

## Millis High School senior project funds service dog for middle school

BY THERESA KNAPP

When Millis High School student Paige Zarnofsky started fundraising for her senior project – a service dog for Millis Middle School - she knew it could take some time to reach her goal of \$7,500. She started selling soaps at MetroWest basketball games and sharing her project on the Millis Public Forum Facebook page. She also applied for grants through MERIT [Millis Educational Resource Initiatives Team] and other programs.

“I’m so grateful that people saw the importance of having a service dog for the middle school and donated generously. I’m so beyond grateful for the Millis Community,” says Zarnofsky. A month later, she had raised a little over \$1,000 when she got a call from her project mentor at the middle school,



Paige Zarnofsky with Harry, the Millis High School service dog. Zarnofsky's senior project was to raise money to fund a similar service dog for the middle school; she reached her goal in just one month. Photo source: Instagram @harrymhs

**SERVICE DOG**  
*continued on page 2*

## Two Medway community members receive 2023 'Light the Spark' award

Medway Public Schools Superintendent Armand Pires and Director of Student Services Ryan Place are pleased to recognize two members of the Medway community who received the Light the Spark Award in December.

The award acknowledges community members who are not professional educators or school staff but who see and celebrate the spark in children and families and help it to shine more brightly, benefiting the child, their family, their peers and the Medway community. The nominators are families with students with exceptional needs, on an IEP or 504, to recognize those individuals (non-educators) who have made a difference.

The award is in honor of Kathleen B. Thomsen, the late grandmother of three Medway students who never failed to recognize and celebrate the spark in those around her and who —

with what seemed the smallest of gestures — helped it shine more brightly for all to see.

It was first given out in 2019 and is sponsored by the Danielewski-Thomsen family whose children have been supported at Medway Public Schools. In particular, one of their sons had several challenges and staff, working with the family, made the student’s middle school years manageable.

Lt. Jeffrey Watson of the Medway Police Department and bus driver Brenda Keiser were presented with the Light the Spark Award last month.

“Congratulations to Lt. Jeffrey Watson and Brenda Keiser on being this year’s Light the Spark Award recipients,” said Superintendent Pires. “They demonstrate care for our students and a true dedication to our school

**AWARDS**  
*continued on page 2*

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**SERVICE DOG**

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Kerry Fanning.

“We’ve had an amazing surprise,” Zarnofsky told Local Town Pages in mid-January. “MERIT ended up donating the rest of the money to fund my senior project...It was

super unexpected and I’ve never heard of someone whose fundraiser ended in January!”

Now the school will be matched with a dog through ACTS [Assistance Canine Training Services] and teachers will be trained as facilitators.

Zarnofsky says her original senior project was centered around Harry, the current ser-

vice dog at Millis High School.

“My English teacher then mentioned how the middle school was currently looking for a service dog and going through the process.” She contacted Fanning, who was spearheading the initiative, and the rest is history.

Zarnofsky says, “It’s important to have a dog for the middle school because middle school can be a tough time for many. When you see a dog, it puts you in better spirits. We want all students to feel comfortable and safe in the school, having a service dog makes it even better. Not only does the dog help with mental health for some students, but the dog is also someone they can go talk to. People might find it easier talking to a dog instead of a person.”

She says that, since the start of the Covid-19 pandemic, “we have seen a significant rise in students’ mental health issues at the middle school level. As a district, we have seen the therapeutic benefits bestowed by a facility dog at the high school level. We would love for our middle school students to be able to have that same opportunity.”



When the new middle school dog arrives, it will live with Fanning. On school days, the dog will be upstairs in the middle school where it will support students through the SELF [Social Emotional Learning Foundation] program.

Zarnofsky, who plans to major in college in business administration, continues to raise money for miscellaneous supplies not covered by the MERIT grant. She is accepting donations via Venmo @paigez24 (tag it as “service dog”).

**AWARDS**

*continued from page 1*

community, and have made a lasting impact on the overall well-being of our educational environment.

**About the recipients**

Lt. Jeffrey Watson was nominated by the McCarthy family who noted that he took special care to ensure that their car seats were properly installed, offered home safety tips, and helped to familiarize the family’s young children with emergency vehicles so they would be less afraid in the event of an emergency. Lt. Watson helped organize a Trunk-or-Treat with Medway’s Special Education Parent Advisory Council in an effort to provide a safe Halloween for children. Lt. Watson is hoping to coordinate a community bike ride in the spring to help children learn bicycle safety.

Brenda Keiser was nominated by the Zawadzki family and has

**AWARDS**

*continued on page 3*

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**AWARDS**

*continued from page 3*

been the bus driver since their son, Luke, joined the preschool in April 2022. In their nomination, the family noted that Keiser made their son's first experience riding a bus safe, positive and inviting. The family's nomination recognized her for going out of her way to brighten their son's day and being a friendly face on early school mornings. While Keiser was unable to attend the ceremony on Dec. 7, the Zawadzki family accepted the award on her behalf and presented it to her at the bus stop the next morning.

*Source: www.medwayschools.org*

**Top photo:** From left, Matt Thomsen, Ryan Place, Liam McCarthy, Lt. Jeffrey Watson, Donna Danielewski and Kerry McCarthy during the Light the Spark Award ceremony in December.

**Bottom photo:** From left, Matt Thomsen, Ryan Place, Luke Zawadzki, Annie Zawadzki, Sophia Zawadzki and Donna Danielewski during the Light the Spark Award ceremony in December. (Photos courtesy Medway Public Schools)



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# All welcome at Millis Memory Café

## Program provides community for caregivers

By THERESA KNAPP

The Millis Memory Café is typically held on the fourth Monday of each month from 10:30 a.m. to noon in the Roche Brothers Community Room at the Millis Public Library.

The program promotes “connection, creativity, and refresh-

ment.” Everyone is welcome to attend and there is no cost. about any challenges and enjoy the company of people who are going through similar things and make connections with people in the community who are experiencing similar challenges... For many people, it’s a respite from the day-to-day stuff they’re going through.”

Tolson says, “People express

conversation, plus coffee and refreshments funded by the Friends of the Millis Public Library.

Tolson says the atmosphere is casual, anyone can drop it at any time. She says activities are designed to be “inclusive of everybody, no matter their ability,” and says music is very popular at the memory café. “We often see people get up and dance.”

Tolson says they are always looking for people from the community to perform and lead activities at the Millis Memory Café, and also to work within the café to welcome guests and start conversation.

“We love to get people from the community involved, to share their interests, play an instrument, talk about a trip they took, to share anything they like.”

For more information about attending, or volunteering at,

**The next meeting of the Millis Memory Café is Feb. 26 at 10:30 a.m. at the Millis Public Library**

ment.” Everyone is welcome to attend and there is no cost.

MPL Director Kimberley Tolson says, “The focus of the café is not on any kind of diagnosis or information about a diagnosis. It’s a time to forget

that they have felt isolated. There’s a lot of focus on the people with the diagnosis, it can be isolating for the caregiver going through this.”

Each gathering features a guest artist or performer, time for

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**MORE INFORMATION:**  
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millislibrary.org/memorycafe

the Millis Memory Café, contact Tolson at ktolson@minlib.net or 508-376-8282, or visit www.millislibrary.org/memorycafe.

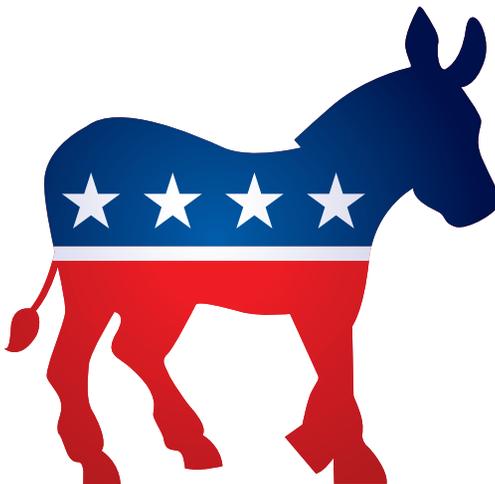
For a full list of memory cafés in Massachusetts, visit memory-cafedirectory.com

# Medway Democrats to host candidates on Feb. 7

The Medway Democratic Town Committee (MDTC)

will hold its next monthly meeting on Feb. 7 at the Medway Senior Center, 76 Oakland St. The doors will open at 6:45 p.m. for social time and the meeting itself will start around 7:15 p.m.

The MDTC will host Sean Murphy and Dave Reservitz, candidates for the District 2 seat on the Governor’s Council. This obscure but important body evaluates and rec-



ommends candidates for judicial positions (judges, magistrates, and the like) across the state. Each candidate will have time to outline their candidacy and take questions from the audience.

The MDTC will also discuss the timing for our Annual Caucus to choose delegates for the state Democratic Convention, and will address other committee business.

Upcoming meetings of the MDTC will take place on the second Wednesday of each month at the Medway Senior Center.

Those interested in getting involved with the Medway Democratic Town Committee should contact them at email@medwaydemocrats.org or check out their website www.medwaydemocrats.org or Facebook page www.facebook.com/MedwayDems.

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# CORE Chiropractic and Physical Therapy offers services for all ages from pediatrics to seniors

It is estimated that chiropractors treat more than 35 million Americans (adults and children) annually, according to the American Chiropractic Association, and some of those patients get treatment at CORE Chiropractic & Physical Therapy in Millis.

“Our staff is dedicated to high-quality and personalized care for each patient,” says owner, founder, and chiropractor Kelly Cornell. “We take the time to address every patient's concerns and health issues, and enjoy spending one-on-one time with our patients to assist in the healing process.”

Cornell says the beginning of the new year “is a great time to prioritize your health with skilled assessments and treatments from experienced chiropractors and physical therapists.”

CORE, which opened in Millis in 2021, has a staff of chiropractors and physical therapists

with approximately 50 years combined PT experience, and 24 years combined chiropractic experience.

## Chiropractic services

Among its many chiropractic services, CORE offers spinal and extremity manipulation, Cox flexion-distraction technique, manual therapy, and TMJ manipulation.

CORE also offers the Webster technique for pregnancy and postpartum to alleviate pain and discomfort during pregnancy, and focuses on “optimal neurological function of the uterus, optimal passage for the fetus through the uterine canal during birth, and relieves ligament tension on the uterus allowing for optimal fetal presentation,” to CORE’s website [www.corechiroandpt.com](http://www.corechiroandpt.com).



## Business spotlight

### Physical therapy

Cornell restated that one of the services that makes CORE special is one-on-one treatment with its physical therapists. “There are no aides, and you spend your whole appointment with your physical therapist, incorporating a variety of manual techniques with exercise.”

Physical therapy services include post-operative care, spine therapy, sports therapy, fall prevention, and dry needling. “PT can play a crucial role in fall prevention by providing balance training and treating vestibular disorders” like vertigo, according to the website.

Cornell says that, after the age of 30, a typical person can lose 10% of their strength and balance every decade. “Strengthening is incredibly important as we age to maintain activity but also to maintain bone density, prevent falls, and improve balance.”

Cornell says “dry needling” is another popular service, noting it is similar to acupuncture in that it uses a similar type of needle in-



serted into specific points. “Dry needling works in the myofascial system to directly release tightness, knots and triggers points. It can be very helpful to reduce muscle tension, increase circulation, decrease pain, and improve range of motion.”

### Pediatric care services

CORE also offers pediatric care services to treat hip dysplasia, toe in/out walking, brachycephaly, fracture, concussion, delayed milestones, and muscle weakness or imbalance.

“A large concern these days with the pediatric population is plagiocephaly, or ‘flat head syndrome,’” says Cornell. “Often-times, this can be exacerbated by torticollis, where the head is tilted or stuck to one side. Chiropractic care can be very helpful to gently correct torticollis which directly impacts plagiocephaly.”

Chiropractors are designated as physician-level providers in the vast majority of states and federal Medicare program. The essential services provided by chiropractors are also available in federal health delivery systems, including those administered by Medicaid, the U.S. Departments of Veterans Affairs and Defense, Federal Employees Health Benefits Program, Federal Workers’ Compensation, and all state workers’ compensation programs.

Source: [www.acatoday.org](http://www.acatoday.org)

For more information or to book an appointment, visit [www.corechiroandpt.com](http://www.corechiroandpt.com) (where you’ll find an online patient intake form), email [corechiroandpt@gmail.com](mailto:corechiroandpt@gmail.com), or call 508-918-2185.

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# Sensory-friendly Safety Awareness presentation on March 23

## Registration required by March 2

MEDWAY - On Sat., March 23, the public is invited to join Medway SEPAC for a sensory-friendly presentation by Med-

way's Lieutenant Jeffrey Watson on safety awareness.

The program is designed to teach children how to stay safe when encountering strangers. The interactive and engaging session will cover important topics such as how to recognize potential dangers, how to respond if approached by a stranger, and who to turn to for help. They will also discuss the importance of always staying with a trusted adult and never going anywhere with someone they do not know.

The presentation is a must-attend for kids and parents alike, as we work together to

keep our community safe. Parents and/or guardians must be present for the entire session.

The event will take place at Burke-Memorial School in the Memorial Cafeteria, 16 Cassidy Lane. Registration is required.

There will be two sessions - 10am or 11am. Please sign up for one session by March 2 by using the QR code or visiting [bit.ly/MedwaySafetyAwareness](https://bit.ly/MedwaySafetyAwareness)

The event is sponsored by Medway Special Education Parent Advisory Council.

Source: [www.facebook.com/MedwayPoliceDepartment](https://www.facebook.com/MedwayPoliceDepartment)



**Sensory Friendly Safety Awareness**

**Saturday, March 23rd**  
**Memorial School Cafeteria**  
**16 Cassidy Lane, Medway**

Join us for a sensory friendly presentation by Medway's Lt. Watson on safety awareness, designed to teach kids about how to stay safe when encountering strangers. This presentation is a must-attend for kids and parents alike, as we work together to keep our community safe.

The presentation will be held at two time slots, 10am or 11am

Parents must be present for the entire session.

Please sign up for one time slot by March 2nd.

Space is limited




# Millis Police Dept. Police Log

According to safety logs, between Dec. 15, 2023, and Jan. 15, 2024, the Millis Police Department spent the majority of its time on calls related to disabled motor vehicles, motor vehicle violations, general traffic enforcement, fire alarms, and assisting other towns. Other entries of note include:

- Dec. 15 at 1pm, Exchange St., disturbance
- Dec. 16 at 12:07am, Island Rd., suspicious activity
- Dec. 17 at 2:13am, Exchange St., suspicious activity
- Dec. 17 at 12:27am, Baltimore St., disturbance
- Dec. 18, all day, responded to several alarms set off by the winter storm
- Dec. 18 at 8:30pm, Spring St., disturbance
- Dec. 18 at 10:22pm, Middlesex St., assist citizen, transported to hospital
- Dec. 20 at 7:35pm, Stoney Brook Dr., suspicious activity, de-escalated
- Dec. 21 at 9:31am, Main St., vehicle fire
- Dec. 24 at 10:51pm, Orchard St., disturbance

- Dec. 26 at 8:34pm, Middlesex & Exchange Sts., vandalism
- Dec. 27 at 11:10pm, Village St., disturbance
- Dec. 28 at 2:34am, Key St., disturbance
- Dec. 30 at 1:29pm, Rolling Meadow Dr. & Ridge St., motor vehicle accident with injuries
- Jan. 2, 2024 at 1:48pm, Rockville Meadows, carbon monoxide alarm
- Jan. 2 at 7:03pm, Milliston Rd., disturbance
- Jan. 3 at 11:01am, Acorn Pl., vandalism
- Jan. 3 at 3:18pm, Milliston Rd., disturbance, served in hand
- Jan. 3 at 11:57pm, Orchard St., structure fire
- Jan. 5 at 1:06pm, Teresa Dr., suspicious activity
- Jan. 7 at 12:21pm, Exchange St., disturbance, de-escalated
- Jan. 8 at 3:21pm, Milliston Rd., larceny/forgery/fraud, investigated
- Jan. 12 at 12:01am, Causeway St., vandalism, de-escalated
- Jan. 14 at 12:12am, Stoney Brook Dr., suspicious activity
- Jan. 15 at 12:59pm, Milliston Rd., suspicious activity, de-escalated



## Coming April 2024 Spring Home & Garden

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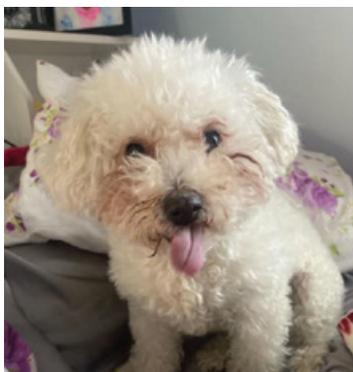
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# Millis dog licenses were due Jan. 1

Dog licenses in Millis expire on Dec. 31 of year year. Licenses for 2024 can be purchased by visiting [www.millisma.gov/town-clerk/pages/dog-licenses](http://www.millisma.gov/town-clerk/pages/dog-licenses). The cost is \$10 each for spayed/neutered dogs, and \$15 each for unspayed/unneutered dogs. Proof of rabies vaccination is required.

The deadline to license a Millis dog is March 15 to avoid a \$25 late fee per dog, in addition to the cost of the license.

State law requires all dogs six months or older must be licensed each calendar year.



Be sure to register your dog before April 15 (Medway) and April 30 (Millis). Photo credit: Kathryn Enos

# Medway dog licenses due April 15

Dog licenses for 2024 are now available in the Town Clerk's Office. Spayed/neutered dogs are \$10 each and unspayed/unneutered dogs are \$15 each.

For more information, visit [www.townofmedway.org/town-clerk/pages/dog-licensing-program-citizenserve](http://www.townofmedway.org/town-clerk/pages/dog-licensing-program-citizenserve) or call 508-533-3200.

State law requires all dogs six months or older must be licensed each calendar year.

# February Programs at the Medway Council on Aging

## TECH ASSISTANCE

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

## FUEL ASSISTANCE

If you were approved for Fuel Assistance last year, you will be receiving a pre-printed application form in the Fall from SMOG (South Middlesex Opportunity Council) for the 2023-2024 heating season. To avoid delays in receiving your benefits, gather all your documents early and schedule an appointment with the Outreach department. We will review everything with you so you can submit your renewal application. New applicants began November 1, 2023. Income guidelines for Fiscal Year 2023 are \$45,392 for a one-person household and \$59,359 for a 2-person household. Call the Outreach department for more information.

## AARP TAX PREPARATION

Do you file a simple tax return, and would you like to have your tax preparation done for free? AARP will meet with you in person at the Center on Friday mornings starting on February 9th and continuing until March 29th. You must call or stop by the office to schedule an appointment. Space is limited. If married and filing jointly, both individuals must be present to sign the return.

## WEEKLY EXERCISE CLASSES

- Monday 11:00 AM - Strength Exercise \$4
- Tuesday 11:00 AM - Line Dancing \$4
- Wednesday 9:30 AM - Yoga \$3
- 11:30 AM - Sword Tai Chi \$10
- 1:00 PM - Chair Exercise \$3
- Thursday 11:00 AM - Zumba Exercise \$5
- Friday 12:20 PM - Chair Exercise \$3

## BREAKFAST AT THE OAKLAND CAFÉ

Breakfast is served at the Café on Wednesdays from 7:30 to 9:30 AM. Space is limited so come early! The cost is \$5.00

## LUNCH AT OAKLAND CAFÉ

Lunch at the Oakland Café is every Tuesday and Thursday. Take-out pick up is between 11:30 AM and 12:00 PM. Dine-ins served between 11:30 AM and 12:30 PM. Sign up at least one business day in advance for all lunches. The cost is \$5.00 per meal.

## METROWEST VETERANS' SERVICES

Do you have questions about the benefits you are entitled to as a Veteran? Do you need assistance with applications for programs? Call 508-429-0629 to schedule an appointment to meet with Veterans Service agent, Richard Sabonjain, at the Center on Thursdays from 12:00 to 3:00 PM.

## SHINE VOLUNTEER:

To speak with our SHINE counselor, Jean Roy, about health insurance options, call the Senior Center to make an appointment. She is available for in person or phone appointments on Wednesdays between 9:00 AM and 1:00 PM.

## OUTREACH DEPARTMENT

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

vices, and act as an advocate to support individuals in need.

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

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

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

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# Introducing the Free-Choice Veggie CSA

Believe it or not, even though winter has just begun, we at Medway Community Farm are well into planning our spring and summer season. We're thrilled to launch a revolutionary CSA concept that puts you in the driver's seat. As a member, you will have access to our farm stand, where you get to hand-pick your produce from spring through fall and pay with your 2024 CSA card.

Here's why our Free-Choice Veggie CSA stands out:

**Unparalleled Flexibility:** No more surprises or veggies

that aren't your favorite! With our Free-Choice Veggie CSA, you have the liberty to select what you want, when you want it. Want a little extra kale this week? Or perhaps you're craving those perfectly ripe tomatoes? It's all up to you!

**Freshness Guaranteed:** Our farm stand showcases the freshest, seasonal bounty straight from our fields. From crunchy greens in spring to the vibrant hues of fall's harvest, you're guaranteed top-quality, just-picked produce every time you visit.

**Community Connection:**

Engage with our farm staff and fellow members as you explore the stand, sharing recipes, tips, and stories while you select your favorite fruits and veggies. It's a community-driven experience that fosters connections and a deeper appreciation for locally grown food.

You will not be restricted to a pickup time, and you can skip weeks. You shop whenever the farm stand is open from Thursday to Sunday April to Thanksgiving.

For those who still appreciate the convenience and creativity of a standard CSA,

including a curated selection of seasonal delights, our traditional single-size CSA remains a steadfast favorite. Each week, you'll receive a thoughtfully assembled box brimming with a variety of fresh produce. It's a fantastic option for those who love the element of surprise and trust our farmers to hand-select the best of the harvest.

Join us at Medway Community Farm and discover a

CSA membership that works for your household. From embracing the freedom to choose your veggies, or the traditional veggie share, you will enjoy fresh, local produce, and the warmth of a community united by a love for farm-fresh goodness.

On-line enrollment will open January 8th, 2024.

\*Farmstand photo courtesy of Sue Rorke

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## Millis Senior Center Events

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

### February 2024 Events:

#### Nominations for 2nd Annual Lansing Millis Legacy Award

Nomination forms available for this award presented to a Millis senior citizen in recognition of exemplary community volunteer service. Details and nomination forms can be found at www.millisma.gov/council-aging; at the Millis Council on Aging, Town Clerk's Office and the Library. Nominations are due April 5. (508) 376-7051

#### Pizza and Prevention with Millis Fire Department

Monday, February 26 at 11:00 AM

Otis will be here with pizza and information about the Mil-

lis Fire Department Senior Safe Program

Pre-register by calling the Senior Center; Free

#### Dance Fusion

New fitness class that incorporates dance and movement to popular Pop and Funk music for a great workout.

Thursdays, 9:00 AM, \$3.00 per class

#### Tai Chi

Practicing the Yang style, this class focuses on the therapeutic aspects of Tai Chi.

Tuesdays at 9:00 AM, \$3.00 per class.

#### Seated Strength and Balance

Seated strength training using hand and body weights and gentle stretching to increase flexibility.

Wednesdays, 2:00 PM, \$3.00 per class

#### New Stitch and Sew Group

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# Frugal February... A Different Take, One That's Sustainable.



**Glenn Brown, CFP**

Seen the “Frugal February” challenge recently?

The main idea is following holiday indulgences and resolutions being forgotten, use February (only 28 days) to do something difficult but important – get your finances back on track.

Popularity has grown amongst the F.I.R.E. (Financial Independence, Retire Early) bloggers. You know, the supposedly “retired at 33” gurus that post multiple times a day to promote a website with 6 Google ads and links for annual subscriptions payable to their LLC.

**The challenge with this challenge?**

Many use Frugal February

as a month to not spend. While noble, how sustainable is this for improved outcomes, “Wow, \$2,200 saved last month, we deserve a vacation in the Caribbean!”?

Instead, let’s discuss actions that provide yearlong benefits plus a better time to start.

**Finding Time to Focus.**

Weekends are likely full of family activities, kids sports and honey-do lists. Add an unofficial national holiday, Super Bowl Sunday, and it’s easy to be derailed.

So wait, start February 12th and go through March 11th. Kids activities have a break between winter to spring and family activities may be in a lull.

**Focus One: Credit Utilization.**

Run your annual credit report. If not above 780, plan to fix so it improves your future cost of borrowing.

Next, review your terms (interest rates, fees, available limits) of credit cards, loans and HELOCs, including the zero balances.

Also consolidate to 2-3 credit cards with high limits, then use

one primarily that’s paid off monthly. Now it’s easier to track expenses for budgeting and maximizing rewards.

Speaking of rewards, shift from air/hotel rewards to cash back automatically used the following month on purchases. Consider how often air/hotel programs update for a destruction of stored value. A \$400 flight now likely needs 25,000 miles, whereas get 5% cash back on annual \$25,000 spend, \$1,250 was used on following month purchases.

**Focus Two: Shop Insurance.**

Been 3 years since shopped home, auto, umbrella and/or pet insurance? Good chance it increased over +30% without any claims to “cover increasing costs”.

While partially true, consider, “We noticed you’re still here, so we’re betting on autopay and inertia to increase profits.”

**Focus Three: Your Automatic Payments.**

Review all automatic payments and use of those services/products.

Yes, it’s easy to cancel Peacock after a NFL playoff game. But what of subscriptions on products shipped by Amazon, Instacart, DoorDash? Are you still using it, how frequently and can it be found at a lower price?

What of new bundles offered to better meet your needs? Talking about subscription plans for your cellphone, internet, cable/streaming, music, fitness, data storage, kids gaming, kids activities, club memberships, pet supplies, etc.

**Focus Four: Organize to Live with Less.**

Declutter, purge, or just throw (bleep) out. Feng Shui touts the benefits of energy and flow, but to me it reduces the need to buy stuff that will re-clutter your space.

Speaking of space, if paying for a storage unit, please stop. At \$200 a month, \$2,400 annually and \$12,000 over 5 years, is the crap not good enough to be in your home worth \$12,000?

How about even \$1,000? Prove it by listing for sale.

Get \$600, then a \$3,000 win/win (or 3X return) over next 12 months.

**Focus Five: Finish Your Taxes.**

With taxes done by March 11th, there is time to complete deadline items like funding an IRA or Backdoor Roth, plus gain ~10 months to impact 2024 from discovery within the return. Also, you’re worry-free for March Madness, St. Patrick’s Day and kid’s new spring activities.

To get more sustainable ways to improve finances, speak with your Certified Financial Planner.

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, [www.PlanDynamic.com](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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# McGovern Elementary unveils new playground equipment at ribbon cutting ceremony

Medway Public Schools Superintendent Armand Pires and McGovern Elementary School Principal Amy McDonald are pleased to share that a ribbon cutting ceremony was held to celebrate newly added playground equipment in January.

The event took place on Jan.

**Members of Medway Public Schools and students and administrators of the Tri-County Regional Vocational Technical school joined in the ribbon cutting ceremony at McGovern Elementary School to celebrate newly added playground equipment. (Photo courtesy Medway Public Schools)**



3, at the McGovern Elementary School playground with several members of the Medway School community as well as students and administrators from the Tri-County Regional Vocational Technical school.

The ceremony began with opening remarks from Principal McDonald. School and town officials attended the event including Superintendent Pires, Assistant Superintendent Gabrielle Abrams, Student Services Director Ryan Place, Facilities Director Michael Grennon, Medway Foundation for Education member Michael Hanson, Tri-County Re-

gional Vocational Technical High School Superintendent Karen McGuire, and Principal Dana Walsh.

McGovern Elementary School's former first grade teacher Tara Barrows wrote and submitted a grant to the Medway Foundation for Education in 2022, with hopes to enhance the playground area and create an outdoor nature play and exploration zone for students. The Medway Foundation for Education awarded the \$5,000 grant, allowing for new pieces of dramatic play equipment to be added to the playground.

Source: www.medwayschools.org

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## Young attends Eastern District Music Festival

In January, Millis High School sophomore Mia Young attended the Eastern District Music Festival at Milton High School as a member of the chorus. Mia was one of only 150 students accepted to the festival from the entire Eastern District.

"I've been to districts before, but this was definitely my favorite year," says Young. "It truly means so much to be accepted into a choir that is full of so many talented people. My favorite moment is the first note we sing at rehearsal! It's an incredible blend of 150 singers that sounds so magical. It was definitely an honor to be there."

Source: www.millisschools.org



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# The b.LUXE *beauty beat*

## Celebrate Your Besties This Galentine's Day!

BY GINA WOELFEL

Galentine's Day falls on February 13th and is a day for women to celebrate their female friendships. It originated from the character Leslie Knope on the TV show "Parks and Recreation" and is now widely celebrated by countless gal-pals nationwide. On Galentine's Day, women recognize the importance of their female bonds and honor their tried and true friendships. It's the perfect opportunity to pay tribute to your besties who've been there for you through thick and thin.

We all have that special person in our lives: our go-to buddy, our confidant, our ride-or-die, forever friend. You know who she is. She's the person you call when you get engaged and the person who helps you cut the face out of your photographs when you break up. She's the person who cheers you when you succeed and the person who tells you to get back up when you fall. She's part of your DNA and gets you. She's your person... That's your Galentine.

And guess what? Sometimes, your Galentine is you, and if that's the case, then February 13th is your Day to celebrate the strong, beautiful woman you are!

In The Beauty Beat, we often emphasize the importance of self-care. Last year, for Galentine's Day, we made the executive decision that spending quality time with friends is the best self-care there is. You can trust, laugh, and celebrate with your friends; they always make you feel more relaxed and beautiful after you hang out. Sounds familiar? Hmm, who else makes you feel that good? Ah, yes, The b.LUXE Beauty Team! We know how to make you look and feel fabulous, and we're excited to celebrate that this year.

2023 was a stellar year for b.LUXE. We're so incredibly grateful for you, our wonderful clients, and thanks to your unwavering support and loyalty, it was our most successful year yet! We don't often get to share how much you mean to us, but when you're in our studio, you make our days better. Your conversation and personality propel us forward in our profession, and you're the reason we love our jobs.

To celebrate this milestone and show our appreciation, we're giving back in a big way with a bevy of surprises we're sure will delight you. There'll be complimentary gifts and pop-up services, and on select dates, we will



reopen our books for our popular makeup lessons with celebrity artist Madison Elliot. These are just a few of the ways b.LUXE wants to thank you. You deserve a gift of luxury, and we have something special for every one of you!

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Of course, we couldn't forget good old Valentine's Day! b.LUXE gift cards are always available for easy purchase online and in-studio and are the perfect way to say Happy Valentine's Day to your special someone. You know how much your wives, mothers, and significant others love b.LUXE! So, hint, hint... Grab your honey the gift they really want!

We hope Galentine's/Valentine's Day finds you celebrating with all the people and things you love the most and wish you a joy-filled February.



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# Living Healthy

## Macular Degeneration: 2 New Treatments

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

Age-related macular degeneration (AMD) stands as a major cause of blindness in the United States, predominantly affecting seniors. Recently, two innovative treatments for geographic atrophy (GA), an advanced form of AMD, have emerged. This article delves into the various AMD types and identifies potential candidates for these groundbreaking treatments.

Between ages 60 to 70, only 0.7% of the U.S. population exhibits AMD, but by ages 80 to 90, it affects 12% of Americans. This means less than one in 1,000 individuals in their 60s will have AMD, contrasting with over one in 10 in their 80s.

The progression of AMD unfolds gradually, spanning over 20 years. Initial signs include fine drusen and disruptions in the retinal pigment epithelium

(RPE) with depigmentation and pigment clumping. If there's no visual loss, these serve as precursor findings, with not all patients progressing to visually significant AMD.

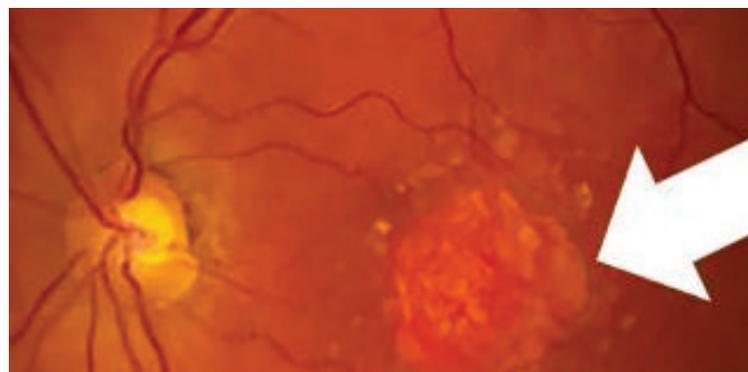
Effectively managing this condition involves evidence-based medicine while acknowledging the art of medical therapy. Personal approaches include discussing findings like fine drusen and RPE dispersion with patients, reassuring them they don't yet have AMD. Emphasizing higher risk and the need for follow-up visits is crucial. Key risk factors include genetics, behavior, and associated diagnoses. Although genetic testing isn't recommended currently, advocating for a diet rich in green leafy vegetables and discussing AREDS-type vitamins are common practices. Smoking cessation, if applicable, might require expert referral, and patients with hypertension or hyperlipidemia are encouraged to manage these

conditions with their primary care physician.

Once drusen, RPE changes, and vision loss occurs, early AMD is diagnosed in 60-65% of cases. Despite no clear evidence supporting AREDS vitamins, many patients choose them. As AMD advances to intermediate stage (20-25%), evidence suggests daily vitamin and AREDS vitamin use can delay disease progression. Some specialists also recommend omega-3 supplements.

Late AMD, affecting 10-15% of the 20 million U.S. AMD patients, manifests as wet AMD, GA, or a combination. Those are the real serious types of AMD. Treatment for wet AMD with anti-VEGF intravitreal injections is a significant breakthrough. While the financial and personal cost toll is evident, the vision improvement is substantial.

Distinguishing treatment for dry AMD and GA is essential.



AREDS vitamin supplementation for intermediate AMD and monthly intravitreal injections for GA slow progression but don't improve current vision. Adopting vitamin therapy is easier, but monthly injections pose challenges, especially for GA patients. Despite an equal number of wet AMD and GA patients in the U.S., fewer GA patients might opt for intravitreal injection therapy.

With two recent FDA-approved intravitreal injection products delaying GA progression, treated patients can retain reading and driving vision for more years. Decisions regarding intravitreal injection therapy for GA patients need personalized counseling, highlighting the importance of smoking cessation. Patients with family history or bilateral disease are more likely to choose treatment.

Ophthalmologists and optometrists play a vital role in managing and counseling AMD patients. Differentiating between AMD stages and accurate diagnosis can be achieved through careful examinations, regular

OCT testing, and advanced imaging. Collaboration with retina specialists is essential, ensuring appropriate referrals for wet or combined AMD patients.

Patients with GA opting not to proceed with intravitreal injections can be managed without immediate referral. As their disease progresses, some may change their minds, emphasizing the evolving nature of decisions. All patients with significant visual loss deserve an evaluation for appropriate low vision aids.

In the ever-evolving landscape of AMD research, many more advances are anticipated. As the population ages, preparing every ophthalmologist and optometrist for the integral role of counseling and managing AMD patients becomes paramount.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of eye problems, including macular degeneration. We have a dedicated retina specialist in our practice, specializing in the treatment of

EYES

*continued on page 13*



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**EYES**

*continued from page 12*

retinal eye disease and AMD, including the 2 recent treatment modalities discussed in this article. With the presence of this service and equipment that rivals the best found in major teaching

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# Sports

## Medway Girls' Hoop Team has the attributes for success

By KEN HAMWEY  
STAFF SPORTS WRITER

There's no secret formula for the success the Medway High girls' basketball team has experienced for the last 14 years, which includes 12 tournament berths, a sectional championship and two appearances in the Final Four.

All that's needed to replicate the Mustangs' excellence is to listen to the goals that coach Joe Iannone emphasized during that stretch and at the start of his 15th season at Medway's helm.

"Our staff stresses working hard every day to maximize the players' potential," he said. "We also emphasize to the girls the value of being a member of a successful team and the need to do their part to build a strong culture. And they learn that a strong culture breeds respect for their opponents, their coaches and the officials. If these objectives are reached, then winning will be the by-product that leads to a playoff berth."

Iannone's current squad is a prime example of what can occur if his basic goals are embraced and achieved. At Local Town Pages' deadline, the Mustangs were 6-2 and in good position to be a high seed in next month's Division 3 Tournament.

"Our team relies on a variety of strengths," said Iannone, who is a self-employed consultant in management development and leadership. "Our work ethic is a big plus and our team chemistry is excellent. The players have size, speed and quickness; they're very coachable and they are mentally tough and resilient. We're a very balanced team."

This year's squad has six players returning from last sea-



The 2023-2024 Medway High girls' basketball team is on track for a favorable seeding in the playoffs. Courtesy photo

son's contingent that finished 13-11 overall after bowing out in the tourney's quarterfinals to St. Mary's of Lynn.

Medway's captains include senior Ellie Copeland at the two-guard and junior Olivia Melanson at point guard. Iannone likes their leadership style, which is a blend of leading by example and being communicative and inclusive.

"Ellie plays with unmatched intensity," Iannone offered. "A solid three-point shooter, she can attack the basket and make others better with her passing. Olivia is a great ball-handler who can get to the hoop. She's an all-around player who can rebound and shoot from behind the arc."

Sophomore Anna Freeman is a 5-foot-11 center who's a capable rebounder. "Anna also protects the rim by forcing opponents to alter their shots," Iannone said. "She's blossoming on offense, too. In our second game of the season against Norton, she had 25 points and 16 rebounds.

Junior Victoria Bullard and sophomore Regan Longval are effective at handling the chores at forward.

"Victoria is a well-rounded competitor who can score from the inside or from the three-point arc," Iannone noted. "A physical player, she can defend and her rebounding continues to improve. Regan is intense, always giving 100 percent. An amazing athlete, she can play three positions. She can attack the hoop, shoot threes and on defense she's adept at getting steals."

Three key players who'll provide depth are sophomore twins Bella and Ava Cortis, who can play guard or forward, and freshman Maeve Kelly at forward.

"This trio thrives on defensive intensity," Iannone said. "Bella

has a keen ability to drive to the basket, left or right, and Ava's defensive IQ is high. She also has speed and quickness. Maeve is an instinctive rebounder who can finish around the rim. All three have size, athleticism, and agility."

Senior guard Lily Williamson has been a major plus in promoting unity. "Lily has been instrumental in helping us foster a positive culture and she promotes team chemistry," Iannone said. "She can pass, is a solid shooter and an exemplary teammate."

Junior center Katie Anderson, sophomore guard Eva Miranda, and freshman guard Brooke Parlon round out the roster. "These girls bring an intense work ethic to practice and that translates to strong rebounding, defensive tenacity and quality shooting," Iannone noted.

A top-notch staff of assistants is important and Iannone has a trio that includes Bryan Connolly (varsity assistant), Connor Guiou (varsity and jayvee assistant), and Katy Golden (jayvee coach). "They're indispensable," Iannone noted. "They maintain consistency and are key compo-

nents to a positive culture."

The 56-year-old Iannone, who is a native of Paramus, N.J., has a competitive philosophy that runs parallel to the annual goals he sets for his teams. "I want our players to strive to reach their potentials and to enjoy their athletic endeavors," he emphasized. "Winning will follow if those two elements are in place."

Life lessons learned from sports can be valuable and Iannone has some favorites. "It's important to learn how to overcome adversity and to be resilient," he noted. "Other key lessons are how to be supportive teammates and how to become effective leaders."

Girls' basketball at Medway has been solid for the last 15 years and there's little doubt that the current edition of the Mustangs will once again be a formidable force in the playoffs next month.

There have been Final Four appearances and a Sectional title in Medway's past. Maybe, just maybe, this could be the year of the Mustang.

**Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to modify an existing building (overall height 103 feet) communications facility. The Site location is 725 Main Street, Millis, Norfolk County, MA 02054 (Lat 42 10' 14.0" N, Long 71 21' 14.0" W). Public comments regarding potential effects on historic properties may be submitted within 30 days from the date of this publication to: Impact7G, Inc., Casey Radke, 8951 Windsor Parkway, Johnston, IA 50131, 515-344-9602, cradke@impact7G.com and referencing project #VZW- 256/CR.**

# Sports

## 5 reasons young families need life insurance now.

When it comes to money matters, young parents who are just starting out have a lot to juggle: They may be paying off student debt and saving for their first home, all while raising kids. But it's also a time when young families may be the most financially vulnerable should the unexpected strike. To ensure that they have financial protection when they need it most, purchasing a life insurance policy should be top of mind.

Here are five reasons why young families need life insurance:

- 1. You just never know.** While it's not the most pleasant thing to ponder, an emergency situation could quickly put your family's finances under water. In fact, only 44 percent of Americans have enough savings to cover an unexpected \$1,000 expense. And when you're starting out, not having protection in case something happens to a family's breadwinner is even scarier.
- 2. The earlier you opt in, the more affordable it is.** Because

age is one of the factors that affects the cost of your premiums, the younger you are when you purchase a policy, the less you'll be paying each year.

- 3. It may not be as expensive as you think.** If you're on a budget and are convinced you can't afford life insurance, consider term life insurance. It guarantees protection for a set amount of time provided premiums are paid when due. Since it's not designed to last a lifetime, the annual premiums are considerably lower when you are younger.
- 4. It lets you concentrate on other goals.** Once you have the peace of mind and financial protection that life insurance grants you, you may feel secure enough to fund long-term goals, like buying a home, saving for your nest egg, or going back to school.
- 5. You can always upgrade at a later date.** Don't let the fear of making the wrong decision deter you from purchas-

ing a policy now. The policy you purchase today isn't intended to be set in stone. As your family's needs change, you have the option of considering other policies.

We know it's not easy for young families to make their life insurance needs a priority, given all their competing financial obligations. However, permanent life insurance is a vehicle for protection that is not only affordable, but can also help families accumulate cash value and can



ultimately propel them toward reaching both their immediate and far-reaching goals.

This educational, third-party article is provided as a courtesy by Michael Damon, Agent, New York Life Insurance Company. To learn more about the infor-

mation or topics discussed, please contact Michael Damon at (508) 321-2101.

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## Rockland Trust launches its 20th annual scholarship program

Rockland Trust is pleased to announce the launch of its 20th Annual Scholarship Program, which is open to students who are enrolling in a part-time or full-time post-secondary studies for the first time at an accredited two or four-year college, university, or vocational-technical school for the entire upcoming academic year (2024-2025). Rockland Trust will award up to sixteen \$3,000 renewable scholarships this year. Applications are available online at [RocklandTrust.com/Scholarship](http://RocklandTrust.com/Scholarship).

"For two decades, our scholarship program has enabled hundreds of local students to advance their journey through post-secondary education," said Andrea Borowiecki, Vice President of Charitable Giving & Community Engagement. "Each year, we're inspired by the ambition and talent of the students as they work toward their goals, ultimately bettering our communities."

Applications will be considered based on financial need, academic performance, and unusual personal or family circumstances. Applicants must reside in a county Rockland Trust serves. To learn more about guidelines, eligibility criteria, and access the application, please visit [RocklandTrust.com/Scholarship](http://RocklandTrust.com/Scholarship).

About Rockland Trust Charitable Foundation, Inc.

The Rockland Trust Charitable Foundation's mission is to strengthen the communities served by the Bank. We enable individuals and their families to access opportunity and improve the quality of their lives. To date, the Foundation has distributed more than \$26 million in grants to qualified non-profit organizations in the communities served by Rockland Trust. For information about the Rockland Trust Charitable Foundation, please visit [www.RocklandTrust.com/CharitableGiving](http://www.RocklandTrust.com/CharitableGiving).



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# Medway Police Dept. Police Log

Between Dec. 16, 2023, and Jan. 15, 2024, the Medway Police Department responded to hundreds of calls, many related to disabled motor vehicles, motor vehicle violations and accidents, general traffic enforcement, fire alarms (including faulty and accidental security alarms), parking violations, motor vehicle lockouts, suspicious solicitors, pigs and deer, and assisting other towns. There were also many trees and wires down after the storm of Dec. 18.

Other entries of note include:

Dec. 16 at 6:05am, North St., disorderly person. Caller reported "the people at the food pantry are causing a disturbance by being loud and beeping horns. Caller states its becoming an issue every weekend." Police said people are lining up for the food pantry and all seem orderly at this time.

Dec. 16 at 11:50am, Main St., motor vehicle accident with injury.

Dec. 16 at 6:17pm, Winthrop St., identify fraud. Caller said someone was impersonating them and asking their friends for

money.

Dec. 16 at 9:47pm, Milford St., fire investigation.

Dec. 17 at 1:42am, Milford St., suspicious person. Individual at the station looking for a place to stay; a second call that he left the station and is in a nearby parking lot. MPD transported him to Milford ER.

Dec. 17 at 7:43am, Waterside Run, work law violation. Caller said crew should not be working on weekends.

Dec. 18 to Dec. 20 winter storm effects: numerous reports of trees and wires down, lost power, water in basements.

Dec. 19 at 3pm, Juniper Rd., report of a black pig in the area, animal control called.

Dec. 19 at 10:31pm, Holliston PD, assist with female prisoner.

Dec. 19 at 11:07pm, Summer St., motor vehicle accident with injury. Car in woods, vehicle on fire, occupant extricated by caller. Scene cleared at 1:02am.

Dec. 20 at 11:31am, Summer St., threats.

Dec. 21 at 1:32pm, Milford St., car seat installation.

Dec. 21 at 7pm, Main St.,

motor vehicle accident. Caller reported they were at this address for approximately 15 minutes and when they returned their vehicle was missing. Vehicle was found, logged as a "single car MVA."

Dec. 22 at 7:11am, Sanford St., arrest: operating with suspended license, negligent operation of a motor vehicle, operating under the influence of liquor.

Dec. 22 at 11:03am, Partridge St., larceny, fraudulent payment of services.

Dec. 22 at 12:17pm, Medway Mills, larceny. Caller reported her car was taken from the parking lot. Call received from male party who states his picked up wrong vehicle and is returning to listed address. Nothing appeared to be missing or taken. Both parties on their way.

Dec. 22 at 5:20pm, Lincoln St., two-car motor vehicle accident, no injuries.

Dec. 22 at 9:02pm, Willow Pond Cir., fire alarm. Unknown cause for smoke, Eversource and private electrician deemed the area safe. Cleared at 1:06am.

Dec. 23 at 9:48am, Village St.,

civil complaint.

Dec. 23 at 7:49pm, Mahan Cir., caller reported smoke in unit. Burnt food.

Dec. 24 at 4:39pm, Village St., fire alarm. Caller reported odor of smoke and fire alarm sounding next door. Heavy smoke due to food on stove. Patient refused transport, two officers required transport for smoke inhalation. Medway, Millis, Hopedale, Milford all provided assistance. Cleared at 5:30pm.

Dec. 25 at 12:07am, Meadow Rd., suspicious person. Caller reported a female came to their front door stating they were lost. Party was picked up by an unknown vehicle prior to police arrival.

Dec. 25 at 2:52pm, Maple Ln., unwanted party.

Dec. 26 at 9:12pm, Holbrook St., larceny. Caller reported they might have been scammed regarding Celtics tickets over Facebook.

Dec. 27 at 1:21am, Main St., assault. Caller reported he was assaulted, Spanish interpreter provided by Holliston PD.

Dec. 29 at 8:20am, Sum-

mer St., animal control. Caller reported he struck a dog in the road.

Dec. 29 at 10:58am, Main St., larceny. Caller reported their vehicle was stolen this morning. Police located the vehicle at the Amazon warehouse in Bellingham.

Dec. 31 at 6:15am, Main St., missing person. Caller reported her boyfriend hadn't returned from a trip to Cambridge which was out of character for him; she called back to say she found him.

Dec. 31 at 10:45am, Birch Bark Rd., property damage. Caller reported someone hit their mailbox and is taking items out of mailboxes.

Dec. 31 at 12:30pm, Goldenrod Dr., animal control. Caller reported being bit by a dog on Sun Valley.

Dec. 31 at 7:07pm, Main St., parking violation. Vehicles parked in handicapped spots with no placards; citations issued.

For additional police logs, visit us online at [www.millismedwaynews.com/](http://www.millismedwaynews.com/)

Source: [www.townofmedway.org](http://www.townofmedway.org)

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# Milford Regional And UMass Memorial Health Reach Affiliation Agreement

Milford Regional Medical Center, inclusive of Milford Regional Physician Group, and UMass Memorial Health have signed a definitive agreement for a corporate affiliation. The organizations will now seek regulatory approval.

The definitive agreement follows a period of due diligence that began with the September 2023 signing of a non-binding letter of intent that made it possible to explore the potential corporate affiliation.

“Agreeing upon the key terms of our corporate affiliation moves us closer to the growth and expansion necessary for Milford Regional to advance its community-focused mission,” said Milford Regional Medical Center President and CEO Edward J. Kelly. “This is the right time, UMass Memorial Health is the right partner, and we have the right deal to pave the path for our promising future,” added Kelly.

A full-service, community and regional teaching hospital, Milford Regional is a 148-bed, nonprofit, acute care facility serving a region of 20-plus towns with more than 300 primary care and specialty physicians. Milford Regional has a long history of investing in community health needs; in 2015, it

opened a 78,000 square-foot building that houses a new emergency department, intensive care unit and private patient rooms.

UMass Memorial Health and Milford Regional have long enjoyed a strong collaboration since 1991 when Milford Regional Medical Center became the first hospital to clinically affiliate with UMass Memorial Medical Center. Since then, many additional clinical and educational programs have been created with UMass Memorial Health to bolster the level of care offered to the greater Milford community.

Key tenets of the newly approved definitive affiliation agreement include:

Preserving Milford Regional Medical Center as an acute care hospital offering inpatient and outpatient services, ensuring access to high quality, local care for the Milford community;

Supporting strategic capital investment in facilities, equipment and other infrastructure to support clinical care and the local community;

Integrating Milford Regional into the Epic electronic medical record system;

Maintaining Milford Regional’s role as an employer of choice in the local/

regional market, and enhancing Milford’s ability to address ongoing workforce challenges; and

Retaining a local community board of trustees, with Milford Regional having representation on the UMass Memorial parent board.

“We are excited to take this step forward in the process to form a corporate affiliation with Milford Regional, which will build upon UMass Memorial’s longstanding collaboration with this exceptional organization,” said UMass Memorial Health President and Chief Executive Officer Eric Dickson, MD. “Together, UMMH and Milford Regional will be better positioned to provide outstanding care to patients and support the health and wellbeing of communities across Central Massachusetts,” he added.

“Health care organizations across the state and nation continue to face extreme financial, staffing and operational challenges, and these issues are most acute for community hospitals,” said UMass Memorial Community Hospitals President Douglas Brown. “We are confident that a corporate affiliation is the best way to ensure local access to high quality care for patients

and ongoing investment in technology and workforce development in support of the Milford Regional community.”

Milford Regional and UMass Memorial Health leaders expect the regulatory approval process for this corporate

affiliation to take up to nine months. With regulatory approval, Milford Regional Medical Center and Milford Regional Physician Group will formally become a member of the UMass Memorial Health system.



## Medway Winter

Medway in January: Sanford Mill. Photo credit: Theresa Knapp

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# Millis High School December Students of the Month Announced

The following students were Students of the Month at Millis High School in December 2023. Also below are quotes from the nomination form submitted by the teacher or staff member who made the recommendation.

Grade 9 Nominees: Owen Caulfield, Juniper Zammarchi, and Flavio Ferrera

Winner: Owen Caulfield  
“Owen always has great enthusiasm in class. His effort and participation is amazing and he brings a lot of laughter to the class.”

Grade 10 Nominees: Elijah Roman and Aliya Chajon Navas  
Winner: Aliya Chajon Navas  
“It has been so nice to see her

grow as a student and become more and more comfortable in class.”

Grade 11 Nominees: David Silva, Thaynara Lopes, Emilia Leach, and Mauricio Olivares

Winner: Mauricio Olivares  
“Mauricio always has a positive attitude for class. He always comes into class and asks me how I am doing right away. He does all of his work and makes up work immediately when absent. He has been passionate about learning about compound interest. He has been involved in each person’s presentation by helping students learn to apply interest rates.”

Grade 12 Nominee: Rayssa



From left: Millis High School Students of the Month for Dec. 2023 were: Elijah Roman, David Silva, Juniper Zammarchi, Aliya Chajon Navas, Thaynara Lopes, Emilia Leach, Rayssa Oliveira, Mauricio Olivares, Owen Caulfield, Flavio Ferrera. Source: Millis Public Schools

Oliveira  
Winner: Rayssa Oliveira  
“Rayssa is always such a great

overall person. Her positive outlook is present each and every class. She is willing to work with

anyone and is willing and ready to work each and every class.”

# Medway High School senior Alexandra Montana recognized by Massachusetts Association of School Superintendents

Medway Public Schools Superintendent Armand Pires and Principal John Murray are

pleased to announce that Medway High School senior Alexandra Montana was recently

presented with the Massachusetts Association of School Superintendents (M.A.S.S.) Award of

Academic Excellence.

Montana was nominated by the faculty and staff at Medway

High School and was presented with the award by Superintendent Pires in December.

The M.A.S.S. Award of Academic Excellence is presented by the superintendent to a deserving student in each school district throughout Massachusetts. To be considered for the award, the student must be a member of the senior class with a cumulative GPA that places them in the top fifth percentile of their class. The nominee must also consistently demonstrate traits of leadership, social responsibility, respect for their fellow students and involvement in various aspects of the school community.



Alexandra Montana, who was presented with the Massachusetts Association of School Superintendents (M.A.S.S.) Award of Academic Excellence in December. (Photo courtesy Medway Public Schools)

**MONTANA**

*continued on page 19*



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# Medway High School hosts successful "Life after MHS" alumni event

Medway Public Schools Superintendent Armand Pires and Principal John Murray are pleased to share that Medway

met with current MHS juniors and seniors to share their experiences and accomplishments since graduating.



Medway High School recently hosts a successful "Life After MHS" alumni Event. (Photo courtesy of student Kathleen Miller, grade 10)

High School recently hosted a successful "Life After MHS" alumni event.

On Jan. 4, approximately 40 Medway High School alumni

Throughout the event, current MHS students heard from two groups of alumni who answered questions and offered advice about college searches,

## MONTANA

*continued from page 18*

Montana enrolled in all available honors-level courses her freshman year and will have taken 13 honors-level and 10 Advanced Placement courses by the end of her senior year. She has been recognized by both the National Merit Scholarship Program and the John and Abigail Adams Scholarship Program.

She is the vice president of the Medway High School Class of 2024, the Math Team and Project Green. She is also the historian and current president of the Science Olympiad, a member of the National Honor Society and captain of the Swim and Dive team.

Montana is also a member of the Tri-M Music Honor Society and participated last year in the Massachusetts Music Educators Central District Senior Dis-

trict Festival.

She is a member of the Women In STEM Club and has an interest in Marine Science, also recently participating in a hands-on program at the University of Maine studying glaciology through the lens of climate change. While in middle school, Montana placed first in the science fair with her project titled, "The Meaning of Meow: How Cats Communicate."

In Montana's introduction to the Medway School Committee, Superintendent Pires said, "Alex is an extremely determined, responsible, highly motivated, empathetic and intelligent student. She has always been someone who is driven and seeks opportunities to challenge herself. She is intrinsically motivated, and this has proven true time and time again through her stellar academic and extracurricular accomplishments.

*Source: www.medwayschools.org*

application processes, and more.

Alumni in attendance represented a variety of colleges, universities, and military branches including Villanova University, West Point, Framingham State University, Boston College, Johnson and Wales University, Northeastern University, University of New Hampshire, and Sacred Heart University, to name a few.

Topics of discussion included searching for and visiting colleges, challenges with leaving home, the transition to college, the advantages and disadvantages of a gap year, tips for the

first year of college, and majors and resources available at colleges. Students also asked alumni how MHS influenced their decisions and prepared them for their futures.

"The event went great and the students had amazing questions," said MHS Class of 2023 President Charlie Ross. "I'm so glad to be able to return to MHS and give back to this community. I hope all of the students benefited from today's event, and I wish them luck in their future endeavors."

The Medway Secondary Parent Teacher Organization (MSPTO) helped organize the event and sponsored a welcome breakfast.

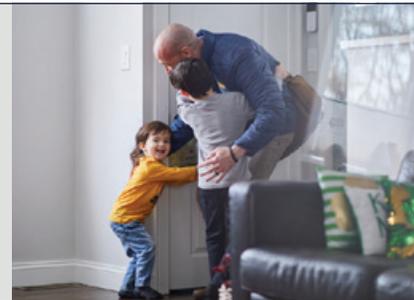
"I would like to thank all alumni who attended the Life After MHS event and shared their experiences with our junior and senior students," Principal Murray said. "This event is a great way to inspire our current students to strive to reach their fullest potential in whichever career path they choose after graduation."

*Source: www.medwayschools.org*

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# 40 students from Medway High School Class of 2024 receive John and Abigail Adams Scholarship

Medway High School Principal John Murray is pleased to announce that 40 students in the Medway High School Class of 2024 are among those statewide to receive a John and Abigail Adams Scholarship this year.

The John and Abigail Adams Scholarship is a merit-based program that provides a credit toward tuition for up to eight semesters of undergraduate education at a Massachusetts state college or university. The award amount differs based on the student's chosen school.

This scholarship is available to students whose MCAS performance puts them in the top 25% of their district. To be eligible, students must score in the Advanced category on one of three high school state assessment tests (English Language Arts, Mathematics, or Science and Technology/Engineering) and score in the Proficient or Advanced category on the remaining two high school state assessment tests. Students take the MCAS tests in the

spring of their sophomore year.

The following Medway High School Class of 2024 students have earned an Adams Scholarship: Ian Alexander, Keirston Artis, Abigail Brown, Jaina Campbell, Zoe Cioppa, An-

nabella Diamandis, Alexander Dougenik, Ava Fahey, Sienna Flotta, William George, John Gould, Alexandra Hall, Kennedy Hamm, Zachary Hicks, Nathaniel Hoffman, Jayce Huynh, Megan Keavany, Elizabeth

Kenney, Margaret Kerr, Meray Khela, Abigail King, Annika Kripowicz, Caitlin MacNeil, Kevin Maley, Benjamin Martin, Samuel Maurer, Camellia Meredith, Lily Mitchell, Alexandra Montana, Lindsay Moran, Alicia Pacheco,

Emma Reardon, Hamdah Saboor, Reuben Simon, Gwendolyn Smith, Timothy Stotz, Vinod Tysoe, Nina Vallante, Ella Vargas, and Zoe Walker.



## Millis Winter

Left: Dr. Abijah Richardson House (circa 1779), Exchange Street; Right: Snow-capped Lansing Millis Memorial Building (and former train depot, circa 1885) and Holbrook Bell. The bell was cast in 1845 and gifted to the town in 1985 by then-Selectman Hindy Rosenfeld. Photos: Theresa Knapp

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## Medway Market Update

JAN 2023 THROUGH JAN 2024\*

28	179
AVG DAYS TO OFFER VS. 2022: 23 AVG DAYS TO OFFER	Total Sold Listings VS. 2022: 184 LISTINGS
\$1,500,000	\$607,714
Highest Sales Price VS. 2022: \$1,175,000	Average Sales Price VS. 2022: \$551,792

## Millis Market Update

JAN 2023 THROUGH JAN 2024\*

47	149
AVG DAYS TO OFFER VS. 2022: 36 AVG DAYS TO OFFER	Total Sold Listings VS. 2022: 184 LISTINGS
\$2,150,000	\$673,695
Highest Sales Price VS. 2022: \$3,970,000	Average Sales Price VS. 2022: \$535,941

For a free market report of your home's value: visit [MedwayMillisValues.com](http://MedwayMillisValues.com)



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\*data as of 1-23-2024 MLSpin



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# Real Estate Corner

## 2023 Annual Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings for 2023 show indicators of

less real estate activity as compared to 2022 with decreases in both the total number deeds and mortgages recorded. However, seasonal trends remained consistent, with a decrease in activity during the winter months and an uptick in the spring and summer months.

In 2023, there were 102,188 documents recorded at the Norfolk County Registry of Deeds, a 21% decrease from 2022.

"Looking at the 2023 real estate market, I think most would agree that it was a slow year especially compared to 2021 and 2022's busy home sales. Consumers have been facing a limited inventory of available properties along with rising mortgage interest rates. As an example of these indicators property sales in Massachusetts have dropped 22.5% in 2023," remarked Register of Deeds William P. O'Donnell. "However, Norfolk County's decline was less than the statewide average for the year."

Overall, the County's lending activity showed a continued downward trend. A total of 14,598 mortgages were recorded at the Registry in 2023, 37% less than a year earlier.

According to numbers from the Consumer Financial Protection Bureau, the median interest rate of a 30-year fixed-rate conventional loan started at 6.42% in January 2023 and grew to 7.79%

by October 2023.

Register O'Donnell noted, "Those who locked in lower interest rates in 2020 and 2021 are less inclined to refinance or buy property at current mortgage interest rates, leading to fewer mortgages being recorded and fewer existing homes on the market. Furthermore, buyers looking for new property may be hesitant to take on a new mortgage with average interest rates still above 7%."

The number of deeds for 2023, which reflect real estate sales and transfers, both commercial and residential, was 15,253 a decrease of 12% from 2022.

"The scarcity of available real estate due to fewer existing homes on the market and new construction not being able to keep pace with demand is making it more challenging for homebuyers in general, but especially for first-time homebuyers who must now deal with the added cost of higher interest rates," stated Register O'Donnell.

Sale prices for 2023 appear to have decreased slightly compared to 2022. The average sale price for all of Norfolk County, both commercial and residential, this year was \$1,083,609 an 8% decrease from 2022. The total dollar volume of commercial and residential sales is also down, decreasing by 26% from one year ago.

"I can understand the frustration some homebuyers may be feeling because right now it is a more complicated process for individuals looking to purchase a home and, especially, first-time homebuyers," said Register O'Donnell. "It is more expensive for home buyers because prices are still high relative to 2021 and 2020 values, and to add to this difficulty, there may be multiple people competing for the same

property as well as higher interest rate costs."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In 2023, there were 73 foreclosure deeds recorded, as a result of mortgage foreclosures taking place in Norfolk County, whereas in 2022, there were 68 recorded. Also concerning is in 2023, there were 339 notices to foreclose, the first step in the foreclosure process, compared to the 308 recorded in 2022.

"The increase in the number of foreclosure deeds and notices to foreclose is troubling. This could suggest that more of our neighbors may have financial difficulties in the future," said O'Donnell. "We will continue to monitor these figures in 2024."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (617-770-2227) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance," said O'Donnell.

Register O'Donnell concluded, "A limited inventory of properties for sale and buyers who have been facing rising interest rates resulted in an overall slow year for the housing market. While current market conditions may be frustrating to some, especially for first-time homebuyers, it may be comforting to know that Norfolk County's real estate market is doing better com-

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REALTOR®  
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StephenCoukos@BHHSpagerealty.com  
Stephen.BHHSpagerealty.com

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"I have had the pleasure of working with Stephen throughout the buying, and selling process. Could not recommend using Stephen as your realtor enough. Very professional, punctual, makes himself available for his client and went above and beyond throughout the entire process. Thank you for making a tough process a lot easier!!"

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**\$685,000**  
17 Skyline Drive Medway, MA

**PROPERTY FOR SALE**



**\$700,000**  
1279 Main Street Millis, MA

**COMING SOON**



Millis & Medway, MA



## Recent Home Sales

Date	Medway	Amount
01/12/2024	17 Skyline Dr.	\$685,000
01/05/2024	5 Virginia Rd.	\$525,000
01/05/2024	26 Waterside Run	\$674,650
01/04/2024	2 Kingston Ln. #4	\$450,000
12/22/2023	256 Main St.	\$547,900
12/22/2023	28 Waterside Run	\$679,900

Date	Millis	Amount
01/19/2024	312 Plain St.	\$510,000
01/18/2024	16 Country Village Way	\$430,000
01/17/2024	25 Bogastow Cir.	\$950,000
01/09/2024	48 Dover Rd.	\$647,500

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

pared to state and national averages and remains a desirable place to both live and work in."

Follow this YouTube link to watch the Norfolk County Registry of Deeds Year in Review segment on Quincy Access Television: <https://www.youtube.com/watch/bHXIGI-HAHg>

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at [facebook.com/norfolkdeeds](https://facebook.com/norfolkdeeds). Follow us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High

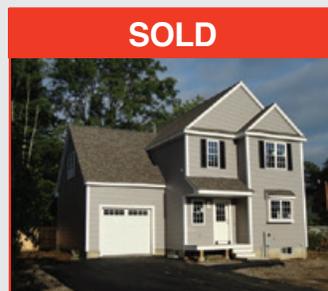
St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found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

## Recent Home Sale



The house at 5 Virginia Road in Medway recently sold for \$525,400. Image credit: [www.zillow.com](http://www.zillow.com)

# Over 430 homes sold!



**3 Kensington**  
Millis - \$649,900



**Plimpton Farm Road**  
Millis \$939,000



**6 May Road**  
New Construction - \$959,000



**205 Old Connecticut Path**  
Wayland - \$849,000



**MacArthur Norfolk New Construction**  
Lake Front - \$899,000



**6 Litchfield Way**  
Walpole - \$1,700,000

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**\$430,000**  
16 Country Village Way Millis  
Jennifer Colella McMahon



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



**\$950,000**  
25 Bogastow Circle, Millis  
Jennifer Colella McMahon



**\$606,000**  
6 Legion Ave, Medway  
Jennifer Colella McMahon



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



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



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

**Client Testimonial for Laina Regan Kaplan:**

“We had a great experience listing my parents home with Laina. She expertly guided us every step of the way from clean-out, pricing strategy, explaining the pros and cons of different options; helping put our best foot forward staging and listing the house. She worked closely with us, the buyers realtor and closing attorneys to make the whole process easy with the best outcome. We look forward to working again with Laina and highly recommend her expertise to buy or sell a home.” – **Michael Faron**

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