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Medway hosts second annual Diwali, Festival of Lights Cultural Celebration



By THERESA KNAPP

On Nov. 11, the Medway Cultural Council and Medway Marches co-sponsored the second annual celebration of Diwali, a Festival of Lights. Diwali, also known as “Deepavali,” is the most im-

portant festival of the year in India and is celebrated with festive gatherings, fireworks, feasts, and prayer over a period of five days. According to www.hinduamerican.org, Diwali is “celebrated by Hindus, Jains, Sikhs, Buddhists, and people of Indian

heritage and non-Indian heritage. Despite each faith having its own historical legends and celebratory events, the holiday represents the same symbolic victory of light over darkness,

DIWALI
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Millis first graders welcome Biblioburros

Mini donkeys deliver books to Clyde F. Brown Elementary School

By THERESA KNAPP

On Nov. 17, the first graders at Clyde F. Brown Elementary School welcomed Biblioburros “Flossy” (age 5 years) and

“Bucko” (age 25 years) who delivered books to the excited students. Each book also had a nameplate

BIBLIOBURROS
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DIWALI

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knowledge over ignorance, and good over evil.”

Stuthi Balaji helped organize this year’s event.

“My family moved to Medway in 2022. In an attempt to find community, I reached out to the Medway Cultural Council, where I met a wonderful group of leaders that volunteered their time to support artists, festivals and events from all cultural backgrounds,” said Balaji, noting that when Medway Marches President Angelica Cosby approached her about organizing a local Diwali festival, she jumped at the opportunity.

She said, “I think Diwali is



incredibly important because in a world where good and evil are always warring, Diwali gives us all an opportunity to celebrate warmth and hope with our community. Together, we - the Medway Cultural Council and

Medway Marches - set out to create a safe space where each and every one of us (recent transplants and long-time residents) could come together and celebrate our culture and diversity. We have since heard from so



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many people around our community about how much they enjoyed the event and appreciated having the opportunity to experience Indian artistry and culture.”

More than 500 people registered for the family-friendly event which included vibrant music and dance, henna, storytelling, lamp painting, and a dinner of Indian delicacies. There was also a Mitthai Exchange, a Diwali tradition involving the exchange of sweets.

The cultural showcase included performances by the Anubhava School of Music, Aangikam Dance Academy, De-

si2Step, Chaandam Institute of Kathak Dance, and DFD Academy.

Balaji said, ““Over the course of my life, I have lived in four vastly different countries amongst populations from different ethnicities, national origins and religions. Regardless of our differences, this Festival of Lights has been the great unifier! Although Diwali originates from the Indian subcontinent, it is celebrated on a massive scale, globally.”

For more photos and videos, visit us on Facebook @MedwayMillisTownNews

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dedicated to each child.

“This was a culminating event to wrap up the first literacy module in Wit & Wisdom,” explained CFB Principal Tanna Jango. “First-grade students learned how books change lives around the world and how children around the world get books. One of the books they read was called Waiting for the Biblioburro by Monica Brown and John Parra. The book was inspired by a traveling librarian, Luis Soriano Bohorquez from Columbia, who helped deliver books to children in remote villages with the help of his two donkeys, Alfa and Beto.

Jango said Mrs. Amy Ball, one of the first-grade teachers, researched opportunities to enhance students’ learning and found the group “Minis with a Mission” in Ipswich. She worked with their coordinator, Laurie Lowe, to replicate the book delivery part of the story.

Each first grader was able to (cautiously) approach the “Biblioburro” and choose a book from its basket. Students then



Two “Biblioburros” recently delivered books to first graders at Clyde F. Brown Elementary School in Millis. The event was the culmination of a literacy module that included the book Waiting for the Biblioburro. Even Clyde, the school mascot, enjoyed the miniature donkeys provided by Minis with a Mission. Photo credit: Theresa Knapp

had a chance to pet and brush the animals. Toward the end of the event, school mascot “Clyde” stopped by to say hello.

The books were provided by CFB school librarian Mrs. Laura Doherty. The event was funded by the CFB Home School Association.

Minis with a Mission is a non-

profit, all-volunteer organization that provides joy through connections made with rescued mini horses and donkeys. For more information, including the full bios for each equine, visit www.miniswithamission.com/

For more photos and videos, visit [@MedwayMillisTownNews](https://www.facebook.com/MedwayMillisTownNews) on Facebook.

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Millis Senior Center Events

The Millis Senior Center is located at 900 Main Street on the lower level of the Veterans Memorial Building. The Center is open Monday, Tuesday, and Wednesdays 8:30-4:00 PM, Thursdays 8:30-2:00 PM, and Fridays 8:30-12:30 PM. For more information call (508) 376-7051.

December 2023 Events:

Coffee With Millis Council On Aging Director

Anne-Marie Gagnon, Millis Council on Aging Director, will be joined by Robert Weiss to discuss the Millis eMPower Community Electricity program.

Monday, December 5 at 10:00 AM

Pizza And Prevention With Millis Fire Department

Monday, December 18 at 11:00 AM

Otis will be here with pizza and information about the Millis Fire Department Senior Safe

Program Free. Pre-register by calling the Senior Center

Office Hours With State Rep James Arena Derosa

Tuesday, December 5 at 11:00 AM

Millis Seniors Holiday Party

Hosted by Millis Fire and Police Departments. Tuesday, December 19 at 11:30 AM

Call (508) 376-7051 to register.

Norfolk County Sheriff's Department

An overview of programs to keep seniors safe.

Wednesday, December 13 at 12:30 PM

2023 Medway Lions Club Christmas Tree Sales

The annual Medway Lions Club Christmas Trees Sale will begin on Saturday, November 24th and be open daily until the trees are sold out. The hours of operation will be weekdays from 4PM to 8PM and weekends 9AM to 8PM, in the Medway Plaza parking lot.

There will be decorated and undecorated wreaths available. Cash, credit cards, checks and Venmo are accepted.

We will also be collecting warm winter coats as part of the Coats

for Kids and Families Drive. All coats will be professionally cleaned by Anton's Cleaners and distributed to families in need through a network of local social service agencies.

The Lions Club will be supported in our sales by members of the Medway High School Football team. The Medway Lions would like to thank the Medway High School Hockey team for their help with unloading the Christmas trees when they are delivered.

Proceeds of the tree sales

help to support the Lions Club Charitable Fund, with donations going to several Medway HS scholarships, Medway Food Pantries, local Service Projects, All State Band, and Peace Poster Contest. Other charities include Mass Lions Eye Research Fund, L.C.I.F. (empowering Service and Disaster Relief), MS Society, Eyemobile, National Braille Press, Perkins School for the Blind, Carroll Center for the Blind, Diabetes Association and the Clara Barton Diabetes Camp.

Millis HS announces Adams Scholarship winners

In Nov., Millis High School announced the winners of the 2023 John and Abigail Adams Scholarship.

23 students received the scholarship including: Hailey Bassett,

Ryan Berube, Troy Blanchette, Amelia Carr, Wilson Copice, Genesis Figueroa, Manuel Goes, Lucian Hastings, Arijus Johnson, Manasi Kale, Thidavanh Keomorokot, Emelia Leussis, Aidan Ludwig, Anthony Maestrey, Benjamin McCarthy, Lindzey Murrillo, Aditya Pillai, Julianne Roy, Sophia Rubalcaba, Mason Saegh, Jennifer Scolponeti, Lucy Sisto, and Emily Steiner.

In order to receive this scholar-

ship, students needed to score in the Advanced category on one of the three MCAS tests, score in the Proficient or Advanced category on the remaining two MCAS tests, and have a combined MCAS score on these assessments that ranked in the top 25% of our school. Recipients are eligible for an award of a merit-based credit toward tuition at Massachusetts state universities and community colleges.

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Millis Police Department social workers are busy providing various services to residents

By THERESA KNAPP

Last year, the Millis Police Department added social workers to the department's response team.

The town contracted with Community Impact, Inc., in Millis, to work in collaboration with

the MPD to provide community outreach to support Millis residents for issues related to mental health, substance abuse, domestic violence, homelessness, juvenile/adolescent matters, and victims of sensitive crimes, trauma, elder

abuse, and more.

"Our community has benefited greatly with the addition of our Town Clinicians. In addition to working directly with our department, they are embedded within the community. They are a phenomenal resource to have available to our department," said MPD Chief Chris Soffayer. "Our clinicians handle a wide range of issues within the community. They provide support to our residents regarding mental health issues, domestic violence, substance abuse, homelessness, and victims of sensitive crimes. Our clinicians do a great job following up, ensuring family members get the assistance or guidance they need."

"The first year has been great," said Amy Leone, director and owner of Community Impact, Inc., who, along with colleague Renee Masiello, provides services to the town. "We have been able to engage with the community, the schools, elder services, Board of Health, Council on Aging, as well as individuals and families

in various aspects over the last year...In 2023, we have had 138 initial encounters with individuals in the community. This total does not include the continued follow up with each encounter and others who reach out for support without police encounters."

Leone said they also provide critical incident mental health first aid to Millis police, fire, and EMS departments, school personnel and others employed in the Town of Millis to ensure there is a consistent co-response model when responding to calls.

Types of services

The town social workers also provide services and resources related to basic needs; domestic violence; elder abuse; housing/homelessness; insurance; mental health counseling; outpatient counseling in the schools if needed; recovery resources, SBIRT screenings, and Narcan administration training; victims of sensitive crimes and trauma; and case consultations for indi-



Amy Leone is a mental health counselor with the Millis Police Department. Courtesy photo

viduals, families and the schools.

If you have a need that is not on the list, do not hesitate to contact Leone or Masiello who still might be able to provide assistance.

If you need assistance

Finally, Leone says, "If anyone is in need of our services, they can reach out to Renee and me by phone through the Millis Police Department or through our personal cell phones (Amy Leone 508-864-6509 and Renee Masiello at 508-488-9885)." They can also be reached through the online referral form www.millispolice.org/townclinicianreferral.

How to handle holiday stress

- It is important to plan ahead because, during this time of year, things will fall on the same days. If you are hosting a gathering, plan ahead of the meal for grocery shopping, etc.
- It is okay to say 'no' to holiday commitments. You don't have to go to everything or say 'yes' to everyone or every party
- Plan spending: Make a budget and stick to it
- Create relaxing surroundings: Play music, light candles, etc. FYI, citrus scents can boost the feeling of well-being
- Maintain healthy habits: Short workouts in the morning will help with your decision making during the day.
- Share your Feelings: Spending a holiday after a loss in the family can be diffi-

cult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss

- Respect differences of family members and try to forgive and forget during the holiday season. Focus on your similarities and replace tension with something productive
- Be realistic: Do not forget you are only one person and can only do so much. Be realistic with what you can handle
- Take a break, don't forget about your own needs. Take a nap, go for a short walk, read a book, watch a funny movie, etc.
- Have an exit plan if you feel uncomfortable, especially for those in early sobriety

Source: Community Impact, Inc.



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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Kevin Maley constructs wash station shelter at Medway Community Farm as Eagle Scout Project

Like the leadership he's displayed through his pathway to Eagle Scout, Kevin Maley knew he wanted to lead a project that was something different yet something that would be a significant contribution to the community itself. Having partnered with a few of his fellow Eagle Scout candidates on their respective proj-

ects, Kevin recognized that the Medway Community Farm was open to community service projects that help support our local farming community.

Eager to make an appreciable impact on the Town, he contacted Farm Board President Carol Collord and Farm Manager Todd Sandstrum to inquire about their

needs. Discussions unveiled there was a need for two shelters: one a storage unit shelter, and the other a wash station shelter. It was explained that the storage shelter would be for just that, storage, while the other protection would be used to keep employees and visitors safe from the elements while washing post-harvest pro-



duce. In addition, the wash station would be used as a general multi-purpose area for storage and such. Intrigued by the engineering elements of the project as well as the discovery of the benefits the project would bring not only to the farm's employees, visitors, and students, it also became apparent that this project would aid in allowing the proper care of the produce by providing a shielded environment. For all those reasons, this project became the clear winner!

Once the project was established, Kevin started putting a plan together. First, he met with Carol Collord, Board President, Todd Sandstrum, Farm Manager, and Scott Bigelow, DPW Facilities, to gather information and draw up rough sketches so that everyone was on the same page about their goals. During the design process, it was learned that the town required

a building permit. With the help of Bobby McGee of the Medway Facilities Department, a permit was secured, and the Building Commissioner approved the building design. Next, he put together a budget. He determined he would need \$2,750 (Materials \$2,500 + Supplies \$100 + Tools \$150 = Total \$2,750). Now that the project was approved and he had a budget established, it was time to fundraise. To share his plan with the community and gather donations, he designed a website (<https://sites.google.com/view/kevin-maleys-eagle-project>) containing all the project information with an "easy to donate" page. The bulk of the fundraising was done online using a square account pushed out through various social media accounts, in addition to sharing a QR

SCOUT PROJECT

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SCOUT PROJECT

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code on social media and printing and posting flyers at the farm stand. A special shout out to the generous donation of a resident who donated a check while the crew was working! Lastly, Kevin put out the word among his classmates, national honor society members, fellow troop members, and family and friends to volunteer to help with the project.

With the funds collected, materials and supplies were purchased from the Lowes at Milford, Medway Lumber, and Bellingham Home Depot. In addition, some of the materials, equipment, and tools were donated by family and friends. In the end, the project grew from the initial drawings, and the existing structure consists of a shelter with a 38' x 16' roof made primarily of wood, metal roofing, and concrete post bases (see attached photo).

In the end, to meet the altered requirements from the town, changes to the original structure of the project were made, increasing project costs. Expenses exceeded the initial funds raised. «I'd like to sincerely thank my parents for donating the funds necessary to complete the project," said Maley.

As intended from the beginning, the farm uses the shelter to keep employees and visitors safe from the elements while washing produce and as a general multi-purpose area for storage. We are happy to share that the project benefits the farm's employees and visitors, including students participating in the farm's educational programs, while offering the fragile produce shielded protection from the elements resulting in proper care. The impact of this project reaches

not only the farm but also its patrons and the patrons of the farmers markets the farm participates in (Canton and Norfolk), as well as local students and the beneficiaries of the Medway Village Food Pantry.

Farm Manager Todd Sandstrum said, "It has been high on my wish list to add a covered post-harvest area since I came aboard as Farm Manager last January. With all the other priorities, it never reached the top. This is like a dream come true for me. The shelter Kevin built is incredible, and we appreciate the work he put into designing and building it."

Maley said the project is the culmination of many years of hard work, adding "The leadership skills I developed that allowed me to complete such a substantial project are due, in most part, to the extraordinary influence of my parents, Troop 367 members, its adult leaders, and the parents of my fellow troop members. I've had an amazing scouting experience because of all of them.

"Overall, I am satisfied with how the project turned out. The completed shelter looks amazing, and I have received numerous expressions of gratitude and admiration from the farm. Despite a few minor issues, we were able to stay on track and be productive throughout the project. We also had a great time, making good memories and cracking jokes, all while ensuring safety measures were in place."

Kevin Maley is currently a senior at Medway High School.

Thank you, Kevin, for your hard work and dedication to protecting Medway's residents, volunteers, and visitors and safeguarding essential sustainable items like our harvests that contain vital nutrients—all the best as you earn the rank of Eagle Scout.

Submitted by the Town of Medway

Millis Girl Scouts decorate town with scarecrows

This fall, Millis Girl Scouts in grades 1 to 6 decorated the town with themed scarecrows as a fun way to build connection with their community.

"Our goal was to have the scarecrows be mostly visible driving through our downtown area," says Allison Martino who, along with Janeane Scannell are service unit coordinators for the Millis Girl Scouts. "All of the troops worked so hard on them and we look forward to doing more projects like this in the future."

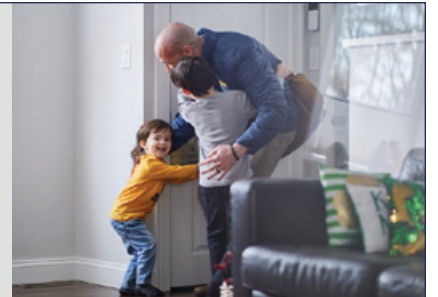
Clockwise from bottom right: Scarecrow created by Millis Girl Scout Troop 67239, located in the garden in front of Millis Town Hall. Credit: Theresa Knapp; Millis Brownie Troop 70651 created a scarecrow, complete with fire helmet in front of the Millis Fire Department. Credit: Theresa Knapp; Millis Girl Scouts Penny Houtchens and Lucca Martino are 6th grade cadettes who helped create scarecrows that decorated the downtown this fall. Courtesy photo; Millis Brownie Troop 70651 created this scarecrow, including its Chevrolet hat, as one of many that decorated the town this fall. Credit: Theresa Knapp



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Millis Hall of Fame induction set for March 30

By KEN HAMWEY
STAFF SPORTS WRITER

Three players, one coach, and two teams will be inducted into the Millis Athletics Hall of Fame on March 30 at the Medway VFW. Cocktail hour will be at 6 p.m. and dinner is scheduled for 7 p.m.

The 2024 inductees include Bill Lagos (class of 1981, baseball and football); Brian Egy (class of 2000, football, basketball and track); and Dan Coleman (class of 2005, soccer, basketball, and volleyball where he was captain of the 2002 state championship boys' team).

Aram Karoghlanian (class of 1932) will be inducted posthumously as a coach/contributor. He was a long-time tennis coach

who also directed the youth tennis programs in Millis.

The teams up for induction are the 1994 football squad and the 2009 girls' soccer team.

The football team won the Division 6B Super Bowl. Dave Sperandio was the coach and the captains were Brian Kraby, Mike Levy, and Brandon Davidson. Before winning the Super Bowl, the Mohawks' 1993 team went 1-9. The 1994 season was Sperandio's first year as Millis High's varsity football coach.

The girls' soccer team was led by coach Denis Cutler and the captains were Molly Breen, Olivia Zitoli, and Amanda White.

Dyann Rice, the Hall of Fame Committee Chairman, said tickets will likely go on sale in January.

Annual Toy Drive

We will be collecting unwrapped toys until December 15, 2023. Drop off locations are the Millis Police & Fire Departments. All toys will be donated to local disadvantaged children.

Gift cards of any amount to stores such as Target, Walmart, and Marshalls are also accepted to help out those families with older children.

Medway Senior Center 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.

"Thursday, December 7th will be the computer-animated, Christmas musical fantasy, The Polar Express.

Thursday, December 21st come for holiday mayhem with Griswold family. The film National Lampoon's Christmas Vacation stars Chevy Chase, Beverly D'Angelo, and Randy Quaid.

BALANCE SCREENING

Balance is a key to fall prevention and maintaining independence. Sign up for a free balance screening conducted by Personal Best Physical Therapy of Norfolk. Representatives will be at the Center on Wednesday, December 6th, starting at 10:00 AM.

Space is limited so reserve you spot early!

Tech assistance

The Center has a technology assistance program run by Adam Cookson for seniors with questions. Call the Center to sign up on Mondays, starting at 10:00 AM for Adam to answer your technology questions and help you with your devices.

SAND FOR SENIORS

The Medway Fire Department will donate a 5 lb. bucket of sand to any Medway Seniors home to treat icy stairs, sidewalks, or driveways. If interested, please contact Medway Center at 508-533-3210

FUEL ASSISTANCE

If you were approved for Fuel Assistance last year, you will be receiving a pre-printed application form in the Fall from SMOG (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. New applicants began November 1, 2023. Income guidelines for Fiscal Year 2023 are \$45,392 for a one-person household and \$59,359 for a 2 person household. Call the Outreach department for more information.

WEEKLY EXERCISE CLASSES

Monday 11 a.m.
Strength Exercise \$4
Tuesday 11 a.m.
Line Dancing \$4

Wednesday 9:30 a.m. Yoga \$3,
11:30 a.m. Sword Tai Chi \$10,
1 p.m. Chair Exercise \$3
Thursday 11 a.m.
Zumba Exercise \$5
Friday 12:20 p.m.
Chair Exercise \$3

OUTREACH DEPARTMENT

Did you know that the Senior Center has two part-time Outreach workers? The Outreach Department can meet with seniors, families, or any individual. We can explain community programs and benefits, assist with applications for designated programs, aid in the search for services, and act as an advocate to support individuals in need.

Examples of what the department can help with include but are not limited to:

- SNAP (food stamps) applications
- Fuel assistance applications
- Referrals for Home Care Services
- Internet Discount
- Mass Health applications

If you need assistance, call the Center and ask for Kim Cookson or Marcia Lombardo in the Outreach Department.

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Your Money, Your Independence

The Clash Against The Magnificent Seven



Glenn Brown, CFP

Never before has the S&P 500 been this top-heavy.

The seven largest companies by market capitalization (Apple, Microsoft, Amazon, Alphabet, Nvidia, Meta, and Tesla) comprise more than 29% of the S&P 500 index. These companies dubbed the “Magnificent Seven” have performed very well in 2023.

The Only Band (of stocks) That Matters?

A November 14th Goldman Sachs report shared that the Magnificent Seven have gained 71% this year while the other 493 stocks in the S&P 500 have gained just 6%.

Given market cap distribu-

tion, which allows larger stocks to contribute more to the index’s movements, the S&P 500 has gained +19% this year.

Thus, if one owns the other 493 stocks but not the Magnificent Seven, they’re trailing the S&P 500 Index by ~13%.

“Di-worse-ification”?!

As for other asset classes YTD through 11/14:

- +9.1% - MSCI EAFE (International) Index.
- +7.5% - Gold.
- +5.1% - Dow Jones Industrial Average (Apple, Microsoft are components).
- +5.0% - MSCI Emerging Markets Index.
- +3.4% - U.S. Small Cap (Russell 2000) Index.
- +0.4% - U.S. Aggregate Bond Index.
- 0.6% - Morningstar U.S. Real Estate Index.

What of dividend stocks? Vanguard’s Dividend Appreciation +7.9% trails S&P 500 Index by ~11% even though its largest holdings Apple and Microsoft are ~9%. It can’t own other Magnificent Seven stocks because they don’t pay dividends (yet).

Before asking, what about NASDAQ 100’s +34.6%? Un-

derstand, Magnificent Seven are 44% of that index’s 100 stocks.

Death or Glory.

Yes, Magnificent Seven 2023 returns are eye-popping, but let’s review 2022 then add together for net total return (not average) from 01/01/22 -11/14/23.

- Apple: **2022 -26%**; 2023 +45%; Net +7%
- Microsoft: **‘22 -28%**; ‘23 +56%; Net +12%
- Amazon: **‘22 -50%**; ‘23 +74; Net -13%
- Alphabet: **‘22 -39%**; ‘23 +51%; Net -8%
- Nvidia: **‘22 -51%**; ‘23 +240%; Net +69%
- Meta: **‘22 -64%**; ‘23 +179%; Net 0%
- Tesla: **‘22 -65%**; ‘23 +93%; Net -32%

Still, since 2018 the Magnificent Seven have outpaced the S&P 500 and Nasdaq 100. Not the first time a concentrated group of tech stocks outperformed 5 years to sit near the top of S&P 500.

The Four Horsemen.

In the late 90s, Dell, Cisco Systems, Intel and Microsoft were deemed The Four Horsemen.

To end 1999, the Top 10 S&P 500 Index holdings were - Microsoft, General Electric, Cisco, ExxonMobil, Wal-Mart, Intel, Lucent, IBM, America Online and Citigroup. Notice 7 out of Top 10 were technology. Dell was #18, between Nortel Networks and MCI Worldcom.

A “What Happened To...?” article should be done, but understand from 2000-2009, aka “The Lost Decade”, the S&P 500 Index lost -9%. The best performing Four Horseman, Microsoft, had a -36% decline for 2000s.

Diversification and Equal-Weight At Work.

If S&P 500 was negative for the 2000s, so was everything else. Right?

Nope.

Per indices cited previously, Gold returned +274%, U.S. REITs +162%, Emerging Markets +154%, U.S. Bonds +85%, U.S. Small Caps +44%, and International stocks was +12%.

Additionally, the Equal-Weight S&P 500 Index was +65% for the 2000s.

An equal-weight index is when all components are weighted equally. In today’s terms, a Mag-

nificent Seven stock impacts the same as Lululemon, Hubbell and Blackstone, all recently added to S&P 500 Index.

Should I Stay or Should I Go?

This isn’t to say sell this or buy that, as everyone’s situation is different with goals, taxes, risk tolerance and timelines. It’s to help educate, understand what you own and why you own it.

You should go to your CFP for your customized recommendations.

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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Three Medway High School seniors commended by National Merit Scholarship Program

Medway High School Principal John Murray is pleased to announce that three MHS seniors have been named Commended Students in the 2024 National Merit Scholarship Program.

Commended Scholars Ian Alexander, Alexandra Montana and Ella Vargas are recognized for their exceptional academic promise demonstrated by scoring among the 50,000 highest scorers nationwide on the 2022 Preliminary/National Merit Scholarship Qualifying Test.

Alexander, Montana, and Vargas will receive letters of commendation from the National Merit Scholarship Corporation, which conducts the program, and from the district.

“Congratulations to Ian, Alexandra and Ella for being recognized for their hard work and dedication,” said Principal Murray. “They have excelled in the classroom, and have contributed significantly to the Medway community inside and



Medway High School seniors from left, Ian Alexander, Alexandra Montana and Ella Vargas were recognized by the National Merit Scholarship Program. (Photo courtesy Medway Public Schools)

outside of school. I’m excited to see the great things they will do next.”

Ian Alexander is described as an exemplary student who demonstrates intellectual curiosity, compassion and dedication. He has taken many Honors and Advanced Placement courses and serves as a teaching assistant in a sophomore physics class. He serves as vice president of the National Honor Society and is a member of the Mahjong Club. He has also volunteered in the community by counting ballots at a local election, and has a part-time job at a local retirement community. He is interested in pursuing the field of architecture.

Alexandra Montana is described as a determined, responsible, highly motivated and empathetic student. She is a member of the National Honor Society and Tri-Music Honor Society. She has an interest in the STEM field, specifically ma-

rine biology, and participated in a STEM Exploration course at the University of Maine last summer. She is a member of Medway High School’s Women in STEM organization, former historian and current president of the Science Olympiad, current vice president of the Math Team and Project Green, and current vice president of the Class of 2024. Additionally, she is a member of the Holliston-Medway Varsity Swim & Dive Team

Ella Vargas is described as having an unwavering commitment to social justice and environmental sustainability, and shows consistent determination, curiosity and empathy. She is a multi-year member of the Boston Children’s Chorus and has succeeded in many Honors and Advanced Placement courses.

Submitted by www.medway-schools.org

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The b.LUXE *beauty beat*

The Beauty in Kindness

By GINA WOELFEL

There is a commonly held belief that kindness is like snow in that it can beautify everything it touches. Despite the harshness of New England winters, a certain peacefulness and serenity envelop us when a fresh layer of snow blankets the landscape. This magical stillness beckons us to slow down and appreciate the beauty of the present moment.

As the holiday season approaches, it's easy to get distracted by the endless shopping and sale announcements, which can take us away from the true spirit of this time of year. Our message to you is to slow down and step away from the hustle and bustle. Plan your shopping ahead of time, wrap and store your gifts early, and use the extra time to do what you love. By simplifying your routine, you can focus on what truly matters this holiday season - spending quality time with the ones you love.

This year, we've organized a special event with our co-workers to take a break from our busy schedules and celebrate the end of the year. The b.LUXE Team is hitting the roller rink for a Grinch-themed, old-school skating party, complete with ugly sweaters! We're fortunate to



have a team of women who support and care for each other, and we look forward to celebrating this relationship. Skating the night away together will be an unforgettable evening.

Our team is deeply committed to giving back to the community, especially during the holiday season. Our responsibility is to positively impact the community; we're proud to do our part. This month, we supported The Franklin Food Pantry with donations and an afternoon packing holiday gift baskets. We also sponsored The Medway Village Food Pantry Toy Drive with gifts for children ages 13-17. Recently, we had the pleasure of hosting the Franklin Senior Center at our studio, where we treated them to a day of beauty. It was a fantastic experience and one that we truly enjoy.

We want to thank our clients and readers for their loyalty and encouragement throughout the past year. Your continued support makes us love what we do even more and brightens our day with

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Living Healthy

What is this bump on my eyelid?

Causes and treatment of chalazion

By: ROGER M. KALDAWY, M.D.

MILFORD FRANKLIN EYE CENTER

A chalazion, commonly known as a sty, is a small, painless lump that forms on the eyelid due to a blocked meibomian gland. This obstruction leads to the accumulation of oil and subsequent swelling. Although generally harmless, a chalazion can cause discomfort and aesthetic concerns. In this article, we will explore the multifaceted aspects of chalazion, including its origins, the potential role of Demodex mites, and whether a connection exists between a chalazion and domestic pets. Furthermore, we will delve into the significance of Xdemvy in the treatment of Demodex blepharitis, offering readers a thorough understanding of this very common ocular condition and its management.

Origins of Chalazion

A chalazion primarily stems from the occlusion of meibomian glands, responsible for secreting oils that lubricate the eyes. Several factors contribute to this occlusion, including:

- 1-Hypersecretion of Sebum: Excessive oil production can lead to the thickening of the sebum, hindering its proper flow from the gland.
- 2-Bacterial Infections: Infections can incite inflammation and glandular obstruction, culminating in the formation of a chalazion.
- 3-Demodex Mite Influence: Demodex mites, microscopic organisms that inhabit hair follicles, including those on the eye-

lids, have been suggested to play a role in chalazion development. Studies indicate that an overpopulation of these mites may contribute to meibomian gland blockage, though further research is needed to establish a conclusive link.

The Role of Demodex Mites in Chalazion Development

Demodex mites, tiny arachnids that naturally inhabit human skin and hair follicles, are commonly found in the eyelid area and in particular on the eyelashes. While their presence is considered normal in some cases, an excess of Demodex mites could potentially contribute to meibomian gland blockage, leading to the formation of a chalazion. Demodex mites infestation has been found in 50% of children with chalazion compared



to no mites in healthy controls. This mite was also associated with recurrent and multiple chalazion. Ongoing research aims to elucidate the precise relationship between Demodex mites and chalazion, seeking to determine their significance as a contributing factor to the condition.

Chalazion and Pets

Although owning cats or dogs is not directly linked to chalazion, it is important to note that Demodex mites are also prevalent in pets. Consequently, individuals who have close contact with pets, especially those that share sleeping spaces or maintain frequent physical proximity, may face a potential of Demodex mite transmission. It is crucial to emphasize that chalazion is not an inevitable consequence of pet ownership. Many factors enter in the equation including the owner immune system strength.

The Significance of Xdemvy in Demodex Blepharitis Treatment

Xdemvy, a topical medication, plays a pivotal role in the

treatment of Demodex blepharitis, a condition characterized by an overpopulation of Demodex mites on the eyelids. This innovative formulation contains targeted ingredients designed to effectively combat Demodex mites, alleviating symptoms and facilitating recovery. Xdemvy has demonstrated remarkable efficacy in clinical trials, making it a valuable addition to the arsenal of treatments for Demodex-related ocular conditions.

Comprehensive Treatment Options

Warm Compresses: Applying a warm compress to the affected eyelid for intervals of 10-15 minutes, several times a day, serves to soften the blockage and facilitate natural drainage. This simple yet effective technique can significantly alleviate discomfort.

Eyelid Massages: After applying a warm compress, gently massaging the eyelid in a circular motion can further aid in releasing the obstructed oil and hasten

EYES

continued on page 13



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Charles River Bank Proudly Sponsors Annual Medway Christmas Parade

Charles River Bank's President and CEO Derek Plourde (center right) presents a donation check of \$1,000 to the Medway Christmas Parade Committee, represented by (L-R) Richard Parrella, Julie Harrington, Allen Tingley, Tim Rice, Charlene Tingley, and Joanne Russo. The Annual Christmas Parade will be held on Saturday, November 25th, and will begin at 5:30 pm at the Medway High School and proceed left onto Summer Street, left on Milford Street to Franklin Street, left onto Village Street into Medway Village continuing onto Holliston Street, left onto Main Street, and ending at Choate Park and the Thayer House.



The parade will culminate with ceremonies at the Thayer House that includes the presentation of service awards with music, food concessions, and a visit from Santa Claus! A spectacular fireworks show and festive tree lighting conclude the evening's events.

EYES

continued from page 12

the resolution of the chalazion.

Antibiotic Ointments or Drops: In instances where bacterial infection is suspected, a healthcare provider may prescribe topical antibiotics to combat the infection and expedite the healing process.

Xdemvy Application: In cases of Demodex-related ocular conditions, Xdemvy serves as a highly effective treatment option, targeting Demodex mites directly and aiding in their elimination.

Steroid Injections: For more persistent or severe chalazion, your ophthalmologist may administer a steroid injection to mitigate inflammation and hasten resolution.

Surgical Drainage: In cases where other treatments prove ineffective, a minor surgical procedure may be performed to create a small incision for drainage. This option is reserved for particularly stubborn or large chalazion.

Conclusion

Chalazion, while generally benign, can be an uncomfortable and visually noticeable condition. Understanding the potential causes, including fac-

tors such as Demodex mites, and discerning the potential connection with pets, can aid individuals in effectively managing this ocular ailment. Incorporating innovative treatments like Xdemvy in the management of Demodex-related ocular conditions adds a powerful tool to the healthcare provider's armamentarium. Should one suspect the presence of a chalazion or Demodex-related blepharitis, seeking consultation with your eyecare provider is paramount for accurate diagnosis and ap-

propriate treatment. With 2 full-time external disease specialists on staff, 7 ophthalmologists and optometrists, 3 locations including a surgery center in Milford, our eye centers offer state-of-the-art equipment to diagnose and treat eye problems, including chalazion. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface disease, chalazion and ocular rosacea. We continue our mission to provide world class eye care

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Sports

Medway Boys Basketball aims for more progress

BY KEN HAMWEY
STAFF SPORTS WRITER

Shane Jackson's first season as boys' head basketball coach at Medway High last year was a smooth transition for the Mustangs. That's because the personable Jackson spent six years as an assistant at Medway, working first as a freshman and junior-varsity coach then as a varsity aide.

Jackson's rookie campaign was successful. His squad compiled an overall record of 13-9, finished second in the Tri Valley League Small Division, and

cluded with TVL Small Division Coach of the Year honors. "It was a proud moment but now it's all about how our team can improve," he said.

The 40-year-old Jackson, who has eight players returning from last year, has set his goals for year two and they reflect his commitment for progress.

"We want to contend for the TVL Small Division championship," he said. "Qualifying for the tourney with an eye towards advancing deep is another objective. Another goal is to strive for a home game in the playoffs. That

"We've got a strong team culture," said Jackson. "That shows that our players rely on each other. "Our players are coachable and they work hard on improving their basketball IQs. We also have depth and experience and our team chemistry is a plus. Our defensive skills are strong but we're still working to strengthen our offensive technique."

Medway's three senior captains — Brendan McNamara (guard), Jack Gould (forward-center) and Caden Reisman (guard) — lead in a variety of ways. "Brendan leads by being

can shoot threes. Last year, his assist-to-turnover ratio was excellent."

Reuben Simon suffered an injury before the season began last year and wasn't at full strength. But, the guard-forward is back and Jackson likes what he brings to the table. "Reuben can shoot, he hustles, he's long, quick, strong and athletic," said Jackson. "He can be a quality rebounder and he can shoot threes from the wing or at forward."

Junior Matthew Parlon provides depth at point guard. "He can team with Caden and that combination gives us strength," Jackson offered. "A good shooter and passer, Matthew gets to the hoop with smooth and deliberate movements and he knows how to control the game's tempo."

Seniors Christian Chiplock (point guard), Jaron McInnis (point guard-wing), and Derwin Narcisse (center) will be called on to contribute. "Christian is a defensive specialist, Jaron has lots of grit and Derwin is a solid defender and rebounder," Jackson said. "They will all contribute in a positive way and fill key roles."

Sophomore Jacob White (point guard), junior power forward Brady Girard, and junior two-way guard Haven Miele round out Jackson's nucleus.

"Jacob mostly played on the jayvees last year," Jackson noted. "He's poised, athletic and has a high basketball IQ. A good ball-handler, he passes effectively and shoots well. Brady is vocal, hustles to the right spots and gets players into position. At 6-foot-1, he plays bigger than his size and he moves quickly. Haven works hard and he's dedicated. Hopefully he'll be impactful."

Jackson rates Dover-Sherborn, Dedham and Norton as teams that likely will battle for the TVL Small Division crown. "They're tough, have tradition and are well-coached," he said. "Bellingham may be another team to watch. They have some quality players and they compete hard."

The Mustangs will open their season on Dec. 12 by hosting Norton. Their non-league games include Stoughton and Holliston. A tourney in Milford will



Shane Jackson won coach of the year honors in the Tri Valley League's Small Division after his first season at Medway High.



Medway High's basketball captains are, from left, Brendan McNamara, Jack Gould, and Caden Reisman.

managed a split in the state tourney, beating Weston before losing to Boston Tech.

And his competitive approach, positive demeanor and effective style didn't go unnoticed. His rookie season con-

provides a positive experience for the players."

Achieving those goals shouldn't be a problem based on the Mustangs' team strengths, which emphasize all the attributes needed for success.

competitive, Jack leads by example and Caden is vocal and supportive," Jackson said.

All three captains are in their third varsity season.

"Brendan is resilient on defense and is a good spot shooter," Jackson noted. "His low-post footwork is effective and he wants to guard our opposing teams' top backcourt players. A good free-throw shooter, he knows how to win.

"Jack is 6-6 and last year he averaged nine points and seven rebounds. He's got an incredible motor, always giving 100 percent. Jack's court sense in the paint is very good, he's got an effective mid-range jumper and he finishes well.

"Caden is a two-way guard who sees the floor well and gets to the hoop. An all-around, hard-working player, he's a shifty defender (two steals a game) who

enable them to play two more non-league contests and their opponents will be two teams from among Milford, Grafton and Worcester South.

Jackson's coaching staff will include Ed Healey (jayvees), Andrew Tiernan (freshmen), Jacob Citron (varsity assistant) and Tim Corcoran (head varsity assistant).

Jackson, who spent seven years as an assistant with Dean College's women's basketball team, relies on an athletic philosophy that winning is a by-product of hard work and effort. "Winning comes from a desire to improve," he emphasized. "Winning instills confidence, creates a positive experience and helps players reach their potential. It's helpful when players know they still have room to grow."

There are life lessons that Jackson hopes his players learn from sports and a key one is how to overcome adversity. "The key is once adversity strikes, what's the next step," he said. "Learning how to lead and to be good teammates are important lessons. And, I also want our kids to become good citizens and good human beings. Strive to be the best you can be."

The Mustangs style of play will focus on defensive pressure and an efficient offense.

That blend should get results and Shane Jackson is relying on that mix to enrich the boys basketball program at Medway High.

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Sports

Don't let these 5 misconceptions keep you from making a will.

Have you put off making a will? If so, you're not alone. According to a 2020 survey conducted by Caring.com, only 33% of American adults have estate planning documents, like wills and living trusts, in place.¹

While preparing a will may not be the most pleasant way to spend an afternoon, it could be the most productive — especially for your heirs. Without a valid will, your assets could be tied up in probate court for months, possibly years. What's more, the court will be forced to make decisions that may not conform to your wishes.

Why are so many people reluctant to take this basic — but important — step? In many cases, it is the result of five common misconceptions:

1. I'm not wealthy enough to need a will.

If you consider the value of your car, furniture, and other worldly possessions, you may be worth more than you think. Plus, some items may have sentimental value to your heirs and will need to be distributed fairly. You can also use a will to make legal arrangements—such as naming a guardian for your minor children—that have nothing to do with your wealth.

2. My spouse will inherit everything.

Consider children from a previous marriage and discuss with your attorney how to include

them in your estate planning. Plus, there's always a chance that you and your spouse could pass away at the same time. If so, the distribution of assets could get tricky. Also, be aware that assets with a designated beneficiary, such as life insurance, IRAs, or 401(k)s, goes to the designated beneficiary. So, check periodically to make sure your beneficiaries are up to date.

3. All my assets are jointly titled.

Legal titles, such as Joint Tenants with Right of Survivorship (JTWROS), can be helpful when it comes to transitioning financial accounts. In some cases, however, they can make things more complicated—especially if the joint owner has also passed away and no further instructions have been provided.

4. I don't have any heirs.

If you don't have any surviving family members, your assets can still be put to good use. You can leave them to a trusted friend, to your alma mater, or to a favorite charity.

5. I'm not ready to set my final wishes in stone.

Updating a will is very common and, because circumstances can change, almost expected. Once the basic framework is in place, adjustments are relatively easy to make and can usually be done at a modest cost.

Please don't let these common misconceptions keep you from

preparing a will. Given the vital role a will plays in distributing your assets, protecting your loved ones, and making sure your final wishes are carried out, now is the time to seek out a qualified attorney and make sure you have a legally viable will in place.

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2022 Wills Survey Finds That 1 out of 3 Americans Without Estate Plans Think They Have Too Few Assets To Leave Behind”

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Former Medway coach and Athletic Director Infanger returns to Natick to coach boys' hockey

By KEN HAMWEY
STAFF SPORTS WRITER

Karl Infanger always aims high when he sets goals, and walking away from a challenge is not in his DNA. Those traits no doubt played a major role when he decided to return to Natick High for a second stint as the Redhawks' varsity hockey coach.

The 48-year-old Infanger has a top-notch hockey pedigree at the interscholastic, college and professional levels.

During his four years at Billerica High, where he excelled in hockey, volleyball and golf, he had offers to play college hockey but he wanted to compete for a Division 1 school. He chose Merrimack College and, as a walk-on, he finished his career playing defense in 118 games at the Division 1 school.

"I enjoyed playing three sports at Billerica," Infanger said. "But, I decided to focus on hockey and competing for a Division 1

college was what I strived for. I worked hard, got playing time and became a starter as a sophomore and junior. I played in packed arenas at Boston University and the University of Maine. Some of my best days were at Merrimack.

"I always dreamed about playing pro hockey, so I gave it a shot after college and played two years in the International Hockey League and the East Coast Hockey League."

"I played in Wheeling [West Virginia] for Peter Laviolette for a year in the ECHL and a year later I became a league all-star," Infanger said. "I also spent time in Orlando in the IHL but my pro career ended with the Mississippi Sea Wolves where we won the ECHL championship. Two years in the pros was very rewarding."

When Infanger, who has a master's degree in educational administration from Cambridge College, got married, he decided

it was time to begin a career in education. He became a wellness teacher at Medway and has worked in that role for 22 years. In 2003, he became Medway High's athletic director. He also was a Medway assistant coach in boys' hockey and a volunteer coach with the girls' co-op team. He also served as an assistant coach at Framingham State University for two years.

Infanger eventually took varsity posts at the interscholastic level (five years at Natick High) but when his daughter began playing for Medway, he became head coach of the Mustangs' girls' squad for five years.

When Natick High began its search for a varsity coach last summer, Infanger received calls from friends there and it didn't take him long to return to the high-powered Bay State Conference.

"It was an easy decision to go back to Natick," he noted. "My heart never left the town, especially after one of my players, Justin Bailey, died suddenly at 18 in 2012. I left after five years there for family reasons. My kids were starting to play high school hockey and I'm a family-first guy. Now both my son and daughter are playing in college, so the time was right to coach again. Natick High's athletic culture and pride is special."

Infanger got positive results in his varsity coaching tenures at Natick and Medway. He had four winning seasons in five years with both programs. And, both schools qualified for tourney play in four of five years. He led Natick to a state semifinal ap-



Karl Infanger, who enjoys coaching hockey, has taken the varsity reins for a second stint at Natick High.

pearance in the 2011-12 season and he registered eight playoff victories in five years with the Redhawks.

Local Town Pages' deadline arrived before Natick's preseason practices got under way, but by watching film, Infanger has a sense of what kind of team he's inheriting.

"The players have a superb work ethic," he noted. "I see good effort. There's talent and players appear to have a good hockey IQ. I see a team that looks well-balanced."

Infanger's goals for the Redhawks will be similar to the objectives he had during his previous days at Natick's helm.

"We'll improve daily in practice and in games," he emphasized. "We'll always move forward and learn from losses. We also want to compete for the Carey Division title, qualify for the state tourney and go deep."

Natick will open its season by hosting Shrewsbury on Dec. 9. Non-league games are slated against Boston College High School and Woburn High, and an in-season tourney will enable the Redhawks to face two teams from a pool of Malden Catholic, Winthrop, St. Mary's of Lynn, and Bishop Guertin of New Hampshire.

"Playing in the Bay State Conference will be challenging," Infanger offered. "There are no days off. It's a solid league that

gets teams prepared for the playoffs. The BSC is well-balanced and it usually has five or six schools that qualify for the state tourney."

Infanger's on-ice style will feature Natick's relying on a strong defense but still employing "an explosive offense."

In his previous posts as a head coach, Infanger has banked on an athletic philosophy that focuses on winning, reaching one's potential and having fun. "Winning is a by-product of reaching one's potential and enjoying competition," he said. "Team chemistry also plays a key role."

Infanger tries to instill some valuable life lessons while focusing on his on-ice goals. Overcoming adversity is one. "That helps players to become resilient," he said. "Sports can also teach kids to be good teammates, to be leaders and to be accountable. A strong work ethic leads student-athletes to be improved players, better teammates and good human beings."

Infanger and his wife Julie have lived in Medway for 24 years. Their children, Alex and Emily, are playing collegiate hockey — Alex at the University of Delaware and Emily at Assumption University.

Medway is home for his family, but for Karl Infanger, Natick still occupies a place in his heart. "Part of me never left," he said. "It's a town that's special."

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'Veterans Day Project' brings students and veterans together

Millis High School oral history project started in 2005

By KAITLYN RICHARDS
STUDENT WRITER

Millis High School's sophomore class held its annual "Veterans Day Project" on Nov. 8.

For the project, veterans visited the high school to be interviewed by the current 10th graders. The veterans recounted many powerful stories from their time in the military, detailed their takeaways from their impressive experiences, and described the most meaningful aspects of serving in the military.

This year, 14 veterans and 65 students participated in the event.

Each veteran was paired with a small group of sophomore students to be interviewed. The students were able to ask questions and take in the stories that were being told. Some told stories from the wars they fought in, while others told stories about their time after leaving the military.

Sophomore Mia Young interviewed Lt. Col. Brett Walker, an

Army officer who served in Afghanistan, Iraq, Paraguay, Puerto Rico, and Africa.

"He has had such an interesting life, and I loved learning about it," said Young. "I was really excited to do this project... It was very impactful to listen to the highs and lows of the veteran that I was paired with," said Young. "There are so many things that I had heard about in the news, but hearing the stories of someone who experienced it first-hand made it that much more powerful. If this project has taught me anything, it's that you should listen to the stories of military people."

After the event, the students wrote essays about their experience. See sidebar for the essay Young wrote about her visit with Lt. Col. Walker.

Lt. Col. Peter Berube, USAF (Retired) Peter Berube of Millis has participated in the event for several years.

"I feel it's important for soci-



ety, and especially young people, to understand the sacrifices that generations of Americans have made to secure and preserve our freedoms and way of life," says Berube, who served in the Air Force from 1994 to 2014 in several states and countries. He was also deployed to Qatar, Kuwait, Iraq, Afghanistan, and other Middle Eastern countries in support of Operations Enduring Freedom, Iraqi Freedom, and New Dawn.

Berube said that, during the event, students asked several questions "ranging from what my motivation was to join the military, to

what the stresses of service were, to what the food was like, and places I served. I think because the students had so many questions over the course of an hour, and because we don't have very much exposure to large military communities in New England, that some of my responses were eye-opening to them.

"Over the years that I've participated, I always came away with an impression that the students have an appreciation and respect for Veterans and their service. Often when people learn someone is a Vet, they thank us

for our service. Having an entire class of sophomores be attentive and interested in our experience is even more special," Berube said.

MHS history teacher Dave Fallon started the annual event in 2005 as an oral history project to connect students with WWII veterans. It now includes veterans from a wide range of conflicts including the Korean War, Vietnam, Desert Storm, and Iraqi Freedom.

"I think this project serves as a poignant reminder of the sacrifices made by our veterans, offering students a unique opportunity to connect with living history," said Fallon. "As these 10th graders sit down with veterans, they listen intently to their stories, gaining insight into the experiences and challenges these heroes faced during their service. It's a powerful way for the students to learn about the realities of war, honor the sacrifices made, and express their gratitude to those who have served."

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'Field of Flags' offers place to honor veterans

Nov. 11, 2023 Millis — Just outside the Millis Town Hall there is a small moving sea of red, white and blue.

This "Field of Flags" was installed by the Millis Lions Club to honor all veterans in and around the community; those who are currently serving, retired and those who have passed away.

"Each one of these flags represents a veteran or military serviceperson and was donated by an area resident to either remember a loved one who has passed, or family member or friend who is currently serving," said Millis Lions Club member, Bruce Schroepfer. "All of the money raised from selling these flags will be going to Fisher House Boston, located in West Roxbury."

For more than 30 years, the

Fisher House program has provided a "home away from home" for families of patients receiving medical care at major military and VA medical centers. These homes offer free, temporary lodging to military and veterans' families, allowing them to be close to their loved one during a medical crisis and focus on what's important—the healing process. There are currently 96 Fisher Houses located in the US and Europe, serving more than 455 million families.

"The Millis Lions Club has been supporting the Fisher House and hosting a "Field of Flag" for about a decade. Supporting veterans and their families is just one of the very important missions our Club. We hope that we will be able to continue this going forward and that more

individuals will help to support the amazing efforts of the Fisher House through this program," said Millis Lions Club Secretary, Michael O'Shaughnessy.

The field is a quiet place where visitors can pause to reflect on the those who have fought to keep America free. The patriotic display will be up until Nov 25th.

Fisher House Foundation is best known for its network of 96 comfort homes where military and veteran families can stay at no cost while a loved one is receiving medical treatment. These homes are located at major military and VA medical facilities nationwide and in Europe, close to the medical facility they serve. Fisher Houses have up to 21 suites with private bedrooms and baths. Families share a common kitchen,

laundry facilities, a warm dining room, and an inviting living room. Fisher House Foundation ensures that there is never a lodging fee. Since inception, the program has saved military and veteran families an estimated \$575 million in out-of-pocket costs for lodging and transportation. www.fisherhouse.org

Where there's a need, there's a Lion. The members of the Millis Lions Club believe that the world gets better and problems get smaller when people unite to serve their local and global communities. Lions help where help is needed - in our own communities and around the world - with unmatched integrity and energy. Since 1917, Lions have strengthened communities through humanitarian projects and hands-on service. We serve neighbors who

live next door and people on the other side of the world that we may never meet. Lions members serving with the Millis Lions Club, are our neighbors and friends and business owners, who enjoy the experience of working together to serve our community and the world through humanitarian and civic projects, vision and health screenings, scholarships for high school seniors, feeding and clothing those in need and saving the environment. If you would like to learn more about Lions Clubs International, please visit their website www.lionsclubs.org. If you'd like to learn more about the Millis Lions Club and how you can make a difference, please visit our web site at www.millislionsclub.org or contact Lion Debbie Hayes at 508-816-6732.

Real Estate Corner

Berkshire Hathaway HomeServices Page Realty: Family Owned & People First, Joins Hands with Habitat for Humanity to Make a Difference

Page Realty, proudly demonstrates its commitment to the community

through their Habitat for Humanity participation on November 2, 2023.

Seven dedicated real estate agents enthusiastically joined the Women Build program, aligning with the agency's core values of being "Family Owned & People First." This initiative not only highlights Page Realty's commitment to its clients but also to the communities it serves.

Faina Shapiro, Al Rao, Ellen Rao, Chris Rao, Steve Coukos, Jennifer DeLuca, and Mark Lalond, devoted their time, skills, and energy to this important community project in collaboration with Habitat for Humanity, a global nonprofit housing organization. In addition Page Realty generously donated funds and

actively fundraised to support Habitat for Humanity efforts. Habitat for Humanity's mission is to bring people together to build homes, communities, and hope, providing affordable housing solutions to families in need. By working side by side with fellow volunteers, Page Realty and Habitat for Humanity exemplify the power of collective action to create meaningful change. This initiative symbolizes Page Realty's strong sense of social responsibility and its dedication to cultivating a culture of collaboration, empathy, and giving back. It illustrates the kind of dynamic and compassionate professionals that Page Realty attracts and nurtures, placing people at the forefront of its mission.

Page Realty encourages individuals who share the agency's passion for community service, teamwork, and making a positive impact to consider a career with a team that is genuinely "Family Owned & People First." If you're seeking an opportunity to join a company dedicated to both professional excellence and community engagement, Page Realty is your ideal destination.

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Berkshire Hathaway HomeServices Page Realty is a full-service real estate company specializing in residential sales since 1963. The company has two offices in Medway and Medfield, and dominant market share in the MetroWest area. For more information, please visit www.bhhsPagerealty.com

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Medway Market Update

NOVEMBER 2023

8	167
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11/03/2023	36 Ellis St.	\$530,000
10/31/2023	49 Village St.	\$700,000
10/31/2023	15 Malloy St.	\$655,000
10/31/2023	5 Crestview Ave.	\$835,000
10/31/2023	6 Cutler St. #B	\$495,000
10/31/2023	6 Cutler St. #A	\$510,000
10/30/2023	59 Summer St.	\$460,000
10/30/2023	33 Broken Tree Rd.	\$1.40 mil
10/27/2023	15 Alexandria Dr.	\$874,500
10/27/2023	12 Walker St. #1	\$722,500
10/27/2023	12 Walker St. #2	\$722,500
10/27/2023	40 Timber Crest Dr. #23	\$839,205
10/24/2023	99 Milford St.	\$618,000
10/20/2023	27 Sunset Dr.	\$485,000


Date	Millis	Amount
11/16/2023	22 Hemlock Cir.	\$378,000
11/08/2023	5 Conway Rd.	\$669,000
11/08/2023	37 Acorn Pl.	\$680,500
11/03/2023	38 Acorn Pl.	\$680,500
11/02/2023	237 Orchard St.	\$685,000
10/31/2023	10 Glen Ellen Blvd. \$5	\$1.11 mil
10/31/2023	86 Key St.	\$415,000
10/30/2023	212 Pleasant St.	\$475,000
10/27/2023	969 Main St. #6	\$280,000
10/25/2023	4 Hattie Ln. #187	\$758,128

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



WISHING YOU A JOYOUS HOLIDAY SEASON.









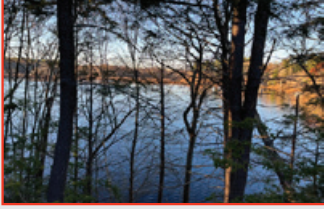

Jodi Kairit, REALTOR®
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Jodi@BHHSpagerealty.com

Recent Home Sale



Units A and B at 6 Cutler Street in Medway recently sold for \$510,000 and \$495,000, respectively. Image credit: www.zillow.com

Over 430 homes sold!

SOLD	PENDING	SOLD
		
6 Alice Drive Wayland - \$1,249,000	Plimpton Farm Road Millis \$939,000	5 Conway Road Millis - \$679,900
SOLD	NEW LISTING	NEW LISTING
		
118 Norfolk Road Millis - \$775,000	MacArthur Norfolk New Construction Lake Front - \$899,000	3 Kristin Lane Canton - \$829,900



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Proven Successful Marketing: Staging, Professional Photos, 3D Tour, Floor Plan & More!



NEW TO MARKET

\$919,900
25 Bogastow Circle, Millis
Jennifer McMahon



SOLD

\$460,000
59 Summer Street, Medway
Laina Kaplan



SALE PENDING

\$499,900
6 Legion Ave, Medway
Jennifer McMahon



SOLD

\$540,000
60 Boardman Lane, Attleboro
Jennifer McMahon & Janine Azzouz



SOLD

\$901,000
9 Apple Rock Road, Millis
Jennifer McMahon



SOLD

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



SOLD

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



SOLD

\$410,000
470 High Street, North Attleboro
Jennifer McMahon



SOLD

\$510,000
4 Mary Ann Drive, North Grafton,
Laina Kaplan



SOLD

\$1,050,000
5 Rolling Meadow Drive, Millis
Janine Azzouz



SOLD

\$575,000
11 Thyme Lane North Attleboro
Jennifer McMahon



SOLD

\$750,000
5 Charles View Lane, Medway
Jennifer McMahon

*We would like to thank our clients, friends and family for
another successful year. We wish you and your family a wonderful
holiday season and a very Happy New Year!*



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