

Medway youth swimmer rises to the top

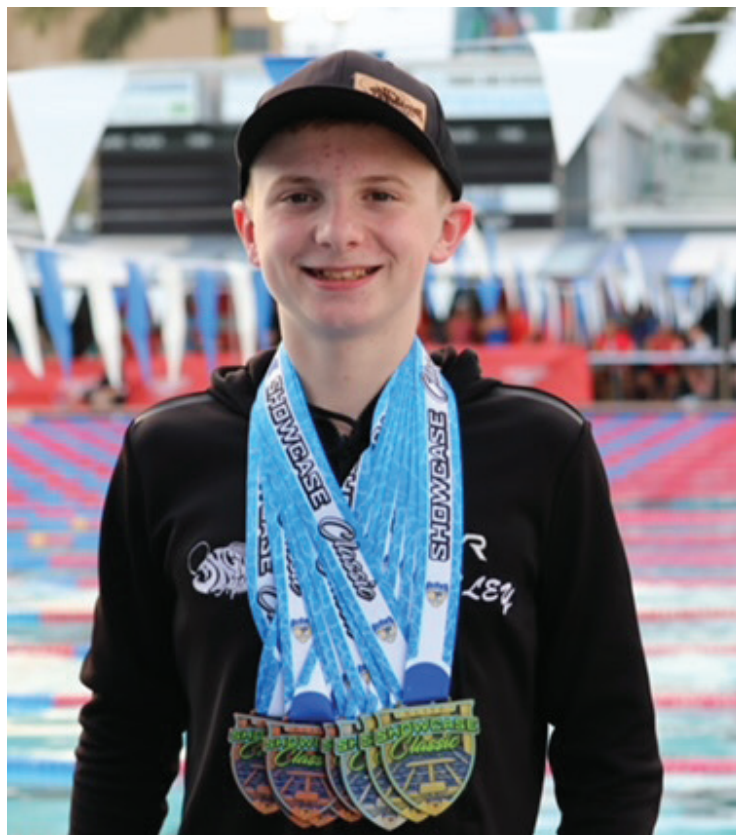
11-year-old Eli Henley is nationally recognized for his accomplishments

BY SOFIA MERCIER
STUDENT WRITER

Although it may be cliché to say “When one door closes, another one opens,” this was just the case for 11-year-old Eli Henley, who is a nationally-recognized swimmer.

Henley began participating in baseball and soccer in his early childhood, but his days of playing land sports quickly came to an end during the summer of 2019. Beginning in his own backyard pool learning how to swim, then-8-year-old Henley became a natural in the water. By the end of the summer, Henley began swimming recreationally for Kingfish Swimming in Medfield.

Henley took off in his



HENLEY Eli Henley at the ISCA Elite Showcase Classic showing off his many medals. Credit: Jared Henley
continued on page 2



Millis senior project sparked Millis History Day

Ferrantino tour highlighted 20 historical sites

BY THERESA KNAPP

MILLIS - Shea Ferrantino’s senior project was inspired by his love of history, community pride, and a conversation he had with Millis High School social studies teacher Brian Kraby.

The project goal was to replace some of the historical signs in town, so he organized a “Millis History Day” trolley

HISTORY DAY
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HENLEY

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swimming career, quickly rising to the top 10 of his age group nationally in three short years. He is currently ranked second in the country for his age in 100 Meter Breaststroke, and top 5 in the 50 Meter Breaststroke and 200 Meter Breaststroke.

In an interview with Local Town Pages, Henley said the most challenging part of being a young swimmer of his level is the peers who try to bring him down because of his talent. Despite this, he is inspired by his parents Jared and Audra Lafleur, as well as Olympic medalists Cody Miller and Ryan Murphy, to express his feelings in the pool through competition.

Currently swimming at Anglerfish Aquatics in Cumberland, RI, Henley has been across the country participating in a number of swim competitions. When not traveling, you will most likely find him at Anglerfish Aquatics where he



Eli Henley diving at the ISCA Elite Showcase Classic in St. Petersburg FL. Credit: Marcus Chen

swims for two hours a day, six days a week.

Henley's goal for the near future is to continue with his passion for swimming and he

hopes to eventually make it to the NCAA nationals meet. He and his parents are "hoping for good things next year" with each yard he swims. Although

the challenge of stiff competition has proved strenuous, Henley's dedication has made it clear nothing can bring him down.

Lions' Porchetta Dinner on Sept. 22

The Millis Lions will hold a Porchetta Dinner on Friday, Sept. 22, at the St. Thomas Large Hall, 974 Main Street, Millis (next to the Mobile gas station). In addition to porchetta, there will be pasta and meatballs. Tickets may be purchased at www.millislionsclub.org

Cost is \$40 per individual; \$65 per couple; \$20 ages 12 and under; and free for 5 and under. Beer and wine will be served.

For more information, contact Millis Lions Club member Lois Lawson at 781-789-9222 or lois@necanews.org

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HISTORY DAY

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tour to raise money to fund the project. He ran four tours on May 6; 85 people attended and he raised \$1,100 toward his goal

a couple of locations and did re-search on those locations myself, however, the majority of the information came from the bicentennial of the town," he said. His mentor, Mr. Kraby, narrated the tours.

Ferrantino continues to fun-

As part of his Millis High School senior project, Shea Ferrantino (now a 2023 MHS graduate) created a Millis History Day trolley tour to raise money to replace signs at local historical sites. Stops on the tour included:

- Richardson Tavern
- Ellice School House
- Chapel in Rockville
- Rockville Firehouse
- Grist Mill House
- Captain Joshua Partridge House
- Cemetery
- Church of Christ
- Dingle hole on Union
- Christian Herter Estate
- John Clark House on Orchard
- Thomas Crane House
- Oak Grove Farm
- Dr. Abijah Richardson House
- Abijah Richardson Jr. House
- South End Pond
- Herman Shoe Company
- King Philip's Tree



of \$5,000.

"My initial idea for the project came from Mr. Kraby and I used inspiration from events like Medfield History Day to create my own," said Ferrantino. "Hopefully, the project will continue on as not all the history was told in the short tour; hopefully it can become an annual event."

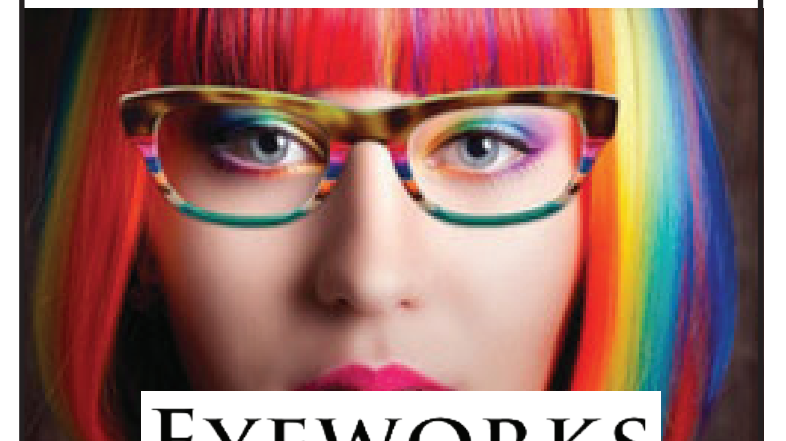
Ferrantino researched each site on the one-hour tour and created a pamphlet with a short description of each stop. "I chose

draise so he can complete the project. To donate, contact him at Sheaferrantino@gmail.com, Venmo sheaferrantino, or mail a check to 2 Gerald Ave in Millis.

Ferrantino said the project would not have been possible without his sponsors which include Roberts Mitchell Caruso Funeral Home, Millis Lions, Ambassador LLC, VistaPrint, CMG Home Loans, Northeast Signature Properties, and PCA Landscaping.



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Medway scout plans to provide 10,000 meals to people in need

Joshua McGrail aims to have meals ready in time for Thanksgiving

BY THERESA KNAPP

When it was time for Joshua McGrail to think of an Eagle project, he immediately thought about those with food insecurity, and pledged to organize and assemble over 10,000 dry meals to be offered free of charge to those in need.

“Over one-third of people in Massachusetts will be affected by food insecurity this year,” McGrail said, quoting MassNonprofit.org. “No one should ever have to go through the stress of wondering if they will be able to provide themselves or their family with a nutritious meal.” (Source: bit.ly/MassHunger)

McGrail is a LifeScout in Medway Boy Scout Troop 108 and says he started research-



McGrail says, “The biggest, most outstanding, and challenging parts of the project will be leading a team of volunteers to assemble all of the ingredients, in a safe and clean production line fashion, into meal packets; the teams will then heat-seal the packets and stack them into shipping boxes.”

But he and his team must first raise the money to fund the project.

“So far we’ve raised approximately 20% of our minimum goal of \$3,500 which will provide 10,000 meals,” says McGrail. “Our hope is that we can inspire people to give generously so we can package and provide even more than 10,000 meals for the hungry - the sky’s the limit!”

To support McGrail and his project, visit www.paypal.com/paypalme/troop108Medway and label your donation “Josh Eagle Project” in the note section so it is credited to the correct scout project.

ing his project last spring before officially submitting the Eagle Project proposal in June when it was approved. Now, he is raising money to buy the supplies and ingredients, the majority of which he will secure through an outreach group called ‘End Hunger New England.’ He will then assemble the dry meals, which will be highly nutritious and protein-packed and can be prepared simply by adding hot water. They will be distributed through a local food pantry known as “The Medway Food Pantry at Mahan Circle.”



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It’s not too late to get your fresh, local vegetables!

Medway Community Farm still has seasonal CSA (Community Supported Agriculture) shares available; they are prorate. Check out the other CSA offerings for mushrooms, eggs, fruit and flowers. Visit www.medwaycommunityfarm.org for more details.

Medway Community Farm’s Annual Farm Festival and Beer/Cider Tasting will be held on

Saturday, September 16, from 12-4! This event promises to be loads of fun for the entire family!

The Farm Fest will be held on the farm at 50 Winthrop Street, Medway. Family friendly and kid’s activities include touch-a-truck, hay rides, face painting, arts & craft projects, hot air balloon, kid’s story time on the farm, and more. We’re thrilled to be hosting some amazing local breweries in our Beer Tent, including 67 Degrees, 7th Wave, Start Line Brewery, CraftRoots Brewery and Exhibit A, as well as local hard cider producers, including Stormalong Cider. Beer tasting tickets can be purchased in advance at Medwaycommunityfarm.org. Along with sampler tasting tickets, your purchase will also include a Medway Community Farm souvenir cup. We will have live entertainment in the

main field, including live music with Matthew Stanley. There will also be entertainment in the Kid’s Activity area, too.

Bring your appetite, as food and drinks will be available for purchase, including grilled hamburgers and hot dogs, popcorn, cotton candy, and much more.

During the event, be sure to visit local vendors who will be offering their crafts and wares for sale in our vendor yard, and don’t miss our farm stand where you can purchase our freshly picked seasonal produce, as well as honey, maple syrup, and a variety of other goods and merchandise. If you would like to be a vendor at the event, please email us asap at info@medwaycommunityfarm.org.

As if all this isn’t enough, you’ll also have the opportunity to meet Anne McGinty,

Massachusetts’ Ms. United States Agriculture, who will be speaking and helping out with Kid’s Activities! Be sure to mark your calendar, Saturday September 16th, and join us for a fun filled afternoon at the Medway Community Farm.

For more information and updates on our activities, vendors, brewers, and more, visit Medwaycommunityfarm.org.

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40B affordable housing proposed for site of former Budabing's

By KAITLYN RICHARDS
STUDENT WRITER

According to a recent update at the Millis Planning Board, there is a proposal to build "24 units including 6 affordable apartments and one commercial unit" at the corner of Main and Pleasant Streets, the site of the former Budabing's 50's Café.

The 50's-themed restaurant had been in business for more than 20 years before it was destroyed by fire in 2019.

In a June 13 memo to the Planning Board, under the heading "1060 Main St, 40B," Economic Development & Planning Director Robert Weiss said the project "is waiting for the state to complete its review of the application for site approval when the developer can then submit a Comprehensive Permit application to the Town."

According to www.mass.gov, "Chapter 40B is a state stat-



Affordable housing is proposed at 1060 Main Street, the site of the former Budabing's 50's Café in Millis. Credit: Theresa Knapp

ute, which enables local Zoning Boards of Appeals to approve affordable housing developments under flexible rules if at least 20-25% of the units have long-term affordability restrictions."

Weiss told Local Town Pages that, in order to pass a building proposal in Millis, "a private developer applies to the Building Department for a permit. The department either grants

the permit or denies it, based on the Town's zoning by-laws. If that happens the proposal goes to either the Planning Board or the Zoning Board of Appeals, where the application is negotiated. The PB or the ZBA can then grant (or deny) the permit."

The applicant was expected to appear before the Zoning Board of Appeals in July.

Millis Police Dept. Police Log



Between July 1 and July 18 (press time), the Millis Police Department spent a great deal of time on traffic control and motor vehicle stops, in addition to responding to disturbances and assisting citizens and other agencies. In addition, these entries are of note:

July 2 at 6:17am, Meadow Cartway, sudden death investigated

July 3 at 10:39am, railroad ave, burglar alarm, services rendered

July 3 at 5:30pm, Exchange Street and Island Road, motor vehicle accident with injuries

July 4 at 2:17pm, carbon monoxide alarm, Tupelo Lane

July 4 at 2:19pm, carbon monoxide alarm, Glen Ellen Blvd

July 4 at 7:50pm, Main Street, mv stop, arrest made

July 6 at 6:29pm, Morse Avenue, suspicious activity

July 7 at 7:51am, Main Street, assault

July 7 at 4:06pm, Main Street, motor vehicle stop, arrest made

July 8 at 1:15pm, Orchard and Middlesex Streets, mva with injuries

July 8 at 3:29pm, Daniels Street, structure fire

July 10 at 6:05am, Main Street, breaking and entering, past

July 12 at 8:44am, Plain and Spring Streets, mva with injuries

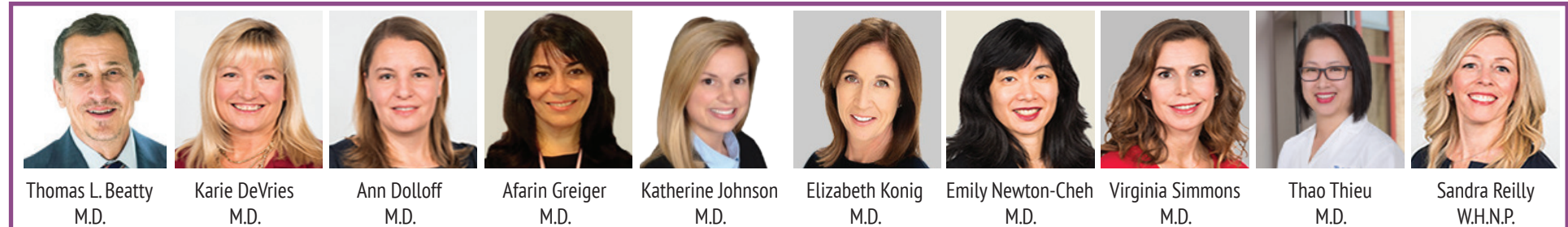
July 15 at 7:23pm, Main Street, disturbance, de-escalated

July 16 at 12:44pm, Village and Main Streets, "fire, other"

July 17 at 10:31pm, Paddock Lane, suspicious activity

July 17 at 11:55pm, Main and Pleasant Streets, motor vehicle stop, vehicle towed

July 18 at 1:09am, Hemlock Circle, suspicious activity



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Medway Public Schools Welcoming New Assistant Principals at Middle and High Schools

Medway Middle School Principal Amanda Luizzi and High School Principal John Murray are pleased to announce the hiring of a new assistant principal at both the middle school and high school.

Ari King

Ari King will be the new assistant principal at Medway Middle School.

Since August 2020, King has worked as the special education department head at Northeast Metropolitan Vocational Technical High School.

King also previously worked as an assistant principal within the Stoughton Public Schools. Prior, King worked as a special education teacher within the Framingham Public Schools, at Dearborn Academy and in the Peabody Public Schools.

"MPS embodies many of my important core values that lead to successful learning," said King. "After meeting with students and staff I was impressed by the energy and enthusiasm they brought toward learning and growing. I am excited to support the teaching that has

already helped so many students develop the academic skills necessary to succeed."

King holds a Master of Management from Endicott College, a master's degree in teaching from Simmons College and a bachelor's degree in English from the University of Massachusetts Amherst.

Lori Stattenfield

Lori Stattenfield will be the new assistant principal at Medway High School.

Since August 2021, Stattenfield has worked as the assistant principal at Tantasqua Regional High School in Fiskdale. There, she assisted with overall administration of the building, and planned and facilitated a working group to update and revise select curriculum for grades 9-12. Stattenfield has also worked as the history department curriculum supervisor and as teacher at Tantasqua Regional High School.

Prior to the Tantasqua Regional School District, she worked as a history teacher at Deerfield Academy, Amherst Regional High School and Herndon High School in Vir-



Ari King (left) will be the new assistant principal at Medway Middle School, and Lori Stattenfield will be the new assistant principal at Medway High School. (Courtesy photos)

ginia.

"I am so excited to be joining Medway Public Schools. I've been able to visit the high school several times, and I continue to be impressed by Medway's strong sense of community and by the commitment the faculty and staff have to ensure that every student reaches their full potential," said Stattenfield. "I know we are all enjoying the summer, but I am

anxious to see the classrooms, stages, and athletic fields alive with students this fall!"

Stattenfield holds a Master of Education in secondary history education from Wake Forest University, and a bachelor's degree in history from Colby College.

King will begin in the role on July 10, and Stattenfield on July 17.

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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because



we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Busi-

Business spotlight

ness is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Medway and Millis in particular, Schadler says they are proud to have many repeat



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

customers and friends in the area. Hidden Hill Farms in Millis does all the business's welding work, and Affordable Junk sponsors the local girls high school hockey team. The Schadler family's go-to candlepin bowling alley, Ryan Family Amusements, is also located in Millis.

One of the best parts of his job, Schadler says, is meeting and getting to know new people

and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

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Medway High School Students Exhibit Inventions During 2023 Innovation Showcase

Medway High School Principal John Murray is pleased to share that MHS students had the opportunity to showcase their problem-solving and invention skills through a diverse set of projects during the 2023 Innovation Showcase.

Several Medway Public Schools staff members, Rep. Jeff Roy and other guests visited Medway High School on Friday, May 12 to view student projects and act as judges.

Four Capstone projects were on display in the high school's library for judging. Other PBLworks (Project Based Learning) projects from the Principals of Engineering, Physics and Project Archive courses were available for viewing, as well as architecture projects.

The Medway Middle School Robotics Team and Science Fair winners were also in attendance to share their projects with guests.

The students who worked on each Capstone project first pitched their project to the judges through a "Shark Tank" style

format, trying to convince judges in two minutes or less to invest in their project.

After the pitch contest, judges were able to view each project and ask students questions about their process and final product. The teams were evaluated on how well they defined and researched their problem and developed clear objectives; how well they designed a prototype, communicated the construction process, tested their prototype, acknowledged shortcomings and discussed next steps; and how well they presented their project, used effective visual aids and responded to questions posed by the judges.

The four Capstone projects included:

- The Smart Shower, a shower device that helps to save water, created by Luke Lander and Zhiwen Liu.
- Modu-Spoon, a kitchen tool system that can be configured in different ways to save space, created by Ryan Zam-



Chloe Cornwell (left) and Ava Tucker stand with their project, Brain Mate, at the Medway High School Innovation Showcase on May 12. (Photo courtesy Medway Public Schools)

browski and Coleman Mann.

- FlowGuard, a new system to help clean up oil spills from the ocean, created by Mark Murphy, Arni Potnis and Nora Sullivan.

- Brain Mate, a desk attachment for ADHD-diagnosed students, created by Ava Tucker, Chloe Cornwell and Maddie Walmsley.

Following the presentations, the judges submitted their scores on the students' pitches and project presentations. In the overall project scoring, FlowGuard was awarded first place, The Smart Shower second and Modu-Spoon third. For the pitch contest, FlowGuard was awarded first place, The Smart Shower second and Brain Mate third. The winning teams were each awarded medals.

Awards were also given for the architecture projects. Students were tasked with remodeling an abandoned warehouse into something useful to the town using professional level modeling software called Autodesk Revit. The Keystone Restaurant, by Charlie McKeown and Ella Barucci was awarded first place; a Bowling Alley by Maggie Kerr, Luke Lander and Cam Condlin was awarded second place; and an Aquarium, by Coleman

INVENTIONS
continued on page 9

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Your Money, Your Independence

Yes, even the Nasdaq-100 Index rebalances. What about you?



Glenn Brown

On July 24th a special rebalance was held to reduce the Nasdaq 100 Index's concentration in its largest holdings.

This is the third such special rebalancing (1998, 2011) as part of the methodology that states:

"A special rebalance may be conducted at any time based on the weighting restrictions described in the index rebalance procedure if it is determined to be necessary to maintain the integrity of the Index".

- Some questions to consider:
- What is the potential impact to you as an index investor?
 - Do you practice a similar rebalance process for individual holdings and asset classes?

How did we get here?

The performance of a small group of mega-cap stocks drove returns for the index and the broader market. These stocks include:

- Microsoft (Year-to-date return as of 7/17/23 is 38.9%)
- Apple (45.5%)
- NVIDIA (188.7%)
- Amazon (51.4%)
- Tesla (118.9%)
- Meta Platforms (144.4%)
- Alphabet Class A (32.0%) and Class C (31.7%).

These seven companies (combining Alphabet's share classes) represented over 55% weighting of the index and will reduce to 38% with smaller companies within the index being purchased.

Potential impact to index investors.

Selling high-performing stocks comes with the potential for a tax bill for funds.

Per Morningstar, "Mutual funds may be especially susceptible to capital gains distributions. An ETF like QQQ is among the most heavily traded securities in the United States, which results in plenty of opportunities for it to utilize in-kind creations and redemptions to purge low tax-basis securities, making capital gains distributions unlikely."

The importance of rebalancing.

A challenge investors have with rebalancing is selling or trimming winners and reallocating proceeds to other areas of a portfolio, including underperformers.

Some envision these 7 companies to continue their dominance, but consider Top 5 Nasdaq-100 holdings in 1998: Microsoft, Cisco Systems, Intel, Dell and Worldcom, yes that Worldcom. By 2008, only Microsoft was still in Top 5 and it had a total

10-year return of -33%. Again, negative 33%.

In ten years the leadership will look different, so will returns.

Rebalancing asset classes within diversified portfolios.

Given S&P 500 Index 15 year outperformance over other asset classes and recency bias toward 4% money markets, many avoid rebalancing or other asset classes entirely like bonds, small company stocks, international stocks, REITs, commodities, gold, etc.

Again, the next 10 years will not look like the past 10 years.

For example, on January 1, 2000 a diversified portfolio of index funds may have included S&P 500 Index, US Bonds (Barclays US Aggregate Bond Index), International Stocks (MSCI EAFE Index) and Gold.

By start of 2010, total returns were Gold 274%, US Bonds 84%, International Stocks 12% and S&P 500 Index -9%, aka "The Lost Decade".

Go out to January 1, 2017, US Bonds 137% are still outperforming S&P 500 Index 112%.

Some would argue it made sense not to rebalance, until see a rebalance to "out of favor" S&P 500 Index to start 2010 would lead 7 years later US Bonds 30% and S&P 500 133%. As for top performer during 2000's Gold, it was the worst at 5%.

There's more to consider that allowed in this space, consider reaching out to your Certified Financial Planner to discuss further.

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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INVENTIONS

continued from page 8

Mann, James Parchesky and Logan Casasanta was awarded third place.

"Hands-on learning is such an important part of our students' experience, and the Innovation Showcase allows them to work together to research and design a solution to a real-world problem. It's great to see their final products each year and the pride they have in their work," said Jon Jasinski, science and engineering teacher. "I would also like to thank the staff and members of the community who come to serve as judges for the Innovation

Showcase. We would not be able to put on the event without their time and expertise."

"The Innovation Showcase is a great event that demonstrates our students' skills in teamwork, communication and creative thinking," Principal Murray said. "It's great to see how the event has expanded in the past few years to feature projects from more high school courses, as well as additional schools as we welcomed our Middle School students this year. Congratulations to all of the students who participated, and my thanks to Mr. Jasinski and Joan Hallet who coordinate the event each year."

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Pride Month Gayme Day benefitted The Trevor Project

The Medway Community Game Club (MCGC) is a monthly game group focused on bringing Medway-area board gamers together. Its goal is to provide a fun and positive connection between our hobby and local communities. MCGC welcomes players of all ages, abilities and identities. It was founded by Mat Thomsen in August of 2021 in response to COVID restrictions loosening and the desire to reconnect with local board gamers in person. The club currently has more than 200 members and

meets monthly to play games on the first Saturday of each month.

Organizers held an all-day event in June to support The Trevor Project. The event allowed club members to come together at its usual, monthly game day while supporting a great cause.

According to www.thetrevorproject.org, "The Trevor Project's mission is to build a safer, more-inclusive world. LGBTQ young people are four times more likely to attempt suicide, and suicide remains the second



Left, Clare Thomsen and Rene Maldonado play Hues and Cues. Above, Clare Thomsen, daughter of club founder Mat Thomsen, helped out at the fundraising table.



leading cause of death among all young people in the U.S."

After the event Thomsen said, "With this event, I really wanted to show support within our

hobby community as well as our community at large. Board gamers tend to an inclusive group, and I wanted to take some time to celebrate that and hopefully, raise a ton of money for a great cause!"

The club's community-focused mission was on full display at the event, with club members coming together with families and friends and even with their former boy scout leaders and teachers!

The designers of two different games each donated signed copies to the cause, which were auctioned off at the event and raised nearly \$300 combined! One of them was the game Stonewall Uprising, which is a recent release that uses the events of the gay civil rights movement as the backdrop in this, tug-of-war his-

torical card game.

Earlier this year, two club members donated over 100 games to the cause. By holding an online auction for these games, and thanks to a generous donation from our hosts, Tom and Judy Shea, owners of TJ Cafe and games, Thomsen was able to offer special edition club pins, stickers and t-shirts. All proceeds went directly to The Trevor Project.

"What a day!! I can't thank everyone enough for being a part of our Pride fundraising Gayme Day. We had 60 people come together to play games and connect with our community. I'm very proud of the money we raised for The Trevor Project. Thanks to all who donated."

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The b.LUXE *beauty beat*

End of Summer Facial - Why you need it!

BY GINA WOELFEL

Did you know that your skin cells regenerate every month? Cell turnover is the continuous process of shedding dead skin cells and subsequently replacing them with younger ones.

On average, we naturally shed our older skin cells every 28-40 days. New cells are “born” in the deepest layer of the epidermis and gradually make their way to the surface of the skin. By the time these new cells emerge, the outermost layer of cells have turned rough, dry, and flaky. These are what we often refer to as “dead” skin cells.

An uninterrupted assembly line of ascending skin cells is key for achieving a healthy complexion. Cell renewal firms skin and rids the face of fine lines and wrinkles. When this regenerative process is hindered in any way, you get buildup, and just like a traffic jam, clogging and congestion set in. This type of stagnation can't simply be washed away and oftentimes leads to issues like acne, hyperpigmentation, milia, and dry, uneven texture (aka - wrinkles.)

Now, if you're wondering how your favorite sunny season plays a part in premature aging, here's the skinny; harmful UV rays, heat and humidity create the perfect condition for bacteria to take up residence in your pores and when bacteria's trapped under a tough layer of

dry, damaged skin cells, irritation and breakouts develop.

An end-of-summer facial jump starts the cell-renewal process by removing spent skin cells, decongesting pores, brightening tone and eliminating stubborn buildup on the surface of the skin, clearing the way for your targeted skin care products to do what they do best!

WHY AN END-OF-SUMMER-FACIAL IS JUST WHAT YOU NEED

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Although we like to think our daily cleansers reach the depths of our pores, the truth is, they can only go so deep. A targeted, clarifying facial deeply exfoliates and helps eliminate the stubborn buildup that an everyday cleanser can miss. To elevate your facial experience, try adding a dermaplaning treatment for the deepest level of exfoliation. Using a specialized, surgical blade, dermaplaning carefully scrapes away the top layer of dry, dead skin cells, freeing the face of debris and (BONUS) fine vellus hair (aka peach fuzz.) Skin is left remarkably smooth without harsh chemicals, excessive downtime, or pain. Paired with a customized peel, these services pack the one-two punch to revitalize fatigued, summer skin.

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smoother, softer skin with fewer fine lines and wrinkles. For an even bigger beauty boost, incorporate foods that contain vitamin C and antioxidants in your diet, avoid smoking, limit caffeine, and protect your skin from the harmful rays of the sun with a high-quality, non-comedogenic SPF.

b.LUXE Hair and Makeup Studio is now offering a specially priced, end-of-summer facial for the months of August and September.

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Living Healthy

Milford -Franklin Eye Center

Decades of Service to the Community And a New Provider

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that Dr. Jorge Arroyo will join our team as our practicing vitreoretinal specialist and Chief of our Retina Service. Dr. Arroyo will see patients every Monday in our Franklin office.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmology practices to own and operate our

own surgical center, the Cataract Surgery Center of Milford. No longer need to travel miles and hours to have cataract surgery! Experienced eye physicians/surgeons and 5 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel for eyecare to far away practices and surgery centers, we are here to help.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at the University of Rochester and his fellowship in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor

of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of the physicians he trained are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy was the first surgeon in the area to offer bladeless laser



assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford. Dr. Kaldawy also serves as the Medical Director of the Cataract Surgery Center of Milford.

Dr. Jorge Arroyo is our practicing vitreoretinal specialist and Chief of Retina Service. He received his undergraduate degree at Amherst College, medical degree at Yale University School of Medicine, and completed his ophthalmology residency at the University of California, San Francisco, and vitreoretinal surgery fellowship at Duke University Eye Center. Dr. Arroyo has over 20 years of experience training doctors and fellows at Beth Israel Deaconess Medical School/Harvard Medical School. Dr. Arroyo is a member of the Retina Society, Macula Society, American Society of Retina Specialists, the international Club Jules Gonin, and the American Academy of Ophthalmology. Dr. Arroyo is the immediate past president of the New England Ophthalmological Society and continues to serve as a board member. Dr. Arroyo has published over 60 publications in peer-reviewed journals on macular degeneration, diabetic retinopathy, retinal vein occlusion, vitreomacular traction syn-

drome, and retinal detachment.

Dr. Shalin Zia, O.D. received her Bachelor of Science degree from Purdue University in 2014 and her Doctor of Optometry from Indiana University in 2018. She moved to Massachusetts from the Midwest after getting married. Dr. Zia has many years of experience, spending several years in private practice. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye diseases. In her free time, she enjoys working out, listening to podcasts, and spending time with family.

Dr. Adams, graduated from John Carroll University, Bachelor of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from Ohio State University in 1997. In 2003 he received his Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease, and laser refractive surgery.

Dr. Mai-Khuyen Nguyen joined Milford-Franklin Eye Center from the New England Carpenters Benefit Fund - Vi-

EYES


continued on page 13



MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.




Jorge G. Arroyo, M.D.




Dr. Mai-Khuyen Nguyen, O.D.



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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.

Little Women, a story about how the main character Jo reflects on her life – telling the beloved story of four young sisters who come of age in America after the Civil War. This film will be airing on Thursday, August 10th.

On Thursday, August 24th the film we'll be showing is West Side Story starring Natalie Wood and Rita Moreno. On the harsh streets of the Upper West Side, two gangs battle for control of the turf. The situation becomes complicated when a gang member falls in love with a rival's sister.

Community Farm Talk

On Monday, August 14th at 11:30 am, Todd Sandstrum from the Medway Community Farm will visit the center. He will discuss the mission of the Farm, how it runs, what they grow and

how they help the community. Stop by or call to sign up for this informative session.

Blueberry Crisp Afternoon

Come to the center on Wednesday, August 16th at 12:00 pm for some delicious blueberry crisp, vanilla ice cream and great conversation! Space is limited so sign up today!

Red Cross Blood Drive

Help save a life by donating blood! The American Red Cross will be at the center on Monday, August 21st between 12:00 pm and 5:00 pm. Please schedule an appointment by visiting the Red Cross website at www.redcross-blood.org.

Summer Cookout

Join us on Wednesday, August 23rd at 12:00 PM for a good, old-fashioned cookout! Come enjoy a taste of summer and some BBQ delights! Space is limited. Call or stop by to sign up.

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.

Save The Date: Fashion Era Presentation

On Wednesday, September 6th at 11:00 am, we will be hosting fashion expert Ren Antonowicz who will take through fashion during "The Golden Age of Hollywood". Come hear this fascinating and entertaining pre-

sentation which is free of charge. Please sign up at the center.

Save The Date: Yellow Dot Program

On Wednesday, September 13th at 9:30 am, the Norfolk Sheriff's Office will present the details of their free Yellow Dot Program. This program provides quick access to first responders to critical medical information about the occupants of an automobile in the event of an emergency.

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.

August 7th: Petty Larceny
August 14th: Northeast Grove
August 21st: Burning Paper Mountains

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EYES

continued from page 12

sion Center, where she served as Head of Optometry. She has over 10 years of experience in comprehensive eye exams for adult, geriatric, pediatric, and special needs populations. Her experience includes performing contact lens fitting and managing contact lens complications. Dr. Nguyen is also experienced in glasses fitting and lens edging. Her charitable activities include participating in Boston Cares program and the Boston Special Olympics.

Dr. Donald L. Conn, OD will join our team in our state-of-the-art medical offices in Franklin, Milford and Millis starting August 2022. Dr. Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr. Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He completed a residency in ocular Disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes

clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center, and South Boston Community Health Center. Dr. Conn will join our team in August of 2022. He is experienced in providing care to patients of all ages including adults, geriatrics, and pediatric populations. Outside of work Dr. Conn enjoys long distance running and spending time with friends and family.

Dr. Purvi Patel, OD originally from the tri-state area, received her bachelor's degree from The College of New Jersey in 1996 and her Doctor of Optometry from the State University of NY College of Optometry in 2000 through a joint accelerated B.S.-O.D. program. She then completed a residency in Ocular Disease and Special Testing. In 2003, Dr. Patel joined the New England College of Optometry as Clinical Assistant Professor. Through her role as Director of Eye Care Services at Whittier Street Health Center and then The Dimock Center, one of the largest community health centers in Boston, Dr. Patel brings with her teaching and leadership experience. She is a Fellow of the American Academy of Optometry, with a history of publishing,

presenting, and lecturing. During the last 10 years, Dr. Patel has transitioned to direct care and worked in collaboration with ophthalmology. Most recently, Dr. Patel completed a postdoctoral certificate for the treatment & management of glaucoma. Dr. Patel has clinical interests in diabetes, glaucoma, community-based eye and vision care, public health & epidemiology. Dr. Patel currently lives in Dover, MA with her husband and 3 daughters. She enjoys traveling abroad, reading and tennis.

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ent. We focus on excellent and advanced eye care and treat our patients as if each one is family. We have surgical results that rival those of major centers in Boston—we can prove it. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is on you, your vision, and excellent results. We are available in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can

cut and finish your glasses while you wait. All new patients receive a free pair of select glasses. We offer after-hours, same day emergency appointments and Saturday appointments. We have great management focused on quality customer care. Four decades serving our communities and going strong. We remain dedicated to the best in eye medicine and surgery closer to home.

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Three Millis firefighters graduate from Fire Academy

In June, State Fire Marshal Peter J. Ostroskey and Massachusetts Firefighting Academy Director Jeffrey P. Winn announced the graduation of 32 recruits from the MFA Call/Volunteer Recruit Firefighter Training Program this evening. The graduates received certificates of completion at a ceremony held at Department of Fire Services' Stow campus.

Among those new firefighters are Ryan Deasy, Bret Mathews, and Timothy Smith with the Millis Fire Department.

Other towns represented in the class include Blackstone, Bolton, Carlisle, Dover, Grafton, Harvard, Hubbardston, Merrimac, Millbury, Millis, Millville, Paxton, Pepperell, Sherborn, Somerville, Townsend, Tyngsborough, and Weston.

"First responders are on the front lines of any crisis and these newest firefighters are needed now more than ever," said Academy Director Winn. "The rigorous training they've completed provides them with the funda-



From left, Millis firefighters Ryan Deasy, Bret Mathews, and Timothy Smith recently graduated from the Massachusetts Fire Academy Call/Volunteer Recruit Firefighting Training Program.

mental skills and knowledge necessary to protect their communities safely and effectively."

Video of the ceremony will be posted at the Department of Fire Services' YouTube channel, www.youtube.com/dfsosfm.

The Call/Volunteer Firefighter Recruit Training Program is unique in that it delivers a standard recruit training curriculum, meeting national standards, on nights and weekends to accom-

modate the schedule of firefighters in suburban and rural areas. Making the training more accessible means more firefighters can participate and allows them more time to practice training skills with instructors.

The MFA, a division of the Department of Fire Services, has offered the program since 2003. About 3,000 call and volunteer recruits have graduated since then.

Charles River Chorale Open Rehearsals in September

The Charles River Chorale will begin rehearsals for its Fall 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, September 19, from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis. Two additional open rehearsals will take place on September 26th and October 3rd to allow interested new members an opportunity to explore the chorale opportunity.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a non-profit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 8th year with the Charles River Chorale, is also the choral director for Medway High School. Her goal for the chorale is "focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this."

Charles River Chorale members hail from many area com-

munities, and they range in age from teenagers to octogenarians. The group typically holds winter and spring concerts, with the Winter 2023 concert planned for Sunday, December 10, 2023 at 2:00pm at Medway High School. The theme of the Winter 2023 concert is Joy to the World, Celebrations from around the Globe. This program will feature music celebrating cultures and seasonal events across the globe, including Chinese New Year, Kwanzaa, Christmas, Hanukkah, Diwali and more!

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis. Membership dues for the non-profit organization support operating costs. There are no dues for high school students, and scholarships based on need are available. There is also a separate children's choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charlesriverchorale.com>.

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Millis Police Leadership Academy highlights police work to middle school students

By KAITLYN RICHARDS
STUDENT WRITER

Every year the Millis Police Department holds its “Police Leadership Academy”. This year, the Academy was held for two weeks during the last week of June and the second week of July. The Academy is available for middle school students in the 6th, 7th, or 8th grade.

The MPD began holding the Academy seven years ago to reach the goal of showing Millis students the ins and outs of police work.

The principal officers who run the Academy are Detective Dale Bickford and Patrol Officer Zachary Forsythe, who is also the Millis School Resource Officer; and they are assisted by other members of the department.

Throughout the week, students learned different skills that the police use every day in the community. Students learned how to use radar, defensive tactics, and they learned about the effects of drunk driving. They also learned the proper way to use handcuffs, which organizers say is typically the most popular experience of the week.

Students also got a visit from Millis’ very own K9, Nytro.

The Academy also stresses

the importance of leadership. Students do not only learn different police skills but “students also learn community policing, honesty, and leadership,” said Officer Forsythe.

Each week in the Academy, there are four squad leaders. “When a particular student is showing great leadership qualities, they get promoted to their group’s squad leader,” said Officer Bickford.

At the end of every session, they hold a graduation ceremony where each student is

presented with a Certificate of Achievement. Students gain valuable life skills, life lessons, and often leave with a different view of the police force than they had before attending.

“We hope that the students learn that police are like everyone else,” said Officer Bickford. Furthermore, “Dads, moms, siblings, just like everyone else, and the students see us differently after the camp.”



K9 Nytro demonstrating his special skills during this year’s Millis Police Leadership Academy. Credit: Millis Police Department

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Medway High School Students' Biomedical Science Project on HIPAA Awarded First Place in Mass STEM Hub Student Industry Connects

Principal John Murray is pleased to share that four students were recently awarded first place for their biomedical science project submitted to Mass STEM Hub's Student Industry Connects program.

The winning team -- juniors Chandrika Rajkumar and Kennedy Hamm and freshmen Elizabeth McNeil and Lauren LeClair -- took this year's Principles of Biomedical Science course. The course is offered through Project Lead the Way and is now part of

a designated Innovation Pathway.

Their project focused on HIPAA (Health Insurance Portability and Accountability Act of 1996), which protects patient privacy. The team created two visuals that could be displayed at a doctor's office.

One visual, created for display in a waiting room, explains patients' rights under the law and outlines what information is protected, and when and why information could be shared. A second visual, created for internal

reference, reminds employees of HIPAA do's and don'ts, such as what type of patient information cannot be disclosed, and when and how patient information can be legally and safely shared.

The team's project was evaluated by industry professionals and was awarded first place among the high school biomedical science projects submitted for consideration.

"The Student Industry Connects program provides an excellent opportunity for our students



Students Kennedy Hamm (second from left), Lauren LeClair (center) and Chandrika Rajkumar (second from right) were awarded first place for their biomedical science project submitted to Mass STEM Hub's Student Industry Connects program. Not pictured: Elizabeth McNeil. (Photo courtesy Medway Public Schools)



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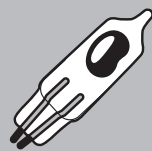
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each year, allowing them to complete projects that give them hands-on, real-world experience, as well as receive meaningful feedback from experts in STEM," Principal Murray said. "Receiving first place in the Biomedical Science category is a great achievement and we are

very proud of Chandrika, Kennedy, Elizabeth and Lauren."

The Mass STEM Hub Student Industry Connects program also accepts high school project submissions in the areas of computer science and engineering. Middle school students also may submit projects to the program.

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Tri-County Regional Vocational Technical High School Names New Principal

Dana Walsh, former Director of Student Support Services, to be new Principal

Tri-County is proud to announce the appointment of Dana Walsh as the incoming principal. With the retirement of Michael Procaccini, the school



needed a new leader to continue its mission and values. Walsh has been a valued member of the Tri-County family for over twelve years. When she was first hired, she brought 20 years of

professional experience as a social worker and college professor to the Tri-County community. Her experience and expertise will be invaluable in achieving her vision for the school. We are excited for the upcoming school year and the new leadership Walsh will bring to our community. Walsh has a proven track record in leadership and management, adolescent development, family and community engagement, and honing a positive learning environment. Through her previous position at Tri-County, Walsh collaborated with the leadership team in an effort to develop a school improvement plan that incorporated school policies that encompassed the holistic

well-being of students. She was charged with leading a weekly multidisciplinary wellness team meeting that helped determine interventions needed for at-risk students. Through her time at

Tri-County, Walsh has connected with the students and their families as well as the community we serve. Her ability to build partnerships and lead the development of programming to meet student needs in the changing landscape of education has had proven results in our community. For years Walsh has spearheaded initiatives to help create a welcoming environment for our students. From building partnerships with community-based agencies to expanding services available to the students to developing and providing professional

development on a variety of topics to support rigor and student achievement, Walsh has a well-rounded approach that will help shape the future of Tri-County. Walsh enters the principal position during an exciting time, where the potential that vocational schools offer is especially evident. “Whether Tri-County students elect to pursue their chosen vocation or further education upon graduation, they are uniquely prepared with a skill set to navigate the demands of their chosen profession or education program,” stated Walsh.

“We are excited for Mrs. Walsh to step into the principal role. Her demonstrated commitment to vocational education and specifically Tri-County will benefit her in connecting with teachers, parents, and students. We know she will continue to create a positive environment for our community, and we look forward to her leadership,” said Dr. Karen M. Maguire, Director/Superintendent.

For more information Contact: Dana Walsh, (508) 528-5400, walsh@tri-county.us

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Sports

Medway's Hazell chosen for USA Luge Development Team

12-year-old earns berth on 2nd attempt

By KEN HAMWEY
STAFF SPORTS WRITER

Sam Hazell is only 12 years old but, thanks to the sport of luge, he's already learned two



Sam Hazell is only 12 years old but he knows how to ride a sled in luge, which is the fastest sport in the winter Olympics.

valuable life lessons. He knows what it's like to overcome adversity and he's learned how to be resilient.

After failing to earn a spot on the USA Luge Development team last year, the Medway Middle School seventh-grader left for Lake Placid, NY, on June 25 for his first training session as a member of the 9 to 13-year-old squad. His selection came after open tryouts in Medway in Sept. 2022 earned him the opportunity to try out for the second time at Lake Placid. Last May, Hazell's parents were notified of their son's selection.

"When I was told that I qualified for the development team, my emotions ranged from amazement, tears of joy and relief," Hazell said. "When I failed to make the team on my first attempt, I was devastated and disappointed for two months. It was a wake-up call that created a never-give-up attitude."

Hazell was determined to get another chance and he paid the price, working hard to stay flexible by engaging in push-ups, sit-ups, running and some weight-training.

The town of Medway and the sport of luge are not strangers. Zack DiGregorio of Medway was selected to represent Team USA in the 2022 Winter Olympics in Beijing. Pairing with Sean Hollander, the tandem finished 11th out of 17 teams in luge



Sam Hazell earned a place on the USA Luge Development team and the Medway Middle School seventh-grader underwent training in June at Lake Placid, N.Y.

doubles.

DiGregorio met Hazell at his first tryout in Medway and encouraged the youngster to get involved with the sport. When Hazell was rejected in his first bid to become a development team member, it was DiGregorio who encouraged him to try again.

"Zack helped me to bounce back and re-visit the tryout process," Hazell noted. "My family was also very supportive of my second effort."

Luge is the fastest sport in the winter Olympics. Athletes ride a flat sled through a course face up and feet first. There are no

brakes and a sled can reach 90 mph.

Lugers use their heels to ultimately stop the sled at the end of the course. Competitors use their feet, calves and shoulder muscles to direct the sled. The main steering mechanism is the two elongated runners on which the competitors rest their feet. A slight nudge can drastically shift the sled's direction.

"I like luge because there's plenty of speed, lots of challenges, and it's fun," Hazell said. "During the fall and winter months, I'll be at Lake Placid about 6-8 times," he said.

When Hazell was there in June, he trained and worked out in an indoor facility, primarily focusing on starts. He also got his uniform, equipment, had a photo taken and received his credentials. Residing in a dormitory and dining in a cafeteria, he learned to be self-sufficient.

"I was a bit nervous about my first time training at Lake Placid," Hazell offered. "But, I was confident and also excited."

A straight-A student, Hazell's parents (Josh and Beth) aren't worried about their son's passion for luge interfering with his academics.

"We're fortunate that the Medway Middle School has experience dealing with luge athletes," said Josh Hazell. "Sam's school has been supportive all the way. His academic responsibilities will be a team effort."

One attribute that helped

Sam Hazell become proficient early on in his luge career is his height — he's 5-foot-5, tall for a 12-year-old. "Gravity rules the sport," said Josh Hazell. "Being tall helps move the sled on the track and his arm length helps him with the starts."

Sam says there are several other keys that he believes will help him as a luger. His list includes improving his luge IQ, enthusiasm, athleticism and being coachable."

Hazell has two goals as a luge athlete: to remain on the development team and to become a C-team member in the future.

His roster spot on the development team is for only one year. To retain his spot for subsequent years will involve how proficient he is in competitions and how well his training progresses. Two prime competitions include the Empire State Winter Games in Lake Placid in Feb. 2024 and the Norton National Championships in either Lake Placid or Park City, Utah, in March 2024.

"The C-team candidates are 15-17 year olds," Hazell said. "It's a step up but you're eligible to travel and compete internationally and you can qualify to compete in the Youth Winter Olympics up till age 18."

Hazell, who has youth league experience in basketball and soccer, may aim for varsity status



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Sports

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The estate plan² may contain a will or living trust, the names of your beneficiaries, the appointment of an executor, a letter of intent that tells a beneficiary or executor what you wish to be done with specific assets, funeral details, and special requests. It should contain a healthcare di-

rective with a power of attorney appointing a trusted person to make medical decisions for you when you can no longer voice your opinion, and a durable power of attorney appointing a trusted friend or relative to make financial and legal decisions for you, if you become incapacitated. It may also contain a trust or trusts for passing on assets to your beneficiaries. Life insurance can be an important component in the overall estate plan.

You should update your estate plan whenever a major change occurs in your life, such as purchasing a home, moving in with a significant other, getting married, having or adopting a baby, selling your business, getting a divorce, retiring, or having a beneficiary die before you do. Review your plan when federal and state laws on estate taxes change.

If you should die without a will (which is called "intestate"),³ the state and federal governments will have standard procedures for distributing your assets,

and they may not be in line with your wishes. Your beneficiaries may have to pay more in estate taxes, and probate may take considerably longer than it would if you had a will in place.

Consult a professional financial advisor on tax and estate planning. Trusts can be complicated to set up, so consult a professional trusts and estates attorney or certified public accountant before you begin.

This educational, third-party article is provided as a courtesy by Michael T.



Damon, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Michael Damon at 508-321-2101.

29, 2020.

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SPORTS

continued from page 18

in those sports when he reaches high-school age. Luge offers other opportunities, like the Olympics, which DiGregorio achieved. "That's a long way off and it could happen, but it's not something I stay awake thinking about," he said.

Relying on a competitive philosophy that focuses on winning, reaching his potential and having fun, Hazell says his luge experience has helped him to become a better athlete and it's built confidence.

A native of Sturbridge, Hazell and his family moved to Medway when he was three. His older sister (Annabelle) is a junior at Medway High and she's a good athlete, too. She's played junior varsity soccer and basketball and last spring she ran the 400-meter event and was on the 4x100 relay team that finished sixth in the Division 5 state tourney. That relay team holds the school record with a time of 51.04 seconds.

Like his sister, Hazell hopes he'll compile some impressive statistics in the year ahead as he learns all the nuances in the luge. He's pleased that he's one of 45 prospects chosen to train for the USA Luge Development team out of 800 boys and girls who go to tryout camps.

He's also delighted that he's got the full support of his family. "It means everything to me to know that my family cares about my future in luge," he said. "Our motto is 'Team Hazell.' That means everyone in the family is all in."

Sam Hazell is only 12 years old but the sport he embraces has already taught him so much about life's ups and downs. He stared defeat and failure in the face but walked away more resilient than ever.

He's also learned the importance of being mentally tough — a necessary attribute that someday could propel him to the lofty heights Zack DiGregorio achieved at the Olympics.

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Millis High School 2022-23 Quarter Four Honor Roll

Millis, MA - Congratulations to the following students for making the 2022-23 Millis High School Honor

Roll for Quarter Four. Students earning High Honors carried all grades of A- or better, while students earning Honors carried all grades that were A's and B's.

Grade 12 High Honors

Abraham, Leah Hanna
Arguijo, Cynthia
Braccio, Mia Sofia
Catalano, John Patrick
Fabian, Eva Cathryn
Lyons, Daisy Rosemarie
McKersie, Alexa Marie
Miga, Madeleine Rose
Spies, Elise

Walsh McCarter, Kayla Marie
Whelan, Brooke Hope

Grade 12 Honors

Almeida, Nicholas Bitencourt
Antony, Lillian Barbara
Arian, Mirola Hany
Ashiagbor, Abena Acheampoma
Bender, Ella Frances Veronica
Bennett, Luke Gerard
Borst, Jackson Walker
Bouret, Joseph Robert
Burns, John Patrick
Cabral, Zoe Blossom
Cassidy, Lilly Elizabeth
Connors, Jane Ryanne
Cyr, Maryn T
Ferrantino, Shea Matthew
Ferrimy, Amany Maritza
Hall, Alandra Marie
Heredia, Adrian Francisco

Hockman, Ava Katherine
Hockman, Olivia Maurita
Howley, Brooke Nicole
Jurgelewicz, Nora Ann
LaDuke, Katherine Olivia
Leone, Ryan Charles
Maher, Andrew Joseph
Mahoney, Aiden Brian
McHugh, Graceanne Raffa
Pasquantonio, Daniel William
Petrush, Ryan Ferguson
Pizzarella, Francesca Lucia
Scanlon, Lydia Anne
Sugrue, Norah Gertie

Grade 11 High Honors

Bassett, Hailey Rose
Berube, Ryan Dennis
Blanchette, Troy David
Carr, Amelia Dorothy
Copice, Wilson Sydney
Kale, Manasi Amod
Legere, Ava Nanine
Scolponeti, Jennifer Marie
Sisto, Lucy Ana
Steiner, Emily Rose
Works, Julia Fay

Grade 11 Honors

Athanasi, Antonio
Breslau, Ryan Ward
Carmichael, Dorothy Elizabeth
Caulfield, Ivra Riley
Corcoran, Declan Van
Doherty, Isabella Frances
Figueroa, Genesis Vanessa
Flint, Auron David
Goes, Manuel
Gordon, Andrew James
Govoni, Maria Rose
Hart, Adam Francis

Herrlein, Marissa Elizabeth
Jakubowski, Jacey Marie
Jehu, Cian
Johnson, Arijus Timothy
Leussis, Emelia Bianca
Ludwig, Aidan Joseph
Martone, Madilyn Nicole
Mathews, Olivia Florence-Jean
McCarthy, Benjamin Nathaniel
Miller, Andrew Christopher
Murillo, Lindzey Ingrid
Oliveira, Rayssa Guimaraes
Patel, Dhyye Amitkumar
Perruzzi, Andrew Francis
Polimeno, Grady Daniel
Powers, Abigail Rose
Riani, Miguel Do Nascimento
Rice, Kyra Evelyn
Roy, Julianne Nmn
Rubalcaba, Sophia Julianne
Ruggeri, Scarlett Snow-Angel
Ryan, Jack Joseph
Saegh, Mason Gardner
Schneiderat, Macy Mcguiggin
Skerry, Emily Florence
Villacis, Adriana Michelle
Whoooten, Annika Kristine
Zarnofsky, Paige Alena

Grade 10 High Honors

Breslau, Ramsey Leigh
Briones, Isabella Marie
Conroy, Shealin Irene
Doherty, Margaret Elizabeth
Duggan, James Constantine
Ferguson, William James
Fiala, Andrew Marc
Fong, Olivia Elizabeth
Gerasimov, Alexander Dmitrievich
Goldstein, Johanna Chihiro
Malaquias, Lauren Elizabeth
Medvedeva, Vera
Stapels, Amelia Danielle
Wallace, Abigail Grace

Grade 10 Honors

Adams, Madison Claire
Chandler, Emma Grace
Covitz, Avery Nicole
Cyr, Macy T
Delaney, Daniel Kenneth Van
Delaney, Kiyra Rowena Ruth
Gatz, Meredith Grace
Grattan, Lindsey Rose
Heredia, Kaylee Gessie
Hohman, Nicholas James
Kiggen, Henry Joseph

Loer, Addison Campbell
Lopes, Thaynara Silva
Mahoney, Conor Jackson
Manning, Logan Patrick
Molloy, Norene Elizabeth
Morse, Andrew John Lamb
Ortiz, Devan Sachin
Powers, Emma Jane
Richards, Kaitlyn Marie
Rollag, Anne Elizabeth
Ryan, Declan Philip
Scolponeti, Nicholas Anthony
Sparks, Daniel Joseph
Sullivan, Kevin Michael
Sullivan, Riley Elizabeth

Grade 9 High Honors

Arian, Marina H
Cranton, David Brian
Ferguson, Mia Grace
Higgins, Grace Anne
Krauss, Timothy John
Krusz, Devan Paul
Lebak, David John-Paul
McGuire, Dylan Francis
Parikh, Aaron Advait
Silvia, Rylee Shaye
Smith, Charles Wallace
Streck, Taryn Mackenzie
Tobin, Michael Roland
Young, Mia Dorothy

Grade 9 Honors

Avakian, Alexandra Kate
Banks, Corinne Michaela
Chajon Navas, Aliyah Neila
DiIorio, Reagan Grace
Ensminger, Rylee Marie
FitzGerald, Ryan McHugh
Fournier, Jason Banks
Fuentes, Leyna Therese
Ghobrial, Fady Asem
Gordon, Alivia Lorraine
Halloran, Patrick Christopher
Judkins, Luca Jeffery
Kerstens, Simone Nmn
Koronios, Nicoletta Savina
Kramer, Gabrielle Marie
McGhee, Noah William
Mulkern, Keara Ann
O'Connell, Chace Thomas
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Scannell, Nora Sweet
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Sparks, Zoe Elizabeth
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Trusevitch, Ash Gianna

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Exhibit “The Day After Yesterday: Portraits of Dementia” opens Aug. 29

The Hopkinton Center for the Arts (HCA) announces a moving exhibition entitled “The Day After Yesterday: Portraits of Dementia.” It opens on Aug. 29 in the Lotvin Family Gallery at the Hopkinton Center for the Arts. The exhibit will close Sept. 29.

The exhibit was created by artist Joe Wallace and delves into multifaceted aspects of

health care issues. The exhibition of portraits juxtaposes images of individuals living with dementia with younger photographs of the subjects, accompanied by brief narratives about their lives.

The goal of this travelling exhibit is to destigmatize those living with dementia. To tell a more complex and complete story of those living with the

one man featured in the exhibition noted, “Don’t believe the narrative that life is over. I want my voice to help get people to treat us the same as they did before we got the diagnosis. We may change some, but we are the same people!”

Wallace feels strongly that an artist must not be afraid to show not only the fear, loss and despair, but also the love, connection, dignity, and powerful humanity that always remain—in the subjects, in the care-partners, and in the families and communities. That is the only path to evolve the narrative and have a positive social change.

Trained as a journalist, Joe Wallace has been a portrait photographer and storyteller for twenty years. Like many, Wallace has a deeply personal connection with dementia. His maternal grandfather and hero, Joe Jenkins, had Alzheimer’s. His maternal grandmother Elizabeth Ponder (Bebe) had vascular dementia. And in recent years, his mother Barbara has begun her journey with the disease.

The gallery exhibition at the HCA comes just ahead of the September 30th release of Wallace’s new book:



“The Day after Yesterday: Resilience in the Face of Dementia” which is available for pre-sale online. One reviewer noted that the book is “a deft combination of narrative and portraiture that breaks the taboo around dementia, replacing the fear and futility with empathy and nuance.”

Entrance to HCA’s Lotvin Family Gallery to view the exhibition is always free. The HCA is also pleased to offer private and group docent tours upon request. For more details including hours, call 508-435-9222 or visit the HCA’s website at www.hopartscenter.org



dementia, including physical, emotional, community, and

disease and its effect on their families and loved ones. As

NEWBS Announces HABGab 2023 High Altitude Balloon Launch for STEM Education

Middle school students and ham radio operators at the New England Sci-Tech STEM education center and makerspace have been working diligently for the last 10 months on an ambitious project. Under the name New England Weather Balloon Society, founded by 6th grader Max Kendall, the effort has grown to involve dozens of volunteers and students. This July, they will be launching a high altitude balloon to the edge of space, the largest they have attempted so far, with the hopes of inspiring youth in New England interested in STEM.

The mission will be launched

using a 2000g balloon, carrying 6 separate payloads connected to each other in what’s called a “payload train.” The bottom two payloads and flight infrastructure are funded by the American Radio Relay League (ARRL.org), the national association for amateur radio. The first of these payloads will send up a DIY ham radio repeater. A repeater is a radio device that receives radio transmissions from the ground and retransmits those transmissions on another frequency. In addition to creating a memorable event for the local ham radio community, New England Sci-Tech aims to use

this mission as an opportunity to teach young techies about the intricacies of radio waves and wireless communication.

The second of these payloads aims to build off the repeater by transmitting live video from two different cameras on the public 1.2 GHz frequency. A ground station set up at New England Sci-Tech will use a homemade 2-axis rotator to aim several directional antennas toward the payload, receiving live video and audio from the repeater and posting the combined footage live to YouTube.

The remaining payloads contain student experiments by a

number of local middle schoolers. Two of these experiments will use superheated nichrome wires to cut their strings, separate from the main payload at 80k ft., and glide their way back to the ground, capturing video from tiny cameras and transmitting their coordinates using ham radio. These payloads will be testing experimental gliding techniques. Other student experiments will test things like long range 2-way LoRa communication, wind harvesting, UV radiation trapped in the ozone, and the curvature of the earth. This program has also included 6th grade students at the Benja-

min Franklin Classical Charter Public School in the process of designing experiments to test the effects of pressure, temperature, and humidity on high altitude payloads in the stratosphere.

The club is aiming to launch their balloon on July 8th. That said, HAB launches rely on good weather. So anyone interested in tracking the flight, watching the livestream, or contacting the repeater is encouraged to keep their eye on the HABGab 2023 website at:

<https://nescitech.org/clubs/newbs/habgab-launch/>

Medway Public Schools participated in Deloitte Impact Day

Superintendent Armand Pires is pleased to announce that Medway Public Schools participated in Deloitte Impact Day in June.

District staff and Deloitte employees worked together on renovation projects in the Medway Middle School library. Projects included:

- moving shelving from the high school to the middle school;
- emptying, moving and restocking bookshelves in the library;
- disassembling and removing the old circulation desk, tables, chairs and desks from the library; and
- painting.

“Impact Day” is Deloitte’s annual day of service that celebrates a year-round commitment to collectively making an impact that matters in communi-

ties, and exemplifies the strength and value of coming together to build connections. Deloitte leaders and professionals engage in more than 1,000 in-person and virtual volunteer opportunities across the country on Impact Day.

Deloitte employees were assisted by Director of Facilities Mike Grennon, Librarian Tina Stoval, Library Paraprofessional Sally Reynolds, maintenance staff members Mike Bradford and Larry Erving, and Director of Finance and Operations Pat Leonhardt. This is the first year Medway Public Schools has participated in Deloitte's Impact Day.

"Impact Day was a successful day that saw our staff come together and engage with members

of the community, and we were pleased to participate in the initiative for the first time this year," said Superintendent Pires. "We thank all of the Deloitte employees and district staff who gave their time and contributed to the library renovation project."

Right, District staff and Deloitte employees assisted in painting areas of the Medway Middle School library on Deloitte Impact Day. Above, Medway Public Schools and Deloitte employees participated in Deloitte Impact Day in June. (Photos courtesy Medway Public Schools)



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Real Estate Corner

June 2023 Norfolk County Real Estate Activity

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of June, 2023 indicate a

continued decrease in overall real estate activity, with significant drops in average property sale prices and the total dollar volume of commercial

and residential sales as compared to June, 2022.

"As compared to last year, we are still seeing a decrease in overall real

estate activity, however, this month the decrease in document volume was less pronounced than in previous months," Register O'Donnell noted. "Despite the overall decline in activity throughout the county, there are still pockets of the market here in Norfolk County that are seeing growth and stability, particularly in certain neighborhoods and property types. Additionally, while overall real estate activity is down compared to 2022, the market continues to show steady seasonal fluctuations month over month."

The Norfolk County Registry of Deeds recorded 10,552 documents in June, 2023, the highest one-month total of the year so far. This was 19% less than in June, 2022, but 15% more than in May, 2023.

"The decline in overall real estate activity can be attributed to a number of likely factors, including rising interest rates, a slowdown in new construction projects, and a lack of existing inventory," Register O'Donnell explained. "The housing market has become increasingly competitive and difficult for consumers, especially first-time homebuyers, who may struggle to find affordable options in desirable areas."

Overall lending activity showed a continued downward trend for the month of June. A total of 1,543 mortgages were recorded this month, 33% less than a year ago at the same time, but up 8% from last month.

"So far this year, June has seen the largest monthly volume of deeds and mortgages," Register O'Donnell said. "This month also saw some of the smallest decreases from the previous year in terms of the number of deeds,

mortgages, and average sale price. This may suggest that while some homeowners are hesitant to make moves with average mortgage interest rates above 6%, others are not dissuaded by current interest rates, but time will tell if this trend continues."

The number of deeds for June, 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,721, a decrease of 12% from June, 2022, but an increase of 27% from the previous month of May.

"The decrease in the number of deeds is likely due to a lack of inventory of new and existing homes, which means fewer homes are listed, keeping costs above pre-pandemic prices," Register O'Donnell noted. "Higher prices also mean that some buyers may be struggling to find affordable homes within their budget, leading to a decrease in the number of potential buyers and further decreasing the number of home sales."

Sale prices for June appear to have dropped compared to June, 2022. The average sale price in June was \$1,039,792, a 12% decrease from June, 2022, but a 5% increase from May, 2023. The total dollar volume of commercial and residential sales is down, decreasing 29% from one year ago, but increasing 48% from last month.

"While prices have come down from a year ago, the demand to live and own a home in the communities that make up Norfolk County remains high," Register O'Donnell said. "This may suggest that the decrease in dollar volume may be due to a shortage of available properties and a decline in the number of individu-

Agents of the Month in our Medway office!



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June 2023**



Jodi Kairit

Realtor®

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Jodi@bhhspagerealty.com

Jodi.bhhspagerealty.com



**Top Sales Agent
June 2023**



Faina Shapiro

Realtor®

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SCAN ME



Real Estate Corner

als with the ability to buy.”

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry of Deeds. There was a 16% decrease in homestead recordings in June, 2023 compared to June, 2022.

“The reduction in recorded Declarations of Homestead is not too surprising where the sales of homes continue to level off, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced

sale of an individual’s primary residence to satisfy unsecured debt up to \$500,000,” Register O’Donnell noted. “We want to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to

consider doing so.

The recording fee for a homestead is \$36. Visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and obtain a homestead application form.

Register O’Donnell concluded, “We are seeing some significant increases month over month in the home buying season, the period where we typically see the most home sales, and despite recent declines in the market, driven by areas in Norfolk County that are seeing growth and stability, but it remains to be seen if this momentum will continue as we move into the second half of the year.”

To learn more about these and other Registry of Deeds events and

initiatives, “like” us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry’s website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at register-odonnell@norfolkdeeds.org.

Town of Millis Income-Restricted Rental Opportunity Gateway At Millis, Phase 1

232-248 Main Street
 Millis, MA 02054

4 Income-Restricted Rental Units

| # of Units | # of Bedrooms | Rent | Maximum Income Limit (% AMI) | # of units built out for households with Mobility Impairments |
|------------|---------------|---------|------------------------------|---|
| 1 | 1-Bedroom | \$2,221 | 80% | - |
| 2 | 2-Bedroom | \$2,472 | 80% | 1 |
| 1 | 3-Bedroom | \$2,727 | 80% | - |

| Suggested Minimum Incomes (set by owner + based on # of bedrooms + Area Median Income (AMI)) | | Maximum Incomes (set by HUD + based on household size + Area Median Income (AMI)) | |
|---|------------------------|--|------------------------|
| # of Bedrooms | Minimum Income 80% AMI | Household Size | Maximum Income 80% AMI |
| 1-Bedroom | \$66,630 | 1 | \$82,950 |
| 2-Bedroom | \$74,160 | 2 | \$94,800 |
| | | 3 | \$106,650 |
| 3-Bedroom | \$81,810 | 4 | \$118,450 |
| | | 5 | \$127,950 |
| | | 6 | \$137,450 |

*2023 Area Median Incomes for Boston, Cambridge, Quincy, MA-NH MSA.

Minimum incomes do not apply to households receiving housing assistance such as Section 8, MRVP, or VASH.

Applications are available during the application period, from Tuesday, July 18th, 2023 — Monday, September 18th, 2023

To request an online application or to have one sent by email, visit www.GatewayAtMillisLottery.com, email GatewayAtMillis@MaloneyProperties.com or call (617) 639-3064 Ext 778 | US Relay 711

If you cannot complete the application online, please call us at (617) 639-3064 Ext 778 | US Relay 711, to request that we mail you one and to ask us for any support or guidance you might need to complete the application. Applications can also be picked up in-person at:

Millis Public Library 961 Main Street Millis, MA 02054
 Monday – Friday, 10:00am – 8:00pm
 Saturday, 10:00 am - 3:00 pm
 Sunday, Closed

DEADLINE: Applications must be submitted online or postmarked no later than **Monday, September 18th, 2023**

Mailed to:
 Maloney Properties, Inc.
 Attn: Gateway At Millis Lottery
 27 Mica Lane, Wellesley, MA 02481.

Information Session:

Wednesday, August 9th, 2023 @ 12pm
 Join Zoom Meeting
<https://maloneyproperties.zoom.us/j/86072690318?pwd=ekpoVTJ1U056cDFteTRMQ1ZUdVIUdz0z>
 Meeting ID: 860 7269 0318
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- Selection by Lottery. Use & Occupancy Restrictions Apply.
- Preference for Households with Mobility Impairments for accessible unit.

For more information, free language assistance, or reasonable accommodations for persons with disabilities, please call (617) 639-3064 Ext 778 | US Relay 711 or email GatewayAtMillis@MaloneyProperties.com.



Equal Housing Opportunity



Recent Home Sales

| Date | Millis | Amount |
|------------|--------------------------|------------|
| 07/19/2023 | 29 Jameson Drive | \$980,000 |
| 07/17/2023 | 39 Pollard Drive | \$622,000 |
| 07/17/2023 | 5 Park Road | \$600,000 |
| 07/10/2023 | 21 Richardson Drive #259 | \$780,000 |
| 07/07/2023 | 13 Independence Lane | \$611,250 |
| 07/06/2023 | 6 Sherman Road | \$600,000 |
| 07/06/2023 | 7 Helen Lane | \$718,000 |
| 06/30/2023 | 134 Glen Ellen Blvd | \$850,000 |
| 06/29/2023 | 5 Rolling Meadow Drive | \$1.05 mil |
| 06/28/2023 | 19 Richardson Drive #260 | \$1.03 mil |
| 06/27/2023 | 4 Walnut Street | \$617,500 |
| 06/26/2023 | 375 Union Street | \$575,000 |
| 06/23/2023 | 5 Conway Road | \$400,000 |
| 06/22/2023 | 22 Lexington Lane | \$700,000 |
| 06/21/2023 | 220 Ridge Street | \$2.15 mil |
| 06/21/2023 | 244 Exchange Street | \$635,000 |

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


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Medway, MA





Recent Home Sales

| Date | Medway | Amount |
|------------|---------------------------|------------|
| 07/14/2023 | 18 Temple Street | \$650,000 |
| 07/14/2023 | 11 Causeway Street | \$689,000 |
| 07/13/2023 | 3 Pine Ridge Drive | \$625,000 |
| 07/12/2023 | 108 West Street | \$680,000 |
| 07/11/2023 | 15 Granite Street | \$775,000 |
| 07/07/2023 | 6 Cutler Street #C | \$515,000 |
| 07/07/2023 | 38 Timber Crest Drive #22 | \$967,405 |
| 07/05/2023 | 30 Timber Crest Drive #18 | \$843,729 |
| 07/03/2023 | 2 Copper Drive | \$1.05 mil |
| 06/30/2023 | 280 Village Street #F2 | \$290,000 |
| 06/30/2023 | 10 Fairway Lane | \$1.05 mil |
| 06/30/2023 | 27 Fairway Lane | \$1.05 mil |
| 06/29/2023 | 6 Gray Squirrel Circle | \$851,000 |
| 06/29/2023 | 24 Timber Crest Drive #15 | \$848,995 |
| 06/28/2023 | 5 Wellington Street | \$425,000 |
| 06/28/2023 | 25 High Street | \$216,000 |
| 06/26/2023 | 48 Holliston Street | \$605,000 |
| 06/23/2023 | 2 Richard Road | \$480,000 |
| 06/23/2023 | 9 Karen Avenue | \$281,260 |
| 06/23/2023 | 4 Woodland Road | \$565,000 |
| 06/23/2023 | 4 Copper Drive | \$1.05 mil |
| 06/20/2023 | 3 Dean Street | \$850,000 |
| 06/20/2023 | 18 Stable Way | \$948,000 |

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

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SOLD



12 Sylvia Avenue
Natick - \$659,900

SOLD



5 Conway Road
Millis - \$409,900

SOLD



118 Norfolk Road
Millis - \$775,000

SOLD



24 Hollis Street
Sherborn - \$900,000

SOLD



94 Ridge Street
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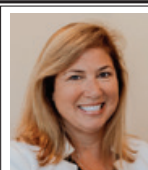
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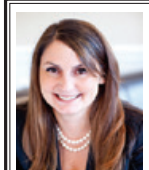
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Janine Azzouz



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\$679,900
213 Village Street, Millis
Jennifer McMahon



SALE PENDING

\$915,000
9 Apple Rock Road, Millis
Jennifer McMahon



NEW TO MARKET

\$419,900
168 Farm St., Blackstone
Laina Kaplan



SOLD

\$611,250
13 Independence Lane, Millis
Jennifer McMahon & Janine Azzouz



SOLD

\$851,000
6 Gray Squirrel Circle, Medway
Laina Kaplan



SALE PENDING

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



NEW TO MARKET

\$750,000
190 Curve Street, Millis



SOLD

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



SOLD

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



SOLD - BUYER SALE

\$1,150,000
10 Ridgehill Lane, Bourne
Janine Azzouz



SOLD - BUYER SALE

\$745,000
23 Snyder Road, Medfield
Jennifer McMahon



SOLD

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34 Quissett Road, Mendon
Jennifer McMahon

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SOLD

\$765,000
38 Eaton Road, Framingham
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