



Medway High School Class President Charlie Ross delivers his Honors Essayist Speech at the Class of 2023 graduation ceremony in June. Photo credit: Sofia Mercier

## Medway's Class of 2023 rainy graduation

BY SOFIA MERCIER  
STUDENT WRITER

This spring, high school seniors across the country received their caps and diplomas, and the students in Medway High School's Class of 2023 were no exception.

June 4, 2023, was an unusually cold and rainy Sunday when MHS's graduation exercises were held at Hanlon Field. The ceremony opened with the National Anthem sung by several members of the International Thespian Society, including Nina DeWitt and Joseph Gangitano. De-

Witt will be taking a gap year working on a farm, and Gangitano will be heading to the University of Rhode Island.

Following the Anthem, opening remarks and greetings were made by Class President Charles Ross, who is also the honor's essayist and a member of the National Honors Society. He will be attending Boston College in the fall.

Salutatorian Kathryn Gage delivered

### MEDWAY GRADUATION

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## Millis High School celebrates 120th graduation ceremony

BY MADDIE MIGA  
STUDENT WRITER

On June 1, Millis High School seniors began the month in a very memorable way. At 6 p.m., these upperclassmen began their high school graduation by walking alongside their peers and through the rows of proud families.

The ceremony took place on the Millis High School football field, where parents, siblings, teachers, and many more gathered to watch the Class of 2023 graduate. The MHS class of 1973 also attended this year's commencement, as they celebrated their 50th anniversary of graduating from Millis High.

The ceremony started with the superintendent's welcome address given by Robert Mullaney. This was followed by speeches from the Class President Katherine LaDuke, and co-Senior Speakers Francesca Pizzarella and Samuel Gon-



Millis High School's Class of 2023 throwing their graduation caps to celebrate the end of their high school career. Photo credit: Adriana Arguijo

calves. The salutatorian John Burns and valedictorian Lilly Cassiday also spoke at the ceremony about their time spent at Millis and how high school has prepared the class to enter life outside of this small school.

MHS Principal Mark Awdycki said, "The student speakers were fantastic and the messages they shared were representative of the character, class, and leadership

### MILLIS GRADUATION

*continued on page 2*



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# Millis municipal wells 1 and 2 are PFAS-free

## Ribbon cutting ceremony to be held this summer

By THERESA KNAPP

The PFAS water treatment plant is up and running and working effectively, according to town officials.

In October 2020, Millis mu-

Curious about PFAS in bottled water? Visit Massachusetts Department of Public Health at bit.ly/PFAS\_BottledWater.

nicipal wells 1 and 2 (of 6 total) were taken offline because, when blended together to deliver water

### MEDWAY GRADUATION

continued from page 1

her salutatory address and will be a student at the University of Pittsburgh next school year.

Valedictorian Destiny Ojukwu, who will be attending Yale University, said in her valedictory address that she wants her mother to know that “my success was her success too.”

In a graduating class with 178

members, one student, Michael O’Neill, was honored with the Military Distinction, which was presented by the Honorable Richard Eustis.

As the ceremony closed out, Medway Public Schools Superintendent Armand Pires and MHS Principal John Murray commented on the Class of 2023’s inspiring attitude just before 178 diplomas were handed out and 178 new graduates’ caps flew into the air.

### MILLIS GRADUATION

continued from page 1

of this graduating group.”

Before the students walked to receive their diplomas, some seniors were given the Spanish Immersion Certificate of Excellence. This award was presented by Antonio Caballero Javierre, the Consulate General of Spain, to students who excelled in the language.

With their graduation caps tossed, the Class of 2023 gradu-

ated with optimism for the future. Awdycki said this year’s seniors were a “particularly special group. Despite the challenges they faced in the crazy COVID times of their first two years of high school, they never let that define them as a group. Instead, this resilient group defined themselves with a legacy of leadership and commitment to school and community that I hope the classes below will continue to follow. They started programs and initiatives at MHS that will last for years to come.”

to residents, they exceeded the state’s new minimum standard of 20 parts per trillion of per- and polyfluorinated substances (“PFAS”).

In June, Millis Department of Public Works Director Jim McKay said the treatment plant approved by Town Meeting in 2021, and finished earlier this year (and on budget), is doing its job. PFAS are being filtered out by large filter vessels at the new facility.

“We’ve done preliminary tests and every one of them came back non-detected; treatment works,” he said, predicting the wells would be back online and delivering water to residents in July.

A ribbon-cutting ceremony will be held later this summer to celebrate.

“But we’re not going to stop there,” said McKay, noting voters have already approved design

work for a plant to treat Well 3. Voters will be asked at this year’s November Town Meeting to secure funding to build a new water treatment building off Birch Street. If approved, construction is expected to take place between Feb. 2024 and Spring 2025.

McKay said, “If we have wells 1, 2, and 3 PFAS-free, Millis

could live off them,” while voters decide what to do with remaining wells 4 (off South End Pond), and 5 and 6 (off Norfolk Road) which have varying levels of PFAS.

For more information related to PFAS, including all testing data, visit [www.millisma.gov/public-works-highway-department](http://www.millisma.gov/public-works-highway-department)



Courtesy photos.



According to the Centers for Disease Control and Prevention ([bit.ly/CDC\\_PFAS](http://bit.ly/CDC_PFAS)), PFAS are a group of chemicals used to make fluoropolymer coatings and products that resist heat, oil, grease and water. They can be found in clothing, furniture, adhesives, food packaging, heat-resistant non-stick cooking surfaces, and the insulation of electrical wire. They can also be found in personal care products and firefighting foam.

The CDC says, “PFAS persist in the environment and exposure in people can occur by consuming PFOS-contaminated water or food.” PFAS are known as “forever chemicals” because they do not break down in the environment, ever.

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# Medway Community Farm announces new appointments to Board of Directors

Carol Collord, President of Medway Community Farm, is pleased to announce recent appointments to the Board of Directors of the farm. She stated that the new members bring a “wealth of volunteer experience and knowledge of town happenings. Collectively, they have served on multiple boards in town and have decades of volunteer service. They understand what it takes to run a non-profit.” She noted that the farm was pleased with the large pool of candidates who had applied for the board positions.

John Foresto, a resident of Medway for the last 47 years, has served on many boards for the Town of Medway, includ-

ing as a past chair, vice chair and clerk of the Select Board, of which he was a member for

15 years. John was instrumental in restoring the Thayer House, Choate and Oakland Park as well as the playgrounds at the schools. He is currently on the Board of Directors of Medway Cable Access and served on the MetroWest United Way board in the past. John’s “let’s get it done” and critical thinking skills will be an asset to the board, according to Collord.

Debi Rossi, a resident of Medway for the last 25 years, has also served on several Medway organizations, including sports organizations, and is currently on the Parks & Recreation Commission. She is President of Kyza Performance Consulting, specializing in investment performance measurement. Debi is very active on vari-

ous industry boards and advisory committees. Collord noted that “Debi’s financial acumen will be a strength for the farm. But more importantly, she has jumped right in to understand the workings of the farm for the betterment of the board and the community.”

Carl Rice, a life-long member of Medway, is also committed to the community and is not shy about volunteering. He currently serves as a Lions Club member, Chair of the local housing authority and is on the Thayer House board of governors. He’s been actively involved as a co-director for the MHS Peer Counseling Program and co-chair of the ACS Relay for Life. Collord commented that “when Carl went on a recent tour of the farm, he was very impressed with the work we’re doing. His knowledge of the community and residents of Medway will make him a great ambassador for the farm.”

Marty Dietrich, along with

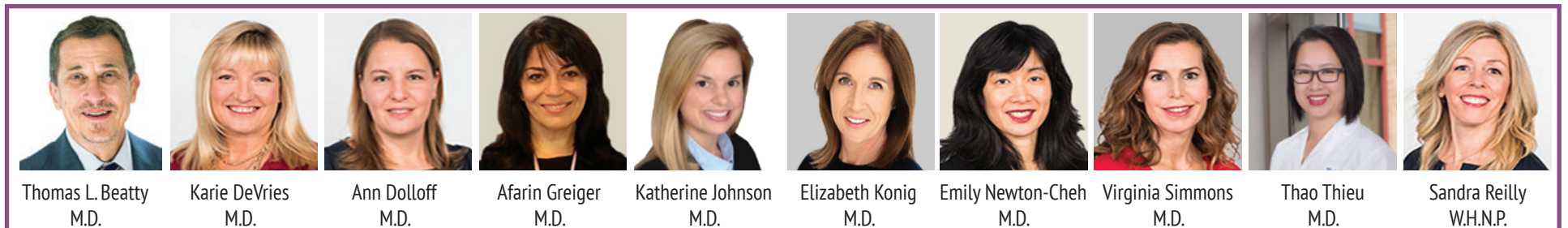
his wife Susan have raised 2 boys in Medway since 2008. Marty has demonstrated his commitment to the town through his service on town committees, multiple non-profit corporations, leadership positions in Scouts, youth sports coach, and church activities. Marty has also been an active member of the Farm’s events committee for this past year. Collord noted that “with his background in compliance, finance, leadership collaboration and problem-solving, Marty will be an excellent fit for the farm.”

Collord remarked that “I’m sure you can see how delighted we are with the strength of the new members and the skills that they bring to the organization. If you’re interested in volunteering at the farm, send us a note at [volunteer@medwaycommunityfarm.org](mailto:volunteer@medwaycommunityfarm.org). we’d love to see you there.”

*This press release was submitted by Medway Community Farm*



**Medway Community Farm welcomes new members to its Board of Directors including (top) John Foresto and Carl Rice; and (bottom) Debi Rossi and Martin Dietrich. Courtesy photo.**



Thomas L. Beatty M.D.    Karie DeVries M.D.    Ann Dolloff M.D.    Afarin Greiger M.D.    Katherine Johnson M.D.    Elizabeth Konig M.D.    Emily Newton-Cheh M.D.    Virginia Simmons M.D.    Thao Thieu M.D.    Sandra Reilly W.H.N.P.

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# Medway Council on Aging July Events

## 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.

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.

## Southeastern MA Community Concert Band

Join us at the Center on Wednesday July 19th from 6:30 PM – 8:30 PM to listen to the Southeastern MA Community Band. This event is free but

please sign up for planning purposes. 508-533-3210

## Plainville Casino Trip

Join us on Wednesday, 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. 508-533-3210

## Medway Senior Tax Work-Off Program

The Medway 2022-2023 tax work-off program ended 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 re-

view 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.

## Save The Date: Medway Community Farm Presentation

On Monday August 14th Todd Sandstrum will be at the Medway Senior Center to discuss how the Medway Community Farm runs, everything they offer and how they can help you. Event is free but please

sign up for planning purposes. 508-533-3210

## Save the Date: Medway Senior Center Blood Drive

The Red Cross will be at the Medway Senior Center on Monday August 21st from 12:00 PM – 5:00 PM for a blood drive. Please sign up through the red cross website, redcrossblood.org if looking to donate.

## Medway Parks and Recreation present 2023 Summer Concert Series

## at Oakland Park:

Concerts are from 6:00 PM – 8:00 PM – Food Trucks will be present at concerts.

July 10th: The Pub Kings  
July 17th: AK Cody  
July 24th: The Peacheaters  
July 31st: Lake Shore Drive Band

August 7th: Petty Larceny  
August 14th: Northeast Grove

August 21st: Burning Paper Mountains

# Free Summer Lunch and Fun at the Medway Public Library

Starting Wednesday July 5, the Medway Library will offer free lunches on Tuesdays, Wednesdays & Thursdays from 12pm until 12:45pm for children and their caregivers throughout the summer. Lunch will be served on a first come, first served basis while supplies last. All are welcome; there are no restrictions and income information is not needed. Teens are welcome to stop by and grab some lunch too. There will be programs before lunch,

starting at 11am, for children of preschool age and younger. Toddler Jam is held on Tuesday mornings and Story Time is held on Wednesdays and Thursdays at the library. Activities for older children and their families start at 1pm in the Makerspace. Teen activities will be held at 2pm. Please visit [www.medwaylibrary.org](http://www.medwaylibrary.org) for a full list of events. This program is funded by the support of local businesses and organizations in the surrounding com-

munities. The program will end Thursday, August 24th.

Since the summer of 2017, the Medway Library has served nutritious lunches and has hosted fun, educational activities before and after the meal. Last year we fed over 880 people. If your business or organization would like to help support the program or if you would like to volunteer your time please email [friendsoft-hemedwaylibrary@gmail.com](mailto:friendsoft-hemedwaylibrary@gmail.com).

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Approximately 45 people attended a groundbreaking ceremony for the Milford Regional community-based satellite location—Milford Regional in Medway. Pictured front row, L to R: Milford Regional Physician Group President Patrick McSweeney, MD, and Milford Regional Medical Center President and CEO Edward J. Kelly. Back row, L to R: Medway Town Manager Michael Boynton; President of Lobisser & Ferreira Construction Corporation Joe Ferreira; State Rep. Jeffrey Roy; Medway Select Board Chair Glenn Trindade; Milford Regional Board of Trustees Building Committee Chair Brian J. Earley; Lobisser Companies President Kevin Lobisser; and Office of Massachusetts Senate President Karen Spilka's District and Special Projects Director Susan Nicholl.

# Milford Regional breaks ground in Medway

On the morning of June 7, approximately 45 individuals attended a groundbreaking ceremony for Milford Regional's newest community-based satel-

ite location--Milford Regional in Medway. Representatives from Milford Regional Physician Group, Milford Regional Medical Center and Lobisser & Ferreira, as well as state legislature and Medway town officials were present for the ceremony.



From left, State Rep. Jeffrey Roy; Milford Regional Physician Group President Patrick McSweeney, MD; Milford Regional Medical Center President & CEO Edward J. Kelly; Office of Massachusetts Senate President Karen Spilka's District and Special Projects Director Susan Nicholl.

The new health-care facility, located at 68A Main St., will be 22,000 square feet and is expected to open in Spring 2024. Services will include adult and pediatric care; obstetrics and gynecology; urgent care and laboratory and radiology services. The facility aims to provide expanded healthcare services to Medway and neighboring communities.

*This press release was submitted by Milford Regional Physician Group*

lite location--Milford Regional in Medway. Representatives from Milford Regional Physician

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# New designs for Medway schools will help reduce stormwater pollution in the Charles River

The Charles River Watershed Association and Town of Medway have completed designs for green stormwater infrastructure at Medway High School and Middle School to restore river health and make Medway more resilient to climate change.

“These green stormwater infrastructure projects will help Medway bring nature back into our built environment and allow these natural processes to work for us,” says Stephanie Carlisle, Sustainability Coordinator for the Town of Medway Department of Public Services.

Stormwater pollution is one of the greatest threats to a clean Charles River. When it rains or snows, water runs off roofs, sidewalks, driveways, and roads—all the impervious surfaces that make up Medway’s built environment—picking up pollution along the way and conveying it straight into the Charles River. This polluted runoff degrades the ecosystem—contributing to invasive species growth and fueling

toxic cyanobacteria blooms. Additionally, as the climate changes, Medway is expected to see more frequent, severe storms, heat waves, and drought. Impervious surfaces exacerbate these impacts—causing flooding, urban heat island effect, and depleting Medway’s groundwater which residents rely on for drinking water.

Because of these impacts, under the state’s Municipal Separate Storm Sewer System (MS4) permit, the Town of Medway is required to undertake considerable efforts to reduce stormwater pollution and reduce its phosphorus load by 880 pounds per year.

“Across the watershed, municipalities are taking unprecedented action to retain their rain and reduce stormwater pollution. The investments we make over the next fifteen years are critical for securing a clean swimmable river for the next generation,” says Max Rome, Stormwater Program Manager at Charles

River Watershed Association.

Green stormwater infrastructure, or urban design solutions that mimic the natural water cycle, promises to curb stormwater pollution, build climate resilience, and restore our shared environment. The proposed plan will construct two types—rain gardens and infiltration chambers—at Medway High School and Middle School.

“Implementing green stormwater infrastructure at schools provides a unique educational opportunity. When students see rain gardens on their walk to school or near a playground, they ask questions!” says Stephanie Carlisle, Sustainability Coordinator for the Town of Medway Department of Public Services. “Inspiring young people to learn about nature and



Stephanie Carlisle, left, Sustainability Coordinator for the Town of Medway, and Sarah Traore, Rita Barron Fellow for Charles River Watershed Association, give a presentation to chemistry students at Medway High School about the proposed project and environmental stewardship on May 1, 2023. (Credit: Charles River Watershed Association).

our surroundings will create the next generation of environmental stewards, which we need more than ever as we face the impacts of our changing climate.”

Together, these solutions will help the Town of Medway meet phosphorus reduction requirements, prevent flooding in extreme weather, restore groundwater to make the drinking water supply more resilient to drought, and increase local greenspaces to cool neighborhoods. The projects identified will remove 50 lbs of phosphorus and recharge over 10 million gallons of water annually, equivalent to the domestic water use of over 400 residents. Now that designs are complete, the Town of Medway is looking for opportunities to fund and

build the project.

This project is possible thanks to the support of the Massachusetts Department of Environmental Protection (DEP) Section 604(b) Water Quality Management Planning Grant, an award given to municipalities and non-profit partners to kick-start projects to improve local waterways.

Charles River Watershed Association’s mission is to protect, restore and enhance the Charles River and its watershed through science, advocacy, and the law. CRWA develops science-based strategies to increase resilience, protect public health, and promote environmental equity as we confront a changing climate.



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# Millis senior projects have a STEAM or global focus



Millis High School student Cynthia Argujio designed and painted a mural as her senior project. Courtesy photo.

BY KAITLYN RICHARDS  
STUDENT WRITER

Every year, each member of Millis High School's senior class completes a senior project. This project consists of writing a research paper, creating and producing a final product, as well as presenting their projects in front of their peers. Seniors work on their projects throughout the entire school year. The projects serve as a reflection on Millis as a school and a community. This year, the Class of 2023 got to follow in Millis High School alumni's footsteps and presented their projects at the Millis Public Library.

Many members of the senior class created projects with a science, technology, engineering, art, or mathematics (STEAM) or global aspect to them. One of these projects was from senior Cynthia Argujio, who created a mural in the high school's cafeteria for her senior project. As a

STEAM scholar, Argujio chose an art theme.

"My senior project was to paint a mural in the high school cafeteria; it depicted the connection between agriculture, food, culture, and community. For my presentation, I explained the steps I followed to design and paint my mural, and the motivation for choosing this for my senior project," said Argujio. "Overall, I received lots of support and kind comments, not only from staff and students but also from other community members who admired the new mural."

Some other projects done by seniors were Millis History Day, a 5K dog walk, and fundraisers to raise money for upgrades for the high school's locker room. The projects allow seniors to have a great opportunity to give back to their community before they head after graduation in different directions beyond Millis.

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# Pride flags flew along Medway's Main Street for month of June



Above, The Pride Flag Raising Committee after the storm passed. Courtesy photo  
Left, The Pride Flag flies over a town banner on Main Street. Courtesy photo

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By THERESA KNAPP

This year's Pride flag raising was postponed due to severe thunderstorms but that did not put a damper on the celebration.

On Friday, June 2, The Pride Flag Raising Committee had just finished preparing the Choate Park Pavilion when the weather took a turn for the worse and the Medway Department of Public Works could not raise the flags as planned.

"We rode out the storm under the pavilion and greeted the folks who braved the elements to join us, but we didn't get to have our full celebration," said Andrea Moores, a member of the planning committee,

noting that the DPW was able to raise the flags the next day. "They did put them up on Saturday morning and people did come to watch."

The flags flew along Main Street/Route 109, between Evergreen Street and Lincoln Street, for the month of June. In the past, the flags flew for just one week but last year the Medway Select Board adopted a new policy that authorized the flags to fly for the full month.

The Pride Flag Raising Committee includes Medway residents Cyndy Ellis, Angelica Crosby, Laura Connolly, Kai Connolly, Sarah Hagen, Andrea Moores, Sue Rorke, and Mendy Tarkowski.

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# Enjoy Every Sandwicher Moment



Glenn Brown

Once David Letterman had frequent guest and a favorite musician of his, Warren Zevon, on for an entire show. Zevon, who'd disclosed terminal cancer, performed and interviewed throughout. Dave at one point asked, "Anything you know now, that I should know?" to which Zevon wittily deadpanned, "Enjoy every sandwich."

Those raising children and helping aging parents often feel

rushed and are distracted thinking about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communicating and executing for 3 generations at once.

In 2018, my parents were struggling with health to remain independent in NH after 60 years in their home. Stress rained on my mom as a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily re-

sponsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston. Here's some antidotes for Sandwichers:

**Small talks instead of "The Talk".** Families don't like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about a friend, asking what they would do. Gained small agreements, the changed topics as would address others another day to frame a mutual plan.

**Bring in outside mediators.** My aunt shared with my mom that time is not your friend. She encouraged the positives to take action now, rather than later when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and proxies before making the move.

**Define their plans for wellness.** Far too often, adult children tip-toe around aging conversations with parents for

fear it may come across as morbid or worse, inheritance focus. These conversations need to focus on their future ideas of wellness. What is it they foresee for a surviving spouse? When they can no longer remain independent? By having these talks when both parents are in good health, it defines their expectations and allows planning a foundation with greater flexibility.

**Your spouse's support is critical.** Incredibly fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday."

**Through the eyes of a child.** It's not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice versa, as health has improved so has activity as the girls provide motivation and energy.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions

my parents would have faced on their own these past 3-plus years.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting memories.

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](http://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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# ROOFING • SIDING • WINDOWS

# Ants Ready to Bug Homeowners This Spring

**WPC Pest and Termite Control offers pest-prevention tips to keep ants from marching indoors.**

Summer is officially here and with it comes one of the most persistent warm-weather pests—ants. As temperatures rise, WPC Pest Control warns that America's number one nuisance pest will invade homes across MetroWest in search of food. While most species present problems in people's pantries and kitchens, some species can deliver painful bites while others inflict property damage. According to a survey from the National Pest Management Association (NPMA), more than half of consumers list ants as their top pest concern.

"As most homeowners know, ants are especially drawn to the kitchen and their sheer numbers can be daunting," said Jim Mazzuchelli, owner at WPC Pest and Termite Control. "Carpenter ants are most likely to invade residential homes this spring, but eliminating food sources can help keep them at bay."

Of all the U.S. ant species, carpenter ants and fire ants pose the most risk for homeowners. Carpenter ants excavate wood in order to build their nests, which can compromise a home's structural soundness. Just seeing 3 to

5 ants a day could indicate an underlying problem that might only get worse and cause major damage to your home.

Although ants can be difficult to control once they have entered a home, the following preventative measures can play a major role in helping to avoid infestations:

- Wipe up crumbs and spills immediately
- Store garbage in sealed containers and remove from the home frequently

- Keep food packages closed or sealed and store products in air-tight containers
- Avoid leaving food out on the counter or pet food out on the floor for long periods of time
- Repair holes or gaps in window and door screens
- Seal cracks and holes on the outside of the home including entry points for utilities and pipes
- Keep tree branches and shrubbery well-trimmed and away from the house
- Replace weather-stripping and repair loose mortar around basement foundation and windows

- If you suspect an ant or any pest infestation in your home, contact a licensed pest professional to inspect, identify and treat the problem

"With more than 700 species of ants in the U.S., many of which create huge colonies, prevention is the key to an ant-free home," added Mazzuchelli.

For more information on ants, please visit [www.nobugsnopets.com](http://www.nobugsnopets.com) or call 508-366-1820 to set up a free inspection and a free outside treatment.

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## Millis Senior Center July Events

*\*Please note that some Regular Events have changed and needs to be updated*

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.

### July/August Events:

**Plainville Casino Trip:**

Join us on Thursday July 20th for a trip to Plainridge Park Casino in Plainville, MA. The bus will leave the Center at 10AM and return at 2PM. Space is limited. Call the Center to reserve your spot. Cost for transportation: \$5.

**The Corvette Doo Wop Revue & Lobsterbake:** Dedicated to preserving and performing the greatest music ever made—the music of the 1950's Doo Wop era. Some of the great hits you will hear include: Come Go With Me - Little Darlin' - Whole Lotta Shakin' Goin' On - At The Hop - The Twist - Earth Angel - Sea Cruise - Rock Around The

Clock - In The Still Of The Night - Runaround Sue - Runaway—Palisades Park - Twistin' The Night Away - Splish Splash - Shake Rattle & Roll And many more! Your meal includes a whole boiled 1 1/4 lb. Lobster, Clam Chowder, Fresh Steamed Mussels, Fresh Maine Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter, & Beverage OR A 1/2 BBQ Chicken is available as a Non Lobster Alternative. Date: Monday: August 7th from 8:30AM to 5PM Location: Fosters in York, ME (transportation to and from Millis Council on Aging Cost: \$109 per person

**Coyles Antique Roadshow:** Our annual Antique Roadshow with Coyles Auction Gallery from Medway will be held on Tuesday, August 15th at 10AM. Please bring in your valuables to be appraised. Some things to consider bringing in for appraisal would be toys, dolls, Hummel's, paintings, fine pottery, stoneware, coins, military items, or whatever else you may have lying around the house that you think may be of value. There is a \$4.00 charge per item for appraisal. All proceeds go to the Friends of Millis Council on Aging and are used to fund activities at the Center. Hope to see you here!

**2 Basket Weaving Beginner Classes:** An introductory class to basket weaving and structure, designed for the individual who wants to try with-

out feeling overwhelmed. You will learn basic basket structure and tips on handling weaving materials. Each student will complete a small, round basket with glass beads. All supplies provided but bring an old hand towel to work with wet materials. The classes are on Monday, July 10th and Monday August 21st, 12-3PM. Cost is \$10 for Millis residents and \$25 for non-residents. The class is limited to 10 participants so sign-up today! Thank you to our Friends group for supporting this event.

**Mary Kay Event:** We are hosting Summer Spritzer on Wednesday, July 19th, at 1PM. Come freshen up your skin.

**Dehydration And Heat Stroke Talk:** Do you know the signs of dehydration? Are you able to spot the signs of heat stroke? If you would like to learn more about these and how to spot the differences, come join the Millis public health nurse on Monday, July 17th, at 10AM to learn more, and what you can do to prevent it this summer!!

**Memorial Service:** We will be memorializing Millis seniors who have passed in the last year on Wednesday, July 19th, at 9:30AM. Please come and pay your respects. We will be reading the names. Refreshments will be served so please let us know if you will be at-

**MILLIS SENIOR CENTER**

*continued on page 13*



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# The b.LUXE *beauty beat*

## Say Bye Bye to Summer Frizz with a Cezanne Smoothing Treatment

BY GINA WOELFEL

As the weather heats up, so do our agendas. Backyard parties, weddings, get-togethers and warm, sun-filled days at the beach leave us ready to don our summer outfits, let down our beach waves and enjoy being out and about in the year's most enjoyable months.

Oh, summer...the season we all love the most, except when it comes to our hair.

It's the season of sun, fun and, unfortunately, frizz. With the rise in temperature, smoothing and straightening your hair can be difficult and even with an arsenal of styling products, summer's heat and humidity often wins the battle against smooth, tame tresses. For those of you who spend hours styling your hair, only for it to blow up as big as the heat index, we hear you! But, fret no more, we have the solution to your summer hair woes! It's time to step up your beauty game for the fun months ahead with a Cezanne Smoothing Treatment.

### What is a Cezanne Smoothing Treatment

A Cezanne Treatment is a fully customizable, *smoothing* service that utilizes three specific ingredients - Keratin protein, sericin (silk protein) and glycolic acid to fully penetrate the hair shaft to reduce frizz, improve manageability and prevent breakage. These three powerhouse ingredients also enhance softness, add

shine, improve texture, and de-bulk unwanted volume. It's important to note that the Cezanne Treatment is not a *straightening* service. Hair will not stay pin-straight, but one treatment will leave frizzy hair smooth, shiny, and manageable. And for those who want to keep their waves and curls but cut the frizz, yep, Cezanne does that, too. Think of it as more of a styling tool that reduces your drying time by up to 30% and maintains your blow-dry, despite humidity. And unlike other keratin treatments, there's no downtime. As soon as your appointment is over, you can shampoo, restyle, work out, even get your hair colored.

### What's involved?

We start with a double scrub of detoxifying shampoo to prep and clean your hair. Once it's completely dried, the Cezanne solution is applied and combed through to let process for 30 minutes. Your stylist will then rinse and blow dry your hair straight before flat ironing it, section by section, to lock and bond Cezanne's nutrient-rich formula into your hair. The process is approximately two hours, but time does vary based on hair length, density, texture and desired smoothness.

### Is there a lot of maintenance with a Cezanne Treatment?

No! In fact, there's very little upkeep with this service. The

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Cezanne will dissipate at a faster rate, though, if you're a frequent shampooer or swimmer, so, choose a quality, sulfate-free shampoo and conditioner and keep that in-mind with your washing schedule.

### How is this different from other relaxers or straighteners?

The Cezanne Keratin Smoothing Treatment does not work like traditional formaldehyde-based straighteners or relaxers. While the flat ironing at the end of the process temporarily straightens your hair, Cezanne won't break the bonds of your hair the way some relaxers or straighteners do. Instead, Cezanne uses natural, non-toxic ingredients to smooth and tame unruly hair. This gives you the option to enjoy your natural curls



one day and easily blow dry them straight the next.

### Is it safe?

The Cezanne Smoothing Treatment is 100% safe, non-toxic and formaldehyde-free.

### Who is it best for?

The Cezanne Smoothing Treatment can benefit all hair types. The more you struggle with frizz, the better your results will be! A Cezanne can also help repair damaged hair by bonding dry, broken flyaways and adding a layer of strength and protection from heat tools.

### How long does it last?

You can expect up to 5 months of smooth frizz-free hair, depending on how often you shampoo.

Not ready for that level of commitment? There's also the *Cezanne Express* that's a lower priced option, works on all hair types and lasts up to 10 weeks.

### Will it affect my hair color or other chemical services?

Hair color and chemical services should be performed after a Cezanne Treatment, and can be performed on the same day as your appointment.

**SUMMER SPECIAL:** b.LUXE Hair and Makeup Studio is now offering a **Cezanne Summer Smoothing Special** through July! See image for details or scan the QR code for full details of our monthly specials at bLUXE.com

So, what are you waiting for? Take back those summer styling hours and book a Cezanne Classic or Express today! You'll be glad you did.

Happy frizz-free summer!

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# Living Healthy

## Summer Eye Safety

BY: ROGER M. KALDAWY, M.D.  
MILFORD FRANKLIN EYE CENTER

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

Independence Day is just around the corner. Your 4th of July holiday usually ends with enjoying professional fireworks and maybe even lighting a few of your own in the backyard. Before you light your first bottle rocket or sparkler, let's talk about the dangers of fireworks and how

to keep you and your loved ones safe.

Most firework injuries happen in a one-month span from late June to late July. Each year approximately 16000 people visit an emergency room because of a fireworks-related injury, and there are 18 deaths. The number of people sustaining minor injuries not requiring an ER visit is thought to be much higher. The most common injuries are to the hands and fingers, legs, head, face, ears and arms. Sometimes people pick up packs of fireworks at the grocery store thinking they're safe because they're small and don't produce large displays. Often, these are the fireworks we give or use close to children. Consider the number of ER trips these common, "safer" fireworks cause each year. Many of us think the people most at risk of getting injured are those lighting the fuse, but bystanders are the most at risk. Those on the side-

lines account for 65% of all ER visits for firework-related injuries.

Eye injuries caused by fireworks are very common and can have devastating effects. Your eyes are delicate, and any fireworks injury could potentially cause permanent damage. Sparks, flames, smoke, and flying pieces of debris are all hazards inherent in any display. The four most common eye injuries are: detached retina, scratches on the cornea, ruptured eyeball and burns. Any eye injury can lead to long-term vision problems or even blindness. If your eye has been hurt, seek medical attention right away. Please leave fireworks to the professionals and let's all enjoy a safe 4th.

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



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

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

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

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say

they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

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

Choose wraparound styles so that the sun's rays can't enter from the side.

If you wear UV-blocking contact lenses, you'll still need sunglasses.

Wear a hat along with your sunglasses; broad-brimmed hats are best.

Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.

Know that clouds don't block UV light: The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

### EYES

*continued on page 13*



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**MILLIS SENIOR CENTER**

*continued from page 10*

tending so we can plan accordingly.

**Great Migrations:** Nature documentary television miniseries that aired on the National Geographic Channel, featuring the great migrations of animals around the globe. We will see Need to Breed, Race to Survive, and Feast or Famine on Wednesdays, July 5th & 26th and August 2nd, at 11AM. Hosted by Kristi Christman.

**Ancient Mysteries Of China** 2-Part television documentary on China on Wednesday, August 23rd & 30th, at 11AM. Hosted by Kristi Christman.

**American Southwest** The McCoys will host a video and photo presentation on the American Southwest, with videos of Southwest National Parks, the Sonoran Desert, and Sedona (including the surrounding area). They may also include some personal photos of their home in Green Valley, Arizona and other scenic areas of the beautiful state of Arizona. The presentation will be approximately 1 hour long at 11AM on Wednesday July 12th and 19th and August 16th. Please join us to learn the secrets of the desert!

**A Guide To Gambling In The Golden Years** This interactive, presentation by GameSense delves into why older adults gamble & what they play. We discuss strategies on how to keep your gaming

healthy and fun and test your knowledge about gambling myths. We will talk through what gambling for entertainment looks like versus gambling that may not be fun anymore and touch on some of both the positive and negative effects that gambling can have on older adults. Join us for this hands-on presentation, play a free game, and receive some swag on Wednesday July 26th at 10AM.

**Real Estate Planning:** Attorney Joanne M. DiPietro will discuss estate planning, in general, and focus on the establishment of a plan and how it will protect your assets from creditors. Key points:

- Reminder that we do not know what the future holds, so be sure to discuss your wishes with your loved ones and friends as time does not wait for us to plan.
- Reminder to draft and prepare an estate plan so you can be heard, and your wishes accomplished by your fiduciaries when you are unable to be heard due to death or incapacity.
- Reminder to review and update your estate plan if there has been a change in tax laws, your family structure, financial situation or with the fiduciaries you have appointed to speak for you.
- Reminder to learn and be educated on estate planning and elder law as everyone has different scenarios and situations and your estate plan should be developed to meet your goals and needs.

Join us on Wednesday August 9th at 1PM. 2023 Elder Law Education Guide will be handed out.

**RESTARTING BIRTHDAY MONTHS** Please join us on Tuesday July 25th and August 22nd, at 10AM, to celebrate your birthday month with cake and conversation.

**BYOB- BRING YOUR OWN BOOK GROUP** This 'interest meeting' will share ideas of favorite titles to add to your 'beach book bag'! Join us at the Millis COA on Wednesday, July 12th, at 10AM and Tuesday, August 1st, at 11 AM. Hosted by Patsy Divver.

**Board Games Expanded To 2 Times Per Month!** Monday, July 17th & July 31st, 1-3PM & August 14th & August 26th. 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 Thursdays, July 6th & 20th and August 3rd and 17th from 1-3PM. Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns.

**Zumba Gold:** Join us for 2 introductory classes of Zumba Gold with our YMCA instructor Chrissie Cochrane in the gym on Thursday July 13th at 9AM, and Thursday August

17th at 9AM. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant.

**Tai Chi With Tony 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 optimistic 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!

**Grab And Go Lunch** 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.

**EYES**

*continued from page 12*

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# 'SUP Medway Community Coalition Working with Schools, Police to Implement Handle With Care Program

Superintendent Armand Pires, Police Chief William Kingsbury and 'SUP Medway Coalition Coordinator Stephanie Simeon are pleased to share that Medway Public Schools and the Medway Police Department are partnering to implement the Handle With Care program.

Handle With Care enables police to notify schools when they encounter children at a traumatic scene so schools can provide adequate support immediately.

According to Handle With Care, a national survey of the incidence and prevalence of children's exposure to violence and trauma revealed that 60% of American children have been exposed to violence, crime, or

abuse.

Prolonged exposure to violence and trauma can seriously undermine children's ability to focus, behave appropriately, and learn. Such exposure often leads to school failure, truancy, suspension or expulsion, dropping out, or involvement in the juvenile justice system.

The Handle With Care model allows first responders to collaborate with their school partners to address the needs of children who may have experienced trauma so that they are "Handled with Care."

The model has been adopted in more than 100 districts across the country, bolstering communication among local law enforcement, schools, and mental health services.

The adoption of this pro-



gram in Medway was initiated by 'SUP (Substance Use Prevention) Medway, a coalition of town personnel, students, parents and community professionals from various industries. The coalition's mission is to engage in collaborative community work focused on the reduction and prevention of youth substance misuse. Its work is intended to


be a broad and long-term look at aspects and influences within the community, and changes that could be made community-wide to further prevention work.

As a Drug Free Communities-funded coalition, 'SUP Medway's first goal is to increase community collaboration in order to be positioned to make positive changes that decrease the likelihood of drug use. Implementing Handle With Care helps support the immediate needs of the child and can prevent negative outcomes in the future since trauma can impact substance use and other behavioral outcomes later in life.

"Medway is well-positioned to adopt this program as there is

**'SUP MEDWAY**

*continued on page 15*

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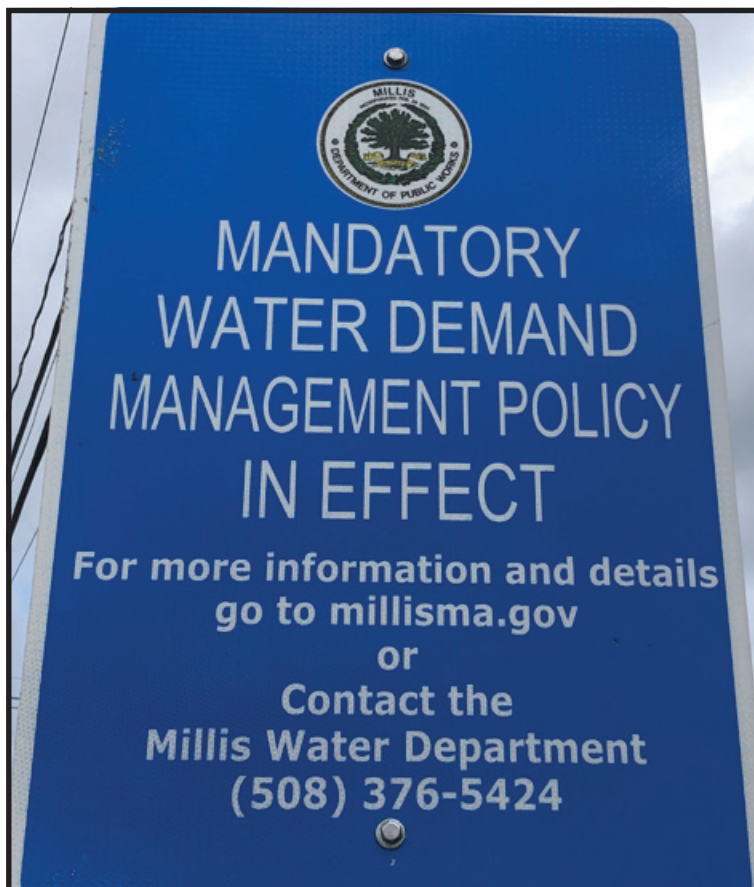
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### AAA issues tips for driving near Philadelphia after I-95 collapse

On June 11, a heavily traveled section of I-95 in Philadelphia collapsed after a tanker truck carrying flammable material caught fire, and repairs are estimated to take weeks or months.

For travelers heading to or through the area, AAA offers the following advice:

The most up-to-date detour information can be found at [www.pa.gov/i95updates](http://www.pa.gov/i95updates).

For travelers from Rhode Island and Massachusetts, going by train may be a good alternative.

While AAA does not route motorists on I-95 heading to places like Washington and Virginia, it does use the New Jersey Turnpike, which will likely see traffic volumes increase. Plan accordingly.

Additionally, the Pennsylvania Turnpike may be an alternative for southbound drivers.

The airport is not affected and there are multiple routes into downtown for visitors to the city.

Vice President of Public and Government Affairs for AAA Northeast Mary Maguire says, "Drivers should plan ahead, pack their patience, and stay connected as commuting routes and times will be fluid in the days, weeks and months ahead... This is a frustrating situation, so remain calm and courteous behind the wheel and don't engage in aggressive driving behaviors."

*This information was taken from a press release submitted by AAA.*

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### 'SUP MEDWAY

*continued from page 14*

already a great relationship between police and schools, as well as systems and supports within the district for connecting students with mental health and social services when the need arises," Simeon said.

Through Handle With Care, when first responders respond to an incident where a school-age child may have been a victim or a witness, they notify the school of the child's name and advise the school to "handle with care."

No further information is shared. Staff are able to monitor the affected child and prepare to offer additional support or referrals for additional services, as needed.

The Handle With Care Notification includes the following statement: "The child referenced below was on the scene of a police action in the last 24 hours and could exhibit academic, emotional and/or behavioral problems as a result of exposure to a traumatic event."

Once a school district, school, or childcare agency receives the notification from police, the no-

tification will be forwarded to the appropriate staff member to observe the student's behavior and academic performance and be prepared to provide trauma-sensitive support as needed.

"We are thrilled to be partnering with the schools, building upon our relationship and diving deeper into this important work," said Medway Police Department School Resource Officer Paul McLaughlin. "Our children spend significant time at school and it is important that these systems are in place to safeguard their mental well-being."

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# Niagara Coffee Haus benefit concert raised funds for Family Promise Metrowest



Tim Roper fiddlin' for the Phat Daddies. Courtesy photo.

ise Metrowest whose mission it is to transform the lives of families with children who are facing homelessness by mobilizing a diverse community to provide shelter, education and comprehensive support. The event was sponsored by Middlesex Savings Bank and supported by Friends of Niagara and Millis Cultural Council. The Niagara Coffee Haus Family thanks everyone for their generosity and spirit!

You can visit the NCH at their new website [www.niagaracoffeehaus.org](http://www.niagaracoffeehaus.org) or Niagara Coffee Haus Concerts on Facebook and Instagram. The next musical event features the retro jazz/blues/swing revival group, The Smack Dabs on July 15th at 8pm with Josh Lederman opening. Tickets avail at Eventbrite. <https://www.eventbrite.com/e/655867255617>

*This press release was submitted by Niagara Coffee Haus*

On Saturday, April 29th, the Niagara Coffee Haus presented Millis music favorites, Little Jed & the Phat Daddies in a special benefit concert for Family Promise Metrowest, an organization that helps the homeless and unhoused. The Dads delivered the goods with a 1970s-inspired

set of cover songs and originals. Members of local acoustic rock band, Hobo Coat were invited to sit in on a few tunes much to the appreciation of the enthusiastic patrons.

A total of \$1268, representing all ticket sales and donations was raised for the Family Prom-

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# Sports

## Millis' Fong strives to become an all-around tennis player

By KEN HAMWEY  
STAFF SPORTS WRITER

Olivia Fong just might be the best-kept secret in the Tri Valley League.

Millis High's first singles player was the tennis team's MVP as a freshman and sophomore, and she added to those honors when TVL coaches selected her as an honorable-mention all-star as a freshman and a first-team selection as a sophomore.

Those accolades speak volumes about her effort, her competitive nature, and her ability.

The 5-foot-3 Fong played a key role last spring in helping the Mohawks qualify for the state tourney for the second consecutive year.

Tom Ingraham, who's been Millis' girls' tennis coach for 28 years, points to Wong's work ethic, her relentless competitive style, her mental toughness and her high tennis IQ as her prime strengths. "She's on a path to be one of the most successful players we've ever had," he emphasized.

The 15-year-old Fong is already in the history books at Millis. She's the third girl to play first singles as a freshman in the program's 50-year history. "That's very humbling," she said. "When I heard that, it was an amazing feeling."

Fong's record at first singles may not sound like much — 8-10 as a freshman and 9-9 as a sophomore — but consider the opponents she faces day in and day out. They're the best play-



ers on their squads.

"Take Norton for example," Ingraham said. "They struggle in league play but Maddie Sutrol, in my opinion, is the best first singles player in the league."

Fong is acutely aware that she must be at her best on a daily basis. "It can be tiring

to go against every team's top player," she said. "Many of the girls in the TVL have more experience than me but that enables me to grow as a player. It adds to the pressure, but I just try my best. What helps is the support I get from my teammates."

Fong started playing tennis at a summer camp when she was 11. Later on, she attended clinics and competed in drills at the Kingsbury Club in Medfield. "I played doubles for my eighth-grade team," she said. "And I've received lots of help and tips from my brother [Jackson] who plays at Xaverian."

When she began her varsity career at first singles last year, she relied on her athleticism, agility, quickness and consistency. "I'm more of a finesse player but I'm trying to add power to my game," she said.

Fong's strengths include pinpoint placements, an ability to get to the ball quickly and a



**Left, Olivia Fong is striving to improve her serve to become an all-around tennis player. Courtesy photo**  
**Above, Olivia Fong enjoys competing for her coach, Tom Ingraham, who's guided Millis' tennis teams for 28 years. Courtesy photo**

hard cross-court forehand. "My forehand shot is my best," she noted. "It goes to the sideline instead of the baseline. It's a sharp angle shot."

Working diligently to improve her serve, Fong's best match was last spring when she defeated Lauren Barr, Medfield's first singles player. "Unfortunately, we lost the match but I won, 2-1, in three sets," Fong recalled. "I dominated the first set but the last two were evenly played. I overcame some miscues, but it was a challenge to beat her."

As for her top thrill in tennis after two varsity seasons, it was being named a TVL all-star as a freshman and sophomore. "It's nice to be recognized by the other coaches," she said. "It's a reward for my work ethic and tenacity."

The MVP awards she earned are also meaningful.

"There's pressure at first singles and I strive to not let my teammates down," Fong admitted. "I've learned from my losses, developed resiliency, and worked to improve."

Fong has admired all her teammates during her first two

seasons and points to Millis' three senior captains as prime assets last spring — Leah Abraham (third singles), Lilly Cassidy (first doubles), and Nora Jurgelewicz (second doubles). "They're great leaders who anchored our team," Fong offered. "They promoted a family atmosphere and they led by example, by being good communicators, and by being positive and enthusiastic."

Fong is also a fan of Ingraham. "He's got passion for tennis and he's focused on seeing all of his players excel," she said. "Coach Ingraham is a good strategist who's motivating and encouraging."

Fong's junior year is right around the corner, but her goals remain team-oriented with an emphasis on taking her game to a higher level. "I want to keep improving and maintain a drive to succeed," she said. "I would like to become a captain and be in a position to lead my teammates and help them grow."

A high honor student (4.5 GPA), Fong not only has shown

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**FONG**

continued on page 19

# Sports

## Why you need life insurance — even with no dependents.

You may think you don't need to worry about life insurance until, or if, you have children. After all, there's no one who relies on you to feed, clothe, and educate them. Re-maining uninsured, however, could prove to be a big financial mistake, even without dependents. Here's why.

Life insurance can shield your surviving loved ones from financial hardships they may face if you pass away unexpectedly. This could apply to anyone who relies on your ability to provide for them financially, including aging parents or a spouse who doesn't work outside the home.

Even if your spouse has a full- or part-time job, consider what would happen if the income you bring in was permanently lost. Would your spouse be able to handle all living expenses — including large bills like mortgage payments? Would he or she be able to continue paying off any debts you share?

Many partners would not be able to cover the expenses of

their current lifestyles without two incomes. So considering life insurance to protect each other is a critical financial planning step.

If you decide to look into life insurance, you will have to decide how much you and your spouse need to protect each other.

There are several ways to determine how much coverage you will need. One method is to multiply your salary by five or 10. This may make the most sense, however, when you have minor dependents who will need financial help to see them through college and early adulthood.

If you and your partner simply want to protect each other, you may need coverage that will cover only one to two years of expenses.

Perhaps the most accurate way to measure how much you will require is to consider the amount your surviving spouse would need to handle his or her actual financial needs, whether it's paying off the mortgage, satisfying debts, or providing care to

aging parents.

Life insurance can provide you with peace of mind and the knowledge that your surviving loved ones won't face serious financial hardship after you're gone.

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 508-321-2101.



**Sources:**

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**FONG**

*continued from page 18*

leadership in the classroom, but also as president of her class for the last two years. "There's some stress in that role," she said. "There's planning to be done with fundraisers but I'm pleased to lead the class."

Unsure of where she'll attend college, Fong, nevertheless, is leaning on an east-coast university where she might major in interior design. Playing tennis collegiately is possible but it could take a back seat to soccer. She's played at Millis for two varsity seasons as a midfielder and a defender. "I enjoy both sports equally," she said.

Calling her parents (Andy and Sarah) role models for their support and encouragement, Fong's athletic philosophy in a combination of winning, reaching her potential and having fun.

"Sports is a great test for how to handle pressure, how to manage emotions and how to

be a good teammate," she said. "I'm competitive and I want to win but it's important to reach your potential and enjoy athletics. Life lessons that I've learned from competing are to be a compassionate teammate, to maintain a strong work ethic, not to be too hard on yourself after a loss, and to become a leader."

During Fong's two seasons, Millis has competed in the playoffs twice. The Mohawks split a pair of matches in her freshman campaign, beating Pioneer Valley and losing to St. John Paul. Last spring, the Mohawks lost to Quaboag in the first round.

"Competing in the tournaments was fun but also challenging," Fong emphasized. "There's pressure but it's a great learning experience. You learn a lot and you gain experience. I've grown by placing more of an emphasis on offense. My aim is to be an all-around player."

So far, Olivia Fong is on track to achieve all her goals and to become a complete player.



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# Sports

## Medway High School Recognizes Student-Athletes Continuing Athletic Careers in College

Medway High School Athletic Director Jeff Parcels and Principal John Murray are pleased to recognize the Medway High School student-athletes from the Class of 2023 who have committed to continue their athletic careers at the collegiate level.

In May, seven student-athletes, dressed in clothing from the colleges they will be attending in the fall, were recognized with family members, fellow students and school staff present.

The Medway High School student-athletes that participated in the May event were:

- Jon Bird: Swimming, University of Maine
- Callahan Cottone: Women's Soccer, Babson College
- Charlie Dolan: Fencing, Wagner College
- Luke Frauton: Baseball, Worcester Polytechnic Institute
- Emilie Infanger: Club Women's Ice Hockey, Assumption University

sumption University

- Mark Murphy: Cross Country, Wentworth Institute of Technology
- Andres Veliz: Men's Lacrosse, Roberts Wesleyan University

Three additional students participated in a similar event in the fall:

- Shannon Mejia: Women's Soccer, Bryant University
- James Owens: Baseball, Massasoit Community College
- Marco Perugini: Men's Soccer, Union College

"Student-athletes put a lot of time and effort into both their schoolwork and athletics, and we are so excited to recognize these student-athletes for their achievements," Athletic Director Parcels said. "We look forward to all they will accomplish in their chosen sport at the collegiate level."



In May, seven Medway High School student-athletes were recognized for their commitment to continue their athletic careers at the collegiate level. (Photo courtesy Medway Public Schools) For more photos, visit us on Facebook @MedwayMillisTownNews

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# Sports

## Hamwey to be Inducted into Bellingham's Hall of Fame

Bellingham Bulletin sports writer Ken Hamwey will be inducted into the Bellingham Athletics Hall of Fame on Friday, Nov. 17, at the Coachmen's Lodge.

The 80-year-old Hamwey, a Bellingham resident who's worked for the Bulletin for 16 years, was a unanimous choice of the selection committee. In addition to the Bulletin, the veteran sports journalist continues to write feature stories in semi-retirement for Local Town Pages, focusing on seven communities — Medway, Millis, Norfolk, Wrentham, Holliston, Natick and Franklin.

Hamwey, who's been a Bellingham resident for 51 years, graduated from Natick High before earning a bachelor's degree from Babson College. He started his newspaper career in 1967 with the Framingham News, now the Metrowest Daily News. During his first year as a sports reporter, his stories focused on Bellingham's new football program that achieved varsity status in 1967 and was coached by George Anderson. Early on, his reporting ranged from high school and college sports to the professional beat where he covered the Boston Celtics and the New England Patriots.

"I'm honored and humbled to be selected for induction into Bellingham's Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Bellingham recognize me for my reporting. Some of my fondest memories during a 56-year career involve Bellingham's athletes and teams."

Hamwey covered the Blackhawks' baseball and softball teams in 2014 that won state championships on Flag Day, June 14. "It turned out to be a banner day for the town," he said. "The baseball team defeated Monument Mountain Regional and the softball team upset two-time champion Grafton. Both triumphs were in Worcester. The boys competed at Holy Cross and the girls captured their crown at



Bromfield for a state championship in 2003.

Others to be inducted include Carrie Wernig (field hockey), Mike Trudeau (baseball), Justin Bernard (football), Bob McManus (hockey), Justin Park (hockey), Beth Thornton (field Hockey), Joanne Paquette (field hockey coach), Dave Gibbs (basketball coach), Rick Smith (contributor) and the 1996 field hockey team.

Hamwey, who'll be inducted as a contributor, left the Metrowest Daily News in 1973 and was hired at the Providence Journal where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper. He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last day in Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to R.I. athletics. Two years later, in 2010, he was honored by the Mass. Interscholastic Athletic Association (MIAA), which presented him with its Distinguished Friend Award.

At the Metrowest News, which included editions of the Milford News and Country Gazette, Hamwey wrote a popular

Worcester State."

Hamwey also covered many of the high school's elite players and coaches. He broke the story on Rick Santos when he was chosen to compete in the Hula Bowl after a dynamic career at the University of New Hampshire. He was on the scene when the Blackhawks won two state titles in field hockey during the coaching reign of Ron Bonollo. He also covered the BHS boys' basketball team that defeated

weekly column — "Yesterday's Heroes" — that focused on athletes' and coaches' past achievements. Many of Bellingham's top-notch coaches and athletes were featured in that column.

In 2007, Hamwey began covering sports for the Bellingham Bulletin. As Sports Editor at the Bulletin, he launched a column similar to Yesterday's Heroes called "Where Are They Now," reporting on former Bellingham athletes. For the next 16 years, he extensively covered Bellingham

sports while also filing stories for Local Town Pages.

Hamwey's upcoming induction will be his second Hall of Fame honor. He was inducted into the Millis Athletics Hall of Fame last year.

Hamwey and his wife Pauline, who taught at Macy School for 35 years, have been married for 34 years. His son, Travis, is a 1989 graduate of Bellingham High and a 1993 graduate of UMass-Dartmouth.

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# Leave Fireworks to the Professionals, Say Public Safety Leaders

## Fires and Damage Caused by Illegal Fireworks Rebounded in 2022

After a record-setting number of fireworks-related fires in 2020 and a sharp decline in 2021, fireworks incidents in Massachusetts rebounded last year. Massachusetts State Fire Marshal Peter J. Ostroskey and State Police Colonel John E. Mawn, Jr. are remind-

ing residents to leave fireworks to the professionals this summer.

Fireworks-related fires and explosions in Massachusetts skyrocketed at the height of the COVID-19 pandemic, jumping from 57 in 2019 to 189 in 2020. These numbers declined signifi-

cantly in 2021, when 80 incidents were reported statewide.

In 2022, however, Massachusetts fire departments reported 106 fires and explosions attributed to fireworks, an increase of nearly a third over the prior year. More than half of these incidents took place in the week of July 4, 2022. All told, the fireworks-related incidents last year caused 38 injuries

and \$414,279 in damages – more than double the property loss caused by fireworks in 2020.

“Every single year in Massachusetts, people are hurt and property is destroyed by illegal fireworks,” State Fire Marshal Ostroskey said. “As we count down to the weeks when most of these incidents occur, we’re reminding everyone that fireworks are illegal because they are dangerous. There will be plenty of permitted fireworks displays this summer, so stay safe and leave fireworks to the professionals.”

Last year, joint enforcement efforts by the Massachusetts State Police and Department of Fire Services led to about 40 criminal summonses for violating the state’s fireworks laws. They also took off the streets nearly 3,000 packages of aerial shells, cakes, fountains, bottle rockets, large rockets, Roman candles, sparklers, and other dangerous, illegal devices worth upward of \$46,000. Those enforcement efforts will resume this year.

“The unlicensed possession, use, and sale of fireworks are illegal in Massachusetts,” said Colonel Mawn. “Massachusetts law requires the confiscation of any illegal fireworks we encounter, even if legally purchased elsewhere. Massachusetts State Police will seize any illegal fireworks that we discover during routine traffic stops and other activity. And with our local and state partners, State Police will be conducting targeted enforcement efforts to intercept illegal fireworks coming in from out of state.”

Officials emphasized that fireworks, including sparklers, are es-

pecially unsafe around children. Sparklers burn at temperatures of over 1,800° Fahrenheit – hotter than the melting point of glass and aluminum. According to a 2021 report from the U.S. Consumer Product Safety Commission, “there were an estimated 1,600 emergency department-treated injuries associated with firecrackers and 900 with sparklers” in 2020. This accounted for almost 10% of all fireworks-related injuries that year. Of those 900 injuries from sparklers, 44% were to children under the age of 5. Sparklers burn at such high temperatures that they can easily ignite combustible materials even after they are extinguished: in Dracut last summer, nine people were displaced after careless disposal of sparklers started a three-alarm fire in their home.

Unfortunately, fires, explosions, and injuries caused by fireworks are not a new phenomenon. Massachusetts fire departments reported nearly 1,000 fires related to illegal fireworks between 2013 and 2022, officials said. In addition to the 42 fire service injuries, five civilian injuries, and \$2.5 million in damages attributed to these fires, Massachusetts medical facilities reported about 30 severe burn injuries extending to 5% or more of the victims’ bodies that were caused by illegal fireworks.

The Department of Fire Services posts a list of permitted municipal fireworks displays and updates it each week through the summer. To view the list – and to learn more about the dangers of illegal fireworks – visit the DFS website.



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# Real Estate Corner

## Register O'Donnell Reports on Increasing Number of Foreclosures, Promotes Assistance Programs

Dedham MA – Norfolk County Register of Deeds William P. O'Donnell today reminded Norfolk County homeowners who are struggling to pay their mortgage or facing foreclosure that there are consumer programs available to help them out. Notices to foreclose and foreclosure deeds are on the rise due to a number of factors affecting not only Norfolk County residents but Massachusetts homeowners as a whole.

A statistical review of the past five months shows an increase in foreclosures, particularly notice to foreclose mortgage filings, the first step in the process. Over this time period, a total of 33 foreclosure deeds and 161 notices to foreclose were recorded. February saw the most notices to foreclose with 43 in one month.

"Higher home prices, mortgage interest rates above 6%, and an increased cost of living are all factors that could be contributing to the increase in the number of foreclosures and notices to foreclose we are seeing recorded at the Registry," Register O'Donnell continued,

"With that said, we realize that while Norfolk County is a destination location to both live and work, but there are still some of our neighbors facing economic hardships."

To help those facing issues paying their mortgage, the Registry of Deeds has partnered with upstanding non-profit agencies by promoting their services when it comes to mortgage modification and foreclosure programs.

NeighborWorks Housing Solutions (NHS) offers a multitude of services with the aim of helping homeowners maintain safe, affordable, high-quality housing and grow their financial skills. NHS' services include rental assistance, emergency financial help, shelter and homelessness prevention, first-time homebuyer education and counseling, financial coaching, foreclosure prevention, affordable residential and small business loans, and the construction and management of high-quality rental housing across Southern Massachusetts.

Since 1965, Quincy Community Action (QCAP) has been providing anti-poverty

services in the Greater Quincy region. This includes basic needs such as food and nutrition, fuel assistance, affordable housing, quality early education and care, adult education and workforce development, and financial education. QCAP helps more than 100 communities, and more than 28,000 individuals benefit from QCAP services annually.

Homeowners can contact Quincy Community Action Programs at (617) 479-8181 x-376 or NeighborWorks Housing Solutions at (508) 587-0950 x-46. Another option available is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at (617) 727-8400.

"All of these agencies provide a range of assistance, from helping with the mortgage modification process to providing legal services to offering credit counseling," stated Register O'Donnell. "If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

For more information on these and other support options, go to the Registry's website at [www.norfolkdeeds.org](http://www.norfolkdeeds.org), click on the Support tab, and then click on the subtab that mentions Foreclosure Assistance.

"Counselors can help home-

owners understand their mortgage terms, negotiate with their lender, and develop a plan to avoid foreclosure. There are legitimate resources available to help homeowners in distress, but it is important to be cautious and do your research before trusting any company promising quick solutions," said Register O'Donnell.

Register O'Donnell also warned homeowners against falling prey to for-profit companies that offer loan modification and credit counseling services but charge an exorbitant fee.

"Unfortunately, foreclosure rescues and mortgage modification relief are becoming a growing scam. In some cases, unscrupulous for-profit foreclosure relief and mortgage modification companies are preying on vulnerable homeowners," noted O'Donnell. "They make unrealistic promises and charge a lot of money for doing so. If one of these companies is telling you something that is too good to be true, it probably is. Please check out any for-profit foreclosure relief and mortgage modification company before entering into a contract with them."

To avoid falling prey to for-profit companies that offer loan modification and credit counseling services but charge an exorbitant fee, residents can check the Better Business Bureau or

consumer protection websites to see if there are any complaints against the company.

Register O'Donnell concluded, "The Registry is proud of its commitment to helping those facing a mortgage delinquency or foreclosure by directing them to the appropriate agency that can hopefully put them back on the road to financial recovery. I urge people who feel that they need such services to contact the agencies referenced above."

To learn more about Registry of Deeds' events and initiatives, like us on Facebook® at [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow us on Twitter® at [twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds) and Instagram® at [Instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website [www.norfolkdeeds.org](http://www.norfolkdeeds.org). Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101 or email us at [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).



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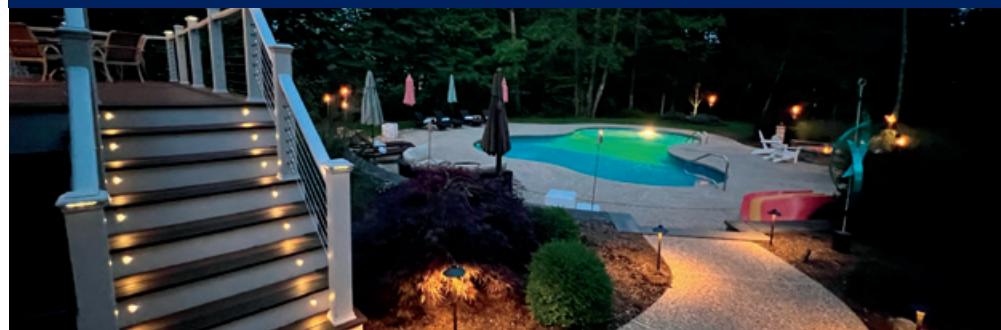
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# Real Estate Corner

## Register O'Donnell's "Suits for Success" Program Donates to Boston's St. Francis House

Dedham, MA – Norfolk County Register of Deeds William P. O'Donnell donated two car loads of smart casual clothing and business attire totaling more than 150 articles of clothing to St. Francis House in Boston through the "Suits for Success" program, May 16.

The often-taken-for-granted suit or dress clothes hidden away in the back closet and only occasionally seeing the light of day may seem to some like an unfortunate necessity. However, for those looking to regain self-sufficiency, quality clothing can be that extra push they need and help them on the path to success.

"These clothes will be put to good use and appreciated by the thousands who come to St. Francis House each year for a fresh pair of clothes in times of need," said Keri Thomas, St. Francis House Vice President of Programs and Services. "It is so valuable and necessary in getting individuals ready for the next step and help them to become more independent."

St. Francis House's mission is to rebuild lives by providing refuge and pathways to stability for adults experiencing homelessness and poverty. They aim to transform lives using a holistic

approach to understanding and addressing behavioral health, housing, and employment needs.

Register O'Donnell remarked, "We're happy to assist St. Francis House. I thank all those who donated to our 'Suits for Success' program, and I hope other local residents and businesses will consider making a clothing donation. The program is truly needed, and it's a great resource for the community."

St. Francis House has been aiding the community since 1984. They provide a range of services, including clinical care, behavioral health services, and job counseling. They also offer food, clothing, and affordable and low-threshold housing to those in need.

"Donations like this help ensure the physical and emotional safety of our guests and assist in the process of changing the trajectory of their lives and moving beyond homelessness," said Thomas. "It offers choices to people who have had total control of their lives taken away, and this is the final touch that can help individuals land a job and help them on their path to becoming self-sufficient."

Since the Registry started the "Suits for Success" program in

February 2009, it has collected more than 10,000 articles of clothing.

The "Suits for Success" program, developed by Register O'Donnell, partners with groups like Interfaith Social Services of Quincy, Father Bill's & Main-Spring of Quincy, the Veterans Affairs Boston Healthcare System Voluntary Service Program, Circle of Hope in Needham, United Parish's Thrifty Threads, St. Francis House in Boston, Suits and Smiles in Jamaica Plain, and InnerCity Weightlifting on our 'Suits for Success' program to assist those who are in need of clothing as well as household items. The mission of "Suits for Success" is to collect donations of suitable clothing to be distributed to individuals who may need appropriate attire for employment interviews.

"During the past decade, we have learned that programs like 'Suits for Success' work," said O'Donnell. "This program has given many people a valuable resource to help them on the path to success and may ultimately help them achieve self-sufficiency. It is rewarding just to help others in our community who are less fortunate."

If you would like to stay up-




St. Francis House residents and staff help Norfolk County Register of Deeds William P. O'Donnell, carry in the more than 150 articles of smart casual clothing and business attire donated through the "Suits for Success" program, May 16.

to-date on upcoming Registry of Deeds events, programs, and real estate information, you can sign up for our Registry email updates at [www.norfolkdeeds.org](http://www.norfolkdeeds.org), like us on Facebook at [www.facebook.com/norfolkdeeds](http://www.facebook.com/norfolkdeeds), or follow us on Twitter at [www.twitter.com/norfolkdeeds](http://www.twitter.com/norfolkdeeds).



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06/15/2023	15 Walker Street	\$700,000
06/14/2023	4 Bullard Circle	\$452,500
06/13/2023	28 Main Street	\$500,000
06/09/2023	90 Oakland Street	\$675,000
06/09/2023	15 Skyline Drive	\$801,000
06/09/2023	21 High Street #A	\$465,000
06/09/2023	32 Timber Crest Drive #19	\$895,961
06/07/2023	1 Main Street	\$640,000
06/06/2023	328 Village Street	\$685,000
06/05/2023	17 Oakland Street	\$570,000
06/05/2023	5 Balsam Way	\$560,000
06/02/2023	14 Puddingstone Lane	\$588,000
06/01/2023	1 High Street #L	\$695,000
05/31/2023	14 Sanford Street #29	\$367,000
05/31/2023	10 Pine Street	\$686,000
05/31/2023	31 Broken Tree Road	\$928,000
05/26/2023	37 Ellis Street	\$725,000
05/26/2023	95 Winthrop Street	\$885,000
05/26/2023	6 Cutler Street #D	\$510,625
05/24/2023	35 Cottage Street	\$600,000
05/23/2023	8 Barber Street	\$420,000
05/23/2023	67 Summer Street	\$510,000
05/23/2023	7 Kingston Lane #2	\$520,000
Date	Millis	Amount
06/08/2023	17 Heritage Path	\$470,000
06/05/2023	225 Pleasant Street	\$650,000
06/02/2023	49 Morse Avenue	\$526,000
06/01/2023	5 Rivendell Lane	\$1.28 mil
05/31/2023	193 Exchange Street	\$600,000
05/31/2023	14 Richardson Drive #271	\$844,995
05/25/2023	55 Orchard Street	\$1.41 mil
05/19/2023	480 Main Street	\$566,000
05/19/2023	47 Jameson Drive #220	\$1.46 mil

Source: [www.zillow.com](http://www.zillow.com) / Compiled by Local Town Pages

## Recent Home Sale

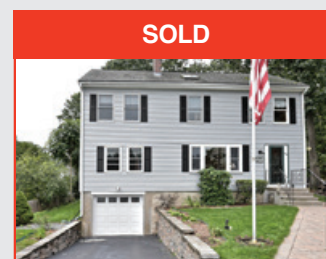


55 Orchard Street in Millis recently sold for \$1,410,000. Image credit: [www.zillow.com](http://www.zillow.com)

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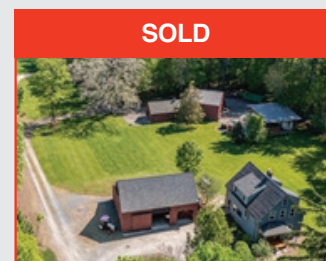
12 Sylvia Avenue  
Natick - \$659,900



5 Conway Road  
Millis - \$409,900



118 Norfolk Road  
Millis - \$775,000



24 Hollis Street  
Sherborn - \$900,000



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**SALE PENDING**



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

**SALE PENDING**



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

**SOLD**



**\$395,000**  
 253 Main Street, Medway  
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**SOLD**



**\$635,000**  
 244 Exchange Street, Millis  
 Janine Azzouz

**SOLD**



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

**SOLD**



**\$590,000**  
 142 Hollis Street, Medway  
 Laina Kaplan

**SOLD**



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

**SOLD**



**\$950,000**  
 34 Quissett Road, Mendon  
 Jennifer McMahon