

## Medway welcomes home Team USA Luge Olympian Zack DiGregorio

*Former Medway student finished 11th in doubles and 7th in relay*

By THERESA KNAPP

On Sunday, Feb. 13, the community gathered at Med-

way High School to welcome home its local Olympian Zachary DiGregorio as he returned from the 2022 Olympic Winter Games in Beijing, China, where



Zachary DiGregorio (of Medway, right) and Sean Hollander (Lake Placid, NY) after completing the final luge doubles run during the Olympic Winter Games Beijing 2022 on Feb. 9, 2022. Photo source: [www.teamusa.org](http://www.teamusa.org) / gettyimages

he was a member of the USA's Luge team.

DiGregorio, 20, a former student at Medway High School, finished 11th in the doubles luge competition with his luge partner Sean Hollander (22, of Lake Placid, NY), and finished 7th as a member of the USA Luge relay team.

According to [www.teamusa.org](http://www.teamusa.org), highlights of DiGregorio's 2021-2022 season (doubles with Hollander) include:

- 23rd place in Beijing, China World Cup doubles race
- 16th place in Sochi, Russia (1) World Cup doubles race
- 18th place in Sochi, Russia (2) World Cup doubles race
- DNQ for Altenberg, Germany World Cup doubles race

**OLYMPICS**  
*continued on page 2*

## "22Mohawks" is on a mission to combat Veteran suicide through various programs and events

By GRACE ALLEN

After three military friends died by suicide in one month, David Campisano knew he had to do something. In April of 2020, the Army veteran and Millis resident started 22Mohawks, a non-profit committed to raising awareness around veteran suicide.

Campisano served his country from 2001 to 2016 and, after his honorable discharge, he returned home and slipped back into civilian life. He was one of the lucky ones. Since the global War on Terror began in 2001, over 60,000 American soldiers have died in combat. While that number is stunning enough, it is eclipsed by the number of military veterans who have died by suicide in the same timeframe. By some accounts, it is close to



From left, David Campisano, the founder and president of 22Mohawks, with Stacey Coyne, the organization's CEO, and Mike McGee, the first veteran to receive a dog through 22Mohawk's Pups for Vets program. Photo courtesy of 22Mohawks.

**22MOHAWKS**  
*continued on page 3*

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### OLYMPICS

*continued from page 1*

- 22nd place in Igls, Austria World Cup doubles race
- 17th place in Winterberg, Germany World Cup doubles race
- 16th place in Sigulda, Latvia World Cup doubles race
- DNR in Oberhof, Germany World Cup doubles race (training in Park City,

Utah after Sigulda)  
 • DNR in St. Moritz, Switzerland World Cup doubles race

See [www.teamusa.org](http://www.teamusa.org) for his results from previous years.

For more information on DiGregorio and Team USA, visit [www.teamusa.org/usa-luge/athletes/Zachary-DiGregorio](http://www.teamusa.org/usa-luge/athletes/Zachary-DiGregorio)



From top: The community, plus the media, welcomed home Zachary DiGregorio as he returned from the 2022 Olympic Winter Games in Beijing, China; DiGregorio received a Hero's Welcome from fans holding handmade signs and American flags of all sizes; The MetroWest/495 area received an unexpected snowstorm on the day DiGregorio returned from the 2022 Olympic Winter Games, but the chill and snow did not keep fans away. Photos courtesy of the Town of Medway.

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**22MOHAWKS**

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120,000. On average, 22 veterans die by suicide each day.

“Veterans are trained not to ask for help. They’re trained to suppress emotions and not show weakness because there’s this stigma,” said Campisano. “You’re in the military, you get hurt and you’re in pain but you’re not going to tell anyone and you drive on. And that actually works very well when you’re in the military. But when you get out, that doesn’t work anymore. Some of the most A-type, hard-charging people I know took their own lives.”

The name, 22Mohawks combines “22” for the average number of veterans who die by suicide each day and the Mohawk-style haircut.

According to [www.22mohawks.com](http://www.22mohawks.com), “the mohawk represents the outlier – the person who is not afraid to go against the grain, rise up for what they believe in, and above all, stand tall in the face of adversity. Veterans and those who support them embody the mohawk. When you get a mohawk in support of veterans, you become a part of a movement that is greater



**A recipient of the Pups for Vets program with Campisano, Charlie Young (rear), and Patrick Martin. Young and Martin of Professional Canine Services provide life-time training for the dogs. Photo courtesy of 22Mohawks.**

than oneself.”

22Mohawks started with a few events to gather veterans together in an effort to provide support and create community over shared experiences. But after the chaotic

withdrawal from Afghanistan last year, Campisano was inundated with calls from veterans having

**22MOHAWKS**  
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**“Pups for Vets” program provides emotional support dogs to veterans free of charge**

Millis Army veteran David Campisano founded the “Pups for Vets” program in September 2021 and has already matched 14 military veterans with emotional support dogs.

The program is one of many services offered to veterans by 22Mohawks, a non-profit 501(c)(3) organization that brings awareness to veteran suicide.

The name, 22Mohawks combines “22” for the average number of veterans who die by suicide each day, and the Mohawk-style haircut. According to [www.22mohawks.com](http://www.22mohawks.com), “the mohawk represents the outlier – the person who is not afraid to go against the grain, rise up for what they believe in, and above all, stand tall in the face of adversity. Veterans and those who support them embody the mohawk. When you get a mohawk in support of veterans, you become a part of a movement that is greater than oneself.”

Training is provided to the veteran/canine team free of charge in collaboration with Professional Canine Services in Middleboro.

Campisano says he started the program because it typically takes a veteran more than two years to get a service dog from the Veterans Administration. “Knowing this time frame may be at the cost of someone’s life, Dave got into action with an idea to provide emotional support dogs to those waiting for a service dog or those in need of an immediate companion,” according to 22Mohawks representatives.

Recipients range in age from 20s to 60s and represent every war since Vietnam, according to Campisano. “We have given a dog to a veteran from every branch of service except the Coast Guard.”

Veterans have post-traumatic stress, traumatic brain injury, and many other physical and mental health issues from their time in service, says Campisano. “Dogs are a great way to help veterans reignite purpose in their lives. When putting together ideas for services it made sense that we implement a dog program for veterans that need a support dog and not a service dog. We launched in September [2021] and two days after launching we started getting requests for dogs. Now, it has become our main focus.”

The 10-step approval process includes an initial phone call, an application with a personal statement, a home visit, and more. Once three or more veterans are approved, representatives from Professional Canine Services “head down to Florida to test dogs at the kill shelter to make sure they are compatible for each Vet,” according to 22Mohawks representatives.

For more information or to apply for an emotional support dog, visit <https://22mohawks.com/>  
– Theresa Knapp

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“Everyone can benefit from a tax professional’s help,” says Dawn Porthouse of Liberty Tax in Franklin. “This is true of individuals, but it’s even more true of small businesses.”

Tax professional and local small business owner, Dawn Porthouse opened the Franklin office of Liberty Tax in 2018 and has been helping Metrowest area families and businesses with their taxes ever since.

“It starts with a free consultation to determine a client’s needs,” says Porthouse. “Many individuals and small business owners come to me thinking we just fill out their forms, but then they realize all the other ways a tax professional can help them grow their business.”

For example, Liberty Tax can manage a business’s bookkeeping year-round, or handle payroll.

Porthouse says, “The tax code is not only complex but in the past few years it has undergone significant changes. Because of that, it’s not always apparent what a person or a business should do. Two clients can be similar in income and family size but have very different tax situations, which is why it’s so important to involve an expert.”

Liberty Tax in Franklin offers services that extend well beyond tax season such as IRS transcript monitoring, tax planning, and assistance with federal and state tax issues.

Porthouse says, “When a small business reaches a certain point, the owner wants to focus on growing the business rather than ‘working in’ the business.” Most owners begin by handling the back end work themselves, acting as the bookkeeper and payroll manager. After the first couple of years, bringing in an expert frees up the owner to do what they do best, and follow their passion. That way, their time is spent on their area of expertise, which in turn brings in more income and allows the business to flourish.

Moreover, once a business had grown to the point of hir-



ing employees, the owner needs a plan for handling payroll and dealing with the many regulations from both Massachusetts and the federal government. “Massachusetts makes it complicated,” says Porthouse. “We’ll keep you in compliance.”

Dawn Porthouse has an MBA, MPA, and has obtained her Enrolled Agent (EA) license from the IRS. The EA allows her to represent taxpayers before the IRS. “I worked in the research industry for a long time preparing and managing federally-funded projects but was looking for something more. While I completed my MBA at Babson College, I started to work for a tax office and found that I enjoyed preparing tax returns and learning about taxes. The main thing I realized is that it’s not just about taxes, it’s about giving individuals and small business owners peace of mind when they fully understand their tax situation.”

When a taxpayer receives a letter from the IRS, before even opening the envelope, panic sets in. Porthouse says, “One



of the first things I tell them when they call is to take a deep breath: we’re on their side. I will research the problem, discuss solutions, and then educate them on how to avoid similar issues in the future.”

Staying on the right side of the IRS is in every business’s best interests.

Keeping on top of changing regulations is a challenge in and of itself. “Last year, Congress altered the tax laws right in the middle of tax season. Moreover, those changes were retroactive, meaning anyone who’d already filed may have to go back and amend their returns. We handled all of that for our clients so they could rest easy. We may

be looking at a similar situation this year if Congress passes legislation which includes retroactive provisions such as the Build Back Better bill..”

Since taxes are inevitable, it makes sense to have an ally who can provide a roadmap to help families and businesses navigate them. Porthouse says, “I educate my clients. I make sure they understand this year’s return and help them plan for next year’s. I’m passionate about helping clients achieve their financial goals.”

For more information, visit Liberty Tax at <https://www.libertytax.com/income-tax-preparation-locations/11369> or call the office at (508) 528-6000.

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**22MOHAWKS**

*continued from page 3*

difficulty processing the end of the war. He decided to create a website to get more visibility for the organization and also to announce that he would help veterans get emotional support dogs as quickly as possible. There is a two-year waiting list for a dog through the U.S. Department of Veterans Affairs (VA).

"The website went up and within two days we got a phone call from a veteran asking for a dog," recounted Campisano. "He was in bad shape, so I went to the local shelter, bought a dog, and drove it to his house."

That veteran was Michael McGee.

"22Mohawks sprang into action after I reached out to them," said McGee, a Marine Corps veteran now living on Cape Cod. "The days were getting harder and harder to fight through, but because of their intervention, today I feel confident in my ability to keep fighting on. They helped me understand that it's okay to reach out for help and their generosity and selflessness has given me a new outlook on life."

22Mohawks partners with Professional Canine Services in Middleboro to provide free lifetime training for the dogs, which Campisano gets from area shelters. Since September of 2021, 22Mohawks has placed on average one dog a week with veterans through its Pups for Vets program. If a dog is available, any vet that needs one will get it at no cost within 24 hours. (There can be

up to a three-week wait if dogs are not available.) Veterans are responsible for the dog's medical bills and food, although 22Mohawks provides the first week of food for free.

Campisano and his team are working with local VA offices to become the first point of contact for veterans returning home after a tour of duty. Their goal is to provide support for vets in any way possible, although suicide awareness and prevention remains the organization's primary focus.

Rachel El Massih, the Public Relations Director for 22Mohawks, said Campisano is always taking phone calls from veterans he does not know, and often they simply want someone to talk to who understands what they are going through.

"Dave doesn't have a clinical background," said El Massih. "He's just a fellow veteran and I think that makes a difference for people. And that's what we want veterans to know, that we're just a phone call away, providing peer-to-peer support."

22Mohawks will also help veterans navigate the mental health system, if they want or need more support than the organization can provide. Vets are often referred to a direct contact at Home Base, a Red Sox Foundation and Massachusetts General Hospital program dedicated to healing the invisible wounds of war on service members and veterans of all wars. There is no cost for services provided by Home Base.

There is also no cost for the yearly events 22Mohawks holds for veterans, which include a NASCAR racing experience, a

tandem parachute jump, and a firearm safety certification course. Veterans are chosen by lottery to attend.

The goal of the veteran-focused events, according to Stacey Coyne, 22Mohawks' CEO, is to create social connections and camaraderie while providing an outlet for veterans and their families to express themselves.

"We are family-based and we encourage veterans to bring their spouses and children. Because it's not just about the veteran. The spouse may not understand what the vet is going through and maybe these events will help them see the challenges their spouse is facing," Coyne said.

22Mohawks also holds fundraisers open to the public with the proceeds going towards the organization's Pups for Vets program, as well as the yearly veteran-focused events. Upcoming fundraisers include an open skate night on March 26 from 5 to 8 p.m. at the Skating Club of Boston in Norwood, as well as a trivia night on April 8 from 7 to 11 p.m. at the Norwood Elks.

Campisano and his senior leadership at 22Mohawks hail from Millis, Franklin, Walpole, Norwood, and Wrentham. And

while the organization is currently Massachusetts-based, Campisano will try to help any veteran who needs support.

"We want veterans to know that there's a group of people that can be there for them for anything," he said. "If they're having a bad day, they can call us and we'll have a conversation and maybe they'll realize it's not actually a weakness to reach out. We all get sad and we all get depressed. So let's talk, because we don't want anyone else dying by their own hand."

To contact 22Mohawks, call 1-617-680-9852 or 1-781-251-9212. Campisano can also be reached via email: dave@22mohawks.com.

Visit the group's website at <https://22mohawks.com> for more information about the organization, including upcoming fundraisers and events for veterans, or to make a donation. Their online shop has gear available for purchase to help raise awareness about the organization and veteran suicide.

*Theresa Knapp contributed to this story.*

# Is Your Spring To-Do List Too Much For You To Handle?



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# Book Travel Now - Time for Experience Spending

The financial industry, in particular investment management and financial planning, place limited emphasis on helping clients spend money.

There are reasons for this, advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) with default emphasis on saving more for distant goals, as spending now during windows of opportunity makes analysis harder and recommendation outcomes realized.

To be fair, there are individuals who spend too much and need help saving for their priorities.

That said, my PSA for those adhering to a financial plan: **Book your travel now.**

If you think inflation in autos, housing and materials are bad, wait a few months to see the surge

of pent-up demand flooding the static availability within the travel and hospitality industry.

Evidence is already showing in summer rentals, airfares, hotels, and earnings reports.

For example, Disney's October-December quarter reported \$7.2B in Parks & Experiences division, \$1B more than expected and double the prior-year quarter. And don't think The Mouse fails to understand its pricing power when demand surges.

Yes, the time has come for experience spending with family, friends, and loved ones.

### What is Experience Spending?

A concept of having greater value for experiences versus things. Studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experi-

ences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

### Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

### Experience Spending isn't limited to just travel.

Consider having many small pleasures over a few big ones. Saving up for a big purchase is admirable. But in terms of your

happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities, and spa days?

In closing, it's important to treat yourself and those you love along the journey of financial independence, as those opportunities and their impact may not be present later. For many, now is the time to act, expect sticker shock or compromise, and enjoy making new memories.

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



Glenn Brown

*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.*

# MEPTO Shamrock Shuffle to be held on March 12

MEDWAY – Get ready to shuffle! Please join the Medway Elementary PTO (MEPTO) for the 11th annual Shamrock Shuffle on Saturday, March 12, at 9 a.m. at Medway High School. The 5K (3.1 miles) course winds through the scenic back roads of Medway and is open to runners and walkers of all ages and abilities, including children and families. Make sure to wear your green and show off your shamrock pride. To register, visit <https://bit.ly/3ggOFcs>



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# Medway open burning season continues through May 1

## Permits can be obtained online

Open burning season continues in Medway. Permits can be obtained online, starting on the webpage for the Medway Fire Department. There is no fee for the permit.

The permit is good for the entire season however it needs to be activated “each and every time that you burn” by calling 508-533-3209.

According to Open Burning Safety guidelines at Mass.gov, open burning must be done:

- After obtaining a permit from the local fire department
- Between 9 a.m. and 4 p.m. from Jan. 15 to May 1
- At least 75 feet from all dwellings
- As close as possible to the source of material being burned
- When air quality is acceptable for burning: Call the MassDEP Air Quality Hotline at (800) 882-1497 or visit MassAir Online at

<https://eeaonline.eea.state.ma.us/> to find out if it is safe to burn

- Note: Fire Chief has the right to cancel burning at any given time
- Items that CANNOT be burned include:
  - Brush, trees, cane and driftwood from commercial and/or industrial land clearing operations
  - Grass, hay, leaves, stumps, and tires
  - Construction material and debris
- Items that can be burned include:
  - Brush, cane, driftwood, and forestry debris from other than commercial or industrial land clearing operations.
  - Agricultural materials such as fruit tree and bush prunings, raspberry stalks, and infected bee hives for disease control.
  - Trees and brush resulting from agricultural land clearing.

- Fungus infected elm wood ONLY if no other acceptable means of disposal is available.

How to safely ignite and tend the fire:

- An adult should always be present during open burning, until it is completely extinguished.
- Children and pets should be kept a safe distance away.
- Use paper and kindling to start the fire and add progressively larger pieces of wood, parts of a discarded Christmas tree can be used.
- NEVER use gasoline, kerosene or any other flammable liquid to start a fire because the risk of personal injury is high.
- Burn one small pile of material at a time and slowly add to it, this helps to keep the fire from getting out of control.
- Select a burn location away from any utility lines.
- Monitor the wind and be



prepared to extinguish quickly.

- Fire control tools to have on hand:
- Water supply. This can be a pressurized water fire extinguisher, a pump can or a garden hose. TEST the water source before igniting the fire, you do not want to find out that the water is off or that the hose is cracked when you need it.
- Shovels and rakes – you can use dirt to put out a fire.

If the fire gets out of control: Call the fire department IMMEDIATELY

People who allow a fire to get

out of control, or who conduct illegal burning, may be held liable for the costs of extinguishing the fire in addition to fines or imprisonment (M.G.L. c.48, s.13).

For more safety tips, visit <https://www.mass.gov/doc/safety-tips-for-open-burning/download>

For more information about Medway’s open burning permit process, visit [www.townofmedway.org/fire-department/pages/permits-and-fees](http://www.townofmedway.org/fire-department/pages/permits-and-fees)

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# The b.LUXE *beauty beat*

## Revive, Renew and Awaken!

By GINA WOELFEL

We've had some beautiful, spring-like days these past couple of weeks with the kind of weather that makes you want to ditch your winter clothes and get outside. New England's climate is fickle, though. Valentine's Day weekend was a gorgeous 60° for Saturday and a snowy, 32° for Super Bowl Sunday. That's a crazy temperature shift, even for the northeast! Now, I know there's a few of you out there who thrive in this sub-zero climate, strapping snowboards and skis to your feet, only to hurl yourselves down a mountain. To you I say, with a full heart of admiration, to each his own. I'll take my snow by the fire, curled up and cozy and leave the extreme winter sports to the hardier folks.

But as a Bostonian, I do admit, anything above 30° is practically summah, and 60° is downright balmy, so those few sunny days were a pleasant break from this particularly cold and dry season. I normally like to get out and walk, but with so many days in the single digits, I found myself spending much of my time indoors.

If you're like me, some days I don't look up from my computer till well past noon, only to grab a quick lunch, say hello to my family and sit back down again. This past season, those few days be-

came most days and I was feeling stuck and sluggish. It was time for a change, but, as we know, change is difficult. By the end of last year I was feeling uninspired and consciously didn't make any large New Year's resolutions knowing that, far too often, these grand modifications fall flat.

March has always felt like a healthy exhale to me. It's the month we wake from hibernation and feel the first hint of Spring. Each extra minute of sunlight slowly retakes the day and it's warmth nudges Earth into a time of renewal.

2022 felt like the perfect time to make some very small, but monumental changes in my life. I bought a watch. Not an old-school Timex watch, but one that gives me healthy reminders to stand, breath and take mindful minutes. You wouldn't think that this little device could get me out of my winter funk, but it helped. I took those mindful minutes, I stood and stretched and breathed deeply and oddly enough, I started to feel better. I also joined the YMCA and swim two days a week. I try for three, but my goal was two and I've stuck with it.

I've become more cognizant of my screen time and where my focus is. Working in social media and marketing has made this my most difficult resolution, but I'm trying to be more present and enjoy my life past the blue screen.



scan for more info

And lastly, I decided that I want to experience something wonderful every day, every month and every year of my life. Perhaps, I've just been able to mine out a bit more gratitude for the things I already had? I'm not really sure, but I do know that something as simple as the smell of spring feels like a gift and I consider that a wonderful part of my day.

We'd love for you to experience something wonderful this month!

Check out our March Specials and book yourself some "ME" time!

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# Living Healthy

## Home Remedies for Simple Eye Problems

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

Many eye problems need an ophthalmologist's medical knowledge. But there are eye problems that you can treat safely at home, as long as they are simple. Here are a few problems that can respond to home treatment, with tried-and-true remedies.

### Black eye

You can usually treat a black eye at home. But if there are more serious symptoms of black eye, see an ophthalmologist. These signs include: blurred/double vision; blood in the eye; or an inability to move the eye.

To reduce swelling and ease pain the first day, apply an ice pack to the eye for 15 to 20 minutes at a time, once every hour. If you don't have an ice pack, use a bag of frozen vegetables or ice cubes wrapped in cloth. The cloth protects your skin from freezing. Don't put a raw steak

or other raw meat on your eye. Despite what you've seen on television and in the movies, there's no scientific basis for this. In fact, the bacteria in raw meat poses a high risk of infection.

### Pink eye (also known as conjunctivitis)

A virus causes most cases of pink eye. These cases don't respond to antibiotics. Viral conjunctivitis will disappear on its own. Have your ophthalmologist diagnose your particular case. Reduce the discomfort of conjunctivitis by applying cool compresses to the eye.

If your conjunctivitis is bacterial, follow your treatment plan. This usually involves antibiotic eye drops. In either case, you should take steps to reduce the chance of passing the problem on to someone else. Conjunctivitis is highly contagious. Follow these tips to prevent the spread: Don't share towels, handker-

chiefs or cosmetics. Change pillowcases frequently. Wash your hands often.

### Eye allergy and seasonal allergy

Just as you can get nasal allergies, you can get eye allergies that leave your eye red, itchy and teary. Limiting your exposure to the source of your allergy — whether it's pollen, pets or mold — can help relieve symptoms. If you can't remove the source entirely, there are ways to reduce its effect with eye allergy treatments.

If pollen bothers you: Don't use a window fan, which can draw pollen into your house. Wear sunglasses when you go outside.

If dust is the problem: Use allergen-reducing covers for your bed. Use artificial tears, which temporarily wash allergens from your eyes. Use over-the-counter anti-allergy eye drops to lessen the symptoms.



### Stye (also called hordeolum)

While a stye may look nasty, it's usually harmless and goes away within a week. You can treat it at home by running a washcloth under warm water, wringing it out and placing it over your closed eye. When the washcloth cools, repeat the process several times, up to four times a day for at least a week. The heat will help unblock the pores in your eyelash area. Don't wear eye makeup or your contact lenses while you have a stye. And don't pop or squeeze the stye. Doing so can spread infection to surrounding areas of your eye. Shampooing with tea tree shampoo can also help.

### Eye strain

Many people have symptoms of eye strain, because of long hours of computer use, reading and driving every day. In most cases, there are simple things you can do at home, work, and while driving to ease eye strain symptoms. These include: resting your eyes, using artificial tears, wearing computer glasses, and wearing sunglasses.

### Bags under the Eyes

What we often call "bags under our eyes" is actually sagging skin under the eyes. It is a common complaint, and one that often accompanies the aging process. As we grow older, tissues around the eye gradually weaken and sag. This loss of skin tone allows fat to shift forward into the lower eyelids, making them look puffy and swollen. Fluid can also pool in this area and contribute to the puffy appearance.

Certain home remedies can help lessen or eliminate the puffiness of under-eye bags and the appearance of shadows. Wet a clean washcloth with cool water. Place the damp washcloth around your eyes for a few

minutes, applying very gentle pressure. Do this while sitting upright. Make sure you get enough sleep. Sleep with your head raised slightly. Try to avoid drinking fluids before bed, and limit salt in your diet. That can help reduce fluid retention overnight that can lead to bags under your eyes. Quit smoking. Try using makeup concealer to cover shadows under your eyes.

### Use Common Sense for Your Eye Health

With any of these conditions, see your ophthalmologist right away if the symptoms worsen or don't go away, or if your vision is affected.

Some eye problems you should never treat on your own.

If you experience any of these, you should seek medical attention right away: Blurriness. Double vision. Pain in your eye. Serious eye injuries.

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# Living Healthy

## Free program on how to communicate with children and teens

**Pre-registration required for March 8 event**

On Tuesday, March 8, at 7 p.m., SPARK Kindness will offer an online program featuring Ned Johnson, educator and co-author of "What Do You Say: How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home." The event will highlight strategies and language for effective communi-

cation with children and teens to increase connection and well-being for children and parents alike. ASL interpretation will be provided at this event. There is no cost.

For more information about this hour-long online program and other upcoming events, visit [www.SPARKKindness.org](http://www.SPARKKindness.org)

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## Statement From Senator Rausch (D-Needham) regarding Commonwealth lifting school mask mandate as of Feb. 28

FEB. 9, 2022 -- "I support the experts at the CDC and American Academy of Pediatrics who still recommend universal indoor school masking to keep students, teachers, and their families safe from COVID-19. I hold in my heart all the Bay Staters worried by today's announcement, especially our families with older adults, immunocompromised individuals, and children under five who are still ineligible to get vaccinated. Now more than ever, Massachusetts families deserve the safety and peace of mind through access to complete school-level vaccination data, statewide consistency in vaccination rules and exemption protocols, and targeted public health outreach in communities with low rates of vaccination, all of which would become law by enacting my comprehensive immunization infrastructure legislation, the Community Immunity Act."



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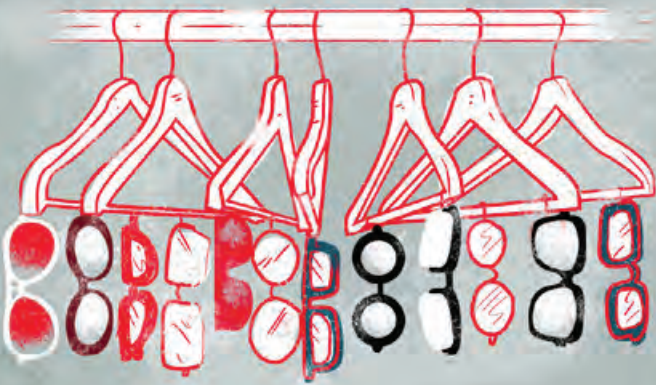
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## Millis open burning season continues through May 1

*Permits can be obtained at fire station*



Open burning season continues in Millis. Permits are required and can be obtained by filling out an application at the fire station. The \$5 fee can be paid by cash or check payable to the Town of Millis.

According to [www.millisma.gov/fire-rescue](http://www.millisma.gov/fire-rescue), the permit is good through May 1 however, on the day you want to burn, you must call the burning permit registration line at 508-906-3310 and listen to the message; if burning is allowed, you will leave your name and permit number.

Note: A burning permit does not release a party from liability for damage or extend any right to create a nuisance condition

due to excess or drifting smoke.

According to the town and state Open Burning Safety guidelines ([www.mass.gov/dfs](http://www.mass.gov/dfs)), burning must be done:

- Between Jan. 15 and May 1
- After obtaining a permit from the local fire department
- After calling the fire department after 9 a.m. on the day you want to burn
- Between 10 a.m. and 4 p.m. -- no fires can be started after 2 p.m. and all fires must be extinguished by 4 p.m.
- At least 75 feet from all dwellings
- As close as possible to the source of material being burned
- When air quality is acceptable for burning (call permit registration line on day of burning)
- Items that CANNOT be burned include:
  - Brush, trees, cane and driftwood from commercial and/or industrial land clearing operations
  - Grass, hay, leaves, stumps, and tires
  - Construction material and debris
- Items that can be burned include:
  - Brush, cane, driftwood, and forestry debris from other than commercial or industrial land clearing operations.
  - Agricultural materials such as fruit tree and bush prunings, raspberry stalks, and infected bee hives for disease control.
  - Trees and brush resulting from agricultural land clearing.
  - Fungus infected elm wood ONLY if no other acceptable means of disposal is available.

How to safely ignite and tend the fire:

- An adult should always be present during open burning, until it is completely extinguished.

- Children and pets should be kept a safe distance away.
- Use paper and kindling to start the fire and add progressively larger pieces of wood, parts of a discarded Christmas tree can be used.
- NEVER use gasoline, kerosene or any other flammable liquid to start a fire because the risk of personal injury is high.
- Burn one small pile of material at a time and slowly add to it, this helps to keep the fire from getting out of control.
- Select a burn location away from any utility lines.
- Monitor the wind and be prepared to extinguish quickly.
- Any violations of the regulations could result in your permit being revoked.

Fire control tools to have on hand:

- Water supply. This can be a pressurized water fire extinguisher, a pump can or a garden hose. TEST the water source before igniting the fire, you do not want to find out that the water is off or that the hose is cracked when you need it.
- Shovels and rakes – you can use dirt to put out a fire.

If the fire gets out of control: Call the fire department IMMEDIATELY

People who allow a fire to get out of control, or who conduct illegal burning, may be held liable for the costs of extinguishing the fire in addition to fines or imprisonment (M.G.L. c.48, s.13).

For more safety tips, visit <https://www.mass.gov/doc/safety-tips-for-open-burning/download>

For more information about Millis' open burning guidelines, call 508-376-2361 or visit <https://www.millisma.gov/fire-rescue/pages/open-burning-information>

### ACCEPTING NEW PATIENTS

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### Polina Paskaleva, DO

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### Kristina McCarthy, PA-C

Kristina has over 20 years of experience in a variety of clinical settings, including family medicine, emergency medicine and occupational health. Kristina earned her Physician Assistant certificate from Springfield College/Baystate Health System and currently enjoys teaching Tufts University Physician Assistant students.

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2022

# CAMP GUIDE

## How to handle the summer camp questions in the pandemic era

Children make cherished memories at summer camp, where many youngsters first discover passions and hobbies they will enjoy for the rest of their lives.

Summer 2020 was a camp season unlike any other. Some camps closed their doors due to the COVID-19 pandemic, while others downsized their offerings in an effort to keep campers safe while still providing them with a much-needed outlet. As the 2021 summer camp season approaches,

parents may be a little less hesitant about sending their kids to camp than they were a year ago. The rollout of COVID-19 vaccines has helped millions of people return to some semblance of normalcy, and that rollout has put summer camp back in play for families.

Choosing a summer camp is not always so easy, and it might be especially tricky as the world slowly

*continued on next page*

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## CAMP QUESTIONS

*continued from previous page*

emerges from the pandemic. The following are some tips for parents as they consider if camp is a good idea this summer.

- Consider your comfort level. It's understandable if parents are hesitant about sending their youngsters to camp this summer. In fact, some camps may still be closed while others may only offer limited day camps this summer. Parents should consider their comfort levels before enrolling kids in camp. Vaccines have proven effective, but COVID-19 hasn't gone away, and some regions have yet to vaccinate teenagers. Vaccines also have yet to be offered to children under 16. Parents can ask themselves how comfortable they are sending kids to camp, and if they're hesitant to do so they can explore their alternatives.
- Ask children if they want to go to camp. Everyone is experiencing some measure

of pandemic-related burnout, and that includes kids. Kids may be sick of wearing masks at school all day and, even if they have loved camp in the past, may not be looking forward to wearing masks all day at camp this summer. Others might not be experiencing such burnout and may see camp as a way to quell boredom at a time when boredom has seemingly lingered over every day. Either way, solicit kids' input and let them know their feelings matter regardless of which side of the fence they're on.

- Inquire about safety protocols. When researching summer camps, ask about the safety protocols each camp will have in place. Will masks be mandatory for both campers and staff? How much direct interaction will campers have with each other? Have staff members been vaccinated? What measures are being taken to keep kids safe? Camps should have detailed protocols and share those protocols with parents upon request.



- Ask about alternatives. If parents and/or children are hesitant about attending camp in person, ask camp officials if there will be any virtual events or programs this summer. Some camps may be organizing activities like craft projects online, and that can help kids overcome the boredom of being stuck at home all summer.

Summer camps may not be fully back to normal in 2021. However, families likely won't have to go without access to summer camps for the second consecutive summer.

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# 5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days



of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

**1. Explore talents.** Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

**2. Physical activity:** Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

**3. Gain confidence.** Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

**4. Try new things.** Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

**5. Make new friends.** Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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Here at FCDC it is not our primary function as a summer camp to entertain children, but to

provide a POSITIVE environment, program and leadership out of which children will find their own values, self-worth and entertainment. Children enjoying the outdoors without cell phones and gaming devices, we believe, widens and impacts their minds and friendships in so many beneficial ways. Campers are engaged, entertained, and stimulated all day with our well planned programs and enthusiastic staff.

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# Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be

spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

## Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

## Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less



familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving

the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

## Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want

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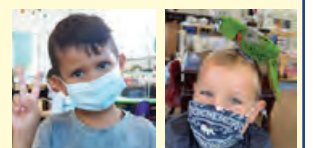
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# Sports

## Versatile Monaghan set for Millis Hall of Fame Induction

By KEN HAMWEY  
STAFF SPORTS WRITER

Rich Monaghan has all the credentials needed to be inducted into any high school's athletic hall of fame. At Millis High, he earned 11 letters in four sports and was a multi-sport captain and all-star.

Monaghan's phenomenal achievements will be front and center on March 19 at the Medway VFW, when the 67-year-old will be honored along with six other inductees at Millis High's third annual Hall of Fame ceremony.

A captain and an all-star in football and basketball, Monaghan was the first student-athlete at Millis to score 1,000 points in basketball (1,272 total). He was a three-year starter at quarterback and a four-year starter at guard in basketball. During his two seasons of track, he ran the 100 and 440 and also competed in the discus and shot put.

In baseball, he displayed plenty of versatility, starting at shortstop as a freshman, then finishing his fourth year as the Mohawks' catcher. When Monaghan concluded his senior year of basketball, 1,500 referees selected him to receive the Kelleher Sportsmanship Award.

"It's a tremendous honor to be selected for induction," Monaghan said. "It brings back memories of my roots that I've never forgot. I learned great life lessons in Millis from sports, from teachers and coaches, from peers and townspeople. It's humbling to be included with great athletes and coaches who've already been inducted."

After graduating from Millis High in 1972, Monaghan excelled at Princeton University where he played cornerback and



Rich Monaghan has earned his place in Millis High's Athletic Hall of Fame.

safety for the Tigers. He also ran back punts and kickoffs, leading the Ivy League in punt returns his senior year.

Monaghan had offers to play football at all the Ivy League schools, at the University of New Hampshire and the University of North Carolina.

Competing in high school at 5-11 and 185 pounds, the personable Monaghan has two vivid memories of his athletic days at Millis — a football game against Medfield his junior year and a basketball game against Nipmuc as a senior when he surpassed 1,000 career points.

"Medfield was an exceptionally strong team and we were unbeaten going into the game," Monaghan recalled. "It was a great atmosphere and I remember the intense practices Ernie Richards conducted that week. We won, 30-8, and I rushed for one TD and threw two touchdown passes. When the game ended, I was awarded the MVP trophy.

"The 1,000th point didn't

seem like a big deal to me but coach Paul Duca wanted that event to occur at Millis. We played Nipmuc but Duca held me out of the last half of the previous game so I could get the 1,000th point at home. I scored the points to go over 1,000 just before the first half ended. The game was stopped and I remember how relieved I was that the suspense was over and I could get back to playing the games."

A captain who led by example, Monaghan also was a supportive leader in that role. "I was demanding of myself but I always strived to be encouraging," he said.

The Millis native got plenty of encouragement from his three coaches — Richards in football and baseball, Duca in basketball and Andy Marak in track.

"I'll never forget when I was in the eighth grade how coach Duca turned my outlook and my life around," Monaghan said. "I was volatile at times and was a hot-head with a temper. One day Duca read the riot act to me. He was tough but he was just what I needed then. I was blessed to have tremendous mentors throughout my life. It led to success in sports, academics and in my business life."

Calling his oldest brother (Jay) his role model, Monaghan says it was Jay's intensity and work ethic that rubbed off and helped him to excel.

Relying on an athletic philoso-

phy that stressed winning, reaching his potential and having fun, Monaghan points to discipline as the key life lesson he learned in sports. "If you're disciplined, you'll play better and put yourself in a position to win," he emphasized. "And, winning leads to fun."

Graduating from Princeton in 1976 with a degree in psychology, Monaghan first worked for Proctor & Gamble in sales management. After seven years in that role, he joined Merrill-Lynch and worked for that firm on Wall Street for 13 years. He finished his business career as president of Putnam Mutual Funds.

Monaghan, who calls Hingham home, is married and he and his wife Helene have two daughters (Katy and Julie) and a grandson.

Three situations in athletics speak volumes about Monaghan's competitive nature.

"Beating Harvard at Cambridge my senior year at Princeton was great," he recalled. "My family and friends were there and so was coach Duca. Very memorable."

Winning that sportsmanship award in high school ranks high because he often had to deal with taunting from rival fans "I learned to control a volatile temper," he said. "A lot of credit goes to coach Duca who helped me deal with those issues.

And finally, there's the unbelievable results of a freshman football game that Millis played against Medfield. It was a classic.

"We stopped Medfield at our one," Monaghan noted. "If they scored, it was game over because there was less than two minutes to play. We then marched 99 yards to score the winning TD. I passed to Gary Warren for the winning TD. It was a spectacular finish."

And, it'll be a spectacular night for Rich Monaghan when he's inducted into the Millis Athletic Hall of Fame. Because he's never forgotten his roots.

**Here is a thumbnail look at the other inductees:**

**Dennis Breen (Class of 1968)** — A versatile three sport star in football, basketball, and baseball, he displayed plenty of leadership as a captain in all three

sports. A Metrowest Daily News all-star, he scored 100 points in football from his halfback slot during his senior year. A forward in basketball, he averaged 15 points, and in baseball he pitched and played the outfield. Awarded a full scholarship to play football at the University of Rhode Island, he signed a contract with the New York Stars of the World Football League after graduation. He later coached Milford High's football team and led the Scarlet Hawks to a pair of Super Bowl triumphs. He was an assistant principal at Milford and later became principal at Hopedale High before being named that school system's superintendent.

**Molly Breen (Class of 2010)** — Millis High's all-time leading basketball scorer (boys and girls) with 1360 points. She also competed in soccer and track. In basketball she also is the school's all-time leading rebounder with 870. Her career steals were 322. During the 2010 season, she averaged 17.7 points, 10 rebounds, 3 steals and 1.5 blocks. She was selected to four all-star teams as a senior — Tri Valley League MVP, All-Scholastic Boston Globe, All-Scholastic Boston Herald and Metrowest Daily News Super team. In 2008 and 2009 she was a TVL All-Star, All-Scholastic Boston Globe, All-Scholastic Boston Herald and the Fox Dream Team.

**1980 Boys Outdoor Track Team** — Class C State Champions that lost only lost 3 meets in 3 years (1979-1981). Jim Caddell, Mike Collins, Rob Baldini, Wayne Devens, Jon Sycamore were Tri Valley League All Stars. Three members were TVL honorable mention (Keith Jordan, Greg Andonian and Billy Congdon). The team still holds seven school records — 300 meter hurdles (39.9 seconds, Keith Jordan); 100 meter dash (10.0 seconds, Jim Caddell); 200 meter dash (22.4 seconds, Jim Caddell); 400 meter dash (51.0 seconds, Wayne Devens); one-mile run (4:33.5, Jon Sycamore); two-mile run (9:19.6, Jon Sycamore); and 4x400 meter relay (3:42.0, Wayne Devens, Michael Collins,

**MONAGHAN**  
continued on page 19

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# Sports

## Every business owner needs a team of trusted advisors.

If you're a business owner, you are used to wearing a lot of hats. Still, you can't be an expert at everything, which is why it's important to build a network of trusted professionals that you can turn to for help whenever the need arises.

No matter how successful you are, there are plenty of reasons to establish a professional network. In addition to exchanging contacts and referrals, there's also the opportunity to share ideas and receive free advice from specialists in their field. And, much like getting a second opinion on a medical procedure, your network can act as a system of checks and balances by making sure you weigh all your options.

Ask yourself: Whom should you invite to be part of your network? While the members may vary depending on your strengths and weaknesses, your team should probably include some—or all—of the following professionals\*:

**Attorney:** Unless you have in-house counsel or a legal background yourself, an attorney—especially one with some experience in your industry—is almost a necessity. Among other things, an attorney can help defend you and your company from potential lawsuits, review contracts, and help with succession planning.

**Accountant:** While most people only use their accountant during tax season, business owners

will find that an ongoing relationship can save them money in the long run.

Not only can an accountant keep you from running afoul of the IRS, they can also show you how to structure your business and become a more tax-efficient operation.

**Banker/Financier:** As we all know, cash flow is the lifeblood of any business. And in today's restrictive lending environment, having a banker in your corner can be a real boon. By providing easy access to credit, or letting you hear about the most favor-

able rates, a banker can be an invaluable addition to your team.

**Insurance agent:** A professional insurance agent can help you prepare for a number of critical business issues. Specifically, an insurance agent can help your business overcome the loss of a key employee, enhance your executive benefit package, fund a buy-sell agreement, and protect your family's future by insuring your business interests.

As you can see, there are a host of advantages to creating a network of professionals with expertise in their field. Best of

all, it's a win-win for all parties, so setting one up may be easier than you think.

This educational, third-party article is provided as a courtesy by Micahael Damon, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Michael Damon at 508-321-2101.

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### MONAGHAN

*continued from page 18*

Rob Baldini, and Keith Jordan).

**2008-09 Girls Basketball Team** — Dave Fallon was in his second year as the varsity coach and he was assisted by Paul Geary, Howie Ingraham, Dale Maki and Anthony Fallon. This squad was the first basketball team in school history (boys and girls) to be State Champions. Seeded No. 11, they won the Division 4 South Sectional, defeating defending 2008 D-4 State Champion Cohasset, 51-49. Cohasset was seeded No. 1. The Mohawks downed Georgetown, the D-4 North champions, 60-43, finishing the season with a 19-6 record. The girls had two 1,000-point scorers (Molly Breen, 1360 and Amy Ingraham, 1320).

**D. Peter Vigue (Coach 1974-2007)** — A coach of three sports, he was Millis' boys and girls head track coach from 1972-1994. A cross-country coach, he started the middle school cross country program and also was instrumental in getting boys varsity soccer underway. He was Millis' Athletic Director from 1999 to 2003 and served as president of the TVL track coaches from 1976-1982. Vigue coached boys' jayvee and varsity soccer, varsity wrestling, and middle school basketball.

**Ken Hamwey (Contributor)** — The 78-year-old sports writer/editor filed his first story

in 1967 on Millis High School's football team. A Natick High and Babson College graduate, he also covered the Celtics and Patriots while at the Metrowest Daily News. In 1973, he joined the Providence Journal where he finished a 35-year career there as Night Sports Editor. Now, in semi-retirement, he works for nine local monthly newspapers. His sports stories often focus on Millis High's players, teams and coaches. On his last day in Providence, the Rhode Island Senate read aloud a citation for his contributions to R.I. athletics. Two years later, in 2010, he was honored by the Mass. Interscholastic Athletic Association, which presented him with its Distinguished Friend Award.

Tickets for the ceremony cost \$50 and can be ordered until March 12. They can be obtained by writing a check to the Millis Athletics Hall of Fame and mailed to 155 Plain St., Millis, Ma. 02054. Tickets can also be obtained via Venmo (money amount to @Millis-AthleticsHOF). A cocktail hour will begin at 6 p.m. and dinner will be at 7 p.m. followed by the ceremony.

Members of the Millis Hall of Fame Committee include Mark Caulfield, Rusty Cushman, James Hart, Tom Ingraham, Brian Kraby, Jack O'Rourke, Dyann Works Rice, Olivia Zitoli and David Sperandio.



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# Niagara Coffee Haus hosts two acoustics acts

### Tickets available for April 1 and April 22 events

In April, two acoustic acts from Boston, Visiting Wine and Antje Duvokot, will be appearing as part of the new Niagara Coffee Haus Concert Series in Millis.

Visiting Wine is an eclectic acoustic trio who blend smooth harmonies with Southern stomp and holler for a sound with depth and energy. Their shows are marked by a joyously twisted sense of humor amidst a wide variety of musical influences. From the intertwining harmonies of early church music to the rhythm-forward slant of heavy metal, their gigs are a real acoustic rave-up. Local upstarts, Hobo Coat open the show on Friday, April 1, from 8 p.m. to 10 p.m. Sponsored by Needham Bank. [www.visitingwine.com](http://www.visitingwine.com)

Antje Duvokot is one of Boston's top singer songwriters in the folk idiom. The Boston Globe writes, "Her songs feel at once fresh faced and firmly rooted,

driven by the whispery sensuality of her voice. She believes in the redemptive power of the shared secret; and is utterly unafraid to mine the darkest corners of her life for songs that turn fear into resilience and isolation into community." Antje's music has taken her on world tours far and wide, so it seems fitting to have her for this special Earth Day celebration on Friday, April 22, from 8 p.m. to 10 p.m. Sponsored by Millis Postal Center.

[www.antjeduvokot.com](http://www.antjeduvokot.com)

Limited space is available, so please email [millisculturalcouncil@gmail.com](mailto:millisculturalcouncil@gmail.com) for reservation info. Individuals with disabilities, please contact the council for seating info. Masking may be mandated, pending further notice. Doors open at 7:30 p.m. A \$5 to \$10 donation will be suggested. Visit our Facebook pages, Niagara Coffee Haus and Millis Cultural Council for regular



Visiting Wine is an eclectic acoustic trio who will perform at the Niagara Coffee Haus in Millis on April 1. Source: Millis Cultural Council

updates. Location: Niagara Fire House, 8 Exchange Street, Millis, MA 02054.

This series is brought to you in part by a grant from the Millis Cultural Council, which is a subsidiary of the Mass Cultural Council. Special thanks to the Millis Historical Commission.

To learn more about the history of the Niagara building, visit [www.millishistory.org/niagara-engine-house.html](http://www.millishistory.org/niagara-engine-house.html)

# Medway Community Farm CSA shares restructured, chocolate added

It's that time of year again! Medway Community Farm has opened the enrollment for their community-supported agriculture (CSA) offerings. Under the leadership of their new Farm

of a weekly pickup, for heavy vegetable eaters or a family of 3-4, or a bi-weekly share for a smaller vegetable appetite. New this year is a plan to supplement the home gardener. A market card will be issued at the begin-



Manager, Todd Sandstrum, the shares have been restructured based on feedback received. Sandstrum has described the shares as exciting, bringing back some of the things everyone loves and introducing some new veggies into everyone's lives.

Share options include vegetable, flowers, meat, eggs, mushrooms, fruit, and chocolate.

The vegetable shares will start mid-June and run for 18 weeks into October. There is a choice

ning of the season and the holder is free to shop all season long to meet their individual needs. The card is accepted not only for vegetables but seedlings and other offerings by the farm.

The farm is bringing back some well-loved shares. The flower share is a great way to add some brightness to any table or desk. Whether you have decided

CSA

continued on page 21



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# Lions' Porketta & Chicken Dinner on April 1

MILLIS - Tickets are now on sale for the Millis Lions' April Fool's Day Porketta & Chicken Dinner to be held on Friday, April 1, from 6 p.m. to 9 p.m. in the St. Thomas Large Hall on Route 109.

Tickets are \$25 per person or \$45 for two people. Children under 12 years of age are \$15 each. For more information and to purchase tickets, visit [www.millislionsclub.org/events](http://www.millislionsclub.org/events)

## CSA

*continued from page 20*

to pick your own or have the farm pick it for you each week, each bouquet will put a smile on your face.

The monthly meat share will start in April as they continue their partnership with Lilac Hedge Farms. You have a choice of about 10 pounds of beef, chicken and/or pork. Another thriving partnership is with Pumpkin Farm, right here in Medway, for the weekly or bi-weekly egg share from sustainably raised chickens.

Other returning share offerings include a bi-weekly mushroom share starting in April from Fat Moon Mushroom farm, again locally grown. This is a great share that not too many farms offer. The popular fruit

share, running for 8 weeks, will start in August. The Northeast has some great local fruit and the farm is happy to be able to bring them to your table directly from Autumn Hills Orchard.

The newly created Chocolate Share will be offered on a monthly basis, like the meat share. The farm has partnered with Wright Old School Chocolate, and they feel it will be a sweet offering to complement the other shares!

Sandstrum has said he is looking forward to meeting the community members. "If you know someone who has come on financial hardships and has challenges getting healthy local produce, please reach out and we can help supply resources that could help them."

*For more information, visit [www.medwaycommunityfarm.org](http://www.medwaycommunityfarm.org)*

# Medway in Winter



Above, photos of Choate Park after a heavy snowstorm in late January was followed by freezing rain in early February. Credit: Theresa Knapp



A view of the waterfall at Sanford Mill Condos after a heavy snowstorm in late January was followed by freezing rain in early February. Credit Theresa Knapp

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# Millis Beautification Day, April 30

Register online for site assignment



From left, Janet Gashler, Pat Thompson Sue Conte at Millis Beautification Day in 2021. These ladies are longstanding members of the Millis Garden Club and volunteer every year.

The Millis Garden Club and the Millis Lions Club, co-sponsors of the 17th Annual Millis Beautification Day, are once again calling on residents to show pride in Millis by supporting the town-wide cleanup. This year's

rain-or-shine event will be held on April 30, the last Saturday in April. As usual, the start time will be 9 a.m. Registration and site assignments will NOT be in front of the Veterans Memorial Building as in past years. Instead,

volunteers can register by visiting [millisgardenclub@gmail.com](mailto:millisgardenclub@gmail.com)

You can make a difference! Volunteers of all ages are needed to help clean up the Millis landscape by removing litter at designated landmark town sites such as the Veterans Memorial Building, Clyde Brown School, Millis High School and Richardson's Pond, as well as along main roads. "The final number of sites depends on how many volunteers sign up. The more people who register, the more sites can be assigned. We hope to have over 200 people - volunteers of all ages can help," comments Jen Donehey, Lions Co-Chair.

Both individuals and groups are urged to volunteer. Students from the Millis Public Schools - athletic teams, the Honor Society, the Millis High School Leos, and students working on community projects - along with teachers and parents, make a huge impact. We are pleased to have scouts, church groups, town board and commission members, junior ROTC members, the Y, and other supporters.

In past years, community volunteers have made a big difference in just a couple of hours. In 2021, seventy-seven large contractor bags were picked up by DPW throughout the day; town gardens, school fields, roadways, parks and other sites were tended to.

This is a great opportunity to make our town shine," adds Donehey. "All it takes is just a few hours of time on a Saturday morning. So please, everyone, if you care to keep our town trim and tidy, join your friends and neighbors and give the town a couple of hours on April 30. You'll be proud you did!"

# Spring Ahead & Check Smoke Detectors

Remember to check the batteries in your smoke and carbon monoxide detectors

By THERESA KNAPP

When you adjust your clocks for Daylight Saving Time on March 13, 2022 (at 2:00 a.m.), be sure to replace the batteries in your smoke detectors and carbon monoxide detectors.

According to the United States Fire Administration (USFA), smoke detectors save lives:

Three out of five home fire deaths result from fires in properties without working smoke alarms.

More than one-third (38 percent) of home fire deaths result from fires in which no smoke alarms are present.

The risk of dying in a home fire is cut in half in homes with working smoke alarms.

## How do I test my smoke detector?

On most smoke detectors, you press and hold the TEST button on the smoke detector. It can take a few seconds to begin, but you will hear a loud, ear-piercing siren while the button is pressed. If the sound is weak or nonexistent, replace your batteries. Click here for a video tutorial from the National Fire Protection Association. [[www.firstalert.com](http://www.firstalert.com)]

## What is carbon monoxide?

According to the USFA, Carbon monoxide is called the "Invisible Killer" because it's a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental non fire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces. Beware of symptoms such as headache, fatigue, shortness of breath, nausea, dizziness, mental confusion, vomiting, loss of muscular coordination, and loss of consciousness.

## How do I test my carbon monoxide detector?

To test your carbon monoxide alarm, simply press the TEST/RESET button until the unit chirps, then release the test button. The unit will then emit 2 sets of three slow beeps followed by 2 sets of four quick beeps indicating that the alarm is operating normally. [[www.kidde.com](http://www.kidde.com)]

The National Fire Protection Association recommends testing alarms every month, and replacing any device that is more than 10 years old.

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# March is Women's History Month: Highlighting Kate Sanborn (1839-1917) of Holliston and Medway

By THERESA KNAPP

In honor of Women's History Month, we highlight Katherine Abbot Sanborn (1839-1917) who lived in Holliston and Medway in the late 1800s and early 1900s.

Sanborn was an author, lecturer, farmer and tenant at Breezy Meadows in the Metcalf area of Holliston (Summer and Washington Streets, near the Metcalf railroad station) and later at a second Breezy Meadows just a short distance down Summer Street into Medway.

She was born in Hanover, NH. Her father, Edwin David Sanborn, taught Latin and English literature at Dartmouth College. Her mother was Mary Ann (Webster) Sanborn, a niece of Daniel Webster.

She was educated at home by her father which gave her a solid foundation in language. At age 11, she made \$3 for a story she wrote that her father sent to the child's paper, and by age 17, she was supporting herself with

her writing.

Sanborn attended Smith College after which she began lecturing and holding book clubs in ladies' parlors, the YWCA, and in churches. She also worked as a book reviewer and magazine writer.

"She was an individual and potent factor in New York social and literary life. At Mary Elizabeth Wilson Sherwood's [herself an author and socialite] —or in any place where wit and wisdom gathered—she was at home, unpretending, picturesque, humorous." (Wikipedia)

According to "From Gotham to Gooseville," while Sanborn was visiting her friend Mrs. Mary Morrill near Metcalf railroad station in Holliston in 1888, she "heard that the old-fashioned farm-house just opposite" was for sale or lease; she rented it for \$40 the first year then \$50 each year thereafter from 1888 to 1894. That 25-acre farm was previously known as the "Belcher Place" and she renamed it

"Breezy Meadows" (today, it is the Our Lady of Fatima Shrine at 101 Summer Street). This is where she wrote "Adopting an Abandoned Farm" (1891) in which she "explained her move from 'Gotham' (New York City) to 'Gooseville' (Metcalf, MA)."

In 1894, she wrote "Abandoning an Adopted Farm (1894) which covered the end of her years in Holliston and her purchase of a larger 71-acre farm in Medway that she also renamed "Breezy Meadows."

Sanborn was described by a country neighbor as "a stout, buxom, red-headed woman, with hair all a-flying." She furnished her home by attending auctions. "It was a novelty for the audiences to see a lady of her caliber bidding against the men" (Gotham, 1996).

When trying to purchase animals for her farm, "The farmers and stable keepers were well aware of the inexperienced city-woman who was trying to set up her farm...they brought by their

worthless animals for her inspection" (Gotham, 1996).

She often entertained at both of her farms all while maintaining her writing career. "She wrote in a helter-skelter manner; one thought reminded her of another. This trait, however, was a factor which contributed to the popularity of her farm books, for, at that time, very few female authors wrote so entertainingly" (Gotham, 1996).

Sanborn wrote many books in her lifetime including Grandma's Garden with Many Original Poems (1882), Wit of Women (1885), Vanity and Insanity of Genius (1886), Truthful Woman in Southern California (1894), Tact, and Other Essays (1899), Old Time Wall Papers (1905), and Educated Dogs of To-Day (1916). Many of these books can be found at the Holliston Public Library. The full collection of her papers can be found at Smith College.

Sanborn died in 1917. Breezy Meadows was sold in 1918 but



Kate Sandborn at the door of Breezy Meadows. Source: Medway Historical Society.

then suffered decades of neglect and vandalism and was eventually demolished in 1993.

Sources for this story include "From Gotham to Gooseville" 1988-1917 Kate Sanborn (Authoress, Lecturer, Farmer) and Breezy Meadows Farms by Shirley M. Chipman (1996) provided by the Medway Historical Society, Adopting an Abandoned Farm by Kate Sanborn (1891), and www.wikipedia.com.

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# Two Firefighter Recruit Classes Graduate from Massachusetts Firefighting Academy

Michael Kalenak of the Medway Fire Department recently graduated from Academy

In late January, State Fire Marshal Peter J. Ostroskey and Deputy State Fire Marshal Maribel Fournier announced the graduation of 36 firefighters from the Massachusetts Firefighting Academy. Graduates completed the 50-day Career Recruit Firefighting Training Program at two campuses: Class #298, including Michael Kalenak of the Medway Fire Department, trained at the Stow campus and Class #BW16 trained at the Bridgewater campus.

“First responders are on the frontlines protecting their communities, and these newest firefighters are needed now

more than ever,” said State Fire Marshal Ostroskey. “The rigorous professional training they’ve received provides them with the physical, mental, and technical skills to perform their jobs effectively and safely.”

### Class #298 (Stow): 19 Graduates from 11 Fire Departments

The 19 firefighters of Class #298 represent the fire departments of Bedford, Everett, Falmouth, Medway, Milford, Natick, Needham, North Andover, Northborough, Sudbury, and Winchester.

### Class #BW16 (Bridgewater): 17 Graduates from 8 Fire Departments

The 17 firefighters of Class #BW16 represent the fire departments of Melrose, Milton, Norton, Sandwich, Sharon, Somerset, Taunton, and Wellfleet.

### Basic Firefighter Skills

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple-room structural fires. Upon successful completion of the Recruit Program all students have met the national standards of National Fire Protection Association 1001 and are certified to the level of Firefighter I and II, and Hazardous Materials First Responder Operational Level by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.



The 19 firefighters of Class #298 represent the fire departments of Bedford, Everett, Falmouth, Medway, Milford, Natick, Needham, North Andover, Northborough, Sudbury, and Winchester. Source: Massachusetts Firefighting Academy

emergencies, ranging from the suspected presence of carbon monoxide to Fentanyl overdoses or a gas leak. They may be called to rescue a child who has fallen through the ice or who has locked himself in a bathroom. They rescue people from stalled elevators and those who are trapped in vehicle crashes. They test and maintain their equipment including self-contained breathing apparatus (SCBA), hydrants, hoses, power tools, and apparatus.

At the Massachusetts Firefighting Academy, they learn all

these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive, 10-week program for municipal firefighters involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

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## Medway dog licenses due April 15

All dogs over six months of age must be licensed annually, and must be licensed by April 15 to avoid fines.

The fee is \$11 per dog if neutered or spayed, and \$16 per dog if they are not neutered or spayed.

If dogs are not licensed by

April 15, there will be a \$50 fine per pet. If they are still unlicensed by June 15, there will be an additional \$50 fine per pet.

For more information and to fill out an application online, visit <https://www.townofmedway.org/animal-control-department>

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# Millis Lions Club Big Winter \$10,000 Raffle extended through March 15 at Noon

The drawing will take place on March 15, at 8 p.m. via Facebook Live on the Millis Lions Facebook page.

Tickets are \$100 and only 250 tickets will be sold. First prize will be \$5,000, second prize will be \$3,000, and third prize will be \$2,000. The tickets drawn for second and third prizes will be put back in the barrel for the grand prize drawing; meaning, each ticket could possibly win all three prizes. The tickets will be mailed to the purchaser.

All state and federal taxes will be the responsibility of the winner. Tickets and other donations are tax-deductible. To purchase tickets, visit <https://www.millislionsclub.org/events>.

Note, you will not receive a notification once you pay. The Lions will send you an email confirmation of your purchase.

Proceeds will help fund a new digital message board the Lions plan to gift to the town of Millis. The double-sided message board will allow for multiple scrolling messages and will give both the Millis Police and Fire Departments the functionality to override the board in the event of an emergency to warn citizens.

For more information on the Millis Lions Club, the sign, fundraising events and/or how to make a tax-deductible donation, please contact Debbie Hayes at 508-816-6732.

# "The Addams Family" Comes To Millis

They're creepy and they're kooky, mysterious, and spooky!! The musical sensation, "The Addams Family" takes to the stage April 1, 2, 8 and 9 at Millis High School Auditorium, 245 Plain Street, Millis.

Based on the classic Addams' cartoon characters and the vintage television series, "The Addams Family" characters were the creation of Charles Addams. His unique drawings combined with the twisted, macabre, and just plain weird, yet with charm, wit, and enchantment brought him great acclaim.

The creators of the "Jersey Boys" Marshall Brickman and Rick Elice, and composer/lyricist Andrea Lipa have brought the frightfully delightful world of Gomez, Morticia, Uncle Fester,

Grandma, Wednesday, Pugsley, and Lurch to life on stage.

The Theatre Group of Millis, a community theatre organization, with Millis High and Middle Schools is proud to bring this Broadway musical to the Millis area through special arrangement with Theatre Rights Worldwide.

Advance tickets are now on sale and available at [www.millistheatre.org](http://www.millistheatre.org). Adult tickets are \$15.00 and seniors and students are \$10.00. Adult tickets at the door are \$20.00, seniors and students \$10.00.

This program is supported in part by a grant from the Millis Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

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The Medway Cultural Council Seeks Members

MEDWAY – The Medway Cultural Council is looking for community members who can play an active role in supporting and cultivating the arts in Medway. Our mission is to provide a wide range of cultural experiences, including visual and performing arts, music, crafts, and traditions supported by town and state funds and donations. Appointments are for an initial three-year term and a limit of six consecutive years of membership. If interested, please contact us at [medcc@townofmedway.org](mailto:medcc@townofmedway.org)

Medway Cultural Council  
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# Lenten Plans at Millis UCC

The Path of Blessing is the theme for the season of Lent at Millis United Church of Christ. Lent begins with the Ash Wednesday service at 7 PM on Wednesday, March 2nd and continues through Easter, April 17th. During these forty-six days the congregation will explore, as individuals and as a community, ways to simplify life. Lenten worship and other activities will guide folks as they consider and feast on what is life-giving and identify and let go of things or actions that are hindering growth.

A Healing Prayer service is planned for Monday, March 14th at 7:30pm. The service includes the study and experience of healing prayer. Anyone can attend these services and activities.

At its recent Annual Meeting the congregation set its budget for 2022, elected various officers and committees, and voted on repairs needed to maintain the church building and spire. Decisions like this are made by all the members together. The church's mission is to worship God and to reach out to everyone with com-

passion, respect and love. It seeks to align its financial and building decisions with this mission. Following the Annual Meeting the elected leaders gathered in retreat to prepare themselves for the work of the coming year.

Worship services at Millis UCC that include all ages are offered every Sunday at 10 am with fellowship following.

For information about any of these and other events, please visit the website: [www.millisucc.org](http://www.millisucc.org) or contact the church office at [millisucc@msn.com](mailto:millisucc@msn.com) or 508-376-5034.



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## Medway's McCarthy receives Honors with Distinction

Eamon J. McCarthy of Medway has been named to the St. Sebastian's School (Needham) Honor Roll for the Second Quarter and First Semester of the 2021-2022 school year. Recipients of these academic awards fall into three categories: High Honors, maintains an A- or above in all subjects; Honors with Distinction, maintains a B or above in all subjects; and Honors, maintains a B- or above in all subjects. McCarthy is in grade 8 and achieves Honors with Distinction. To see the full Honor Roll, visit [www.stsebs.org](http://www.stsebs.org)



## Medway Public Schools Welcomes Stephanie Simeon as 'SUP Medway Program Coordinator

Superintendent Armand Pires and Director of Wellness Dr. Ryan Sherman are pleased to introduce Stephanie Simeon as the new 'SUP (Substance Use Prevention) Medway Coalition program coordinator.

Simeon began in her role on Jan. 20. As the 'SUP Medway program coordinator, she will work to guide the coalition and ideas to progress substance use prevention work.

'SUP Medway is a youth substance use coalition of town personnel, students, parents and community professionals from various industries. The coalition's mission is to engage the full Medway community to prevent the use of alcohol, drugs and tobacco among Medway youth. The work of the coalition is intended to be a broad and long-term look at aspects and influences within the community and changes that could be made community-wide to further prevention work.

Simeon has worked in health- and wellness-related roles for over a decade, including as a health educator in the Harvard University Office of Alcohol and Other Drug Services, and as the Office on Violence Against Women (OVW) Grant Project Coordinator at Bentley University.

She holds a Master of Public Health from Boston University and is a Certified Health Education Specialist. She received

a Bachelor of Science in food and nutrition from Framingham State University.

A key goal for the coalition in the near future is to build relationships and capacity for the coalition to ensure it is an engaging and collective effort community-wide.

"It is important to me that communities are able to work together to support and empower young people to set up their lifestyles in a way that promotes health, and prevention is a key part of this," Simeon said. "I've seen in the healthcare work I've done how difficult it is to get people to change their habits, so instilling healthy habits at a young age is critical, and helping to positively influence kids and teenagers who are in the development stage is what drew me to this role. I'm excited to build on the momentum 'SUP Medway has gained so far and to build relationships with stakeholders in different sectors of the community to advance our mission and impact, and look forward to sharing the accomplishments of the coalition as we move forward."

Simeon's position is funded through the Federal Drug-Free Communities Grant awarded to the district in September 2021. The \$625,000 grant, distributed over the course of five years, supports youth substance use prevention by providing local co-



alitions with funds to strengthen community relationships and implement strategies designed to reduce youth substance use rates.

"We are pleased to welcome Stephanie to Medway Schools and 'SUP Medway," Dr. Sherman said. "We are fortunate to have someone leading our coalition with an extensive background in public health and grant administration, a passion for health promotion, and an understanding of the value of prevention work."

Simeon will be working in the coming weeks and months to meet with community members, entities and organizations, as well as coordinating with the 'SUP Medway Steering Committee. A coalition meeting that will be open to the full community will be scheduled soon. Additional information regarding this meeting will be shared as it becomes available. Anyone interested in learning more about the coalition or how they can get involved is encouraged to contact Simeon at [ssimeon@medwayschools.org](mailto:ssimeon@medwayschools.org).

## Medway Public Schools hiring for several positions

The Medway Public Schools are currently accepting applications for substitute teachers (PK-grade 12), long-term substitute physical education teacher, Spanish teacher, paraprofessionals, athletic coaches, special education teacher, specialized minivan driver, and a booth operator. To apply, visit [www.medway-schools.org/departments/human\\_resources](http://www.medway-schools.org/departments/human_resources). For more information, contact Jessica Sinclair at [jsinclair@medwayschools.org](mailto:jsinclair@medwayschools.org).

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# Millis High School Boys' Soccer wins first TVL Championship

The Millis High School Boys' Soccer team recently won its first Tri-Valley League championship with the best record in school history at 10-5-3.

The team's banner was recently raised in the school's gymnasium where the school hosted the first home playoff games in school history.

"We are very proud of the players for winning our first league title ever," said the team's head coach, Jason O'Brien. "This was a lot of work put in by the players that started years before this season."

Millis High School Principal Mark Awdycki says it was a "remarkable season" and shared the following highlights:

- TVL Small Champions (undefeated in TVL Small)
- Best record in school history at 10-5-3
- Most goals scored in school history
- Deepest playoff run in school history (they were the #2 seed in Division 5 and made the quarterfinals



The Millis High School Boys' Soccer team recently won its first Tri-Valley League championship and had its banner raised in the MHS gymnasium where the school hosted the first home playoff games in school history. Courtesy photo.

of the state tourney)

- 1st home playoff games in school history
- Seniors Ben Pudelka and Anthony Coutts, were named TVL All-Stars.
- Anthony Coutts was named to the Eastern Massachusetts Soccer Coaches' Association All-Star Team
- Head Coach Jason O'Brien named 2021 Division 5 Coach of the Year by the Eastern Massachusetts Soccer Association

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# Two Medway High School Choir Students Earn Spots in 2022 All-State Music Festival

Medway High School Principal John Murray and Choir Director Ashley Nelson-Oneschuk are pleased to announce the selection of two MHS choir students to the All-State Music Festival.

The Festival is held by the Massachusetts Music Educators Association (MMEA), an association of the National Association for Music Education (NAfME).

Olivia Dwyer and Lucas Farlow prepared a piece for a virtual video audition, which took place Jan. 22. They were notified earlier this month of their selection for the All-State Festival.

Dwyer, grade 11, has taken choir throughout middle school as well as most of high school. She has also been taking voice lessons since she was nine years old, and is now part of a recording ensemble. She is also a member of the Medway High School's first choral executive board committee. This is her first year participating in the Senior Districts.

Farlow, grade 12, has been in choir throughout high school and is a member of the Medway Undertones Chorus this school year. He hopes to be active in singing and musical theatre in college. This is Farlow's first time auditioning for Senior Districts.

"Congratulations to Olivia and Lucas on their selection to the All-State Music Festival," Principal Murray said. "This is an exciting opportunity for them to further develop their skills, as well as meet and work with students with similar interests."

As part of the Festival, participating students will take part in a full day of rehearsals and will then perform with high school choir members from around the state during the MMEA All-State Concert on March 5 at Symphony Hall.

The All-State Concert will also include performances by the jazz band, orchestra and symphonic band.

# Winter in Millis



Left, Charles River Natural Valley Storage Area after a heavy snowstorm in late January was followed by freezing rain in early February.

Right, the parking lot at Charles River Natural Valley Storage Area, iced over after the late January snowstorm and early February freezing rain. Photos: Theresa Knapp

# Millis Senior Center March Events

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

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

## Regular Events:

**Technological Training for Multi-Devices** Having trouble with your laptop, smart phone or tablet? Available by appointment any Monday from 10-12.

**Blood pressure checks** We have a registered volunteer nurse

that will provide a blood pressure check for you every Thursday from 11:00-11:30.

**Cribbage** Meets every Monday or Friday from 9:30-12.

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

**Stretch & Flow Yoga** Every Friday at 9:30 in room 130. Cost is \$3.00 per class. Class will meet in room 18.

**Line Dancing with Jean** Every Thursday at 10. \$4.00 per class.

**FREE BREAD AND PASTRY** is available on a daily basis every day in room 21 courtesy of Roche Brothers, Shaw's, Country

Kitchen and Blue Moon Bakery.

**Nanak's Kitchen** The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging every Monday from 9-11 All are welcome.

## March Events:

**St Patrick's Day Feast** It's that time of the year again. On Thursday, March 17th at 11:30 will be feasting on homecooked corned beef and cabbage with all the traditional fixings and Patty's famous ice cream pie. Lunch will be served at 11:30 sharp with entertainers from Big Smile Entertainment coming to present "It's a Good Day to be Irish" at 12:45.

Celebrate St Patty's Day with this fun interactive Show. Great Irish music from the classic Irish Ballads to the fun Drinking Songs will be highlighted. Dance a jig, clap your hands and lift your glass. Singing, Dancing and of course we get the audience involved too. There is no charge for the entertainment, please feel free to join us after lunch at 12:45. Please make a reservation with payment of \$7 before Wednesday, March 9th to join us in this fun filled event.

\*This program is supported in part by a grant from the Millis Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency and by our Millis COA Friends group.

**Ken Burns – The National Parks – America's Best Idea** It's not too late to join us for the continuation of Ken Burns – The National Parks – America's Best Idea. March will find us continuing our historic journey through the 1920's – the year the National Parks reached 1 million visitors. (In 2019 the National Parks had 327.5 million visitors). In the 1920's many Americans owned cars, radios and telephone for the very first time, and in 1920 women gained the right to vote. The program is held on Wednesdays from 11 AM – noon at the Senior Center. Dates are March 2, 9, 16, 23, 30 and April 6.

\*Sign-up is recommended.

**Afternoon of Board Games** - Meet some new and old friends as well as Outreach Coordinator Debbie Sand while playing board games on Tuesday, March 29th at 1PM. We will have Rummikub, Scrabble, Mexican Train Dominoes, cards and more. Please RSVP for seating and game preference.

**Millis Firefighters** will be here on Monday, March 21st at 11:00 to do CPR and AED training. There is no cost for Millis residents for this program but you must sign-up in advance to participate.

**Legal Consultations with Attorney Beth Murphy** Beth has been practicing law since 2002 when she first opened her practice. In Beth's free time, she volunteers in many roles in the community and now Beth is volunteering to meet with seniors at the Senior Center. Beth will be here on Friday, March 11th from 11-12 for 15 minute appointments to listen to potential legal issues and refer to the proper attorney or resource. Appointments are required. Please call the Center to reserve your time with Beth. Millis residents have priority.

**TAI CHI** with Tony Berg This class will focus primarily on the therapeutic aspects of Tai Chi, while the martial/ self-defense and performance aspects will be secondary, discussed only as an aid to

## SENIOR CENTER

*continued on page 29*



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## Rausch to receive award at Progressive Mass Gala

State Senator Becca Rausch (D-Needham) will be among a handful of honorees at this year's Progressive Mass Gala on March 13 at 7:30 p.m.

Rausch represents the Norfolk, Worcester and Middlesex District which includes the towns of Bellingham, Dover, Franklin, Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham.

Progressive Massachusetts ("Progressive Mass") is a state-wide, member-driven grassroots organization committed to fighting for a vision of shared prosperity, racial and social justice, good government, and environmental sustainability in Massa-

chusetts.

Keynote speakers at this year's virtual event will be U.S. Senator Elizabeth Warren, Boston Mayor Michelle Wu, and Rev. Raheem Hall.

This year's honorees include Rausch, Boston City Councilor Julia Mejia, Worcester School Committee Member Tracy O'Connell Novick, and Massachusetts Voter Table Executive Director Beth Huang.

To register for the gala, visit <https://www.progressivemass.com/2022gala/>

For more information on Progressive Mass, visit [www.progressivemass.com](http://www.progressivemass.com)

SENIOR CENTER

continued from page 28

learning the various forms. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tony will be here every Tuesday at 9. Classes are \$3.00 per class.

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

**Stretch & Flow Yoga** In yoga class at the Senior Center we practice gentle stretches, flowing movement and breathing exercises.

The class is adaptable and really is for everyone! You can use a chair or bring your own mat if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable.

The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset The class meets every Friday at 9:30. The cost is \$3.00.

TRIPS

**New York's 9/11 Memorial & Museum** ~ Sunday, March 20th \$99. PP

6:30 AM Depart this morning from the Millis Town Hall, 900 Main Street, Mills, on your luxury Silver Fox Motor Coach for New York City. A coffee/breakfast stop will be made as you travel south to New York City. You'll first visit Rockefeller Center and Midtown Manhattan to view the sights. Then you'll travel Downtown to Ground Zero, where your group will visit the 9-11 Memorial at Ground Zero. This very powerful

Memorial memorializes all those who died in the 9-11 terrorist attacks by listing their names on fountains placed where the original Towers stood. You'll next visit the National 9-11 Museum, which serves as the country's principal institution concerned with exploring the implications of the events of 9-11, documenting the impact of those events and exploring 9-11's continuing significance. You'll arrive home at 10:30 PM after a memorable day in New York.

**The Temptations** ~ Saturday, April 16th \$99.PP

10:00 AM Depart this morning from the Millis Town Hall, 900 Main Street, Mills, on your luxury Silver Fox Motor Coach for Rhode Island's Providence Performing Arts Center. You will visit Providence Place Mall where you will enjoy lunch (on your own) from a variety of dining options. 2:00 Matinee show where you'll have rear Orchestra seating to enjoy the fabulous Broadway Hit "Ain't Too Proud" the show that brings the Temptations' outstanding music> My Girl", " Papa Was a Rolling Stone", "Ain't Too Proud To Beg", & many more. "Ain't Too Proud" is easily one of the best musicals to grace The Big White Way! (Broadway Review) You will arrive home at 5:30 after a great show.

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# Medway-Based Operating Engineers Union Donates Over \$110,000 In Charitable Contributions

**Multiple donations to go toward rehabilitation programs for active military and veterans and cutting-edge cancer research at the Dana-Farber Cancer Institute**

Medway-based International Union of Operating Engineers Local 4 (IUOE Local 4) donated over \$110,000 to Dana-Farber Cancer Institute, Veterans, Inc., and Maine-based veterans' organization, House in the Woods.

The union recently made a \$100,000 contribution from its charitable foundation to Dana-

Farber Cancer Institute. The donation, which was raised during the union's 4th annual golf outing, will assist the Institute's pediatric and adult cancer care and research. It recognizes the non-profit's distinguished leadership in making life-changing breakthroughs in cancer patient care.

"Local 4 is proud to sup-

port the work of Dana-Farber Cancer Institute," said Local 4 Business Manager Bill McLaughlin. "Cancer has affected many in our communities, including our membership and our families."

The union's membership also raised its highest donation to date – \$5,124 – at the December Body Meeting. The Local General Fund has matched these contributions, bringing the total amount to \$10,248. This year, IUOE Local 4 decided to split the total contributions to House in the Woods, and Veterans, Inc. The contribution to House



**(L to R): Paul House, Executive Director of House in the Woods, Business Manager William McLaughlin, Maine Business Representative Robert Burr, and NH Deputy Adjutant General Warren Perry. Permission to remove masks for the photo op was granted by all participants. Courtesy photo.**



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in the Woods will go towards the organization's outdoor programs, which create a therapeutic, recreational, and educational retreat for active military, veterans, and their family members.

"We believe it is a part of our mission to give back to our neighbors and communities where our members and their families thrive," said Local 4 Business Manager Bill McLaughlin. "We're excited to double down on the great work our members have been doing for the better part of a decade and support our communities."

The Operating Engineers Charitable Foundation, Inc. follows the Local's long track record of supporting community and national organizations. The union has historically donated millions of dollars to organizations across Massachusetts and New England. Some of

the causes Local 4 supports include food banks, homeless shelters, Veterans groups, ALS, substance abuse, and more.

To learn more about Operating Engineers Local 4's various charitable contributions, visit <https://www.iuoeocal4.org/about-us/charitable-contributions/>.

## About Operating Engineers Local 4

Operating Engineers Local 4 is a building trade union representing more than 5,000 heavy equipment operators, apprentices, mechanics, surveyors, equipment house employees, and wastewater technicians throughout Eastern Massachusetts, Eastern New Hampshire, and the entire state of Maine. We work hard to bring unmatched skills, safety, and dedication to every project.

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## Millis dog licenses due March 15

All dogs over six months of age must be licensed annually, and must be licensed by March 15 to fines.

The fee is \$10 per dog if neutered or spayed, and \$15 per dog if they are not neutered or spayed. Late registrants will be fined \$25.

Dog licensing for 2022 will only be by mail. You will need to provide a completed application form (found on the town website), a copy of an updated rabies certificate, your email, the animal hospital you use for your pet, a check made out to the Town of Millis, and a self-addressed envelope. The Town Clerk will mail you the dog tag and information back to you.

For more information and a copy of the application, visit [www.millisma.gov/town-clerk/pages/dog-licenses](http://www.millisma.gov/town-clerk/pages/dog-licenses)

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19 Oak Street, Medway

**SOLD**

6 Charles View, Medway

**SOLD**

15 Summer Street, U205, Franklin

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108 Milford Street, U2, Medway

**SOLD**

96 Middlesex Street, Millis

**SOLD**

257 Village Street, Medway

**SOLD**

16 Granite Street, Medway

**SOLD**

649 Walpole Street, Norwood

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38 Hill Street, Medway

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# Real Estate Corner

## Good Deeds: Black History Month

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

Feb. 11, 2022 - Every February the United States of America celebrates Black History Month, it is a way to honor the contributions that African Americans have made throughout history while also recognizing the continuing fight for equality and justice. A founder of the Association for the Study of African American Life and History or-

ganization, Carter G. Woodson, is believed to have had the idea for what would become a month-long celebration. Mr. Woodson, who earned a Ph.D. in history from Harvard University, was born in 1875 to newly-freed Virginia slaves. The motivation for Mr. Woodson to develop this concept of celebrating black history was his belief that African American children were not being taught about their ancestors' achievements. Mr. Woodson was instrumental in having



Register William P. O'Donnell and Hyacinth Cornish, mother of Audie Cornish, at the 225th Anniversary Celebration at the Norfolk County Registry of Deeds in 2018. Courtesy photo.



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Negro History Week launched in 1926.

As the decade of the 1960s closed, Negro History Week continued to be celebrated. This was the precursor for what later changed into Black History Month. The month of February was picked for Black History Month because it contained the birthdays of United States President Abraham Lincoln and Frederick Douglass. President Lincoln was born on February 12. Frederick Douglass, a former slave who became a noted abolitionist, did not know his precise birthday but celebrated his date of birth as February 14. In 1976, some 50 years after the first celebrations of black history, then-United States President Gerald R. Ford officially recognized Black History Month during the celebration of America's bicentennial. President Ford called on Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

The Norfolk Registry of Deeds, and the land records housed there, date back to 1793. John Hancock, a signer of the Declaration of Independence, was then Governor of Massachusetts and on March 26, 1793

signed legislation that established Norfolk County on June 20, 1793. A modernization initiative recently completed at the Norfolk Registry of Deeds transcribed handwritten land records dating from 1793 to 1900 and has made history come alive.

As Black History Month is celebrated, let us be aware of connections to Norfolk County. Booker T. Washington was born into slavery in 1856. His connection to Norfolk County is that he vacationed for several summers at the residence owned by William H. Baldwin, Jr. in South Weymouth at the intersection of Main Street and Columbian Street. Mr. Washington was an educator, author and orator who, during his lifetime, was one of the prominent voices for African Americans in the United States. He established the Tuskegee Institute a school of higher learning for African Americans located in Alabama, and he called for progress through education and entrepreneurship.

As part of the 225th Anniversary Commemoration of Norfolk County in 2018, the Registry of Deeds chose another notable African American -- Audie Cornish, who hails from the Norfolk County community of Randolph -- to be in its Notable Land Re-

ords book. Audie Cornish was born in Randolph in 1979. She graduated from Randolph High School, attended the University of Massachusetts at Amherst, and went on to become a journalist for the Associated Press and later a reporter for Boston Public Radio station WBUR. In 2005, she shared first prize in the National Awards for Education Writing for a report entitled "Reading, Writing and Race." Ms. Cornish became a reporter for National Public Radio, later becoming a host and news chair.

William Maurice "Mo" Cowan lived in the Norfolk County town of Stoughton. He was appointed to serve as the United States Senator for the State of Massachusetts on February 1, 2013. He served along with U.S. Senator Tim Scott (R-South Carolina) making it the first time two African Americans served simultaneously in the United States Senate. Prior to his appointment, Senator Cowan earned a law degree at Northeastern University and joined the prestigious law firm of Mintz Levin where he later became partner. Mr. Cowan left the law





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## Medway Market Update

FEBRUARY 2021 VS. FEBRUARY 2022

<b>12</b>	<b>5</b>	<b>13</b>
SF Listings YTD 2021: 13 LISTINGS (↓ 1%)	Days to Offer 2021: 7 DAYS (↓ 29%)	No. of Sold Listings 2021: 12 listings (↑ 8%)
<b>\$599,900</b>	<b>11</b>	<b>\$637,500</b>
Median List price 2021: \$404,995 (↑ 49%)	SF Pending YTD 2021: 11 listings (- 0%)	Median Sales price 2021: \$425,000 (↑ 50%)



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# Real Estate Corner

## GOOD DEEDS

*continued from page 32*

firm to become counsel to Governor Deval Patrick.

Speaking of Governor Deval Patrick, an African American who was elected as Governor of Massachusetts in 2006 and served two terms: Did you know he lived in the Norfolk County town of Milton?

Florida Ruffin Ridley was an African American civil rights activist, suffragist, teacher, writer and editor born in 1861. She

was one of the first black public schoolteachers in Boston and edited the Women's Era, the country's first newspaper established by and for African American women. Florida Ruffin Ridley lived in the Norfolk County town of Brookline where, in 1896, she was one of the town's first African American homeowners. In September 2020, the Florida Ruffin Ridley School in Brookline was re-named in her honor.

The Norfolk Registry of Deeds building is located in Dedham. This Norfolk County community recently honored the life

of William B. Gould (1837-1923) by renaming the East Dedham Passive Park in his honor. William B. Gould was born into slavery in North Carolina and escaped in 1862 by boat during the Civil War. Mr. Gould served in the Navy for the Union for the rest of the Civil War chasing Confederate vessels. After the Civil War ended, this Civil War Navy Veteran was a distinguished member of the Dedham community.

Henry W. Diggs was a lifelong resident of my hometown of Norwood from 1906 to 2003. He and his relatives were the first African Americans to settle in Norwood. After graduating from Norwood High School in 1924, Mr. Diggs worked for the Norwood Press and later served

as a radio repairman for the U.S. Army Signal Corps during World War II. Mr. Diggs was active in town government serving on the Norwood School Committee, Town Meeting and the Blue Hills Regional High School Committee. In a high school graduation address, Mr. Diggs urged graduates to "build a bridge" to one another so that "walls of suspicion, fear, prejudice and hate will disappear."

Sam Jones was a clutch basketball scorer who won 10 Championships with the Boston Celtics during their dynasty in the late 1950s and 1960s. As a Boston Celtic, Mr. Jones wore the number 24 which was retired by the Celtics in 1969 while he was still an active player. He was

inducted into the Naismith Memorial Basketball Hall of Fame in 1984 having played all 12 of his NBA seasons with the Boston Celtics. Mr. Jones owned a home, together with his wife Gladys, in the Norfolk County community of Sharon while playing for the Boston Celtics. Mr. Jones died recently at the age of 88.

Black History Month commemorates contributions made by African Americans to our country and to the fabric of what makes up our country. Let us be proud and take notice of all noted contributions and know individuals from our communities here in Norfolk County have been a part of that history.

Thanks to you, my friends!  
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## Local Irish populations rank high relative to other zip codes in MA

**Millis and Medway rank 37 and 62, respectively**

By THERESA KNAPP

In honor of St. Patrick's Day, Local Town Pages consulted research conducted by ZipAtlas. The information is arranged by zip code and states that South Walpole, MA (pop 993), has the highest percentage

of Irish population in Massachusetts at 44.29%, and has a national rank of 27 for the percentage of Irish per zip code in the country.

Of the 427 zip codes listed in Massachusetts:

- Millis (pop. 7,902) ranks number 37 with a reported Irish population of 28.63% (264 in the nation)
- Medway (pop. 12,448) ranks number 62 with a reported Irish population of 26.25% (392 in the nation)



The top 10 Massachusetts zip codes with the highest reported Irish population include South Walpole (44.29%), Milton (38.45%), West Roxbury (35.94%), Braintree (35.65%), Marshfield (35.33%), Scituate (35.21%), South Weymouth (34.08%), Weymouth (34.02%), Pembroke (33.59%) and Abington (33.11%).

This site also ranked 26,819 American "cities" and found that Little Switzerland, NC (pop. 46) and Etoile, KY (pop. 63) are tied for first and second place, respectively, with 100% of its population reporting as Irish.

For more information, visit <http://zipatlas.com/us/ma/city-comparison/percentage-irish-population.htm>

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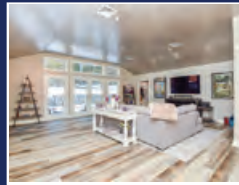
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# Recent Home Sales

Date	Medway	Amount
2/15/2022	18 Villa Drive	\$825,000
1/31/2022	32 Fisher Street	\$400,000
1/28/2022	109 Village Street	\$275,000
1/28/2022	4 Balsam Way	\$551,500
1/25/2022	12 Oak Street	\$725,000
1/25/2022	22 Tulip Way	\$885,000
1/21/2022	2 Balsam Way	\$570,000
1/21/2022	72 Fisher Street	\$595,000
1/20/2022	14 Liberty Road	\$680,000

Date	Millis	Amount
2/4/2022	14 Bayberry Circle	\$285,000
2/4/2022	45 Acorn Place	\$579,900
2/1/2022	46 Acorn Place	\$592,900
1/31/2022	21 Irving Street	\$585,000
1/28/2022	94 Glen Ellen Blvd	\$737,995
1/27/2022	946 Main Street	\$450,000
1/26/2022	113 Glen Ellen Blvd #149	\$794,995

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

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<p><b>SOLD</b></p> <p>342 Village Street Millis - \$489,000</p>	<p><b>NEW LISTING</b></p> <p>100-102 Congress Street Milford - \$499,900</p>	<p><b>SOLD</b></p> <p>51 Lincoln Street Natick - \$1,250,000</p>
<p><b>SOLD</b></p> <p>78 Fisher Street Medway - \$699,000</p>	<p><b>SOLD</b></p> <p>7 Meadow Parkway Franklin - \$449,900</p>	<p><b>NEW LISTING</b></p> <p>7B Hawthorne Village Franklin - \$429,900</p>

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 Jennifer McMahon

**NEW TO MARKET**



**\$339,900**  
 16 Pine View, Millis  
 Laina Kaplan

**SALE PENDING**



**\$559,900**  
 200 Pleasant St., Millis  
 Jennifer McMahon

**SALE PENDING**



**\$1,450,000**  
 32 Broken Tree, Medway  
 Laina Kaplan

**SALE PENDING**



**\$619,900**  
 348 Plain St., Millis  
 Jennifer McMahon

**SALE PENDING**



**\$489,900**  
 51 Hilltop Drive, Millis  
 Jennifer McMahon

**SOLD**



**\$778,500**  
 8 Westfield Drive, Norfolk  
 Laina Kaplan

**SOLD**



**\$605,000**  
 31 Walnut Street, Millis  
 Jennifer McMahon & Janine Azzouz

**Client Testimonial to Laina Kaplan:**

"Laina was the BEST realtor we could have hoped for. She went above and beyond. She anticipated our needs and met them all with her infectious energy and a smile on her face. She was an absolute pleasure to work with and made the selling of our condo and the purchasing of our new home seamless. She even surprised us with the most amazing personalized gifts at closing. We feel so blessed that she was our realtor and wouldn't hesitate to recommend her to friends and family!"

**- Kim Gerber & Dave Walmsley, Franklin & Norfolk**