terms including duration (usually 10-15 years), variable rate benchmark (-/+ Prime Rate) and credit limit.

Most banks/credit unions allow 70% or 80% Loan-To-Value (LTV) minus mortgage balance. For example, your house now appraises for \$800K. At 70% LTV is \$560K less mortgage balance of \$400K means potential \$160K HELOC. At 80% LTV, \$640K - \$400K = \$240K HELOC.

Upon closing, you're provided a checking account to move money into and out of the HELOC as you please. If you do borrow, you will only owe interest for a monthly payment. However, keep the balance at \$0, then no interest or fees.

**And that's the strategy - keep the balance at \$0 for the "what ifs" in life.**

Take a dual-income household with slightly positive cash flow each month. When bonuses or RSUs vest, they build savings, pay cash for big expenditures, take vacations, etc. They could be approved for ~\$150K HELOC but choose not to plan and apply.

Then the following happens:

**Job-Loss** - Instead of coming from a position of strength, you're now at the mercy of a lender - good luck on those terms, even if approved.

**Bank Balance Sheets Gone Mad** - Fall 2008 saw banks stop issuing new HELOCs almost 2

years. Some tried to reduce, even close HELOCs, but regulators stepped as it is secured line of credit. As long as the collateral (house) and borrower uphold terms of agreement, the banks couldn't change terms - even if you lost your job. Same is not true for credit cards.

**World Gone Mad** - Remember when we'd shut down for 2 weeks to end a pandemic but instead laid off 38 million by end of April 2020? Banks stopped issuing new HELOCs and slowed new mortgages until October. And those with high limit HELOCs at \$0 balance became cash buyers of vacation homes from cash-seeking sellers. More opportunistic planning occurred using cash-out refi in 2021 on new property to lock in a low, fixed rate.

**Economic Downturn** - Banks reduce lending in anticipation of economic slowdowns. Regardless of your opinion on recession, we can all agree banks need deposits in order to underwrite new loans/lines. What's been a

recent problem banks are having to maintain? Deposits. Declining deposits equals declining new lending applications.

There are more strategies to consider for HELOCs. Like using as an emergency savings proxy to reduce opportunity costs or delay/spread out taxation from selling investments over calendar years to meet unexpected cash needs.

Talk to your Certified Financial Planner to learn more.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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## 2023 marks the 30th year Wellesley Women's Care has been a part of your communities!

We thank you and appreciate that you and your families continue to count on us for your OB/GYN care.



In May, we are pleased to be expanding our footprint and are coming to Millis!

Dr. Katherine Johnson will have office hours on Tuesdays and Wednesdays at 969 Main Street, Second Floor, Suite 4.

Dr. Johnson will continue to see patients in the Natick and Newton-Wellesley office locations on other days.

*Hospital affiliation: MGB/NWH*

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307 West Central Street  
Third Floor **Natick**

272 Centre Street  
**Newton-Corner**

9 Hope Avenue  
**Waltham**

111 Norfolk Street  
**Walpole**

969 Main Street  
2nd floor, Suite 4 **Millis**

# Medway Senior Center Events for June 2023

## LUNCH AND A MOVIE

Join us for lunch and stay for a movie. We'll supply the popcorn! Show time is at 1:00 PM.

On Thursday, June 8th we'll be showing the film "A League of Their Own!" Two sisters join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry. Stars include Tom Hanks and Geena Davis.

The feature on Thursday, June 22nd will be "Grumpy Old Men," a 1993 American romantic comedy film starring Jack Lemmon, Walter Matthau, Ann-Margret, Burgess Meredith, Daryl Hannah, Kevin Pollak, Ossie Davis and Buck Henry.

"La La Land," a 2016 romantic musical film, stars Ryan Gosling and Emma Stone as a struggling jazz pianist and an aspiring actress who meet and fall in love while pursuing their

dreams in Los Angeles. This film will be airing on Thursday, July 13th.

On Thursday, July 27th the film we'll be showing is "Forrest Gump" starring Tom Hanks. The film follows several decades in the life of a slow-witted and kindhearted Alabama man named Forrest Gump and his experiences in the 20th-century United States.

## BATTERY ELECTRIC VEHICLES TALK

Battery electric vehicles are becoming more common. Join us on Tuesday, June 20th at 12:30 PM for a discussion on electric vehicle basics - how they work, battery technology and charging, common features, etc.

Presented by Medway resident Charlie Myers. Stop by the Center or call to sign up for this event

## PLAINVILLE CASINO TRIP

Join us on Tuesday, July 19th for a return trip to the Plainridge Park Casino in Plainville, MA. The bus will leave the Center at 10:00 AM and return at 2:00 PM. Space is limited; call or stop by the Center to sign up

## BREAKFAST UPDATE

The last breakfast for the summer is on Wednesday, June 28th. Service begins at 8:00 AM and the grill is turned off at 9:30 AM. Space is limited and we are often at full capacity so come early! The cost is \$4.00.

## A CELEBRATION OF MEN

Our Celebration of Women event in May was a huge success and this month we'll honor the men in our lives. On Monday, June 12th at 10:00 AM we invite you to bring in pictures of the men who have touched your

life. We will celebrate fathers, grandfathers, uncles, and more! Join us at this informal event for coffee, donuts, muffins, and conversation as we reminisce about the special gentlemen in our lives. Call or stop by the Center to sign up.

## MEDWAY SENIOR TAX WORK-OFF PROGRAM

The Medway 2022-2023 tax work-off program ends on June 30th. Hours must be turned in by the end of July. Sign up for the 2023-2024 tax work-off will begin on Monday, June 26th. You must come in to sign a new contract even if you participated in previous years. The tax work-off program gives residents aged 60 or older the opportunity to volunteer in town in exchange for a reduction in property tax.

## FUEL ASSISTANCE

If you were approved for Fuel Assistance last year, you will be receiving a pre-printed application form in August from SMOC (South Middlesex Opportunity Council) for the 2023-2024 heating season. To avoid delays in receiving your benefits, gather all your documents early and schedule an appointment with the Outreach department. We will review everything with you so you can submit your renewal application. If you don't receive your form by August 31st, contact Outreach. Note, the process for new applicants begins November 1, 2023.

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# The b.LUXE *beauty beat*

## Balayage or Highlights? Here's a Little Secret...

BY GINA WOELFEL

**Client:** "I'd like to lighten my hair today."

**Stylist:** "Great! What do you have in mind? Or better yet, did you bring an inspiration picture?"

**Client:** "No, I don't have any pictures, I just want a blonde balayage."

**Stylist:** "Ok, we can highlight your hair a number of ways. What kind of look are you going for?"

**Client:** "Oh no, I don't want highlights, I just want a blonde balayage."

Balayage or Highlights? Confused about what to ask your hairstylist for? You're not alone. If you're fretting on which service is best for you, stop worrying! Here's something I bet you didn't know:

Balayage is simply a highlighting technique to get you to the desired look you want. In recent years, though, the word Balayage has become synonymous with dark-rooted, blonde hair, and most clients that request it are actually just looking for that specific style. In reality, multiple techniques are used to attain that look. Balayage, Foilage, Baby lights, Teasylights and Foil Highlights are all just different names for coloring techniques used to lighten (and sometimes darken) your hair.

These techniques aren't just for blonding anymore. The brunette Balayage is huge this summer and the perfect way for all you darker haired beauties to boost your brown tresses.

With that, let's chat about our two most popular coloring services - Balayage and Foil Highlights.

Balayage, pronounced BAH-LEE-AHGE, means "to sweep" in French, and is, by far, the most requested color service at The b.LUXE Studio. Highlights are hand-painted directly on the hair to create a natural gradient from dark to light. The lightened pieces appear more naturally placed and lived-in, which mimics what the sun does to our hair naturally. This free-form color

application can be heavy or subtle, depending on how the stylist sections your hair. But, (and this is a big but) Balayage is not for everyone and can only lift (lighten) hair about 3-4 shades. So, if you're a dark brunette looking for light, honey-blond highlights, this technique is not for you.

But, fear not, blonde-seekers! The Balayage "look" you so desire is still well within your reach.

If your hair does need a considerable amount of lift, your stylist will need to use foil highlights.

Now, I'm sure for some of you, the word "foils" is conjuring up painful memories of the overly-streaky highlights of the early aughts. But, take a deep breath. Today's highlighting techniques and products are far superior to their predecessors and allow for precision placement and tone.

Here's a breakdown of both services:

### BALAYAGE:

- Free-hand, non-foil highlighting technique that can lift hair 3-4 shades
- Creates a soft, natural gradation of lightness, usually deeper closer to the root and lighter towards the ends, giving that beachy-blond, lived-in look.
- Takes between 2 to 5 hours, depending on the length and thickness of your hair.
- Maintenance: Every 12-18 weeks with a gloss/toner refresh around the 6-8 week mark to revive your blonde tone. With the darker root and no obvious demarcation line of regrowth, Balayage is considered a more low-maintenance highlighting technique with more time between appointments.

### FOIL HIGHLIGHTS:

- Foiling is the preferred method for that all-over, big, blonde look.
- Color is usually placed evenly along the whole section of hair, from root to tip.

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- Sheets of foil are used as a platform for color and lighter. They encapsulate and separate highlights to boost lift while processing.
- Your stylist may choose to use one color or multiple colors for a more multi-dimensional result.
- Foil highlights take between 2 to 3 hours and are very precise and can be placed close to the root or mid-shaft to achieve a Balayage effect when hair needs to be lifted more than 3-4 shades. (See, we told you not to worry!)
- Maintenance: Every 6-10 weeks.

A few important things to remember...

You DON'T need to be well-versed in cosmetology to book a color appointment, but you do need to plan ahead. First, bring a few pictures to show your hairdresser the exact style and color you want. Why? Well, for ex-



ample, your idea of what honey-blond looks like may be wildly different than what your stylist thinks. An "inspiration photo" lets your hairdresser know exactly what you want and how they'll go about getting it.

Be flexible. Describe the "look" you want and let your stylist use their expertise to suggest what method would work best for you.

Lastly, (and we can't stress this enough), before any new color service, book a consultation. At b.LUXE, we offer them virtually or in-person, and they're al-

ways complementary. These 10 minute appointments are game-changers and give your stylist the chance to analyze your hair, gauge the timing of your appointment, and determine what it will take to achieve and maintain the hairstyle you desire.

We look forward to seeing you (and your inspiration pictures) at the studio this summer!

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# Living Healthy

## Macular Degeneration

### Causes, Symptoms, and Treatment Options

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

Macular degeneration, also known as age-related macular degeneration (AMD), is a progressive eye condition that affects millions of people worldwide. It is a leading cause of vision loss, particularly among older adults. Macular degeneration primarily affects the macula, a small area located near the center of the retina responsible for sharp, central vision. This article aims to provide an overview of macular degeneration, including its causes, symptoms, and available treatment options.

#### Causes of Macular Degeneration

While the exact causes of macular degeneration remain unknown, several risk factors have been identified. Age is a significant factor, as the condition predominantly affects individu-

als over the age of 50. Genetic factors, family history, smoking, obesity, high blood pressure, and prolonged exposure to ultraviolet light are also associated with an increased risk of developing macular degeneration.

#### Types of Macular Degeneration

There are two main types of macular degeneration: dry (atrophic) AMD and wet (neovascular) AMD.

#### Dry AMD

Dry AMD is the most common form, accounting for approximately 85-90% of cases. It is characterized by the gradual breakdown of the macula due to the accumulation of drusen, yellow deposits beneath the retina. As the condition progresses, central vision becomes blurred, making it difficult to perform tasks such as reading or recognizing faces.

#### Wet AMD

Wet AMD is less common but more aggressive than dry AMD. It occurs when abnormal blood vessels develop beneath the macula and leak blood or fluid, leading to rapid and severe vision loss. Individuals with wet AMD may experience distorted or wavy central vision, a dark spot in the center of their visual field, or rapid visual decline.

#### Symptoms and Diagnosis

The early stages of macular degeneration often present no noticeable symptoms, making regular eye exams crucial for early detection. As the condition progresses, symptoms may include:

- Blurred or distorted central vision
- Difficulty reading or performing activities that require fine detail
- Dark or empty areas in the central visual field



Normal Vision



View with AMD

- Decreased brightness or intensity of colors
- Difficulty recognizing faces

A comprehensive eye examination, including a dilated pupil examination, visual acuity test, and imaging tests such as optical coherence tomography (OCT) or fluorescein angiography, can help diagnose macular degeneration and determine its type and severity.

#### Treatment options

Macular degeneration is a progressive eye condition that affects the central portion of the retina, called the macula. Although there is no known cure for macular degeneration, there are several treatment options available that can help slow down its progression and manage the symptoms. Here are some of the common treatment options:

#### Anti-VEGF Therapy

Anti-vascular endothelial growth factor (anti-VEGF) drugs are injected into the eye to reduce the growth of abnormal blood vessels in the retina. These drugs include medications like ranibizumab (Lucentis), bevacizumab (Avastin), and aflibercept (Eylea).

Anti-VEGF therapy has shown significant success in stabilizing or improving vision in many cases of macular degeneration.

#### Photodynamic Therapy (PDT)

This treatment involves the use of a light-activated medication called verteporfin (Visudyne). The medication is injected into a vein, and then a laser is applied to the abnormal blood vessels in the retina to activate the drug, causing the vessels to close and reduce their leakage.

#### Laser Therapy

In some cases, laser therapy may be used to target and destroy abnormal blood vessels in the macula. This treatment is known as focal laser photocoagulation.

#### Implantable Miniature Telescope

For individuals with end-stage macular degeneration in both eyes and severe vision loss, an implantable miniature telescope (IMT) may be an option. The IMT is surgically placed in one

#### EYES

*continued on page 13*



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# Ana Hurley Named Principal at Millis Middle School

Ana Hurley has been appointed as Principal for Millis Middle School. Hurley, a Medfield resident, is currently serving as Assistant Principal at Wellesley Middle School. Hurley was selected from a pool of over 30 candidates to lead the school. Prior to her work in Wellesley, Hurley was a long time teacher and administrator at Dover-Sherborn Middle School.

She holds a Bachelor's degree in Biology from Emory University, a Master's degree in Mind, Brain, and Education from Har-

vard University, a Master's degree in Field-based Education from Salem State University, and a Master's degree in Educational Administration from Endicott College. Hurley has made presentations at the STREAMS Environmental Literacy Conference, the New England League of Middle Schools, the National Council of Teachers of English, and the Massachusetts Association of Science Teachers.

"We are excited to have such an outstanding instructional leader taking the helm at Mil-

lis Middle School," said Millis Superintendent, Bob Mullaney. "Ana brings an extensive background as an outstanding teacher and effective administrator. She is an educator who is deeply committed to supporting the academic and social-emotional growth of all students. We look forward to Ana joining the Millis Public Schools."

Hurley will assume the position of Millis Middle School Principal on July 1, 2023.

# Millis Department of Public Works Announces Regulations for Outside Watering

For all Millis residences and businesses

Effective may 01, 2023 through september 30th , 2023

No outside watering is allowed between the hours of 9:00am through 5:00pm

Penalties for violation of the policy are:

\$50.00 For the first offense

Subsequent offenses will result

in additional fines of \$100.00 Per offense.

Millis Department of Public Works

900 Main street  
Millis, ma 02054  
508-376-5424

Water ban regulations may change: visit [www.Millisma.Gov](http://www.Millisma.Gov) for updates

## EYES

*continued from page 12*

eye to improve central vision by magnifying the images that reach the healthy portion of the retina.

### Low Vision Aids

These include devices such as magnifying glasses, telescopic lenses, and electronic visual aids that can help individuals with macular degeneration make the most of their remaining vision.

### Lifestyle Changes

Certain lifestyle modifications can help manage macular degeneration. These include quitting smoking, eating a healthy diet rich in antioxidants and nutrients (e.g., leafy green vegetables, fish, and fruits), exercising regularly, maintaining normal blood pressure and cholesterol levels, and protecting the eyes from harmful ultraviolet (UV) light.

### Supplements

The AREDS study conducted by the National Eye Institute and concluded in 2001. It showed that the AREDS formula can reduce patients' risk of the advanced form of AMD by about 25 percent. The formula helps protect people's central vision, which is needed for reading, driving, recognizing faces and other daily activities.

The AREDS 2 study, which concluded in 2011, tested several antioxidant nutrients that earlier research had suggested might protect the eyes: lutein, zeaxanthin, and omega-3 fatty acids. Omega-3 fatty acids are produced by plants and are present in oily fish such as salmon. Lutein and zeaxanthin are carotenoids,

a class of plant-derived vitamins that also includes beta-carotene, and are present in leafy green vegetables. The body uses these nutrients to maintain the health of the retina, the part of the eye that can be damaged by AMD. The AREDS 2 research team did find that the risk of developing advanced AMD was reduced by about 18 percent in study participants who took the variant that included lutein and zeaxanthin but no beta-carotene, compared with participants who took the variant that had beta-carotene but no lutein or zeaxanthin. And those participants whose diets were low in lutein and zeaxanthin at the start of the study, but who took a variant with lutein and zeaxanthin during the study, were about 25 percent less likely to develop advanced AMD, compared with similar participants

who did not take lutein and zeaxanthin.

The researchers say that removing beta-carotene from the AREDS formula and adding lutein and zeaxanthin will result in a single formula that is safe and effective for all AMD patients. Another recent AREDS report showed that the benefits of taking the AREDS formula appear to be long-lasting. Participants in the first AREDS study who took the original formula daily for five years continue to enjoy a 25 percent lower risk of developing advanced AMD.

It's important to note that the choice of treatment depends on the type and severity of macular degeneration, as well as individual factors. If you or someone you know has macular degeneration, it's crucial to consult with an ophthalmologist or retina special-

ist who can provide personalized recommendations and guidance based on the specific situation.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of eye problems, including macular degeneration. We are proud to have a Boston Harvard dedicated retina specialist in our practice, specializing in the treatment of retinal eye disease and AMD. With the presence of this service

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# Cookies and Community

*Gaetano's Bakery Brings North End Quality to Holliston*

BY JANE LEBAK

Nestled at the junction of 16 and 126 is Holliston's answer to the best Italian pastries and cookies.

Gaetano's Bakery highlights their fancy Italian pastry, cookies, and cakes, but this unassuming shop holds so much more. "We make everything here," says Gaetano. "Cakes and cupcakes, cream puffs, cannoli. We've got pizzas and calzones if you want to stop by for lunch. A lot of people who want Italian food will go to Bertucci's for dinner and come next door to us for dessert."

Bakery assistant Amber Rose adds, "Plus, Gaetano makes the best cup of cappuccino in town."

Gaetano (that's his first name, by the way) moved to Holliston in 2017, and he's been a part of the community ever since.

Gaetano has been professionally baking for over 40 years. He began as a young boy working with at his father at a bakery in the North Shore. "Summertime, with no air conditioning,

it used to be a thousand degrees in back." He laughs when he remembers. "We'd spend the whole day hauling bread in and out of ovens, but I found something there that never let me go."

For Gaetano, the joy of baking is not just in the cookies, but in the community. The bakery has a family atmosphere, with lots of laughter and regulars known by name. "We get to know our customers," says Gaetano. "They tell us about their lives."

"Gaetano talks to everyone as if he's known them all his life," says Amber. "You could be the pope, or you could be walking in the store the first time, and he talks to you the same." Gaetano says that's because he's Sicilian. "It's a comfortable atmosphere. We're always laughing about something, joking around, just making everyone feel welcome."

Customers tend to stop in the first time for coffee and a cookie, just to try it. "But then they start coming back for everything," Gaetano says. "Birthday cakes, cookie trays for parties, wedding

## Business Spotlight

cakes—whenever they're getting together with family or friends, they think of us first."

Amber says, "My favorite customers are the ones who want a box of cookies and then go back and forth in front of the cases. 'A few of these. Some of those. Oh, do you have these, too?' They get so excited. For some customers, these cookies are nostalgic, and tasting them again brings them right back to their childhood."

A sign over the display case says, "I'll have one of everything." It's a gift made by a loyal customer.

The biggest sellers are the pistachio macaroons. Gaetano says, "Come Thanksgiving and Christmas, people stand in line out the door, waiting for cookies to come out of the oven. Customers will be walking outside



Gaetano and Brea Rose show off the cookies at Gaetano's Bakery.

with the box lids open and the hot cookies steaming in the cold."

Amber adds, "One customer brings them to tailgate parties." It turns out, he brought them once, and ever since, everyone demands he bring nothing else. "He came in asking for five pounds to take on a plane to Philadelphia. The host said, 'You're bringing those pistachio cookies, right?' and he said, 'I guess I am.'"

Another customer came in with an emergency request for a wedding cake. "Normally there'd be no way to do this," says Amber. "We need at least a week's advance notice. But because it was such a unique circumstance, Gaetano got it done in a few days. The community is that important to him."

A glance at the online menu shows an overwhelming selection of cookies, pastries, and cakes that rotate through the bakery. While not every option is avail-

able every day, if a customer knows they're coming in for one specific item, they can call ahead. "We're flexible," says Amber. "Moreover, if it's not on the menu, just ask. Nine times out of ten, Gaetano can make it."

One break with tradition is the list of allergy-friendly offerings. The menu offers gluten free bottomless cheesecakes, gluten free cannoli, gluten free cakes, and even vegan options for froyo. The famous pistachio macaroons? Also gluten free.

"It's about making what people love, in the way they need it, when they need it," says Gaetano. "People tell me what they want, and I'm here to bake it for them."

Gaetano's bakery is located at 412 Washington Street in Holliston, at the junction of routes 126 and 16, and you can visit online at [www.guyscakes1.com](http://www.guyscakes1.com).

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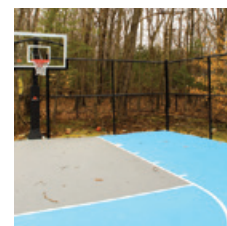
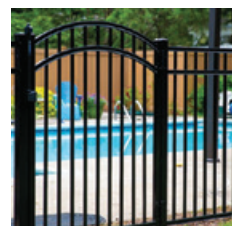
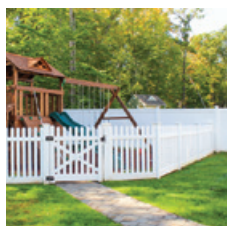
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# Millis Senior Center events

The Millis Senior Center is located at 900 Main Street on the ground floor of the Veterans Memorial building. The Center is open Monday, Tuesday, and Wednesdays 8:30-4 Thursdays 8:30-2 Fridays 8:30-12:30. For more information call (508) 376-7051

## Regular Events:

**BLOOD PRESSURE CHECKS** We have a registered volunteer nurse that will provide a blood pressure check for you every Thursday from 11:00-11:30.

**CRIBBAGE** meets every Monday and Friday from 9:30-12.

**SUPER BINGO** Thursday at 12:15 in room 21. **SUPER Bingo** (the last pot is worth \$25) is every Thursday of the month.

**STRETCH & FLOW YOGA** meets every Friday at 9:30 in room 18. Cost is \$3.00 per class.

**FREE BREAD AND PASTRY** is available every day in room 21 courtesy of Shaws, Country Kitchen and Blue Moon Bakery.

## June Events:

**FLAG DAY CELEBRATION** American Legion Commander Robert Yeager will be discussing the history of the flag, decorum of presenting the flag, and misconceptions on Tuesday, June 13th, at 10AM

**SUMMER PICNIC LUNCHEON AND GAMES** We will be celebrating the start of summer with a picnic style luncheon on tables in the gym at the Council on Aging. Come join us on Tuesday, June 20th, at 12 Noon for a catered lunch of sandwiches, salad, fruit, chips, and dessert. We will also be playing lawn games in the gym. Everyone is welcome. Please make reservations with payment of \$7 before Tuesday, June 13th.

**MILLIS SUMMER PAINT PROGRAM** Artist Amy Adams will guide 2 stress free, unique and fun paint sessions for participants of all levels. Art has been known to heal and bring joy! Bring along your smiles and friends for a giggle and an artistic experience. All supplies will be provided for you and you'll get to take home your creations. Dates: Mondays June 5th and

12th. Time: 1-3PM. \$10 Millis residents; \$25 non-residents. Refreshments, cheese and crackers will be served.

**AMERICA'S GREAT TRAILS- 3 CLASSES ONLY!!! DON'T MISS!** Do you feel the call of the wild? Learn more about America's spectacular beauty and discover your connection to the natural world in this DVD presentation. Join us as we explore six of America's great trails and meet some unique people along the way. Guiding you on the trail is expert Mick Davie—journalist, Emmy award-winning documentary film maker and avid outdoorsman. We will be meeting on Wednesdays from 11AM-12:15PM. Hosted by Susan Steel.

June 7th— Pacific Coast and Hayduke Trails

June 14th— Pacific Northwest and Continental Divide

June 21st— Great Allegheny Passage and Appalachian Trail

**MEET & GREET WITH THE NEW COUNCIL ON AGING BOARD** Meet the new Council on Aging Board on Thursday, June 8th, from 10:30-11:30AM. Tell them what you like at the Council on Aging and what new things you would like to happen here. The Board rep-

resents you and wants to know your opinions.

**TICKBORNE ILLNESSES** Do you know how to protect yourself from tickborne illnesses? Did you know that there are other diseases besides Lyme disease that you can contract from a tick bite? Come learn how to prevent tick bites, removal of ticks from skin, and signs and symptoms of tickborne diseases. Hosted by the Millis Board of Health on Tuesday, June 6th, at 10AM.

**MARY KAY JUNE GALA GLAM EVENT** You enjoy a free facial and get to play with a beautiful summertime glamorous look on Wednesday, June 14th, at 1PM.

**AMERICA THE BEAUTIFUL PHOTOS** Please email 1-4 photos of your favorite place(s) to visit in America to Debbie at dsand@millisma.gov. You can be in the photos. Please state where each photo was taken. The Millis Council on Aging will then make a slideshow with everyone's photos that will be shown at the Council on Aging in July to celebrate America.

**PIZZA AND PREVENTION WITH MILLIS FIRE**

**DEPARTMENT Otis** will be here with pizza and talking about the Millis Fire Department Senior Safe Program on Monday, June 26th at 11AM. Reservations are appreciated.

**BOARD GAMES WITH DEBBIE** This has been a great success! Debbie will be hosting on Monday, June 26th, 1-3PM. Come on down and enjoy some friendly competition with your neighbors.

**SUPER BINGO EVERY THURSDAY!!!** Held on Thursdays at 12:15PM in room 21. The last pot is worth \$25. Come and try your luck!

**NEEDLE WORKERS GROUP** Come meet some new and old friends as you help each other with needleworking projects on the first and third Thursday of every month from 1-3. Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns. Come and share your talents.

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## SENIOR CENTER

*continued on page 17*

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**SENIOR CENTER**

*continued from page 16*

**BERG** This class will focus primarily on the therapeutic aspects of Tai Chi, while the martial/self-defense and performance aspects will be secondary, discussed only as an aid to learning the various forms. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tony will be here every Tuesday at 9. Classes are \$3.00 per class.

**STRETCH & FLOW YOGA**

In yoga class at the Senior Center we practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable. The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an op-

timistic mindset The class meets every Friday at 9:30. The cost is \$3.00.

**FITNESS ROOM** Thanks to our Friends group the annual fee for Millis residents is now \$50!!!! Why pay expensive gym fees when you can come to your Senior Center and work out with friends? We have 2 treadmills, recumbent bike, upright bike, Elliptical machine and a 7 piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor and view an instructional video, all which can be found on the COA website at millisma.gov. An annual fee of \$100 for non-Millis participants. This covers our maintenance costs and other related expenses. Please contact us at 508-376-7051 if interested. Hope to see you soon!

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from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert, and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad. Please call the Center at 376-7051 by noon the Friday before to order.

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Steve Bullock



# Sports

## Medway Nine aiming for a tournament invitation

By KEN HAMWEY  
STAFF SPORTS WRITER

Coach Mike Coppinger, whose Medway High baseball teams have had their share of ups and downs for the last four years, is hoping his current edition of the Mustangs earn a state tourney berth and stage some surprises in the playoffs.



Senior pitcher Luke Frauton throws a fastball that's been clocked in the mid-80 mph range. Courtesy photo

Coppinger and his players have experienced a roller-coaster ride for four seasons and what they've learned from it was how to be resilient, how to become mentally tough and how to overcome adversity.

The Mustangs qualified for tourney play in 2019 and ended their season by losing in the state championship final, 3-1, to Taconic. That Medway team

was a junior-laden squad itching to get another chance to win a state crown. But a tourney return never materialized in 2020 because the Covid-19 pandemic forced cancellation of all spring sports.

"That was such a disappointment for those seniors," said Coppinger. "That group lived for baseball and they formed one

of the best teams I've ever had in my nine years as Medway's coach. They wanted another chance to play in a state final. It was difficult to see those kids be denied."

When the Mustangs opened their 2021 campaign, they were very young, mostly all sophomores. Coppinger didn't know what to expect. What he got were two extremes.

"We won a game early on, then suffered a 10-game losing streak," he recalled. "We finished 4-14. An open tournament followed where any teams, regardless of their records, could compete."

Medway displayed lots of resilience after that devastating shutout in 2020. All they did was advance to the sectional semifinals by defeating East Bridgewater, Apponequet and Fairhaven before bowing to Middleboro. "We were playing our best at tourney time," Coppinger offered.

Last year, the Mustangs posted a 7-11 record, qualified for the tourney because of the strength of their schedule, and split a pair of games, downing Middleboro then losing to powerful Medfield.

Coppinger's 2023 edition was awaiting word on a tourney berth at Local Town Pages' deadline — they had a 5-8 record after 13 games. Once again, the Mustangs' strong Tri Valley League schedule and their margin in defeats give them an opportunity to earn a slot in the 32-team field.

At the start of the season, the 37-year-old Coppinger listed three goals for his forces, whom he labeled as "young and scrappy."

"Our goals were to be competitive in every game and maintain a strong focus against teams like Norwood and Hopkinton," he said. "We also wanted to finish .500 or higher and get a tourney berth. My last objective was to develop the kids into fundamentally sound baseball players and good citizens, too."

Medway's team strengths include pitching (three left-handed starters), experience, hitting and an outstanding pitcher/defensive centerfielder in captain Luke Frauton, a TVL all-star last year who'll play for Worcester Polytech. In 26 innings, Frauton had a 1-3 record, a 2.66 E.R.A. and 29 strikeouts at Local Town Pages' deadline. His hitting stats include a .424 batting average, 12 runs scored and 11 stolen bases.

"Luke throws in the mid-80 mph range," Coppinger said. "As a junior last year, he had a 3-2 record, an E.R.A. of 2.05



Medway baseball coach Mike Coppinger is always quick to help his players improve and be equipped to qualify for a playoff berth. Courtesy photo

and 47 strikeouts in 30 innings. His fastball, curve and change-up are effective, he challenges hitters and his control and velocity are good. He works hard every day and he leads by example."

Two other left-handed pitchers are seniors Jack Reynolds, who also plays right field, and Sean Anderson who, at 6-foot-5, is a big target at first base. Last year, Reynolds had a 2-3 record, a 3.38 E.R.A. and 27 strikeouts in 31 innings.

"Jack is hitting .296 with four RBIs," Coppinger said. "He's tough, works hard, is dependable and his control is good whether he's throwing a fastball, curve or change-up. Sean has had a bounce-back season. He's been competitive in his outings and his defense at first base is excellent. So far, he's pitched 13 innings, has a 2-1 record and an E.R.A. of 4.42."

Sophomore catcher Jason Bedard has been a pleasant surprise. "He's a competitive and tough kid who's batting .273," said Coppinger. "He does a good job and is a calming influence when pitchers need to be settled down. Reserve catcher

Charlie McKeown has had some key pinch hits and he maintains a superb attitude. His arm is strong and he's respected by his teammates."

Three sophomores, who gained valuable experience last year, include Nolan Flotta (pitcher-left fielder), John Farrell (pitcher-shortstop), and Garrett O'Mara (pitcher/utility).

"Nolan was our most consistent hitter last year (.327)," Coppinger said. "He's improved his fielding and runs the bases well. A right-hander, he's strong and throws hard in relief. John is a right-hander who has good command of his fastball, curve and change-up. Relying on a strong arm at shortstop, he's made some big plays, thanks to a high baseball IQ."

"Garrett is versatile, able to pitch and play the infield and outfield. He also throws hard (80 mph) and his control is top-notch. He's fast and the sky is the limit for him. He's 1-0 as a pitcher, has 10 strikeouts and a 1.27 E.R.A."

**BASEBALL**

continued on page 19



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# Sports

## Protecting your business and employees

If you have employees, you know firsthand that the loss of a key employee can have a profound impact on business operations. When an employee leaves, customers who dealt directly with that person may worry about receiving their goods or services in a timely manner; suppliers may be concerned about getting paid for their deliveries; and staff morale can also take a dip as remaining employees worry about assuming a heavier workload.

That's why it's important to make sure that your business is prepared to deal with the unexpected departure of a key employee which usually happens for one of three reasons: the employee chooses to resign, the employee becomes disabled, or he or she passes away.

While life insurance cannot protect against employees choosing to leave, it is often used as a tool to help incentivize

them to stay; deferred compensation plans are powerful vehicles for doing just this. Deferred compensation arrangements allow you to provide retirement income to select employees. The way it works is that you and the selected employee enter a contract that specifies the compensation you will pay out to him or her in the future. Since you may not set up a specific reserve fund in which a participant has a vested right, a life insurance policy is uniquely suited to informally finance a deferred compensation plan. The future of your business depends on attracting and retaining the right talent with the right tools.

It's also important to protect your business against the economic losses it may face as the result of a top employee's death with the use of key person insurance. The way it works is that the business applies for and becomes the owner and benefi-

ciary of a life insurance policy covering the key employee. If the insured employee dies, the business receives the policy proceeds.

Deferred compensation and key employee insurance are benefits that are related exclusively to your top employees, but New York Life also has options that you can offer your entire team to help cultivate a rewarding work environment, such as life and disability insurance. These



benefits can provide employees and their family's peace of mind and added financial security, which can go a long way toward attracting and retaining valuable employees.

As a business owner, you've worked hard to get where you are today. Having a contingency in place will allow you to focus on making the best possible decisions for the future your business.

This educational third-party article is provided as a courtesy by Michael Damon, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Michael Damon at 508-321-2010.

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### BASEBALL

*continued from page 18*

Relying on an athletic philosophy that stresses the importance of winning, Coppinger believes that "teamwork and giving 100 percent make winning happen." Life lessons he hopes his players learn are overcoming challenges, being resilient and mentally tough, and leadership.

Coppinger learned some valuable life lessons during his playing days. He pitched three no-hitters for Medway High and was a TVL all-star. At Merrimack College, he excelled on the mound as a sophomore and junior, but an injury forced him to play second

base in his final season.

As his coaching career nears the 10-year mark, he probably would prefer less ups and downs. In the recent past, Medway's baseball teams have provided him with some roller-coaster moments. As Forest Gump would say, they're "like a box of chocolates; you never know what you're going to get": One year they're in the state final; the next they fall victim to Covid; then they start another season by losing 10 straight games.

A 2023 tourney berth for the Mustangs no doubt would provide some drama. And also some lessons on mental toughness and resilience.



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# Millis High School Announces Valedictorian and Salutatorian for Class of 2023

Millis High School is proud to announce the Valedictorian and Salutatorian for its graduating Class of 2023.

Lilly Cassidy will be recognized at graduation ceremonies as the class Valedictorian. Lilly achieved the highest cumulative grade point average for the class. Lilly has been recognized with several awards throughout high school, including the Sarah Koenig Award for excellence in AP Language and Composition, Zinn Award for Excellence in AP US History, Award for Excellence in Honors Pre-calc, the Barnard Book Award, and she is an AP Scholar with Honor. She is a Global Scholar at MHS, which is a selective academic program where students apply and are

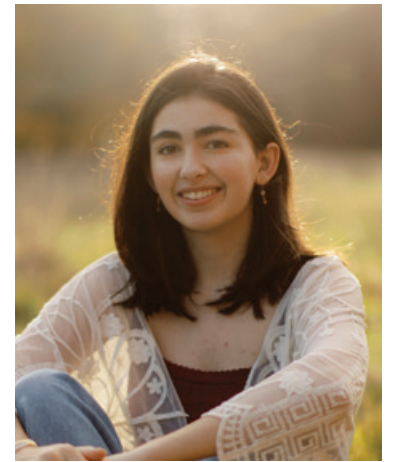
chosen by the faculty. As an MHS Global Scholar, Lilly purposefully has taken a range of interdisciplinary academic studies and has completed several community service projects. A member of the varsity tennis team for the past 3 years, she was elected by her teammates to be Captain for her senior year. She has participated in Destination Imagination (DI) for 12 years, which focuses on solving STEAM-related challenges, presenting collaborative solutions at state and national tournaments. Lilly and her DI team have competed at the state championships nearly every year, where they have placed as one of the top 3 teams several times, and competed at the DI national/

global level competition. At school, Lilly is the president of Amnesty International, working with her classmates to raise awareness about global issues. She has been in the drama club throughout high school and is a valued member of the high school chorus as well. She is also a member of the library council and writes for our school newspaper, The Crimson Post. She will be attending Wellesley College next fall, where she will double major in Biology and Mathematics. Lilly is the daughter of Myles and Theresa Cassidy of Millis.

John 'Jack' Burns is Millis High School's Salutatorian for the Class of 2023. Jack has received several awards throughout high school in recognition of his hard work and leadership, including the Harvard Prize Book Award for excellence in scholarship and high character, and the Superintendent's Award for Academic Excellence and Community Leadership. He is President of the National Honor Society, treasurer of the Chemistry Club, and co-president of the Junior Leo's Club. He is a member of the Student Council and Peer Leaders club. Jack

has organized and participated in countless community service projects through his membership in each club and truly goes above and beyond in each position to get to know others and help other kids feel included and confident. Jack is also an impressive athlete and captain of both the winter and spring varsity track and field teams. He is an accomplished Martial Arts and Karate participant locally and nationally on the United States National Karate Team. He twice competed on Team USA, is an 8x medalist, and is a World Champion in extreme forms. Jack has also mentored and taught dozens of other students through his participation in Martial Arts. Jack is a product of Millis' Grades 1-12 Spanish Immersion program, and is fluent in Spanish as a result. Jack will be attending Boston College in the fall, where he will be majoring in Biochemistry and minoring in Spanish. Jack is the son of Jon and Laura Burns of Millis.

Millis High School will graduate a class of 71 students during its 120th commencement exercises, being held on



Above, Valedictorian Lilly Cassidy. Below, Salutatorian John "Jack" Burns



campus at Welch Memorial Field, June 1, 2023, at 6pm.

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Saturday: 9 a.m. - 2 p.m. **CLOSED** Sunday

# Medway's Burke-Memorial Elementary Students Work with Local Muralist

Burke-Memorial Elementary School Principal John Kelley is pleased to share that students worked with a local muralist on a special project this spring.

Burke-Memorial art students in grades 2-4 worked with local artist-in-residence Josh Winer. Winer is a Massachusetts-based artist who specializes in "Trompe L'oeil" painting and has created murals and mosaics for locations all over the world.

The mural "Me on the Map" was recently completed and will be installed in the school cafetorium in the coming weeks.

The mural features paintings of lanterns, open windows and mirrors to represent diversity, community and acceptance in Medway. The mural is meant to provide "windows" for children to see those who are different from them, and "mirrors" for students to see themselves reflected within the community.

Students helped to design the mural with these themes in mind, embodying what their school community means to them.

"I'm proud of our students' creativity and thoughtfulness in this project. I would like to thank our Visual Arts Teacher Robin Hackett who really made this project possible," said Principal Kelley. "Conceptually, the mural connects and represents the many values that make our community unique."

The project was generously funded by the Medway Education Foundation to provide a new piece of art for students to see other races, cultures, customs and themselves through the artwork.



Burke-Memorial students worked with local artist on a mural entitled "Me on the Map." (Photo courtesy Medway Public Schools)

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**July 29th**  
**12:00-5:00**

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Display on raised  
platform like a stool  
for height

**Scale:** build for a 3"  
tall Pixie to live in.

**Materials:**

Avoid live plants if  
you'd like to display at  
the library in August.



Stone House by Susan Harte

**Deliver:**  
Choate Park,  
July 29th, 9:30-10:30  
**Pick Up:**  
July 29th, 5:15.

**Request Form &  
Sign up by May 15th**  
Msjudymoff@gmail.  
com Subject : PIXIE

**More info at: [MedwayCulturalCouncil.org](http://MedwayCulturalCouncil.org)**

Questions: Msjudymoff@gmail.com Subject line: PIXIE

## The Medway Historical Society presents an entertaining and educational Civil War program

Tuesday, June 13th  
EXHIBIT opens at 6PM  
"To My Dearest" play to  
begin at 7PM

Thayer Homestead  
2B Oak St., Medway  
Exhibit including the Civil  
War Uniform of Medway's own  
David Allen Partridge

Meet Medway/Millis Civil  
War author Tom Ellis

Artwork on display of Med-  
way's 300th Anniversary

Civil War Reenactment by  
Paul Rao

"To My Dearest"  
The Civil War Letters of  
George and Emily Ward

When the Civil War broke out  
in 1861, George Ward was asked

to raise the 15th Massachusetts  
Regiment. In August 1861, he  
left his wife, Emily, and their two  
small children to go to war. They  
wrote to each other frequently.  
In all, 116 letters survive in the  
collection of the Worcester His-  
torical Museum. They detail the  
pain of prolonged separation,  
the challenges of single parent-  
ing and the horrors of the battle-  
front.

A talk back with the actors fol-  
lows the program.

Join Lynne McKenney Lydick  
and Thomas R. Lydick as they  
share the personal and poignant  
letters

## Medway IDEA Committee seeks volunteers

As of May 1, 2023, the Select  
Board voted to continue this Ad-  
visory Committee to assist the Se-  
lect Board with tasks which shall  
result in an annual report to the  
Select Board identifying accom-

plishments, progress, and areas  
of need related to the mission of  
the Committee. The Commit-  
tee will be comprised of seven (7)  
Citizens-At-Large. Visit [bit.ly/IDEAcharge](http://bit.ly/IDEAcharge) to see the commit-

tee's charge.

The mission of the Medway  
Inclusion, Diversity & Equity  
Advisory (IDEA) Committee is  
to provide feedback and recom-  
mendations to the Select Board

geared toward policy develop-  
ment designed to continue and  
where appropriate enhance the  
promotion and fostering of Med-  
way as a community that is inclu-  
sive and welcoming to all peoples  
of all backgrounds, beliefs, and  
cultures. This mission statement  
shall in no way be construed to  
suggest that Medway does not  
excel in these efforts, but rather  
seeks to fully explore our stan-  
dards, our practices, and our col-  
lective efforts today and to build

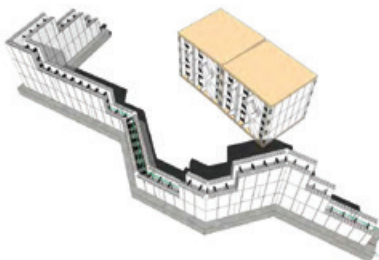
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morrow.

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or mail to Select Board's Of-  
fice, 155 Village St. You can also  
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tions.

Source: [www.townofmedway.org/idea-committee](http://www.townofmedway.org/idea-committee)

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## 555 Hopping Brook hearing continued to June 22

### Medway residents have expressed concerns about project

By THERESA KNAPP

HOLLISTON - The Holliston Planning Board will hold a continued public hearing on June 22 related to CRG Acquisition LLC's application for a Special Permit to build a 550,000 square foot warehouse at 555 Hopping Brook Road.

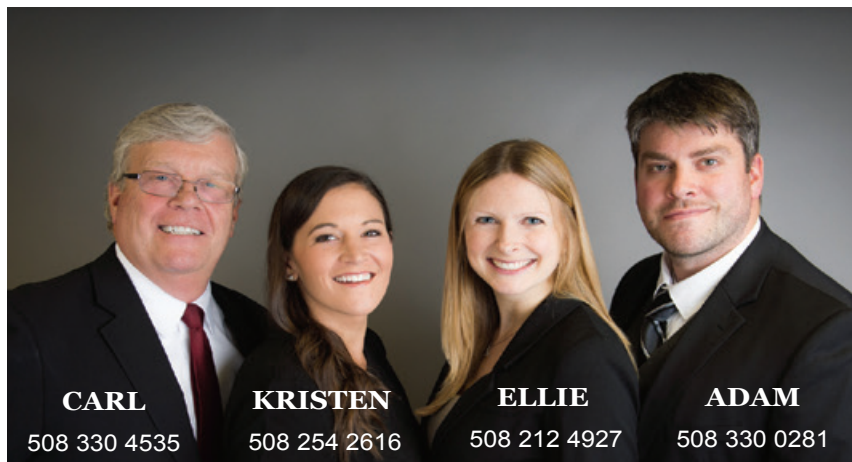
At the board's April 13 meet-  
ing, the meeting was continued to  
the June date when it is expected  
to be the only agenda item.

In previous hearings related  
to this parcel, residents of both

Holliston and Medway have had  
concerns about building size;  
noise; 24-hour access to the site;  
deterrents and enforcement of  
truck traffic on town streets; over-  
all impacts to both towns; and, in  
general, whether this is the right  
location for the proposed facility.

The public hearing was con-  
tinued to June 22 at 7:02 p.m.

For more information, in-  
cluding all documents related to  
this project, visit [www.townof-holliston.us](http://www.townof-holliston.us)  
or <https://bit.ly/3jbT2Ku>.



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**SOLD**

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**SOLD**

178 Holliston Street, Medway

**SOLD**

25 Fuller Place, Franklin \*

**SOLD**

48 Lovering Street, U6, Medway

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# Real Estate Corner

## Resident Mark Philben Is Boston Globe's 'Ask The Remodeler' Columnist

For the past two years, Millis resident Mark Philben has been writing twice-monthly columns for The Sunday Boston Globe's 'Ask the Remodeler' feature. Philben's advice to homeowners about home maintenance and renovation issues covers everything from heat pumps and insulation to sink repair and siding maintenance.

"We are excited to have Mark on-board," says Eileen Woods, editor of The Boston Globe's Address section. "His expertise brings much welcome insight — and relief — to readers struggling with home repair."

Philben has been a construction and renovation professional for nearly four decades. He began his career as a builder of new homes in the 1980s, but later found his true passion in residential remodeling. Currently, as Cambridge-based Charlie Allen Renovations' project development manager, he works with homeowners to achieve their renovation goals. He has received national Green Remodeler certification from the National Association of the Remodeling Industry (where he is also certi-

fied as a Lead Carpenter and as a Remodeler), and has completed CAPS (Certified Aging in Place) training with the National Association of Home Builders. Philben has a bachelor's degree in marketing from the University of Massachusetts, Boston.

"Working with clients to achieve their renovation goals is the most satisfying aspect of my work," Philben says. "I'm very grateful to The Boston Globe for giving me the opportunity to help its readers, too."

Charlie Allen Renovations is an award-winning firm specializing in the seamless integration of modern amenities into period homes while retaining original period details. Charlie Allen Renovations combines expert tradespeople and established project management techniques to deliver exceptional customer satisfaction.

For more information about Charlie Allen Renovations, please call 617/661-7411 or visit [www.charlie-allen.com](http://www.charlie-allen.com). For press inquiries, please contact Chris Kelly at 617/510-2333 or [ckelly@fifthhousepr.com](mailto:ckelly@fifthhousepr.com).

## Protect Your Home Against Deed Theft

As home transactions pick up speed as spring continues, and in light of recent publicity relating to "deed theft," Norfolk County Register of Deeds, William P. O'Donnell, today, reminds residents about the Registry's Consumer Notification Program

Deed theft can take different forms. The most common type of fraud preys on people who are in danger of losing their

owner's signature on a deed and records it in the registry of deeds. A forged deed is not valid and conveys nothing. If a buyer or a lender rely on a forged deed and don't do their due diligence on a property's title, they are out of luck. They, not the legitimate property owner, will ultimately lose any money paid to the thief. Forgery is a felony in all fifty states, punishable by jail

property and mortgage fraud was one of the fastest growing white-collar crimes in America."

Information on "Consumer Notification" can be found on the Registry website, [www.norfolkdeeds.org](http://www.norfolkdeeds.org) under the heading "Services". The Registry Customer Service Department can assist anyone who would like to set up the notification for their property.



property, usually rental property, through foreclosure. The owners are told that they qualify for a "short sale," a process where the foreclosing lender settles for less than the amount owed on the mortgage, and that if they sign the deed over to a third party, they can avoid the foreclosure. The owner signs a deed over to the third-party scammer, not realizing they are still responsible for the debt, and the scammer, rather than negotiating the short sale, collects and keeps the rental payments until the lender eventually forecloses.

Another type of deed theft targets elderly people who sign over their property without realizing what they are doing. This is often done by a family member. Deed theft is a serious crime that can result in the loss of one's home and equity. Homeowners should be aware of these scams and talk to a lawyer before signing any papers that have to do with their property.

Less common is forgery, where a scammer fakes a home-

time and heavy fines. The court may also require restitution for damages caused by the forgery, such as the costs of clearing the title.

Companies now offer paid subscription services that will check public records and let a property owner know if a deed has been recorded that changes who owns their property. It is not title insurance, and most of the time, if a fraud has happened, it won't offer any extra services.

"Our mission at the Registry of Deeds is the safety and security of all property records," Register O'Donnell said. "We recognize that there are unscrupulous individuals who may try to take advantage of the property rights of others. In 2015, we at the Norfolk County Registry of Deeds initiated a Consumer Notification Service, a free service whereby subscribers sign up to be notified when any document is recorded under their name. This initiative came about in response to the Federal Bureau of Investigation (F.B.I.) indicating

"I want to reiterate that our free notification service, like the paid services, does not protect against fraud but will at least alert the owner if a fraudulent deed has been recorded," Register O'Donnell concluded. "This way, the homeowner can take steps right away to combat the fraud. Also, owners should always be aware of what they are signing when it comes to any document that may affect the title to their real estate and should scrutinize any company that promises to alleviate debt if you sign over a deed to them. In Massachusetts, a deed should always be signed in front of a notary public. Massachusetts notaries are obligated to request identification from the party signing the deed."

Any questions about the notification service can contact The Norfolk County Registry of Deeds Customer Service Center, at 781-461-6101, Monday through Friday, 8:30 a.m. to 4:30 p.m.



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# Real Estate Corner

## GOOD DEEDS: Honoring the Brave Men and Women of Norfolk County

By WILLIAM P. O'DONNELL  
NORFOLK COUNTY REGISTER OF DEEDS

This month, we observe Memorial Day to honor and remember the brave men and women who died while serving in the United States Armed Forces. It is a day to pay tribute to their sacrifice and express gratitude for their service. I want to take a moment to talk about the history of Memorial Day and to share some ways we can all show our respect on this day.

Memorial Day originated in the aftermath of the Civil War and was initially known as Decoration Day. It became a federal holiday in 1971 and is now observed on the last Monday in May to honor those who have died while serving in the United States Armed Forces.

Late May was selected because, all across America, flowers would be in bloom, allowing loved ones to choose the best flowers to lay on the graves of fallen Soldiers, Sailors, Marines, and Airmen.

You can show respect on Memorial Day by going to a national cemetery or war memorial, putting flowers or flags on the graves of veterans, going to a local parade or ceremony, or simply taking a moment of silence to honor those who have died in service to their country.

Another way to show your respect is by sharing the story of a fallen hero. By telling their stories, it ensures that their legacy lives on and that future generations will remember the sacrifices made by these brave men and women.

This concept of all Americans coming together on this day is so powerful that in December 2000, the United States Congress passed and the president signed into law "The National Moment of Remembrance Act." This law set up the White House Commission on the National Moment of Remembrance to make sure that the sacrifices of America's fallen heroes are never forgotten.

The commission's mission



is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity." The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a


minute of silence to remember and honor those who have died in service to the nation.

So, I hope that this Memorial Day, you will join with me and your fellow Americans in taking this time to reflect on the sacrifices made by our brave men and women in uniform and to express our

gratitude for their service and dedication to our country.



Register William P. O'Donnell  
Norfolk County Registry of Deeds  
email: [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org)  
phone: 781-461-6116  
web: [www.norfolkdeeds.org](http://www.norfolkdeeds.org)

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## Recent Home Sales

Date	Medway	Amount
05/05/2023	9 Elm Street	\$480,000
05/05/2023	100 Summer Street	\$900,000
05/01/2023	157 Summer Street	\$679,000
04/27/2023	8 Canal Street	\$470,000
04/27/2023	16 Skyline Drive	\$665,000
04/27/2023	12 Waterside Run	\$719,900
04/18/2023	135A Summer Street	\$908,000
Date	Millis	Amount
05/17/2023	115 Middlesex Street	\$609,900
05/11/2023	10 Walnut Hill Road	\$795,000
05/11/2023	1032 Main Street #1	\$522,000
05/11/2023	251 Village Street	\$760,000
05/10/2023	4 Blueberry Lane	\$995,000
05/10/2023	20 Lansing Way	\$865,000
05/04/2023	6 Myrtle Street	\$1.20 mil
05/02/2023	5 Rosenfeld Road	\$525,000
04/28/2023	3 Hattile Lane #184	\$699,995
04/28/2023	32 Acorn Place	\$620,000
04/27/2023	24 Acorn Place	\$587,450
04/26/2023	1 Hattie Lane #185	\$719,495
04/24/2023	68 Spencer Street	\$250,000
04/24/2023	9 Richardson Drive #263	\$714,995
04/20/2023	4 Village Street	\$465,000

Source: www.zillow.com / Compiled by Local Town Pages

## Recent Home Sale



157 Summer Street in Medway recently sold for \$679,000. Image credit: www.zillow.com

## Over 430 homes sold!



**SOLD**  
6 Alice Drive  
Wayland - \$1,249,000



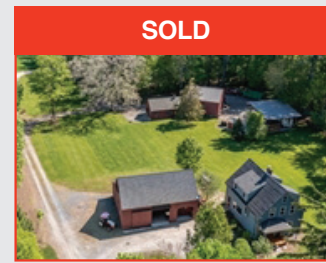
**SOLD**  
12 Sylvia Avenue  
Natick - \$659,900



**NEW LISTING**  
5 Conway Road  
Millis - \$409,900



**SOLD**  
118 Norfolk Road  
Millis - \$775,000



**SOLD**  
24 Hollis Street  
Sherborn - \$900,000



**SOLD**  
94 Ridge Street  
Millis - \$524,900

*I buy unwanted homes as-is, failed septic ok.*

## SOLD HOMES

245 VILLAGE STREET, MILLIS	\$370,000.00
5 WALNUT HILL ROAD, MILLIS	\$870,000.00
22 BULLARD LANE, MILLIS	\$875,000.00
77 FLORENCE, NEWTON	\$910,000.00
10 WALNUT HILL ROAD, MILLIS	\$795,000.00
1 DUTCHESS PATH, UXBRIDGE	\$345,000.00
115 MIDDLESEX STREET, MILLIS	\$609,900.00
20 LANSING WAY, MILLIS	\$865,000.00



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**SALE PENDING**



\$569,900  
 244 Exchange Street, Millis  
 Janine Azzouz

**NEW TO MARKET**



\$749,000  
 5 Charles View Lane, Medway  
 Jennifer McMahon

**SALE PENDING**



\$789,900  
 6 Gray Squirrel Circle, Medway  
 Laina Kaplan

**SALE PENDING**



\$550,000  
 13 Independence Lane, Millis  
 Jennifer McMahon & Janine Azzouz

**SALE PENDING**



\$997,000  
 5 Rolling Meadow Drive, Millis  
 Janine Azzouz

**SOLD**



\$765,000  
 38 Eaton Road, Framingham  
 Laina Kaplan

**SOLD**



\$395,000  
 253 Main Street, Medway  
 Laina Kaplan

**SOLD**



\$850,000  
 121-123 East Union Street, Ashland  
 Jennifer McMahon & Janine Azzouz

**SOLD**



\$315,000  
 1500 Worcester Rd, Unit #214, Framingham  
 Jennifer McMahon

**SOLD**



\$590,000  
 142 Holliston Street, Medway  
 Laina Kaplan



**SALE PENDING**



\$899,990  
 34 Quissett Road, Mendon  
 Jennifer McMahon