



On Dec. 8, Medway native Zack DiGregorio, and his doubles partner Sean Hollander, became the first U.S. doubles team to win a World Cup race in 18 years. Source: Facebook

Medway's DiGregorio a World Cup winner in Luge

BY KEN HAMWEY
STAFF WRITER

Medway native Zack DiGregorio continues to excel in the luge and climb the ladder of success.

His latest achievement occurred when he and doubles

partner Sean Hollander became the first U.S. doubles team to win a World Cup race in 18 years. The history-making event came on Dec. 8 when DiGregorio and Hollander prevailed at the season opener in Lake Placid, NY.

The U.S. duo was in second

place after the first of two runs, then rallied past first-run leaders Thomas Steu and Wolfgang Kindl of Austria in the second run to win by 52 thousandths of a second. DiGregorio and

LUGE

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'Millis Rec Serves' reaches incredible volunteer milestone

113 volunteers gave back a collective 716.5 hours to the community

BY KATLYN RICHARDS
STUDENT WRITER

To the Millis Community, the local organization Millis Rec Serves has become a credible and reliable group that focuses on serving in different volunteer settings. Seen at all Millis Recreation events, Millis Rec Serves is built of Millis Middle School and Millis High School students.

Erin Leblanc, the Teen Coordinator for Millis Recreation, helped create the organization in Dec. 2021 along with other members of Millis Recreation.

"I believe that Community Service is wonderful because it offers fulfillment to those who serve and, at the same time, aids various parts of a community in many ways. In my experience, often the most impressive and compassionate volunteers can be found within

the Middle and High School population. As the Teen Program Coordinator for Millis Recreation Department, creating a platform for service for local middle and high school students was a natural venture that was exciting for our department," said Leblanc.

She believes that, "Serving others allows volunteers to realize their value while providing important assistance to those in need. Oftentimes, sharing your time and talents with others offers a reprieve from the stressors of daily life while providing a sense of fulfillment. It is clear to me that our community is happier and healthier due to the efforts of our Millis Rec Serves volunteers."

MILLIS REC

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LUGE

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Hollander had the second-fastest time in both heats and finished in 1 minute, 27.630 seconds.

The U.S. men's doubles win was the first in the last 184 World Cup men's doubles races, dating back to Dec. 9, 2005 — when three-time World Cup overall winners Mark Grimmette and Brian Martin won their last World Cup. Grimmette and Martin had 11 World Cup wins in their career.

About 40 friends and family of DiGregorio were on hand to see how much the American tandem knows about the Lake Placid track.

"To be able to win in front of them was amazing," DiGregorio said after the triumph. "Lake Placid has always been a very special place for me. I've been coming up here since I was seven and never racing here other than nationals. It was really cool to see a World Cup and to win. Just that extra cherry on top."

Hollander, a Lake Placid native, said they know the track like

the back of their hands. "We've had hundreds of runs here," he said after the race.

DiGregorio, 22, and Hollander, 23, teamed up in 2020, then qualified the 2022 Olympic team. They placed 11th at the Games, then seventh at the January 2023 World Championships. Their best World Cup finish before the Lake Placid victory was fourth.

"It's a lot of first," Hollander said. "It's the first World Cup in Lake Placid for me and Zack, and it's a first World Cup medal for me and Zack — and it was

first [place]."

Austria's second team of Juri Gatt and Riccardo Schopf (0.072 seconds back) finished third ahead of Latvia's Martins Bots and Roberts Plume (0.111). The other U.S. men's doubles team — Dana Kellogg and Frank Ike — finished 10th place in a time of 1:28.482.

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 mechanisms are the two elongated runners on which the competitors rest their feet. A slight nudge can drastically shift the sled's direction.

With the way DiGregorio and Hollander are handling the nuances involved in luge competition, they should be able to continue earning accolades — regardless of what course they are dealing with.

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Millis Garden Club needs members

For many years, the Millis Garden Club has made the town more beautiful, provided scholarships to high school students, worked with the Lions to organize the annual town cleanup, crafted holiday wreaths for the town, organized many Christmas craft sales and crafted holiday wreaths for the town. And, years ago, members helped set up the Children's Garden at the Oak Grove Farm, and



During this holiday season, the Millis Garden Club acknowledged The Benevento Companies, especially Wayne, who headed the crew making all the updating to the traffic islands at the junction of Route 109 and Village Street near the "Welcome to Millis" sign. Club members say the donation of time, stone, mulch, machinery, and labor has made a significant improvement to the town and going forward will make this site easier to maintain. Courtesy photo



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designed and installed the plantings at the Millis Town Library.

"We are looking for others to give time to help keep our gardens and programs," said club member Paula Fraser. "The current board is seeking volunteers to step forward to work with existing leaders, we don't want all the good we've accomplished to fade as the current member leaders are getting ready to step down. Please

consider helping to keep the club vibrant."

For more information or to join the club, contact hdstoomian@comcast.net (Heidi), sjconte@verizon.net (Susan), or pfraser8@yahoo.com (Paula). You can also find them on Facebook @Millis Garden Club

The Club is part of the Commonwealth of Massachusetts Horticulture Society.

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MILLIS REC

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Millis Rec Serves has grown an incredible amount since its start.

a collective 104.5 hours back to our community. In 2022, we participated in 13 events, had 73 volunteers on the roster, and donated 337 hours back into our community. 500+ hours seemed like a reasonable

“In 2023, we now have grown to 113 volunteers, have participated in 21 service events, and have logged 716.5 collective hours back into our community.”

The organization is looking



Volunteers pose with Santa after the annual Santa Parade. Photo credit: Erin Leblanc

Leblanc said, “In 2021, we participated in four events with 32 volunteers on the Millis Rec Serves Roster and we donated

goal that would pursue additional service opportunities for our Rec Serves volunteers.”

She is proud to report that,

forward to continuing serving and giving back to the Millis community in 2024.

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Church seeks next Settled Pastor, is not for sale

The Millis Church of Christ, Congregational has been serving God and our community for over 300 years. Currently in our 310th year, we are an open and affirming congregation and welcome all who want to share in our celebration of faith.



We want to address some incorrect information going around our community. The church is not for sale, nor do we have any plans to do so. We are an active church and are here to support the local community and the world while singing

God's praise. We are currently in transition and in the process of Searching for our next Settled Pastor. This is a long process, but one that is very active. We continue to have our weekly 10am Sunday worship led by a combination of lay leadership and part-time ministry.

We are excited about continuing our mission in the coming decades and look forward to what 2024 will bring us. There is a lot of excitement in town, a lot of new families moving into our area, and we look forward to serving them with some exciting new faith-based events serving not just our church members, but our community in and around Millis. We invite all who are looking for a faith home to come and visit our church – we would love the opportunity to welcome you into our family!

Clyde Brown 3rd graders take on Chemistry at Millis High School

By KAITLYN RICHARDS
STUDENT WRITER

For the past month, third graders at Millis' Clyde F. Brown Elementary School have taken a field trip to Millis High School to learn about chemistry. The events were organized by Millis High School's Chemistry Club in conjunction with the school's Material Science class.

When the students arrived at the high school, they were prepped for the fun-filled day with important safety instructions. Afterward, the students took part in a series of simulations in order to demonstrate different weather conditions.

The students not only learned about erosion and the water cycle, but they also learned the ins and outs of being in a lab setting in a formal science classroom. By showing students the interactiveness of being in a sci-

ence lab, there is a chance some students may have found a new interest in learning science.

"I think that it is important for the elementary students to start learning and experiencing a lab setting at a young age," said Ms. Stephanie Copice, a chemistry and material science teacher and advisor to the MHS Chemistry Club. "These types of experiences are able to set a standard and an expectation for when the students progress through their education to a higher level."

Not only did the elementary students have an enjoyable experience, but the high school students who helped facilitate the lab stations had a great time working with younger students.

"I believe that having the older students work with the younger students is extremely important because it helps each age not only wield leadership skills, but it also gives the younger



One of the lab stations which demonstrated a form of weather. Courtesy photo

students something to look up to and aspire to for their futures," said Ms. Copice.

The Chemistry Club has been holding field trips for many years and plans to continue in future years. The third graders will most likely return in the spring for more fun and educational lessons in chemistry.

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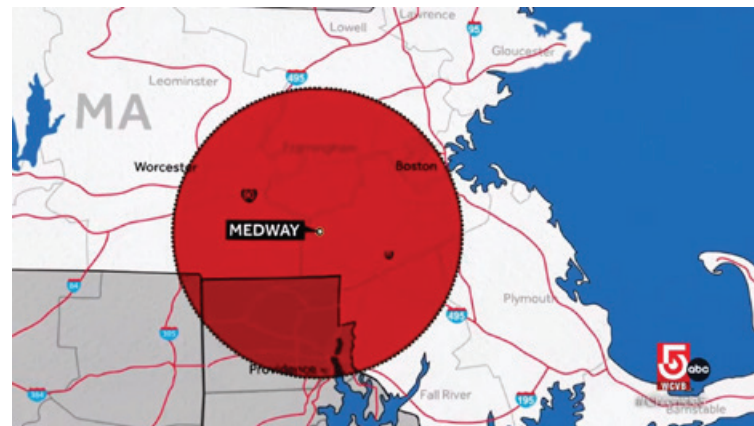
You Deserve Some TLC!

ICYMI: Medway was on Chronicle

By THERESA KNAPP

In case you missed it, the Town of Medway was featured on Dec. 8 on WCVB's program Chronicle, an insider's guide to

Park, and short interviews with Town Administrator Michael Boynton, Select Board member Glen Trindade, and local business owners Angela and Mike "Canman" Cannistraro.



New England, as part of a program entitled, "Medfield, Medway, and Medford."

The five-minute segment included a general overview of the town with stops at Medway Community Farm and Choate

The segment can be found at bit.ly/MedwayChronicle

Image source: www.wcvb.com

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Original Therapies LLC – A Self-care Journey into the New Year

By JENNIFER RUSSO

With the holidays behind us and a new year beginning, we are all taking a collective breath and considering what we want 2024 to look like. While almost half of the New Year's Resolutions made by adults involve some kind of fitness goal, mental wellness is at the forefront of what people are really striving for. A focus on self-care is increasingly important.

Here in New England, we tend to become a little more uptight in the winter months. With early darkness, bitter weather, and trying to get from place to place in the snow and ice, it's no wonder why we can be a bit moody and stressed. Seasonal Affective Disorder is a very real thing for many who live here, as the decrease in sunshine disrupts our internal clocks and increases melatonin, which can make us feel lethargic.

Thankfully, one of the best remedies is a rather simple one – add more light and warmth.

Lindsey Braverman is a local therapist who personally understands Seasonal Affective Disorder, and that our wellbeing is intricately connected to our ability to care for those we love. In order to do that, we need to recharge our physical and mental energy by creating a true balance and a reserve of strength through wellness practices.

Lindsey, a Michigan native, was young when she became interested in bodywork. Her mother, a polio survivor, experienced debilitating post-polio syndrome that affected her muscles and nerves and was referred by

a specialist to receive therapeutic massage. Witnessing how profound this healing was planted the seed in her.

Once she graduated high school, Lindsey moved out to Colorado to live and work with her aunt and uncle for the summer. There, she met a massage therapy student at the local institute and had her eyes opened to the profession of healing arts. She came home with a clear idea that she wanted to become a part of that world and quickly realized that she needed to follow her heart.

"I'll never forget sitting there with my parents over coffee and letting them know that I felt I needed to leave college at Michigan State University, where my dad had worked for many years. I let them know I really wanted to move to Colorado and go to massage school. They were incredibly supportive, but my dad simply told me to 'do my homework.' In researching, the Colorado Institute of Massage Therapy had one of the best programs for certifying graduates in not only massage therapy, but also neuromuscular therapy – a therapeutic modality similar to the one that had helped my mom so many years prior," Lindsey shares.

Her path brought her back to Michigan and she opened a small wellness studio, where she ended up practicing for over a decade. She has also worked alongside fellow gifted therapists in Santa Fe, NM at Ten Thousand Waves, a renowned spa and destination. After adding Pilates to her own health regiment to improve

Business spotlight

posture and strength, Lindsey decided to get her certification to teach so she could share this life changing tool with her clients as well.

During training, she injured her rotator cuff and when a fellow instructor lent her infrared light heating pads to help her recover, she was amazed at how well it worked. Infrared light helps cells to regenerate, reduces inflammation, and improves circulation for faster healing and pain relief. Amazed by the results, she went on to purchase an Infrared sauna, which she now offers to her clients as an additional healing element. It can be used either before or after massage or movement sessions.

After meeting her husband, they moved to California for a time, but when he secured a job at Babson College, they found themselves here and Lindsey now runs her practice out of her Millis home. With a beautiful, private space that radiates peace and tranquility, new clients are welcome to book a session for the Infrared sauna, enjoy some hot tea, listen to calming music or guided meditations, participate in mini stretch sessions, or simply



find stillness for a very nominal fee. "I'd love for locals to know that a healing space and self-care support are available right in their own backyard," shares Lindsey. "Anxiety, chronic pain, Seasonal Affective Disorder...these are all very real things that affect many people right now. But there is light and there is healing – start from the basics and breathe, get back to what we intuitively know – we know we need balance and centering. This is a space where you can find that. Where you can take an hour or half hour and do something for yourself. Then you can go back out into the world and the bustle of daily life and give more fully from a more grounded state of mind."

Right now, Infrared Sauna sessions are available to book. Amenities include fresh towels,

space to stretch, a comfortable seating area, water and tea, and a private bathroom to rinse off after a sweat. Bookings are by appointment only and can be made by calling (517) 614-2893. In the near future, once Lindsey's one year old daughter is in daycare, she'll be accepting more massage therapy and Pilates clients and is even looking at adding group meditations and classes.

Additionally, Lindsey mixes, bottles, and sells all natural pain relief products, some of which have been in her family for over 40 years! These legacy formulas provide relief for sore muscles and joints, headaches, arthritis, nasal congestion, and more. With a new year ahead, this is a wonderful way to cultivate a reservoir of positivity, mental and physical health. Nurturing our own needs puts us in the position to then share our best selves with those we care about most and contribute to the greater world. Here's to a year of radiant self-care!

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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 backend 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. Business 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 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 cus-

Business spotlight

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

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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



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Medway Athletic Department recognizes 16 Student-Athletes of the Week for fall season

Athletic Director Jeff Parcels and Medway High School Principal John Murray are pleased to announce the students who have been recognized as Student-Athletes of the Week throughout the fall athletic season.

Beginning this school year, Director Parcels selected one male and one female student-athlete each week to be featured by the Athletic Department as Student-Athletes of the Week. The 16 students span multiple grades and represent multiple sports. They were each chosen because of their overall performance, positive attitude and spirit.

“I am excited to recognize the first 16 student-athletes as part of this new initiative,” Director Parcels said. “Our athletic teams are successful because of the passion and hard work of their members and it’s important to recognize the student-athletes who bring those important qualities to their teams.”

The following 16 students were featured as Student-Athletes of the Week for the fall season:

- Sam Oldmixon, boys’ cross country, grade 12
- Meg Tompkins, girls’ soccer, grade 12
- Gavin Shipos, golf, grade 11
- Shae O’Neill, field hockey, grade 11
- Henry Comras, football, grade 12
- Olivia Melanson, field hockey, grade 11
- Alicia Pacheco, volleyball, grade 12



Top: Kevin McMahon (left) and Delaney Condon. Bottom: Sanjitha Satish Prabhu (left) and Christian Cautilli. (Photo courtesy Medway Public Schools)



Top: Henry Comras (left) and Olivia Melanson. Bottom: Alicia Pacheco (left) and Christian Chiplock. (Photo courtesy Medway Public Schools)

- Christian Chiplock, boys’ soccer, grade 12
- Kevin McMahon, boys’ soccer, grade 11

- Delaney Condon, girls’ soccer, grade 12
- Sanjitha Satish Prabhu, girls’ cross country, grade 11



Top: Sam Oldmixon (left) and Meg Tompkins. Bottom: Gavin Shipos (left) and Shae O’Neill. (Photo courtesy Medway Public Schools)



Top: Evan Goodman (left) and Priya Bedard. Bottom: Maggie Monaghan (left) and Nick Pierangeli. (Photo courtesy Medway Public Schools)

- Christian Cautilli, football, grade 10
- Evan Goodman, golf, grade 9
- Priya Bedard, girls’ soccer, grade 11

- Maggie Monaghan, field hockey, grade 12
- Nick Pierangeli, boys’ soccer, grade 11

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Glenn Brown, CFP

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As Ben Franklin repeatedly said, "If you fail to plan, you are planning to fail".

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

Bad Resolution: *Need to start buying "X" to grow my money.*

Before buying "X", how does fit into your investment strategy

within your financial plan?

Over the last 4 years, crypto, I bonds, meme stocks and cash have had their shiny object moments with investors chasing.

If to start 2023 one moved their investment strategy to cash based on 2022 performance of stocks and bonds, well... past performance is no guarantee of future results.

Yes, interest rates rose, and one could find ~4-5% CD's. Yet, through December 15, 2023 on Year-To Date returns, several equity indices have significantly outpaced, and certain bond indices have done as well or better.

Recall as treasury yields fall in anticipation of Federal Reserve action and/or economic outlook, bond funds and ETFs participate in this inverse relationship - interest rates fall, bond prices rise. When bond prices rise, this increases the value of bond funds/ETFs. Just like in 2022, when rates rose, value of bond funds/ETFs fell.

Better Resolution: *Need to save ___% and take ___ risk with investments to reach ___ goal.*

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured (less) risks AND invest towards your established goal(s), not performance that occurred the year before or one market benchmark.

Bad Resolution: *Pay down debt.*

Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, depreciation, and impact to your future cash flow ensure all debt is not equal.

Better Resolution: *Execute a debt reduction plan.*

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% or lower mortgage, 2% auto loans, and a MassSave at 0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing those rates over time.

An exception, if not at ~40% home equity ownership, can

make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

Bad Resolution: *Do more for my retirement.*

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.

Better Resolution: *How do I retire at 55 or semi-retire in 5 years.*

Now you're analyzing cash flows, balance sheet, contribution rates, investment allocations, taxation, work benefits, college funding, planning for the unexpected and desired lifestyle with expenses in retirement. You'll establish a set of base facts, allowing to then create scenarios, see projections, reverse engineer action steps, and track goals within timelines.

Aggressive timelines create urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

Now ask yourself, are your resolutions the same as last year?

What different actions are you going to take to make a difference?

Know what Einstein said about doing the same thing over and over and expecting different results.

Maybe it's time to socialize your goals, set monthly action items to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2024 resolutions happen.

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 Plan-Dynamic, 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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Business Spotlight: The Little Gym of Medway – Building Strength in Body, Mind and Community

By JENNIFER RUSSO

Imagine a world fueled by the energy and laughter of children. A place dedicated not only to keeping kids active, but which also embraces the idea that movement can teach kids important life skills like listening, teamwork, leadership, and sharing.

We know that exercise increases strength in muscles and bones, but experts also say that physical activity enables children to have a more positive outlook, more confidence, increased self-esteem, and the ability to better manage stress, especially in the winter months. When Nigel and Leah Chan took over the Little Gym about 3 years ago, they were already clients and fans of the philosophy behind the business. A three-dimensional learning concept that focuses on movement, mind and building well-rounded, thoughtful and “good citizen” children.

Classes at The Little Gym are non-competitive and range

from parent/child classes (for ages 4 months to 3 years), Pre-K Gymnastics (for ages 3-6 years), Grade School Gymnastics (ages 6-12) and Dance (tap and ballet for ages 3-6). All classes are appropriately challenging for the age group and encourage social and emotional growth.

Gymnastics and dance are unique in that they engage both sides of the brain equally, coordinating spatial awareness and task completion. It helps children to develop and complete goals and think critically about how to achieve them. And all of this is fun!

With over 2,300 square feet of gym space, everything is centered around the “big red mat” – the hub where classes start with warmups, engaged in structured social interaction, proceed to skills learning, and conclude with a reflective and fun activity. This area has become synonymous with fostering social interaction and building community.

“We really want The Little



Gym to be a place where families can have fun and grow together,” says Nigel. “Introducing socialization at an early age helps kids to be even more prepared when they start attending school.”

“It’s also a wonderful opportunity for local families to meet and form lasting bonds,” Leah shares. “Many parents start amazing friendships by meeting others through their kids’ activities. So, it’s just as much a place for parents as it is for their kids.”

Though the business has been in this location for 20 plus years,



when Leah and Nigel took over, they really wanted to give it a facelift – it was “well-loved”, but the couple envisioned a fresher, lighter and brighter feel. They upgraded the equipment, added lots of color, and brought new life to the space. With a great staff of friendly people who love to have fun and a goal to have every child leave excited and smiling, it has really become a “happy place” for all. The bright and welcoming space is also great in the winter months and is a safe place to play when it gets dark so early outdoors.

In addition to their regularly scheduled classes, The Little Gym of Medway also offers super fun community events, open to members and non-members. From their Winter Wonderland Ugly Sweater Party coming up on January 12th to a “Talls and Smalls” caregiver/child dance, a Back to School Bash, and an annual Halloween party, the hope is to bring together families for a night of fun each month. These events can be signed up for through their website.

The Little Gym of Medway has also become renowned as a fantastic facility to host private birthday parties, available Fridays through Sundays throughout the year. These parties are an excellent choice for families whose kids and their friends are looking to enjoy a “Serious Fun” birthday celebration, complete with planned games, music, and activities. It is also an ideal option for the parents who are concerned about providing ample space for children to run around



during the winter months. Additionally, their well-trained staff ensures a hassle-free experience by taking care of both the set-up and clean-up before and after the party.

“We encourage people to try one of our introductory classes without any commitment,” says Leah. “It’s a beautiful, safe environment where children can develop physical and social skills, expend their energy, and make friends in the process. It offers kids the opportunity to grow in numerous ways – from enhancing agility to building character.”

Learn more about The Little Gym of Medway and their exciting classes and events. They are located at 74 Main St in Medway. Visit their website at <https://www.thelittlegym.com/massachusetts-medway> and check them out on Facebook at <https://www.facebook.com/TLGMedwayMA> and Instagram at <https://www.instagram.com/tlgmedwayma>

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The b.LUXE *beauty beat*

“Can you squeeze me in?” Sure we can!

BY GINA WOELFEL

Even though “squeeze” is not our preferred term at b.LUXE to describe how we work your appointment into our schedule; it is what we do. “Squeeze” may imply that your appointment is rushed or lacks attention to detail, but that’s never the case. We understand how important your hair is to your self-confidence and know that you want to look and feel your best.

Clients often wait to book an appointment because they’re uncertain about their schedules or when their hair needs servicing. These are entirely valid reasons to delay booking. However, if you need a last-minute appointment, stylists often book out weeks in advance, and it can be challenging to find larger blocks of time for colors and cuts.

As much as we’d like to wave a magic wand and create your desired appointment, it may not be possible with your regular hair stylist. But fret not! With our creative scheduling, we can slide you into our rotation with the same high-quality service, regardless of your last-minute booking.

At b.LUXE, our stylists are categorized into four levels: training stylists, junior stylists, stylists, and senior stylists. If you’re unable to book an appointment with your regular provider, there’s no need to worry. You can always choose to receive services from another stylist without feeling uncomfortable. In fact, we encourage it! We believe in

working together as a team and never refer to clients as “mine” or “yours,” only “ours.” If you have to book with someone else or even a hairdresser who’s at a different level, our junior staff works under the supervision of our senior stylists. They’ll have all the details from your last visit, which we meticulously record every time you have your hair done. So, if you’re flexible with whose chair you sit in, we can easily fit you in.

b.LUXE offers the most comprehensive educational experience to graduates and students close to completing their cosmetology studies in Massachusetts. Every Monday, we provide hands-on education in the salon to ensure that our assistants receive practical training to get them on the floor as soon as possible. Our experienced senior staff supervises the assistants and trains them in the most cutting-edge techniques in the industry. We believe in providing a complete beauty experience to our junior team members, which includes assisting our stylists with their scheduled clients. This symbiotic relationship expands our availability and allows our more experienced staff to get you into their chair while passing on their knowledge and skills to the assistants.

We can also offer you two separate appointments with two different stylists on the same day or, if needed, on two separate days. This flexibility is particularly helpful for important occasions when two mini-appointments are the perfect solution. We maintain

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an active waitlist and cancellation list that are updated daily, so it’s essential that we have your most up-to-date contact information on file.

What we hope you take away from this month’s Beauty Beat is that with a little bit of commu-



nication and some flexibility, we can help you get your hair done and love how it looks!

We are delighted to share that our studio has had its most successful year to date in 2023, and we cannot wait to reveal what we have in store for you in next month’s Beauty Beat (It’s Galentine’s Day!!!) We owe our success to our amazing clients and readers who have always supported

us, and we hope to give back to you even more in 2024!

Happy New Year!
The b.LUXE Beauty Team

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Living Healthy

The Cataract Surgery Center of Milford

The Gold Standard for Surgical Eyecare

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

The Milford-Franklin Eye Center - Cataract Surgery Center of Milford is pleased to announce our recertification by the American Association for Accreditation of Ambulatory Surgery Facilities (QUADA). This accreditation authority sets the Gold Standard and certifies thousands of facilities worldwide. We received no deficiencies, achieved full compliance, and earned a perfect score.

An accreditation certification by QUADA provides peace of mind, indicating our surgery center's highest standards in patient safety, surgical results, infectious disease control, and healthcare quality. We take pride in our staff's success in navigating this extremely strict and tedious process.

Milford-Franklin Eye Center has been delivering excellent eye care to the community for four decades. With offices in Milford, Franklin, and Millis, along with our award-winning surgery center in Milford and a support staff of 60, we stand as 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 surgical center, the Cataract Surgery Center of Milford. No longer do you need to travel miles and hours for cataract surgery! Our experienced eye physicians/surgeons, along with four optometrists, provide comprehensive and excellent eye care for the entire family.

Milford-Franklin Eye Center acknowledges that you have choices when it comes to eye

care. We set ourselves apart by focusing on excellent and advanced eye care and treating our patients as if each one is family. Our surgical results rival those of major centers in Boston, and we can prove it. We are deeply rooted in the community, most of us living here, and our primary focus is to serve the community. While some competing 'franchise' practices have a satellite office in the area with an occasional ophthalmologist, we are here full-time, five days a week, with an eye surgeon ready to see you in case of an emergency. Did you know that seeing a surgeon from a 'franchise' practice means you are outside their referral network and your expenses may be higher? We are local and in the network of your local primary care physicians. In case there is a surgical emergency after cataract surgery, we see you immediately. With other practices, you may have to go to Boston to be seen.

We are the only dedicated practice taking emergency call responsibilities at Milford Regional Hospital and have been doing the same for decades.

Our surgery center is Medicare-certified, State-licensed, and QUADA accredited. This center stands as a beacon of excellence in ophthalmic care, showcasing a state-of-the-art facility dedicated to restoring vision with precision and innovation. Equipped with cutting-edge technology and staffed by a team of highly skilled and experienced professionals, the center is at the forefront of cataract and glaucoma surgery. From advanced laser systems that enhance surgical accuracy to personalized treatment plans tailored to each patient's unique needs, the Cataract Surgery Center of Milford prioritizes both efficacy and patient comfort. The facility's commitment to staying abreast of the latest developments in the field ensures that individuals seeking cataract surgery receive the highest standard of care, making it a trusted destination for those looking to regain clarity of vision in a modern and sophisticated setting.

What about office-based cataract surgery? Some franchise practices are advocating for performing cataract surgery in their office. Unapproved by Medicare and major ophthalmology professional societies, this office-based surgery raises significant concerns about patient safety and the quality of care provided. Performing cataract surgery in an office setting may lack the

rigorous standards and sterile environments maintained in dedicated surgical centers. The absence of dedicated anesthesia professionals and comprehensive medical support can compromise patient comfort and safety during surgery. Patients are advised to prioritize their well-being and consider established surgical centers with experienced medical teams and top-notch facilities to ensure optimal outcomes for cataract surgery. For instance, at the Cataract Surgery Center of Milford, a dedicated MD anesthesiologist is present full-time for all procedures, and your comfort and safety are titrated by using an IV line, which is lacking in the office-based surgery model.

With the new year 2024, we are proud to continue to serve our communities as we did for four decades.

Dr. Roger Kaldawy is an experienced eye physician and surgeon. Dr. Kaldawy, trained at the University of Rochester and the University of Iowa. As Assistant Professor at Boston University, he directed the Cornea and External Disease program, influencing physicians worldwide. A pioneer in DSAEK corneal transplantation, he performed over 30,000 cataract surgeries, introducing advanced implants and bladeless laser assisted Femto cataract surgery at the Cataract and Laser Surgery Center of Milford, where he also serves as Medical Director.

EYES

continued on page 13



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EYES

continued from page 12

Dr. Dan Liu earned her medical degree from Rutgers New Jersey Medical School in 2016. She was elected to the medical honor society, Alpha Omega Alpha. Completing her ophthalmology residency at Albany Medical Center, Dr. Liu received multiple accolades. She pursued fellowship training in Cornea, External Diseases, and Anterior Segment Surgery at Tufts Medical Center in Boston, Massachusetts. Dr. Liu specializes in Cataract surgery, ORA technology, Cornea transplants, and various eye disorders. She is affiliated with several med-

ical associations.

Dr. Arroyo, our vitreoretinal specialist, earned his degrees from Amherst College, Yale, and Duke. With 20+ years of experience, he's published extensively and held leadership roles, including past president of the New England Ophthalmological Society.

Dr. Shalin Zia, O.D., a Purdue and Indiana University graduate, brings extensive private practice experience, excelling in routine eye care, contact lenses, and disease diagnosis.

Dr. Adams, a John Carroll University graduate, has advanced training in corneal pathology, specialty contact lenses, ocular disease, and laser refrac-

tive surgery.

Dr. Purvi Patel, OD, a Fellow of the American Academy of Optometry, brings teaching and leadership experience from the New England College of Optometry. Her clinical interests include diabetes, glaucoma, and community-based eye care.

At Milford Franklin Eye Center and The Cataract Surgery Center of Milford, our focus is on you, your vision, excellent surgical results without compromising your safety or comfort. You come first. We are available in your backyard and proud to offer world-class cataract surgery closer to home: Here in Milford! In a surgery center facility, not in an office. 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. In 2024, we remain dedicated to the best in eye medicine and surgery closer to home.

For more details, see our ad on this page 12.

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Thank You from The Medway Lions Club

The Medway Lions Club Christmas Tree Sales set a record in December for fastest sellout of trees! We would like to thank everyone who stopped by to purchase their tree, or to simply say hello! The time put into the Tree Sales is extensive, and the Lions Club members who run the Tree Sales are greatly appreciated. This

time of the year is always filled with fun, family and camaraderie. We get to see the same families and watch their kids grow as we catch up with so many members of our community. We help with family (and dog) pictures with the «perfect» tree, make fresh cuts and give tree advice. Then we put it all away until next year.

THANK YOU, THANK YOU to all of our families and friends who stopped by to purchase one of our Medway Lions Club trees! The funds we raised will go to our many charitable causes. We give 100% of all proceeds away. Each and every one of you is part of every donation that you have enabled us to make! See you next year!

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Sports

Millis' Rice strives to improve her basketball skills

Co-captain relies on Larry Bird video

BY KEN HAMWEY
STAFF SPORTS WRITER

Millis High's Kyra Rice has an unusual way to prepare for her team's basketball games: The 5-foot-5 senior guard watches a 10-minute video of former Celtics' great Larry Bird on her phone.

"The clip shows the best of Bird passing and shooting," said Rice, who is now the Mohawks' shooting guard after three seasons of controlling the tempo at point guard.

"Watching him helps me to get going and it builds confidence in my passing. I've been doing this since 5th grade and it also helps me to be a more instinctive player."

A co-captain, Rice watches the video before pre-game warmups and before Coach Dave Fallon's pre-game talks. She limits the ritual to home games because there's less time available for road games.

"Larry Bird is my favorite professional athlete," Rice noted. "He made his teammates better, he had great passing ability and he challenged himself to improve."

Rice, who last year helped Millis to advance to the state final in the Division 5 tourney where it bowed to Springfield International, will be adjusting to a new

position this season. And she no doubt will be watching Bird shoot more closely.

"I loved playing the point but it'll be exciting on the wing," she said. "Hopefully, I'll be scoring more. It'll be challenging and I hope the transition goes smoothly."

Last year, Rice averaged 7 points and 3.5 assists a game. Fallon, who has led Millis to three state championships, isn't worried about Rice's transition.

"Kyra is an athletic guard who drives to the hoop well and has a quick release from the outside," he said. "She's also a great passer. She's positive and a team-first player, and I look forward to seeing her continued growth as a leader this year."

At Local Town Pages deadline, Millis faced Dedham in its opener, losing, 37-36. Rice had 10 points and 4 assists.

The 17-year-old Rice, who also plays softball, has a plethora of strengths in basketball. She's athletic, has a high hoop IQ, has good court vision, is fundamentally sound, can shoot and pass, and is mentally tough.

Rice displayed that toughness in the state tourney quarterfinals last year when she limited Palmer's top player to nine points. "That's been my best game," she emphasized. "We won by eight

and my defense was good and I passed well. Our team really jelled."

Rice's No. 1 team goal this season is for Millis to qualify and go deep into the playoffs again. "We also want to compete for the Tri Valley League Small Division title and aim for daily improvement in games and practices," she added. "Since we're now in Division 4, the state tourney will be more challenging. My personal goals are to be the best captain I can be, improve my stats and strive to be a league all-star."

Rice will lean towards being a vocal captain. "I tend to be more vocal because that goes with being a guard," she said. "As a vocal leader, I'll try to boost my teammates' confidence. I also want to be supportive and to also lead by example."

Rice is upbeat about the Mohawks squad this year and she knows there'll be top-notch contributions from her teammates, especially senior co-captain Hailey Bassett (forward) and junior point guard Lindsey Gratton.

"Hailey is a good rebounder who's effective in the paint," Rice offered. "She handles the ball well and has a nice shot whether it's short-range or from the arc. Lindsey has great speed and quickness, is a great ball-handler, has good court vision and is an effective passer."

Rice is also a fan of her coach, who led his Mohawks to a 12-8 record last year, a third-place finish in the TVL Small Division, and a No. 1 seed in the tourney.

"Coach Fallon is a tremendous motivator," she said. "He knows



the game and he implements his strategy effectively. He varies our defensive alignments and he's very supportive and encouraging."

An excellent student (3.82 GPA), Rice is a member of the National Honor Society, the Student Council, and Leo's Club (a student version of a Lions Club that focuses on community service). She has committed to Endicott College where she'll major in interior architecture. "I want to play basketball in college," she said, "and Endicott's coach, Britany Hutchinson, has been very encouraging."

Rice's athletic philosophy focuses on reaching her potential but she also views winning as a priority. "Reaching your potential is important because that leads to team success," she emphasized. "Winning also is important but overall improvement is crucial."

Life lessons learned from sports can be a plus. Rice has learned some valuable ones.

"Being able to correct mis-

takes is high on my list," she said. "Being coachable and learning how to be a leader are two others. Learning how to overcome adversity is very important and managing your time is a valuable lesson."

Rice says her older sister (Erin) is her role model. "She played basketball at Millis and is at Bridgewater State now," Rice said. "She always provides good advice, helps with any questions I have about basketball, and stresses the importance of a strong work ethic."

Rice was honored to be chosen as a captain but her top thrill in basketball was being in the state tourney championship game last year. "That was a great experience," she emphasized. "It built confidence because it taught us what to expect."

What also enhances Rice's confidence is her video of Larry Bird.

Watching that video is very telling because it shows that Kyra Rice will explore any avenue to improve.

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Sports

What Do Low Interest Rates Mean for Retirement?

When interest rates are low, you may have questions about how this affects your financial strategy. Low interest rates often make investors worry about lagging returns. Investors might consider adding income annuities to their retirement portfolio.

How to compare income-generating solutions when interest rates are low.

When looking at ways to achieve financial security in retirement, individuals need to compare a range of available income-generating options. At any interest rate level, creating retirement income from bonds or CDs may produce less income relative to income annuities since one's lifespan is never known.

With income annuities, that longevity risk is off-loaded to an insurance company, so higher levels of safe retirement income can be generated. Even when rates are lower, solutions like income annuities are more attractive on a relative basis. Investors need not time the market when buying income annuities. Not only are income annuities less sensitive to interest rates, their payouts are not tied to the market. Some mutual companies like New York Life Insurance Company also offer income annuities with the opportunity for more income via non-guaranteed dividends.

It should be noted that income annuities have limited withdrawal features and investors should read the policies carefully for details. Bonds and CDs are more liquid (with CDs having shorter term). At maturity of the CD or bond, the purchaser recovers the full principal back. Keep in mind, too, that these products have differing insurance protections.

Even when interest rates fluctuate, income annuities make good sense.

Income annuities are less sensitive to interest rates than other fixed income instruments like bonds or CDs because part of

an income annuity payout is in the form of "mortality credits." These mortality credits do not fluctuate with interest rates and are only available via the mortality pool of an annuity. Simply put, in low interest rate environments generating income from bonds or CDs is very expensive, especially when you need to plan for the chance of living to an advanced age. There is wide academic support for the finding that income annuities have an advantage to bonds or CDs in generating retirement income because they provide mortality credits that results in an income stream that one cannot outlive.

What you need to know about mortality credits.

An income annuity is a way to create a "pension-like" income for life. Because annuity premiums are based off mortality tables that estimate life expectancy at every age, premiums paid by those who die earlier than expected contribute to the overall pool. This can provide a higher yield to survivors than individuals could achieve through individual investments. Mortality credits are a hedge against longevity risk, often creating an income stream that would be difficult to match in the broader financial markets.

In short, fluctuations in monetary policy will not have a great impact on income annuities. Income annuity payouts are not particularly sensitive to changes in interest rates or other economic debt instruments such as 10-year treasury notes. Income annuities provide a base of guaranteed income that might allow the purchaser to take more risk with the rest of the portfolio, knowing that a portion is guaranteed. Pre-retirees and retirees seeking solutions to address the range of financial risks in retirement, such as longevity, inflation, or sequence of return risks, can create a stable, guaranteed income for life through income annuities.

Mutual Income Annuity products are issued by New York Life Insurance Company, 51

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This educational third-party article is provided as a courtesy by Michael Damon, Agent, New York Life Insurance Company



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Millis Police Department address apparent murder/suicide

Dec. 20, 2023 - Police investigators have received preliminary results from the autopsies of Tanaia Wilkinson, 25, and Michael Fischella, 32, who were found dead in Millis on Sunday morning [Dec. 17].

While a final autopsy report may not be signed for some period, Tanaia Wilkinson's cause of death was found to be homicide. Fischella's death was found to be a suicide.

-Millis Chief of Police Christopher J. Soffayer via Facebook

Dec. 18, 2023 - A Millis town worker operating on a remote dirt roadway off Rte. 115 near the intersection with Rte. 27 discovered a deceased male and female with apparent gunshot wounds this morning near their motor vehicle and notified Millis Police shortly after 9 a.m., Millis Chief Christopher Soffayer and Norfolk District Attorney Michael W. Morrissey announced.

Millis police responded to the area, secured the crime scene,

and notified the Massachusetts State Police homicide unit assigned to the Norfolk District Attorney's Office. Specialized State Police Crime Scene Services and ballistics personnel, and State Crime Lab Chemists joined the investigation, processing the scene and gathering evidence into the early afternoon. A gun was located below the body of the male.

The two people, both in their 20s, were well known to each

other.

"We are still very early in this investigation and there is much to be done, but we do not yet have evidence of third-party involvement," District Attorney Morrissey said. "The Medical Examiner may be able to provide information on the cause and manner of death in the next 24 to 48 hours."

District Attorney Morrissey said that the investigation continues. "The scene is still very active, and authorities are trying to reach next of kin out of state for both parties. We are working closely with Millis detectives and Chief Soffayer as we work through this."

The pair, originally from outside Massachusetts, had recently been residing in Millis, according to Chief Soffayer.

"An incident like this will obviously be upsetting to residents, but the information available at this time does not suggest any ongoing threat or danger to Millis residents associated with this incident," Chief Soffayer said. "A heavy police presence in the immediate area is expected to remain in place for several hours as well."

Release Authority: Christopher Soffayer, Chief of Police

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New Members Welcome to Charles River Chorale Open Rehearsals in January

The Charles River Chorale will begin rehearsals for its Spring 2024 season and is actively recruiting new members who are seeking a new community and musical opportunity. Anyone who enjoys singing is encouraged to come and join in the fun and experience of singing with a chorus.



The non-audition chorale group will begin open rehearsals on Tuesday, January 23, 2024 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 January 30th and February 6th 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 in its 40th year as a non-profit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 9th 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 communities, and they range in age from teenagers to octogenarians. The group typically holds winter and spring concerts, with the Spring 2024 concert planned for Saturday, May 11, 2024, 7pm, at Medway High School. The

theme of the Spring 2024 concert is Road Trip Across America. This program will feature music that spans time, place, and genre, assuring that both the chorus and audience will be in for a memorable musical journey.

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>. Those who are interested in joining the chorale for the start of the season on January 23rd are asked to complete a short sign-up document via the attached QR code (or via this link: <https://forms.gle/6d5iNSvPUqqFx9ubA>). Sponsorships and advertising opportunities are also available and very much appreciated.

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Real Estate Corner

Government officials press USPS to fully restore postal service in Medway

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Massachusetts Congressman James P. McGovern (MA-02) and Senators Ed Markey (D-MA) and Elizabeth Warren (D-MA) are renewing their call for the United States Postal Service to quickly restore full postal operations in Medway and asking administrators to do a better job of seeking out community feedback following the sudden and unexpected suspension of services at Medway's main post office in August.

In a new letter [dated 11-30-2023] to Postmaster General Louis DeJoy, the three lawmakers expressed disappointment with a lack of communication from the USPS and frustration from residents that concerns about parking and accessibility at the existing USPS facility on Village Street in Medway have not been addressed.

"As the federal representatives of Medway's constituents,

we have heard first-hand the residents' disappointment with the delay in restoring full postal services to the town, as well as the Postal Service's insufficient communication on this issue," wrote the lawmakers in their letter, later noting that the USPS must "urgently select a long-term alternative location for the post office before February 22, 2024."

Regulations governing relocating retail postal services require the USPS to make a tentative decision on a long-term relocation site within 180 days of provisional relocation and begin community input procedures, which include identifying the affected community; engaging with local officials; collecting and considering community input; notifying the community of its plan for a new location; and presenting that plan to the community 180 days after the Postal Service suspends services.

Conversations between the delegation and the USPS through September yielded insufficient results, prompting the lawmakers to publicly write to Postal Service leaders in early October. They urged the USPS to complete the relocation process and open a new full-service post office in Medway as quickly as possible. The lawmakers say the USPS response failed to address many of their concerns, did not lay out a timeline for action, and did not specify how residents' concerns about parking, accessibility, and disruption of services would be addressed moving forward.

To read the full letter to Postmaster General Louis DeJoy, visit bit.ly/USPSmedway

Press release provided by Office of James P. McGovern

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12/06/2023	6 Legion Avenue	\$606,000
12/04/2023	7 Kingston Lane	\$159,192
11/30/2023	7 Millbrook Road	\$900,000
11/30/2023	3 Daniels Road	\$747,000
11/21/2023	4 Bullard Circle	\$780,000
11/20/2023	17 Broken Tree Road	\$1.03 mil
11/16/2023	8 Cedar Farms Road	\$849,900
Date	Millis	Amount
12/18/2023	104 Orchard Street	\$870,000
12/18/2023	126 Glen Ellen Blvd.	\$1.30 mil
12/13/2023	38 Spencer Street	\$555,000
12/05/2023	2 Glen Ellen Blvd. #1	\$1.27 mil
12/01/2023	5 May Road	\$899,900
11/30/2023	260 Village Street	\$990,000
11/29/2023	28 Key Street	\$352,000
11/29/2023	20 Bayberry Circle	\$370,000
11/28/2023	88 Glen Ellen Blvd.	\$917,500
11/22/2023	16 Bayberry Circle	\$360,000
11/16/2023	22 Hemlock Circle	\$378,000

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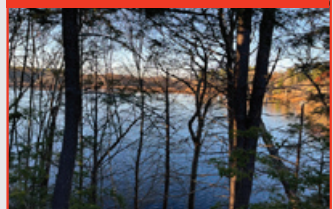
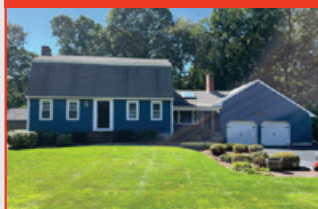
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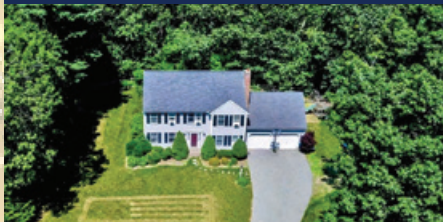
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