

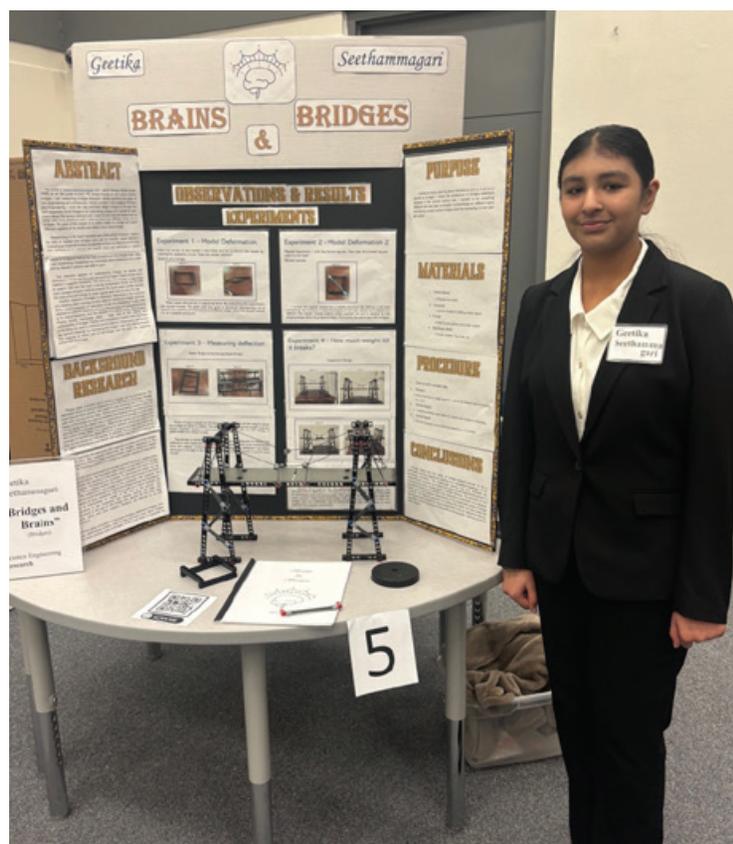
Medway youth scientists showcase studies at 16th annual science fair

BY SOFIA MERCIER
STUDENT WRITER

From anatomy to botany, physics to biology, Medway Middle School's 7th and 8th graders put together a wonderful Science Fair last month. The school held its 16th annual Science Fair hosted by local science teacher, Lawrence Brown.

The fair was held on Feb. 15 in the Middle School library and encouraged the students to use scientific engagement and creativity. Twenty-nine students used research skills and scientific methods to put together a total of 17 projects.

They were tasked with asking a question, creating a hypothesis, finding an answer with an explanation, and putting together their knowledge on a written paper and trifold board. The students' interests ranged across several scientific



1st place winner Geetika Seethammagari and her project "Brains & Bridges." Photo credit: Sofia Mercier

SCIENCE FAIR

continued on page 2



Crayon mosaics created by fifth graders who participated in a workshop organized by Drew Miller for his senior project at Millis High School. Courtesy photo

Millis senior project introduces 5th graders to middle school art classes

BY THERESA KNAPP

When Millis High School student Andrew "Drew" Miller was thinking about ideas for his senior project, he knew he wanted it to center around the

high school art department.

"I always wanted to do something art-related for my senior

SENIOR PROJECT

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SCIENCE FAIR

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fields, showcasing both diversity of topic and creativity in presentation.

On the night of the fair, students dazzled their families and others with shrewd knowledge of their chosen topic. Among them, the following four students placed 1st to 3rd place.

First place

Geetika Seethammagari placed first with her project titled "Brains & Bridges," exploring the physics of well built bridges. Seethammagari used her knowledge of physics to create several small bridge models and tested their sturdiness using a small weight.

Second place

Abby Waugh placed second in her study titled "Food for Thought" where she experimented with the effects of healthy eating on herself. Waugh discovered unsurprisingly that healthy eating directly contributed to her success in soccer practice, providing her with the most energy to get through the day.



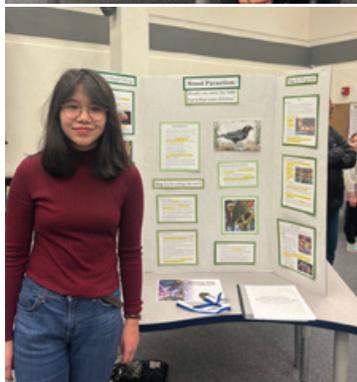
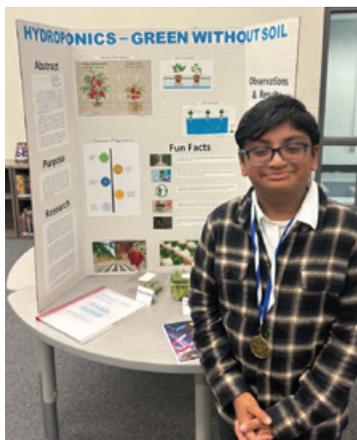
Clockwise from above: 2nd place winner Abby Waugh and her project "Food for Thought." 3rd place winner (tie) Rishi Gupta and his project "Hydroponics - Green Without Soil." 3rd place winner (tie) Kathryn Baio and her project "Would you raise the baby that killed your children?"

Photos: Sofia Mercier

Third place (tie)

Tied for third were Rishi Gupta and Kathryn Baio.

Gupta grew his own garden using the science of hydroponics in his project, "Hydroponics-Green Without Soil." Gupta's study found that certain plants grow better in water than in soil due to improved nutrient uptake and lack of soil dependence, as observed in his research.



Baio explored the cruel nature of Brood Parasitism in her research project titled, "Would you raise the baby that killed your children?" She researched three bird species that rely on brood parasitism and discovered the complexity of survival strategies in nature.

Victorian medicine's 'horrors and life-saving discoveries'

If a surgeon dropped his scalpel on the floor in the late 1800s, he picked it up and continued to use the instrument while operating. At the same time, scientists came up with life-saving discoveries such as the x-ray. Such is the paradoxical nature of late-Victorian medicine.

On March 26 at 7 p.m., the Medway Public Library will host a performance titled "Myths & Miracles of Victorian Medicine." Guests will discover some of the late-Victorian primitive medical practices as well as some of the era's life-saving discoveries that led to today's medical miracles.

Fictional Victorian lady Miss Myrtle Mills will escort guests on a journey through the head-scratching yet surprisingly-advanced state of late-Victorian medicine. Guests will learn about disease prevention; kitchen-cup-board remedies; patented "medicines"; pregnancy protocols; the difficulties for aspiring women



Janet Parnes of Historical Portrayals by Lady J will portray Miss Myrtle Mills at a performance titled "Myths & Miracles of Victorian Medicine" on March 26. Source: www.women-history.com

physicians, and scientific discoveries that formed the roots of medicine in 2024.

Janet Parnes, owner of Historical Portrayals by Lady J will portray Miss Myrtle Mills.

Everyone welcome. No registration necessary. For more information, contact the Medway Public Library at 508-533-3217.

This program is supported in part by a grant from the Medway Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



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SENIOR PROJECT

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project, and I thought this was a great idea to introduce them to our art classes and to the teacher, Miss [Amy] Radcliffe," said Miller, who ran a "crayon mosaic" workshop for Clyde F. Brown Elementary students in January.

"The point of my project was to get kids more interested in art in middle school when they can choose to take it as an elective," said Miller.

With Radcliffe as his advisor, Miller held his first workshop in the middle/high school art room after school one day. Five fifth graders worked with pieces of crayons, which he gathered from community donations, to create masterpieces while listening to music by Taylor Swift.

Final mosaics included creative nods to students' names, famous pop icons, and overall colorful expression.

Miller held a second workshop in February, and a third one will be held in March. He said the most difficult part of



Front row (L to R): Anyka Ludwig and Emma Tobin
Back row (L to R): Vivien V., senior Drew Miller, art teacher Amy Radcliffe, McKenna Giles, and Emma Tobin. Courtesy photo

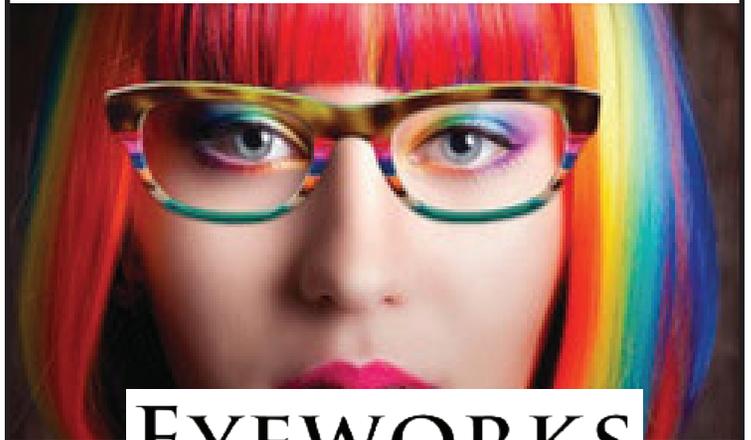
his senior project was getting the word out to encourage participation. He used flyers, social media, and word of mouth to spread the word.

The culminating event, Miller said, will be a display

of the mosaics at the school's annual Art Showcase on April 10 from 5 p.m. to 7 p.m. in the Millis Middle/High School cafeteria.

For more photos, visit us on Facebook @MedwayMillisTownNews

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Millis Athletics Hall of Fame induction set for April 13

By KEN HAMWEY
STAFF SPORTS WRITER

Three players, one coach, and two teams will be inducted into the Millis Athletics Hall of Fame on Sat., April 13, at the Franklin Elks Club. Cocktail hour will be at 6 p.m. and the dinner and ceremony will follow at 7 p.m.

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

Aram Karoghlanian (Class of 1932) will be inducted posthumously as a coach/contributor. He was a long-time tennis coach who also directed the youth tennis programs in Millis.

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

The football team won the Division 6B Super Bowl. Dave Sperandio was the coach and the



Dyann Rice, Chairman of the Hall of Fame Committee says that "the contributions and accomplishments of the inductees reflect the pride and dedication that is the foundation of Millis athletics."

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

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

"The Millis Athletics Hall of Fame is excited to celebrate and honor this decorated class of inductees," said Dyann Rice, Chairman of the Hall of Fame Committee. "As with our previous classes, the contributions and accomplishments of the inductees reflect the pride and dedication that is the foundation of Millis athletics. A unique connection within the 2024 class is that all inductees, including coach Karoghlanian, are Millis High School graduates.

"Our honored individuals and

teams span six decades. It is such a delight to listen to the inspiring stories and cherished memories of past athletes, coaches, and those who have contributed to the greatness of Millis athletics. Their words exude pride, the value of teamwork, sportsmanship, and what it means to be a high school athlete. It is an honor to be a part of this committee and celebrate the greatness of our small town."

Tickets will cost \$50 and can be purchased either through Venmo (@Millis-AthleticsHOF) or by check. Write checks to Millis Athletics Hall of Fame and mail them to 155 Plain St., Millis, MA 02054. If paying by Venmo, put name and number of tickets in the comment line. Tickets will not be mailed but will be held at the door.

Here's a detailed look at the inductees:

Dan Coleman, Class of 2005
Earned 12 varsity letters (soccer, basketball, and volleyball)

Soccer
4-year varsity player — goalkeeper; 2-year varsity captain; Tri-Valley League All-Star 2003, 2004; Eastern Massachusetts All-Star Team 2004.

Basketball
2-year varsity player at guard; captain senior year; TVL All-Star senior year.

Volleyball
6-year varsity player (outside hitter); 3-year varsity captain; Boys Volleyball Division 1 State Championship Team 2003; Boys Volleyball Division 1 State Championship Team (Finalist 2004,

2005); Boston Globe All-Scholastic 2004, 2005; Boston Herald All-Scholastic 2004, 2005.

Bill Lagos, Class of 1981
Earned 10 varsity letters (football 2, hockey 5, and baseball 3)

Football
Kicker, punter, defensive end, tight end; Mass. State Division 4 1980 Super Bowl Champions;

Millis High Best Defensive Lineman Award 1980; Milford Daily News All-Star 1979, 1980; Tri Valley League All-Star 1980; Boston Globe All-Star 1980; Mass. Division 4 All-Star 1980.

Baseball
Catcher; Millis High MVP 1980, 1981; Tri Valley League All-Star 1979, 1980, 1981; Tri Valley League MVP 1981; Milford Daily News All-Star 1979, 1980, 1981; Eastern Mass. All-Star 1981

Brian Egy, Class of 2000
Earned 10 Varsity letters (football, basketball, and track)

Football
1999 Division 5 State Super Bowl Champions; varsity quarterback/safety; 3-year starter; Tri-Captain, senior year; TVL All-Star, senior year; team MVP, senior year; single season record for interceptions (8); overall record for interceptions at MHS (20).

Basketball
3-year varsity starter; guard/forward; team captain, senior; TVL All-Star, senior year; TVL most valuable player, senior year.

Track & Field
4-year varsity athlete; team captain, junior, senior; competed in long jump, hurdles; team MVP junior, senior; TVL All-Star, junior, senior; TVL long jump champion; Millis High record in long jump (22'2"); All-State long jump; All-New England long jump.

2009 Girls Soccer Team
Division 3 State Champions
South Sectional Division 3 Champions

Season Record: 16-2-6
Head coach: Denis Cutler;

assistant coach: Andy Zitoli; captains: Molly Breen, Olivia Zitoli, Amanda White; first girls soccer team in school history to be state champions; first team TVL All-Stars: Molly Breen, Amanda Vecchi, Olivia Zitoli; Olivia Zitoli named TVL MVP and Division 3 MVP.

Division 3 South Playoffs
Millis 3, Hanover 1; Millis 3, Rockland 0; Millis 3, Norwell 0
Division 3 South Championship

Millis 2, West Bridgewater 1
Division 3 State Semifinals
Millis 1, Georgetown 0
Division 3 State Championship
Millis 2, Gateway 0
Team Members

Molly Breen, Khushbu Desai, Samantha Hilton, Ashley Page, Marissa Volpicelli, Madison Brosler, Candace Devens, Maddie Matthies, Marisa Parand, Amanda White, Caroline Collins, Ashley Fucci, Sarah McAuliffe, Amanda Vecchi, Allyssa Wong, Danielle Cullen, Jennifer Gasbarro, Samantha O'Neil, Emily Vecchi, Jillian Zitoli, Olivia Zitoli.

1994 Football Team
Division 6B Super Bowl Champions

Millis 28, Trinity Catholic 6
Head coach: David Sperandio; assistant coaches: John Becker, Tom Duffy, Christo Lagos, Paul Shuker; captains: Brandon Davidson, Brian Kraby, Mike Levy.

Season Record 10-1
TVL Record 7-1

Millis 6, Hamilton-Wenham 0; Millis 35, Martha's Vineyard 0; Millis 21, Ashland 6; Millis 24, Medfield 6; Westwood 28, Millis 0; Millis 47, Dover-Sherborn 6; Millis 32, Bellingham 13; Millis 22, Hopkinton 12; Millis 35, Holliston 0; Millis 22, Medway 6.

Team Members
Chris Angel, Brandon David-

HALL OF FAME

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Medway and Millis fire departments receive grants for safety equipment

In February, the Healey-Driscoll Administration announced \$5 million in awards to 321 Massachusetts fire departments through the state's Firefighter Safety Equipment Grant program.

"Every single day, firefighters across Massachusetts put themselves in harm's way to protect their communities," said Governor Maura Healey. "They deserve our thanks and our support. The Firefighter Safety Equipment Grant program is just one way we can express our appreciation for that selfless dedication."

As part of the reimbursement grant program, Medway was

awarded \$18,955 and Millis was awarded \$11,503.15.

Fire departments across Massachusetts were invited to apply to the Firefighter Safety Equipment Grant program, which provides reimbursement on purchases of 135 different types of eligible equipment. Eligible items include hoses and nozzles, turnout gear, ballistic protective equipment, gear washers and dryers, thermal imaging cameras, hand tools and extrication equipment, communications resources, hazardous gas meters, and more. In many cases, the purchase of this equipment will help departments attain compli-

ance with Occupational Safety & Health Administration or National Fire Protection Association safety standards. This is the fourth year that funding has been awarded through the program.

"The Firefighter Safety Equipment Grants are an investment in the health and safety of Massachusetts firefighters," said State Fire Marshal Jon Davine. "The flex-

ibility of the program is especially valuable because it allows each department to make purchases based on their specific needs and resources. It has become a vital part of the way the Massachusetts fire service prepares for the constantly evolving threats in the world around us."

"Firefighters who have the proper protective gear and con-

temporary rescue tools are much better able to protect themselves and the residents they serve," said Hyannis Fire Chief Peter Burke, President of the Fire Chiefs' Association of Massachusetts. "These grant awards will have immeasurable impacts on public safety in Massachusetts for years to come."

For a full list of recipients, visit bit.ly/FirefighterSafetyEquipGrants2024

HALL OF FAME

continued from page 4

son, Sean Mansfield, William Reid, Chris Bell, Ryan Davidson, PJ McMahon, Matt Rezzuti, Dale Bickford, Bret Earnest, Nick Melleski, Chris Rice, Chris Carlson, Mark Godlewski, Andy Morse, Owen Roberts, Erik Carlson, Jon Harrington, Chris Noyes, Stephen Roberts, Mark Caulfield, Brian Kraby, Gus Palaza, Rick Rouse, Robert Conrad, Mike Levy, Jonathan Pappas, Joe Santillo, Adam Coppola, Dan Lynch, Jarrett Perry, William Schultz, Mike Corbett, Andrew Macaione, Michael Pitner, Bryon Tingley, Chuck Cotton, Mike Maloney, Scott Powers, John Ward, Evan Wright.

Aram Karoghlanian

A legendary tennis coach at Millis High, Aram Karoghlanian started the boys program in 1969 and for 27 years he directed the team. His 1978 squad won the Tri Valley League championship and in 1992 he earned his 200th coaching victory. He retired from coaching in 1996

As a contributor, Karoghlanian conducted tennis clinics and coached Millis youth for 40 years, starting in 1959. The town of Millis named its tennis courts in his honor in 1976 and he was recognized and honored by the Massachusetts State Senate upon his retirement in 1996. He was a member of the U.S. Professional Tennis Association and the U.S. Tennis Registry. Karoghlanian also was the head tennis pro at Glen Ellen Country Club.

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Volunteers needed for 19th annual Millis Beautification Day, April 27

Please help! Rain or shine, and join us at the Town Hall welcome table for the 19th annual Don Reynolds Millis Beautification Day, Sat., April 27, 9 a.m. to noon.

Millis students, teachers, sports teams, residents, organizations, clubs, clean up public

spaces, fields, parks, picnic areas, trails and roadways along with the help of the DPW.

Pre-register online millisbeautificationday.org and please wear work gloves and protective clothing.

The committee is grateful for all community service volunteers

who take pride in Millis.

For more info, contact Jen Donehey at 508-667-4326 or millisbeautificationday@gmail.com

The event is sponsored by Millis Lions Club.

Medway Community Farm to Host a Native American Powwow and a Golf Tournament

On Saturday May 4th, Medway Community Farm will be host to a Native American Powwow blessing the land. Join us as we embrace the rich traditions and cultural heritage as indigenous voices unite in a colorful display of dance, music and ceremony. This special event honors our connection to the land, fostering a spirit of unity and respect for nature's bounty. The event will be 11am to 4pm at the Farm and will also feature Native American Food as well as local and Native vendors.

On Monday May 20th, the Farm will host its First Annual



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Golf Tournament at New England Country Club in Bellingham as one of our signature sponsor and fundraising events. There will be golf, food, prizes and fun for all. Shotgun starts at 8:30am and is followed by lunch and raffles. Non-golfers can sign up to join us for lunch. Put together your own foursome or we can pair you with others as available. We are looking for event sponsors as well.

For more information on these events, go to www.medwaycommunityfarm.org/events

Millis Mock Trial Team wins its final case

The Millis High School Mock Trial Team crushed its competition in February. The prosecution defeated Medfield in its final case. Witnesses Annie Rollag, Izzy Doherty, and Lindzey Murillo performed wonderfully in their roles. Attorneys Mauricio Olivares and Kevin Brynczka delivered impressive opening and closing statements and along with Macy Cyr, Maggie Doherty, and Nora Molloy's strong direct and cross examinations, the team was victorious. The team is already pumped for next year's competition!

Source: Millis Public Schools



The Millis High School Mock Trial Team. Front row (L-R): Maggie Doherty, Lindzey Murillo, Isabella Doherty, and Mauricio Olivares. Back row (L-R): Kevin Brynczka, Norene Molloy, Macy Cyr, Anne Rollag, and Ms. Maryann Ziemba (advisor). Source: Millis Public Schools

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Saturday: 9 a.m. - 2 p.m. **CLOSED** Sunday

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There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer

service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable

Business spotlight

Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you



aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day

service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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Band Together School of Music – Making the World a Better Place, One Quarter Note at a Time

By: JENNIFER RUSSO

Imagine being a mathematician, learning diligently how math works and attempting to solve the most complicated numerical problems, working with, and developing formulas, principles, and techniques, but then having nothing in the real world to apply that knowledge to.

The same idea can apply to learning a musical instrument. According to Band Together founder Dylan DiChiara, putting context into the teaching of music is key. Not only learning an instrument, but how that instrument interacts with others, understanding where the music it is playing comes from, to make learning that instrument a more meaningful experience. This modern, holistic approach to teaching enables students to be their most creative.

“Nothing exists in a vacuum,” says DiChiara. “Learning how an instrument functions on its own is just a piece of the puzzle. With all of our teachers being multi-instrumentalists, we can not only help students learn at their own pace but show them how their instrument fits into the bigger picture. If a student is learning drums, why not bring in a bass guitar and play together?”

Dylan, who opened Band Together in May of 2023 after working as a music director for School of Rock and teaching home lessons for over a decade, also believes in helping learners understand the historical narrative of music. Each month they have different themes so that students aren’t just learning how to play different songs with their

chosen instrument but understanding that there is a whole other side to that music artistically, stylistically, and culturally. For example, the history of funk music starting in 1940’s New Orleans and its evolution through time.

“We also have what we call a Listening Club. Our students are invited to attend monthly sessions where we choose an album to listen to together from beginning to end. No phones allowed – just listening and discussion about what we just heard. We have done this with about fifteen albums already, and we emphasize that listening is a primary skill which precedes playing an instrument. Developing focus and understanding musical spheres of influence are invaluable traits, and a great springboard for deep conversations. Students always leave wanting to know more,” Dylan shares.

Though some students come in with strong ideas of wanting to learn an instrument, the instructors at Band Together also can guide those who aren’t as certain about the direction they are hoping to go.

“Music is very different commercially than it has been in the past,” says Dylan. “I might have someone come in who loves 90’s hip hop and wants to learn everything they can about playing music from that era and someone who comes in because they heard a song on TikTok and want to learn how to play that one song. Honoring their interests and meeting them where they are is what we believe in. We don’t aim to apply our own subjective val-

Business spotlight



ues to our students, but validate theirs, because ultimately music is an art form. We support everyone’s individual expression.”

In addition to privately instructing in guitar, bass, vocals, keyboard, drums, and ukulele, Band Together has group band and songwriting classes for all ages. Tiny Band for 5-7, Little Band for 6-11, Band for 12-17 and Adult Band for the biggest kids.

“We’re all about community here. Though the ages for the bands are specific, we do offer private lessons to kids who are younger if they have the interest and support. Our older students often help with the little ones, developing their own teaching chops – it’s great to have non-adult role-models and mentors for those students too,” Dylan tells us.

The House Band is an advanced program for a hand selected group of Band students who show their dedication and desire for a bit more of a chal-



lenge. It is an additional weekly 2-hour rehearsal at no extra cost. The House Band performs publicly and there is a show coming up in the Spring where they will play the Beatle’s entire Abbey Road album.

“Again, we really believe in meeting every student exactly where they are, taking what interests them and expanding their potential from there,” says Dylan. “If you want to learn more about music and understand where it comes from, learn how the instrument functions alone and in the context of others, and have

a comfortable place to express yourself – we are the place to be. We are all students here; we are not elitists – we just want music lovers to be successful, whatever that means to them.”

Try a free trial lesson and learn more about Learn more about Band Together and their offerings at <https://together.band>. They are located at 55 Rhoades Ave in East Walpole. You can also check out their Instagram and Facebook at @band-togetherschool.

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Your Money, Your Independence

At or Near Retirement? Time to Say Bucket!



Glenn Brown, CFP

Those at or near retirement face many decisions.

Transitioning from a paycheck that builds savings to taking distributions from a lifetime of investing is a top challenge.

Retirees view risks differently, including market volatility, sequence of returns, interest rates, inflation, health, and longevity to outlive money. Still, the greatest risk is behavioral as gone are the days of throwing new money at poor planning and decision making.

Some retirees completely change strategies. Others attempt to align investments to high yields (and unintended risks) to meet in-

come needs. Many overcompensate to a feel-good cash amount.

While noble, these “retirement strategies” lack in spending expectations, aspirational goals, variables, and opportunity costs. When market, economic or political turmoil depresses portfolios, fear drives many to react irrationally. This leaves them without a strategy and no new money to throw at poor planning and decision making.

How to approach a sustainable retirement income strategy?

The Bucket Strategy. In its simplest form, it’s a retirement income strategy based on segmenting assets to when they’re being spent. This creates a cash cushion to cover income gaps early in retirement years, while maximizing remaining assets over longer periods.

Time horizons and number of buckets are flexible, to start I propose 3 buckets.

Bucket #1 needed in 1-3 years is cash, money market and CDs in a taxable account. Liquidity, safety, and low taxation to access funds are key.

Bucket #2 needed in 4-6 years is a mix of investment

grade bonds, low-volatility stocks and hard assets diversified across ETFs (exchange-traded funds) in taxable accounts and traditional IRAs.

Bucket #3 needed in 7+ years is a mix of diversified growth investments and if applicable, real estate, concentrated stock, and legacy investments across taxable, traditional and Roth IRAs. Given Roth IRA’s tax-free benefits, these are the last funds to access.

As time moves forward, buckets are replenished in a tax efficient manner by either selling, transferring, and/or distributing (i.e. RMDs) assets from Bucket #3 to #2 and Bucket #2 to #1.

Easy? Let’s discuss critical prerequisites.

Know your income gap. “We spend \$8K a month, so we need \$96K income a year.” No, spending doesn’t equal income needs. Say a spouse receives \$20K in social security and other gets \$35K starting next year. So Year 1 income gap is \$76K (\$96K - \$20K) while Year 2 is \$41K.

All work and no play... What of your aspirational goals in retirement? Don’t wait until 75 to

start, instead spend ahead and under control by planning a block of years and \$ amount. For example, “From ages 62-72, add \$20K extra per year for more travel.”

What of future liabilities? A mortgage ending? New vehicles needed? A remodel or home repair? Moving to reduce costs and taxes? Assisted living? Gifting to help adult kids?

Build your cash flow analysis. By factoring income sources, assets, growth rates, planned distributions, living expenses, one-off expenses, liabilities, inflation, and taxes, we see positive or negative cash flows this year and in future years.

Negative cash flow, a.k.a. your income gap, varies each year.

Consider:

- 2024 -\$52K
- 2025 -\$44K
- 2026 -\$65K
- 2027 -\$34K
- 2028 -\$21K
- 2029 -\$24K

Bucket #1 is \$161K, #2 has \$79K and #3 is remaining assets seeking long-term growth.

Come June 2024, review and confirm your spending rate,

rerun cash flow with updated values, then raise 50% of 2027 (~\$17K) from Bucket #2 to #1. In most tax efficient manner, move 50% of 2029 (~\$12K) from Bucket #3 to #2.

Rinse/Repeat every 6 months for ongoing 2.5 to 3 years of cash to cover income gaps. This reduces fear and large withdrawals, provides lifestyle confidence, and participates in long-term investment growth over market cycles.

More to consider than space allows, so 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. 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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Friends of the Millis Library Offer Scholarship

The Friends of the Millis Public Library are proud to once again offer our annual scholarship to a deserving high school senior. All graduating seniors residing in Millis who will be attending a college or university are eligible for this scholarship. Emphasis will be placed on library volunteerism and efforts to promote literacy/reading.

The Friends of the Millis Public Library, founded in 1983, is a non-profit organization dedicated to supporting and enhancing library services. The Friends have supported the library by providing museum passes, technical support, adult, and children’s programs, etc.

To apply for the scholarship, Millis High School seniors only should visit the Millis High School website hs.millisps.org to access the scholarship link. Stu-

dents from other schools should contact their Guidance Office for more information and to obtain an application. Millis High students can start using the scholarship website and students from other schools can begin to apply for the scholarship through their schools on Friday, March 15. The deadline for applications is Sunday, April 21, 2024.

Charles River Sinfonietta free duo recital on March 22

MILLIS - The Charles River Sinfonietta will perform on March 22 at 6:30 p.m. at the Millis Public Library. The recital is free and open to the public. The Charles River Sinfonietta will also host free chamber music concerts on June 21 and June 28 at 6:30 p.m.

The March duo recital will feature Jacob Litoff on violin and Michael Simmons on viola performing works by Handel/Halvorsen, Johannes Wenzeslaus Kalliwoda, James Niblock, and Mozart. The Handel/Halvorsen piece is a Pasacaglia with many variations on

a theme that came from the final movement of Handel’s Harpsichord suite in G minor. James Niblock composed this violin/viola duo sonata in 2008, ten years before he passed away at the age of 100. It is a beautiful piece that needs to become well known. Johannes Wenzeslaus Kalliwoda composed this

duo opus 208, the first of two duos he wrote for violin and viola, near the end of the 44 years he spent working for Prince Karl Egon II of Furstenberg in Germany in the early 19th century.

Mozart’s duo K. 423 is the first of two great violin/viola duos he composed in Vienna in 1783.

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The b.LUXE *beauty beat*

Gray Blending: A New Way to Embrace Your Gray

BY GINA WOELFEL

Once upon a time, spotting your first gray hair felt like the beginning of the end, especially for women. In an age-obsessed society, women have felt the need to maintain a youthful appearance, and aging was often considered taboo.

However, nowadays, women are pushing back and embracing their gray hairs and the number of years it took to earn them! Accepting your gray has become synonymous with self-love and a more natural approach to beauty. We all age, so let's celebrate it!

Women, in particular, are often judged based on their appearance. Interestingly, the pandemic sparked the modern gray hair movement, prompting women to embrace their natural hair color. When salons closed, women had to skip their monthly color retouches. It was a challenging time, but we were resilient and adapted. With no end in sight, our roots grew in, and when one inch turned to three, many women saw their natural color for the first time and loved it. Their gray hair was beautiful, and the time spent away from judgment and scrutiny allowed them to reconnect with their natural selves.

We understand that not everyone will give up hair coloring and accept their gray hair. It's a big commitment that requires both emotional and aesthetic considerations. For many women, to stop coloring their hair altogether would be difficult. Unlike pandemic times, we're out in the world each day, and having half our hair without color could be quite an adjustment.

Here's an analogy of the three levels of basic gray coverage.

1. Full coverage covers 100% of the gray with a one-process color. Think of this as wearing colored wool tights.
2. Demi-permanent coverage covers about 80% of your gray using a less pigmented dye. This process lets some of your natural tone and

gray hair show through. Think of this like wearing sheer, colored pantyhose.

3. No coverage, allowing your natural gray and silver color to come through completely, but glossing the hair to add shine, tone and eliminate yellow and brassy tones. Think of this like wearing sheer, nude pantyhose.

For decades, these three techniques were the standards for covering your gray, with most women opting for full coverage. This all-over, one-dimensional color application can be as light or dark as your natural or current color allows, but it will leave a hard line of regrowth at your roots. Modern formulas offer a wider range of hues and are more prismatic than their predecessors, but this technique still requires an appointment every 4-6 weeks. Many women, believing they still match their natural color, have dyed their hair this way for years. So many years, in fact, their original hair color has completely changed. But it's easy to get stuck in a rut. One process coverage works, but is it the best coverage for you now?

Gray, silver, and platinum hair is all the buzz, with more and more women ditching high-maintenance, monochromatic tones for more lived-in looks. Now, more than ever, you've got options.

Have you heard about "Gray Blending?"

Gray blending is an umbrella term that describes the many techniques used to disguise and incorporate your gray hair. Without a hard line of regrowth, it's a more natural-looking alternative

Gray blending techniques incorporate foil highlights and lowlights that vary in weight and placement to provide a highly customized color unique to you. There's gray blending for blonde hair and gray blending for dark hair, as well as auburn and red hair. Gray blending uses multiple shades of hair color to create a gradual transition that incorporates your gray hair with your

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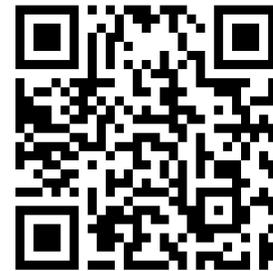


natural color (or chosen base color.) With this multi-tonal technique, gray hairs aren't covered; they're enveloped within the pattern of color, resulting in a softer, more natural look that needs less maintenance than one-process color. You can choose to maintain your gray-blended look or use this process to slowly transition towards all gray.

For clients who've been dying their hair a darker shade for years and want to grow out their natural color, you have a few options:

1. Using your previous color as a guide, your stylist can highlight or lowlight just around your face. Lowlights use the same technique as highlighting to apply color but use darker tones for depth and dimension. This method breaks up your gray regrowth and avoids a hard line of demarcation. It also allows clients with longer hair to pull it back in a ponytail, disguising their gray in the back.
2. Your stylist can also select a few areas where your gray hair is growing in, like through your part and around your face, and place a few strategically painted highlights they'll lift close to the color of your silver hair. A toner should then be applied to unify color, tone brassiness, and add shine.

Visit Our Gray Blending Page For More Info



Visit Our Website at bLUXE.com to Book an Appointment



Scan for more info

3. Choosing to stop dyeing your hair altogether is another option. Your hair grows about 1/2" to 3/4" per month, so growing your hair to a manageable, shoulder-length bob takes approximately a year and a half without intervention. Many people cut their hair short to remove most of the dyed hair and then let it grow out while getting regular trims to remove the remaining colored portions. Once the dyed hair is gone, your natural hair color can grow as long as desired.

4. Dying your entire head silver in one session is definitely an option, but one that comes with a few caveats. Many clients are curious about how long this process takes because they've seen incredible mega-transformation on social media. While it's technically possible for some people's hair to lift enough artificial color in one session, this level of alteration is uncommon. Despite online videos that seem to show quick and easy solutions, the truth is that these types of color appointments are costly and can take 10 to 12 hours in your stylist's chair, with no guarantee of the desired results.

5. We recommend a toner or tinted gloss for all gray-blending methods and existing gray clients. Natural gray hair can be yellow, brassy, or even mousy-brown. A toner will brighten and balance those undesirable tints, adding a mirror-like shine.

6. The timeline for hair regrowth varies from person to person and depends on factors such as the health and length of your hair, the coloring technique you and your stylist choose, and how quickly you want to achieve your desired transformation. Your stylist will likely want at least three to four months of regrowth to see your gray pattern. This time is not 100% necessary, but it allows your stylist to create the most effective color plan for you.

Once you start the transition process, you can expect your maintenance and upkeep to be about 8 to 12 weeks apart, depending on your chosen method. Typically, it takes about 3 to 4 salon visits to complete the process and get your hair to the desired state.

And remember, nothing is ever permanent! If gray blending isn't your thing, you can always go back. Your stylist is here for your aesthetic and whatever makes you feel most beautiful!

If you're curious about gray blending and would like more information, scan the QR code above to visit b.LUXE Hair and Makeup Studio's Gray Blending page that features before and after transformations.

b.LUXE Hair and Makeup Studio also offers complimentary color consultations.

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Medway Cultural Council awards \$8,500 in grants for 2024

The Medway Cultural Council is pleased to announce new funding of \$8,500 from the Massachusetts Cultural Council 2024 that is being awarded to 11 applicants in the Arts, Humanities and Sciences.

Grants include (by date):

- Community Culture Night at the Symphony's "Latin Salsa Buffet" celebrating music from around the world, Claffin Hill Symphony Orchestra, Grand Ballroom, Milford Town Hall, March 9, 2024, 7:30 PM.
- She Grooves: Using Our Voices for Positive Change, Kaye Kelly and band features original tunes as well as unique covers of Joni Mitchell, Carole King, Aretha Franklin and Nancy Wilson, Hopkinton Center for the Arts, March 17, 2024, 4:00 PM.
- Unlikely Strummers – Family Friendly Music, Medway Friends of the Performing Arts, Medway High School Auditorium, March 24, 2024
- Myths & Miracles of Victorian Medicine presented by Janet Parnes, an insightful perspective of modern medicine, deeper appreciation of people & struggles that moved it forward including the first woman to graduate from a U.S. Medical College, Medway Public Library, March 26, 2024, 7:00 PM.
- The Art of Pysanky – The Painting of Easter Eggs in the Traditional Ukrainian Form, Celeste Langlois, March – April 2024
- I'll Be There for You, a

live theater narrative by the 2nd Act Organization about the drinking problems and recovery of young people, Medway High School, May 1, 2024

- Medway Pride Flag Raising to raise awareness of and support of the LG-BTQ Community with music and displays in the Choate Park Pavilion, Route 109 near Choate Park, May 31, 2024
- Live Art Painting Performance, Amy Adams, a live performance in which a piece of improv art is produced using the people, energy and colors interpreted by the event, Choate Park, Summer 2024
- Bronze Statue for the Town of Medway, sculpting of clay models Erin McCarthy for bronze statue to be displayed at the Medway Library, throughout 2024
- Annual Movie License for Medway Library Events, supporting TEEN movie nights, summer lunch program activities, and the Middle School Wednesday program, Medway Public Library - throughout 2024
- Sense and Sound Robotics: FIRST Tech Challenge Robotics & STEM Awareness Program (after school program for grades 9-12 for students to design, build, and 'code' robots to compete in an alliance against other teams.), Tom Kroon, throughout 2024.

Medway Cultural Council is one of 329 Local Cultural Councils serving all of the Commonwealth. Annual

funding is appropriated by the state legislature to the Mass Cultural Council which then allocated funds to each LCC to support community-based projects in the arts, sciences, and humanities.

Mission Statement

"The mission of the Medway Cultural Council is to support and cultivate the arts, humanities, and sciences for Medway residents. To accom-

plish this we offer grant funding, program development, and educational opportunities. Our goal is to provide our community with a wide range of cultural experiences including art, musical performance, scientific pursuit as well as traditions from around the world. We support and encourage local artists in a shared sense of community through cultural appreciation."

We welcome ideas, recom-

mendations, and feedback for future programming. Medway residents are invited to attend meetings which are held at the Medway Library. Our Agenda is posted on the Town of Medway website. For more information about the Medway Cultural Council, please visit our website at <https://www.townofmedway.org/cultural-council> or email us at medway-culturalcouncil@gmail.com

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Living Healthy

iStent Inject and Microgoniomy for Glaucoma

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

What is glaucoma and how is it treated?

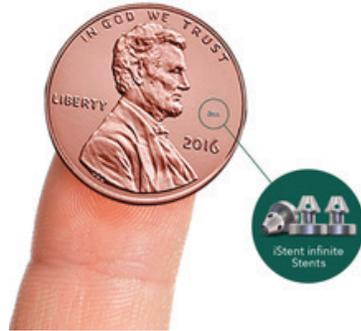
Glaucoma is a chronic disease defined by characteristic optic nerve damage. It is a multi-factorial disease with over 300 different anatomic variations and affects over 40,000,000 people worldwide. Glaucoma is a slowly progressive and irreversible disease and, in most cases, causes a painless loss of eyesight. It is, in short, "the silent sneak thief of sight". The damage to the optic nerve is commonly caused by a fluid imbalance, or pressure, in the eye, as well as possible alterations in the blood flow to the optic nerve. It is well established that lowering the intraocular pressure can slow the process of optic nerve damage. The degree of pressure lowering necessary to prevent optic nerve damage is in-

dividualized for each person and each optic nerve. The greater the optic nerve damage, the lower the intraocular pressure is needed to achieve stability and prevent further optic nerve damage and further visual field loss.

If glaucoma is left untreated you may experience vision loss and eventual blindness. Treatment strategies for glaucoma are individualized to achieve the greatest lowering of the intraocular pressure with the least amount of risk to the individual's eyesight and well-being. Commonly, in the United States, topical medications are used as a first line of treatment. In many situations, multiple medications are tried to achieve the desired pressure level. Unfortunately, there can be difficulties with compliance, cost and side effects with many of these medications and laser therapy is commonly substituted as a first line of therapy.

What is the iStent® trabecular micro-bypass stent?

Minimally invasive glaucoma surgical procedures, so-called MIGS involve alterations of the drainage area that are performed inside the eye. The iStent® trabecular micro-bypass stent is a surgical therapy for patients who have mild to moderate open angle glaucoma and have been tried possibly on topical medications or laser therapy. It is designed to improve the aqueous outflow to better lower the intraocular pressure and reduce the need for medications. The iStent® is the smallest medical device approved by the FDA to date. It is placed in the eye into the drainage area, so-called Schlemm's Canal through the trabecular meshwork. The iStent® is an elective procedure. The iStent® is potentially beneficial in helping to reduce the number of glaucoma medications and drops



needed to control this condition.

What is microgoniomy surgery?

Microgoniomy surgery (using the iAccess trabecular trephine device from Glaukos) is another type of MIGS. This procedure provides control of the eye pressure at lower risk than more traditional glaucoma surgeries. It alters the eye's drainage system to lower the eye pressure and reduce the need for medications. Microgoniomy can be done standalone or combined with iStents during cataract surgery in a tissue sparing fashion to improve resistance to outflow in glaucoma. This tissue-sparing procedure can help lower the pressure even more compared to implanting iStent alone. During this procedure and ophthalmologist (Eye MD/ surgeon) will make 3 trephination cuts in a part of the eye's drainage system called the trabecular meshwork. This will allow fluid to leave the eye much easier.

Benefits (how the surgery can help)

The goal of the iStent and microgoniomy surgery is to lower your eye pressure and help

preserve vision. It will not bring back vision already lost from glaucoma. After implantation, many patients are able to better control their eye pressure with fewer medications.

Risks

As with any surgery, there are risks with the iStent and microgoniomy procedure. The surgery may not lower the eye pressure or control the glaucoma even when it is properly performed. In addition, sometimes there can be complications that do not appear in the early post operative period but may develop days, months or years later. Further treatment or surgery to treat those complications may be needed. As with any intraocular surgery, there may be loss of vision, blindness, loss of the eye, as well as bleeding, infection and injury to the eye or nearby body parts.

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens. We also offer laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery

EYES

continued on page 13

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Medway Public Schools One of Four Districts Nationwide Selected for Mental Wellness Collaborative

Superintendent Armand Pires and Director of Wellness Dr. Ryan Sherman are pleased to announce that Medway Public Schools has been selected to participate in a Mental Wellness Collaborative that aims to support the mental wellness of students across the country.

The initiative was launched by the AASA, The School Superintendents Association with the consideration that young people have experienced more than three years of pandemic-affected educational opportunities in addition to severe economic challenges, fear and depression, and grief and loss. This is the second year of the Collaborative's work.

Through the virtual Collaborative, the four selected districts will share best practices in mental wellness, positive youth development, avoiding/preventing risky behaviors and practices, and raising awareness of nicotine-derived products for school staff and students.

Ultimately, the Collaborative is meant to help identify various best practices and strategies, which will be shared with AASA's members to support, bolster and develop mental wellness for students and the adults that serve them.

To kick off the work, Superintendent Pires and Dr. Sherman will participate in a one-day in-person meeting with representatives from the other three participating districts this month. AASA will also complete a site

visit to Medway, expected in March, to hold focus groups with middle and high school students to understand more about their lived experiences with mental wellness.

"Our district's selection for this Collaborative is a testament to the work of our staff over the past few years to comprehensively address mental health needs among our students, which has positioned us as a leader in this work," Superintendent Pires said. "We look forward to sharing our efforts and how similar programs and initiatives may be able to help other students across the country."

To address the mental wellness needs of students, Medway Schools has implemented the traditional three-tiered multi-systems support approach to integrate social and emotional learning, with an added fourth tier of support. The tier-4 program includes outpatient care coordination, school-based outpatient therapy, telehealth mental health services and wrap-around mental health services. The fourth tier has helped to increase student access to mental health services, decrease wait times and reduce the amount of time school counselors, adjustment counselors and social workers spend coordinating outpatient services. To read more about the district's work, visit bit.ly/MedwayMentalWellnessCollab.

Source: Medway Public Schools

EYES

continued from page 12

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Millis Senior Center events for March

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.

March 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 service to senior citizens in Millis. 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, March 25 at 11:00 AM
Otis will be here with pizza

and information about the Millis Fire Department Senior Safe Program
Pre-register by calling the Senior Center

Painting with Amy Adams
Tuesday, March 26 at 1:00 PM

Join artist Amy Adams in a group painting class. Sponsored by the Millis Cultural Council.
Pre-register by calling the Senior Center

Special St. Patrick's Bingo with Girl Scout Troop 82362
Monday, March 18 at 2:00 PM
Pre-register by calling the Senior Center

Irish Luncheon
Tuesday, March 19 at 11:30 at the Senior Center, \$3.00
Traditional corned beef boiled dinner and dessert.
Pre-register by calling the Senior Center

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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Sports

Rigney selected to coach Medway High's football team

Ex-Bellingham coach knows keys for success

By KEN HAMWEY
STAFF SPORTS WRITER

Ted Rigney might be just what the doctor ordered for the Medway High football team.

The Mustangs, who won only one game last year, hired Rigney in January as the Bellingham native became Medway's third coach in three years. A traditionally strong program with a rich tradition, the Mustangs are in need of some stability.

The 56-year-old Rigney previously was Bellingham High's varsity coach for seven years beginning in 2003. Before taking the Blackhawks' reins, Rigney was a Bellingham assistant (defensive coordinator) for 12 years during coach Dale Caparaso's tenure that included four Super Bowl crowns. Rigney later worked as an assistant coach in Hopkinton and Uxbridge.

As Uxbridge's special-teams coordinator and defensive line coach last year, Rigney and the Spartans had a dynamic run, compiling a 13-0 record and winning the Super Bowl by beating Amesbury (48-14). Rigney's son, Liam, was a captain on that squad, competing as a safety and wide receiver.

Rigney said, "I thought I'd be retiring from coaching last season, especially after Uxbridge won the Super Bowl. But when I heard Medway had

an opening, I had to consider it. I've always had the itch to be a head coach again, but I wanted a perfect situation. Medway is perfect because of the logistics (Rigney teaches in Bellingham and lives in Uxbridge). I respect the town, its facilities are excellent, and the school turns out good athletes. There's no reason why the program should be struggling, and I felt I could be a good influence."

Medway's Athletic Director Jeff Parcels is confident the Mustangs' grid program will be in good hands.

"We're very excited to bring Coach Rigney to Medway," Parcels emphasized. "He has a proven track record as a high school football coach and educator. His familiarity with the Tri-Valley League and his professionalism working with kids is something I really liked about him during the interview process. He checked all the boxes and more. I feel very strongly that our program is headed in the right direction. We have great kids here in Medway and it's now up to coach Rigney and his staff to move our program forward in a positive and productive way."

A UMass-Lowell graduate who played four years of varsity football there, Rigney majored in criminal justice. He first was a policeman in Holliston for 10 years before turning to teaching. He has been teaching his-

tory at Bellingham High for 25 years.

When he played for Bellingham High at center and line-backer, his four varsity years produced only five victories. He also played for three different coaches.

"I know the importance of stability," he said. "I met most of Medway's players and I feel bad for the seniors. The key to success at Medway will be to establish stability and trust. Once those things are in place, then there's a solid foundation that will lead to winning. That's when the players, the school, and the community can take pride in what's achieved."

Rigney's goals will not be about competing for the Tri Valley League Small Division title or qualifying for the playoffs. He'll stress daily improvement.

"I don't know my players' potential, so I'll emphasize aiming for a high ceiling," Rigney offered. "After our first five or six games, I'll look at the results and then get specific about the TVL and the playoffs."

Medway's first four games are against Dighton-Rehoboth, Pentucket, Falmouth, and Westwood.

As a player and as Bellingham's head coach, Rigney twice was faced with adverse conditions. His four-year playing career experienced only five triumphs and the 2008 team that he coached went winless in 11 games. He learned a lot from both instances.

"During my four years of playing that ended in 1984, we learned to never quit even if things weren't going our way," Rigney emphasized. "We just kept moving forward and kept competing. When I coached, my 2007 team went 9-2, my best year as a head coach. But, in 2008, we were young and what worked in 2007 didn't work in 2008. The kids on the 2008 team taught me a lot. They didn't quit, they bought into what we were doing and were willing to try anything new. I was grateful for their resilience. They taught me to weather the storm and they taught me how



Former Bellingham head coach Ted Rigney is taking the reins of Medway High's football program. Courtesy photo

to be patient. And I learned not to be afraid to make changes."

Rigney is a firm believer that some necessary ingredients are needed before Medway can talk about its experience, depth, and athleticism. "The key attributes that have to be developed are mental and physical toughness, and a high football IQ," he said. "Athleticism, depth, and experience will be taken care of if we have those qualities."

When he coached as an assistant to Caparaso at Bellingham, he saw what the priority was that eventually led to success. "A process, or a system, has to be in place first," he noted. "When that's established, talent surfaces. We won four Super Bowls at Bellingham because the kids bought in and they had talent. That led to a winning system."

Because of their proximity, Rigney hopes Medway and Bellingham will develop a grid-iron rivalry and he's acutely

aware that his Mustangs will face the Blackhawks on Oct. 10

"My students at Bellingham High and some of the athletes have been great, wishing me future success," Rigney said. "When we play at Bellingham, it will be a bit weird. I'll be in the opposing locker room and our uniforms will be blue and white instead of black and white."

Rigney met his players on Jan. 13 and stressed the importance of building trust. "We'll build a good program but it may take time," he said. "I'll strive to earn the players' trust. I've heard the talent and the numbers are good. What's needed is to get everyone on the same page."

Competing in the TVL for a lengthy stretch, Rigney knows it's a high-caliber league. "It's one of the premier leagues in

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FOOTBALL

continued on page 15

Sports

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

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

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

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

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

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

2. My spouse will inherit everything.

Consider children from a previous marriage and discuss with your attorney how to include them in your estate planning. Plus, there's always a chance that you and

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

3. All my assets are jointly titled.

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

4. I don't have any heirs.

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

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

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

Please don't let these common misconceptions keep you from preparing a will. Given the vital role a will plays in distributing your assets, protecting your loved ones, and making sure your final

wishes are carried out, now is the time to seek out a qualified attorney and make sure you have a legally viable will in place.

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

Neither New York Life nor its agents provide tax, legal, or ac-



counting advice. Please consult your own tax, legal, or accounting professional before making any decisions.

Daniel Cobb, "Caring.com's 2022 Wills Survey Finds That 1 out of 3 Americans Without Estate Plans Think They Have Too Few Assets To Leave

Behind," Caring.com. <https://www.caring.com/caregivers/estate-planning/wills-survey>

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FOOTBALL

continued from page 14

the state," he said. "We won Super Bowls at Bellingham because teams like Holliston, Westwood, Hopkinton, and Millis got us ready to compete in Super Bowls. I have tremendous respect for all the teams in the TVL."

Rigney, who's still in the

process of compiling a coaching staff, said his family was "happy" with his decision to continue coaching.

"My wife [Karen] was a bit surprised but she and my two sons are glad," he said. "They know I'll put a lot of time into it."

Ted Rigney is a knowledgeable coach and a high caliber individual who admits that "coaching is in my blood."







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March/April – Medway COA

Downsizing

Are you planning a move in the near future? Do you need to consolidate years of accumulated “junk” to fit into your new, smaller living quarters?

Join us on Wednesday, March 13th at 10:00 AM for a presentation on downsizing and preparing to move. The discussion will be led by Brian Wotton a local senior real estate specialist.

Stop by or call the Center to sign up for this informative session. 508-533-3210

How to Use Uber

Do you hate to drive in bad weather or when it's dark? Expand your transportation options and independence with the ride sharing service, Uber. Travel with confidence and without having to ask a friend for a ride to appointments and errands.

On Monday, March 18th at 11:00 AM, Adam Cookson will be here to explain the ins and outs of the Uber service. Sign up at the Center by calling 508-533-3210.

Attorney Info Session

On Tuesday, March 19th at 10:30 AM, Attorney Paula Nedder will make a return visit to the Center.

Paula is both an estate planning and elder law attorney. Her practice areas include elder law, estate planning for all ages, probate and estate administration, Mass Health/Medicaid planning, and long-term care planning.

Sign up in advance for this event by calling 508-533-3210.

Community Farm Talk

On Thursday, March 21st at 12:45 PM, Todd Sandstrum from the Medway Community Farm will visit the Center. He will discuss the mission of the Farm, how it runs, what they grow, and how they help the community.

Stop by or call to sign up for this session!

State Senate Liaison

On Wednesday, March 27th at 10:00 AM, Momina Haidri will be at the Center for “Listening Hours”. Momina is the District Liaison from the Office of Senate President Karen Spilka, and will be here to address questions and concerns you may have.

Balance Screening

Balance is a key to fall prevention and maintaining inde-

pendence. Take advantage of this free, one-on-one balance screening provided by therapists from Personal Best Physical Therapy, on Wednesday, April 10th, beginning at 11:15 AM.

You will be provided with a summary of the results of your standardized balance test, and recommendations for next steps. Sign up is required; space is limited.

Build Your Trivia Team!

On Thursday, April 18th at 1:00 PM, we'll be holding our first Trivia Competition with questions from the 50's, 60's, and 70's.

Put together a 3-person team and sign up for this fun event!

Metrowest Veterans Services

Do you have questions about the benefits you are entitled to as a Veteran? Do you need assistance with applications to apply for programs such as Burial benefits, Disability Compensation, Veterans' Pensions, Enrollment in VA Healthcare, etc.?

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.

April 24 community forum will discuss Millis Middle/High School Project

In Dec. 2023, the Millis School Building Committee representatives, in collaboration with the Massachusetts School Building Authority, selected Tappé Architects as the designer for the Middle/High School project. Tappé Architects were the designers for the new Clyde Brown Elementary School.

A community forum will be held on April 24 at 7 p.m. at a location yet to be determined.

The first of two forums was held on Feb. 28 via Zoom. That reporting was not available at press time, but can now be found on Facebook @ MedwayMillisTownNews.

The School Building Committee has also selected The Vertex Companies, LLC as their Owner Project Manager for the Middle/High School project. This is the third project the town has hired the



Sponsored by: Millis School Building Committee (SBC) and its project partners.

Millis Middle/High School building project. Image source: www.millisschoolproject.com

Vertex team to guide. The Vertex team members previously managed the new Clyde Brown Elementary School project, new police station, and renovation of the fire station.

Medway Lions Club to hold annual events in March

On Sunday, March 3, the Medway Lions Club will hold their annual Father Daughter Dance from 1-4 p.m. Taking place at the Medway High School Cafe, this fun event costs \$7 per person at the door (Venmo, cash or check) and includes music by DJ, games and refreshments. There will be a 50/50 raffle and Tim Rice Photo will be on hand to record your memories. Recommended for ages 12 and under. Dads, Granddads, Uncles, Brothers – ALL father figures are welcome to escort.

On Sunday, March 24, the

Easter Bunny will join the Medway Lions Club in hosting their annual “all you can eat” Pancake Breakfast at the Medway High School Cafe, from 8 a.m. to 12 noon. The cost is \$10 for adults, and \$7 for senior citizens and kids under 10 (Venmo, cash or check). The menu will include pancakes, scrambled eggs, Joe’s “famous” quiche, bacon, sausage and ham, baked beans and juice, coffee, tea and milk. Tim Rice Photo will be on hand for photos with the Easter Bunny.

Xaverian Brothers High School Second Quarter Honor Roll

Dr. Jacob Conca, Head of School at Xaverian Brothers High School, is pleased to announce that the following students have been named to the honor roll for the second marking period of the 2023-2024 school year.

The Xaverian Brothers High School honor roll has three designation levels: Ryken Honors (all marks are A- or above), First Honors (all marks are B or above), and Second Honors (all marks are B- or above).

Medway

- Jack Daly, Ryken Honors, grade 8
- Scott Feeney, Ryken Honors, 8
- Nicholas O'Neil, Ryken Honors, 8
- Aadi Aggarwal, Ryken Honors, 11
- Neilan Fahey, Ryken Honors, 11
- Jack Barry, First Honors, 8
- Marvyn Romelus, First Honors, 9
- Peter Schofield, First Honors, 9

- Shane Barry, First Honors, 10
- Michael Rossi, First Honors, 11
- Connor Bennett, First Honors, 12
- Lukas Noriega, First Honors, 12
- Kellan Ward, Second Honors, 7

Millis

- Jonathan Pinelli, Ryken Honors, grade 12
- Luke Gibbons, First Honors, 7
- Nicholas Ahmad, First Honors, 9
- Matthew Curley, First Honors, 9
- Chad Saghbini, First Honors, 9
- Nathan Trampont, First Honors, 9
- Marcus Reyes, First Honors, 10
- Beckett Soule, First Honors, 10
- Benjamin Kramer, First Honors, 11
- Adrián Izquierdo, First Honors, 12
- Spencer Riley, First Honors, 12
- Parker Soule, First Honors, 12
- Brayden Gordon, Second Honors, 9

- Garrett Minarski, Second Honors, 9
- Gavin Heneghan, Second Honors, 10
- Andrew O'Neill, Second Honors, 10

Source: Facebook @Xaverian Brothers High School

Wizard of Oz Performances in Millis

The Theatre Group of Millis, in consortia with Millis High School and Millis Middle School, proudly presents the Broadway musical "THE WIZARD OF OZ" on March 15, 16, 22 and 23 at 7:30 p.m.

The Wizard of Oz stage musical, presented by the Royal Shakespeare Company, features music and lyrics by Harold Arlen and E. Y. Harburg, background music by Herbert Stothart, dance and vocal arrangements by Peter Howard and orchestration by Larry Wilcox. The

Theatre Group of Millis production is directed by Mark Prokes, Music direction by Mark Femino and dance choreography by Stephanie Copice.

Tickets are available online at www.millistheatre.com. Presale tickets are \$18 for adults and \$10 for seniors and students. Tickets are also available at the door, Adults \$20, students and seniors \$10.

For further information, go to www.millistheatre.com.

This program is sponsored in part by a grant from Millis Cultural Council, a local agency which is supported by the Mass. Cultural Council, and Middlesex Savings Bank.

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Millis Police Log

According to safety logs, between Jan. 16, 2024 and Feb. 16, 2024, the Millis Police Department spent the majority of its time on calls related to motor vehicle stops, general traffic enforcement, and disabled motor vehicles. Other entries of note include:

- Jan. 15 at 12:59pm, Milliston Rd., disturbance, de-escalated
- Jan. 21 at 7:54pm, Irving St., carbon monoxide alarm
- Jan. 26 at 9:29pm, Pleasant Street, disturbance, de-escalated
- Jan. 26 at 10:11pm, vandalism, taken/referred to other agency
- Jan. 31 at 5:58am, Main St., motor vehicle stop, vehicle towed
- Feb. 2 at 10:52am, Main St., motor vehicle accident with injuries, transported to hospital
- Feb. 3 at 3:05pm, Auburn Rd., disturbance, services rendered
- Feb. 3 at 5:48pm, Plain St., suspicious activity
- Feb. 4 at 1:35am, Main St., disturbance, de-escalated
- Feb. 5 at 9:30pm, Main St., motor vehicle stop, arrest made
- Feb. 9 at 6:33pm, Spencer St., larceny/forgery/fraud
- Feb. 10 at 6:28pm, Saratoga Ter., disturbance, de-escalated
- Feb. 11 at 3:56pm, Helen Ln., burglar alarm, false alarm
- Feb. 12 at 5:22pm, Dover Rd., disturbance, de-escalated
- Feb. 14 at 11am, Main St., motor vehicle stop, vehicle towed
- Feb. 14 at 5:31pm, Main St., motor vehicle stop, arrest made
- Feb. 16 at 5:09pm, vehicle fire, extinguished

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Bishop Feehan - Second Quarter Honor Roll 2023-2024

ATTLEBORO - Bishop Feehan Vice Principal for Academics Charlotte Lourenco is proud to announce the Honor Roll students for the second quarter. Those students include the following Medway and Millis residents:

Medway

- Camille McCurdy, grade 10, First Honors
- Jillian Conlon, grade 12, First Honors
- Alicia MacRury, grade 10, Second Honors
- Elaria Cherubim, grade 11, Second Honors

- Ananya Aggarwal, grade 12, Second Honors
- Addison Hansbury, grade 9, Third Honors
- Kailee O'Brien, grade 11, Third Honors

Millis

- Liam Berube, grade 9, First Honors
- Greyson Perrone, grade 9, Second Honors
- John Perrone, grade 9, Second Honors
- Amelia Cantoreggi, grade 12, Third Honors
- Allison Chase, grade 12, Third Honors

Honor Roll is a recognition of high-performing students based on the student's overall average in any given quarter, regardless of the levels of their classes. Bishop Feehan has three levels of Honor Roll. First Honors is awarded to students whose overall average in that quarter is grade 93.00 or higher, Second Honors is grade 90.00 or higher, and Third Honors is 85.00 or higher, with no individual grade below 80.

For the entire honor roll, visit www.bishopfeehan.com/apps/news/article/1885477

Millis High School announces January Students of the Month

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

Grade 9 Nominees: Owen Caulfield and Klara Sieczkiewicz
 Winner: Klara Sieczkiewicz. "Klara brings it every day in class. She has a great work ethic and participates actively in class discussions. She also has a great sense of humor."

Grade 10 Nominees: Eloa Souza, Jenna Nirenberg, and Zoe Sparks
 Winner: Eloa Souza. «Eloa not only is always on task while in class, but she is willing to be vulnerable and ask questions and has gone out of her way to be kind and look out for others»

Grade 11 Nominees: Abby Wallace, Hedia Louati, and Ramsey Breslau
 Winner: Abby Wallace. «Abby never takes a day off. She is disciplined, intelligent and a role model for other students.»

Grade 12 Nominees: Grace Charlebois, Madilyn Martone, Jennifer Scolponeti, and Jaime Conrad
 Winner: Jennifer Scolponeti. «Jennifer always has a smile on her face and comes in with a positive attitude each and every day.»



These students were among several nominated to be Students of the Month at Millis High School in January. (L to R) Klara Sieczkiewicz, Abby Wallace, Grace Charlebois, Jennifer Scolponeti, Madilyn Martone, Zoe Sparks, and Jenna Nirenberg. Source: Millis Public Schools

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How can women bridge the retirement gap?



Mark Freeman

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March 8 is International Women’s Day, a day for celebrating all the accomplishments of women around the globe. But many women still need to make up ground in one key area: retirement security.

Women’s challenges in achieving a secure retirement are due to several factors, including these:

- **Pay gap** – It’s smaller than it once was, but a wage gap still exists between men and women. In fact, women earn,

on average, about 82 cents for every dollar that men earn, according to the Census Bureau. And even though this gap narrows considerably at higher educational levels, it’s still a source of concern. Women who earn less than men will likely contribute less to 401(k) plans and will ultimately see smaller Social Security checks.

- **Longer lives** – At age 65, women live, on average, about 20 more years, compared to almost 17 for men, according to the Social Security Administration. Those extra years mean extra expenses.
- **Caregiving responsibilities** – Traditionally, women have done much of the caregiving for young children and older parents. And while this caregiving is done with love, it also comes with financial sacrifice. Consider this: The average employment-related costs for mothers providing unpaid care is nearly \$300,000 over a lifetime, according to the

U.S. Department of Labor — which translates to a reduction of 15% of lifetime earnings. Furthermore, time away from the workforce results in fewer contributions to 401(k) and other employer-sponsored retirement plans.

Ultimately, these issues can leave women with a retirement security deficit. Here are some moves that can help close this gap:

- **Contribute as much as possible to retirement plans.** Try to contribute as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Your earnings can grow tax deferred and your contributions can lower your taxable income. (With a Roth 401(k), contributions aren’t deductible, but earnings and withdrawals are tax free, provided you meet certain conditions.) At a minimum, contribute enough to earn your employer’s matching contribution, if one is offered, and try to boost your contri-

butions whenever your salary goes up. If you don’t have access to a 401(k), but you have earned income, you can contribute to an IRA. Even if you don’t have earned income, but you have a spouse who does, you might be eligible to contribute to a spousal IRA.

- **Maximize Social Security benefits.** You can start taking Social Security at 62, but your monthly checks will be much bigger if you can afford to wait until your full retirement age, which will be around 66½. If you are married, you may want to coordinate your benefits with those of your spouse — in some cases, it makes sense for the spouse with the lower benefits to claim first, based on their earnings record, and apply for spousal benefits later, when the spouse with higher benefits begins to collect.
- **Build an emergency fund.** Try to build an emergency fund containing up to six months’ worth of living ex-

penses, with the money kept in a liquid account. Having this fund available will help protect you from having to dip into your retirement accounts for large, unexpected costs, such as a major home or car repair.

It’s unfortunate, but women still must travel a more difficult road than men to reach retirement security. But making the right moves can help ease the journey.

If you would like to discuss your personal situation with a financial advisor contact:

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Bi-County Collaborative students knit wigs for children with cancer

Medway Lions donate yarn for 'Magic Yarn Project'

In February, Bi-County Collaborative Executive Director Jeanne Sullivan shared that Bi-County students in the Life Roles Education Program (LREP) have been participating in the Magic Yarn Project.

The mission of the Bi-County Collaborative in Franklin is to provide high-quality educational programming, making it possible for all students to become responsible and contributing members of society. Bi-County provides specialized educational programs for students ages 3-22. The programs address the needs of students with autism, communication, emotional, health, intellectual, neurological, physical impairments, and specific learning disabilities.

Under the direction of Physical Therapist Dawn Rice-Norton and LREP classroom teacher Rebecca Blackburn, students in the LREP program created yarn

wigs for children with medical hair loss in an effort to spread kindness through the Magic Yarn Project whose mission is to "create magic in the lives of children battling cancer, and to inspire volunteerism to help make a difference."

Rice-Norton originally presented the project to the LREP after learning about the program through her involvement as the Global Service Team Chair for the Lions of Massachusetts.

After brainstorming with Blackburn, Rice-Norton and Blackburn knew they wanted LREP students to be part of the project to help other kids.

"Service is something even the most challenged can take part in," said Rice-Norton. "These students can be proud to do something for other kids in need. Everyone is capable of creating and displaying empathy and kindness."



Bi-County Collaborative students recently participated in the Magic Yarn Project wherein they wrapped yarn on a longboard with large dowels to knit wigs for children battling cancer. Courtesy photo

In September, the LREP program received five skeins of yarn, donated by the Medway Lions Club, and began working to create a wig modeled after Disney Princess Rapunzel. The LREP program also received yarn to be used for a Jack Sparrow wig, an Ariel wig, and others.

As part of the project, students wrapped yarn on a longboard with large dowels. The yarn is then cut to the required

length and attached to crocheted beanies to make the wigs. Tactile symbols were used to help students learn new vocabulary associated with the project.

In addition to spreading kindness, the Magic Yarn Project allows students to practice using their fine motor skills. To ensure students of all abilities enjoyed the process, Rice-Norton and Blackburn added tactile pieces to the long boards so students with visual impairments could more easily locate the correct posts as they wound the yarn. Tactile symbols were used to help students learn new vocabulary associated with the project.

Chemotherapy treatments often leave young scalps too sensitive for scratchy traditional wigs, but yarn wigs are comfy, soft, and warm. Founded by Holly Christensen and Bree Hitchcock, Magic Yarn wigs are inspired by beloved Disney characters and invite children back to the world of play and daydreaming. For more information, visit

www.themagic yarnproject.com
"I would like to thank both Dawn and Rebecca for spearheading this project," said Executive Director Sullivan. "This project emphasizes the values we hold close at Bi-County Collaborative. Everyone is capable of kindness. I am proud of each student and staff member who took part in this project."

Bi-County Collaborative

Making it possible for all learners to be responsible and contributing members of society. At Bi-County Collaborative, we are helping students who face learning challenges in a traditional educational setting achieve success.

Our high-quality educational programs create opportunities that maximize each individual student's strengths. Our talented, collaborative, and supportive teachers, administrators, clinical and behavioral consultants, and contributing members of society. Source: www.bicounty.org

Medway Safety Log

Between Jan. 15 and Feb. 15, the Medway Police Department responded to hundreds of calls, many related to suspicious and disabled motor vehicles, motor vehicle violations and accidents, unsafe road conditions, general traffic enforcement, parking violations, fire alarms (some faulty and accidental security alarms, many due to burnt food), motor vehicle lockouts, radar requests, property damage, accidental 911 calls, issuing (and recalling) warrants, funeral escorts, identity fraud, rabbits and dogs, and assisting other towns (including Bellingham, Framingham, Mendon, Milford, Millis, Providence, Sherborn).

Other entries of note include:

Jan. 15 at 8:41am, Lovering Hts, suspicious person. Caller reports a male party in the woods, on hands and knees sniffing the ground. Unfounded.

Jan. 16 at 5:45am, Village St., civil complaint. Caller reported an ongoing issue with landlord blocking his parked vehicle. "Both parties advised not to touch each others belongings."

Jan. 16 at 12:37pm, Willow Pond Cir.,

assault. Walk in reporting they witnessed an assault yesterday.

Jan. 17 at 7:08pm, North St., identity fraud. Caller reported several attempts to open credit card accounts in his name.

Jan. 18 at 9:31am, Main St., lost property. Police flagged down to report a Milwaukee lantern had fallen out of his vehicle. "Check of the cameras show [license plate number] taking the light from the ground at the entrance of the listed address." Police contacted the party who took the light, retrieved it, returned it to owner.

Jan. 18 at 5:31pm, Candlewood Dr., larceny. Caller filed a report regarding fraud after paying for a vacation rental.

Jan. 20 at 1:57pm, Virginia Rd., investigation. Caller reported walking her dog and found a needle on the ground. Fire Dept. retrieved sharp.

Jan. 20 at 6:15pm, Main St., motor vehicle violation. Verbal warning for non-conforming headlights.

Jan. 20 at 9:19pm, Alexandria Dr., animal control. Reports of a dog outside and "barking for hours." Animal control contacted.

Jan. 21 at 3:08pm, Brigham St., threatening. Caller reported "threats online pertaining to a possible swatting call." Report taken.

Jan. 22 at 1:12am, Meadow Rd., 911 hang up. Police called back but caller

would not answer any questions, kept saying 'no.' Police responded and confirmed it was accidental.

Jan. 22 at 11:23am, Fisher St., lost or stolen. Walk in report of a stolen package.

Jan. 23 at 11:39am, fire alarm. "Van running in the garage caused the alarm." [This happened again on Jan. 27]

Jan. 24 at 2:52pm, Trotter Dr., identity fraud. Walk in report of fraud with a company credit card.

Jan. 24 at 7:35pm, Cottage St., motor vehicle accident, car hit pole. Arrest made, vehicle towed.

Jan. 25 at 1:41am, Main St., suspicious person. Caller reports man stretching in the roadway.

Jan. 27 at 1:56pm, High St., keep peace. Walk in request for police to keep peace while they drop off belongings.

Jan. 27 at 8:42pm, Village St., natural gas leak. Fire Dept located leak in the roadway.

Jan. 29 at 11:21pm, Main St., disturbance. Noise complaint regarding "neighbor's dog runs around constantly." Caller has talked to owner to no avail. Party was advised.

Jan. 30 at 5:10pm, Main St., motor vehicle erratic operation. Caller reported a road rage incident. Police spoke with caller, second vehicle not found.

Jan. 30 at 6:24pm, Amelia Wy, animal

control. Caller reported a rabbit stuck in a soccer net. Animal control responded.

Jan. 30 at 8:51pm, Main St. Hathon Apts., fire alarm on 15th floor. Medway and Millis fire departments responded. Building partially evacuated, fire due to food on the stove.

Feb. 1 at 5:46pm, Sunset Dr., report of fire. Caller reported smoke and noise coming from furnace. Fire Dept. reports no fire, steam due to issue with boiler.

Feb. 2 at 9:43pm, Highland St., fire-works complaint. Investigated, caller provided video.

Feb. 4 at 5:24pm, Main St., motor vehicle violation. Motor vehicle stop, "plates are on a different vehicle than the registration."

Feb. 6 at 9:21pm, Pond St., OUI arrest. Vehicle towed.

Feb. 8 at 7:57am, Charles River Rd., motor vehicle accident without injury. Police transported two juveniles to the high school.

Feb. 10 at 11:23am, Main St., stolen property. Caller reported stolen DVDs they had rented from the library.

Feb. 10 at 10:57pm, Causeway St., motor vehicle accident and leaving the scene. Caller reported a pickup truck drove through her yard, crashed, and took off. Neighbor had a video. Police located driver on Holliston St.

Feb. 11 at 5:15pm, West St., assault. Received call from Milford Hospital ER regarding a patient reporting a larceny that took place at a local business.

Feb. 12 at 11:21am, Summer St., suspicious person. Caller reported a suspicious male sitting on a bike; caller was concerned because the bus dropped off a child and the male party waved. Police checked and said the party checked out.

Feb. 12 at 4:55pm, Summer St., motor vehicle accident without injury (mailboxes hit). Arrest made. Vehicle towed.

Feb. 12 at 11:47pm, Wellington St., keep peace. Caller reported loud music. Police arrived but no music was playing, party believes the group just left.

Feb. 14 at 12:47am, Fisher St., disturbance. Caller reported loud music. Police checked the area to Holliston town line, no loud music heard.

Feb. 14 at 12:18pm, Holliston St., larceny. Business reported a narcotics book and narcotics were missing.

Feb. 14 at 12:38pm, Bramble Rd., larceny. Business reporting a former employee refusing to return an iPad.

Feb. 15 at 10:29am, Priscilla Rd., fire investigation. Multiple callers reporting outside smoke. Police discovered a permitted burn.

Source: Medway Police Department

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Real Estate Corner

Berkshire Hathaway Home Services Welcomes Deb Prudhomme to the Team

Berkshire Hathaway Home Services is thrilled to announce the newest addition to our esteemed team, Deb Prudhomme. With an impressive background in education, military service, community involvement, and upcoming authorship, Deb brings a wealth of experience and a passion for excellence to her role.

Deb Prudhomme is no stranger to dedication and integrity. Having served as a respected educator in Walpole for over 20 years and as a military veteran, Deb's commitment to making a difference is unparalleled. Her involvement with organizations such as the Samaritans showcases her compassionate nature and her willingness to contribute to her

community in meaningful ways.

In addition to her vast experience and community involvement, Deb Prudhomme is also a Notary Public for the state of Massachusetts, offering her expertise and assistance with notarizations. Her reputation for reliability and trustworthiness precedes her, making her an invaluable asset to the Berkshire Hathaway Home Services team.

Deb Prudhomme's forthcoming book in spring 2024 adds yet another dimension to her multifaceted career, highlighting her dedication to continuous growth and learning. Her knowledge of the local housing market and commitment to personalized service will make her a trusted confidant for clients navigating the



home buying or selling process.

For all your real estate needs, trust Deb Prudhomme and the Berkshire Hathaway Home Services team to deliver exceptional service and results.

For more information or to schedule an appointment, please contact Tim Lumnah at 508.359.2331 or Marketing@bhhsPagerealty.com.

About Berkshire Hathaway Home Services:

Berkshire Hathaway Home Services is a leading real estate brokerage firm dedicated to providing exceptional service



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Medway receives state grant to address mental health impacts of gun violence

The Healey-Driscoll Administration has selected eight Massachusetts schools or school districts to receive funding to support programs aimed at addressing the effects of gun violence, particularly the associated behavioral health impacts that can devastate students, staff, schools, and communities long after a violent incident occurs.

Medway Public Schools is one of the recipients of the three-year grant, along with Fitchburg Public Schools, Veritas Preparatory Charter, Springfield Public Schools, Fall River Public Schools, Ayer Shirley Regional School District, Haverhill Public Schools, and Northshore Education Consortium.

Chosen in a competitive process led by the Massachusetts Department of Public Health in consultation with the Department of Elementary and Secondary Education and the Department of Mental Health, the recipients will each receive a three-year grant ranging from \$35,000 to \$100,000 a year [Medway's specific award has not yet been announced] to implement strategies to prioritize mental health, well-being, and resilience in the wake of gun violence and related trauma. In addition to expanding mental health services, the grants will support the creation of trauma-informed, safe, and sup-

portive school environments that can help prevent violence, reduce behavioral health inequities, and improve outcomes overall.

"Gun violence associated with schools and school-aged students has a profound and long-lasting impact on those individuals and communities involved in these tragic events," said Governor Maura Healey. "The Healey-Driscoll Administration is committed to supporting programs and initiatives that address mental health challenges in the aftermath of any such gun violence incidents. Here in Massachusetts, we're committed to having strategies and plans in place that focus on mental health while also being prepared with thoughtful and comprehensive physical security plans."

"These grants represent a way for school districts – including those in communities that have experienced higher levels of gun violence and suicide – to tailor approaches for caring for the mental health of students and educators that will work best for their specific schools," said Lieutenant Governor Kim Driscoll. "Our goal is to have support systems accessible and available within schools that can help nurture healing and resilience – and begin the process of restoring a sense

of security and stability needed at a challenging time."

The state funding allocated for this grant program is approximately \$650,000 a year, for a three-year total of nearly \$2 million. The funds come from a reserve established in 2022 – the Behavioral Health Supports and Resources in Schools to Respond to Gun Violence and Related Trauma grant opportunity – which is administered by the Department of Public Health in consultation with the Department of Elementary and Secondary Education and the Department of Mental Health. The funding will run through December 2026. The DPH's Bureau of Community Health and Prevention conducted the review of the applications and selected those to receive funding based on the merits of the proposals submitted, the level of gun violence in a community, and the specific needs of schools in the community.

"Early intervention and support can have a significant impact on mental health," said Department of Mental Health Commissioner Brooke Doyle. "Whether it's gun violence, dating violence, bullying, or other forms of violence, having trauma-informed care in schools can provide the kind of immediate support that makes a difference in a student's recovery."

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02/08/2024	42 Hill St.	\$889,000
02/07/2024	3 Lovers Ln.	\$645,000
02/01/2024	22 Puddingstone Ln.	\$579,900
02/01/2024	22 Waterside Run	\$689,900
01/31/2024	24 Waterside Run	\$694,900
01/30/2024	4 Sycamore Way	\$1.09 mil
Date	Millis	Amount
02/15/2024	194 Ridge St. (1.92 acres)	\$380,000
02/12/2024	15 Hilltop Dr.	\$642,000
01/31/2024	179 Spring St.	\$507,000
01/26/2024	12 Glen Ellen Blvd.	\$975,000
01/25/2024	3 Kensington Pl.	\$650,000
01/24/2024	40 Crestview Dr.	\$850,000
01/23/2024	67 Orchard St.	\$775,000
01/22/2024	26 Plimpton Farm Rd. #253	\$844,995

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

Recent Home Sale



The house at 40 Crestview Dr. in Millis recently sold for \$850,000.
Image credit: www.zillow.com

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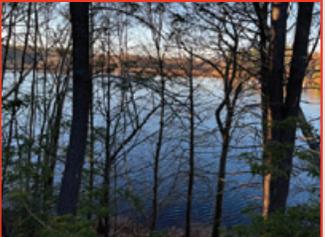
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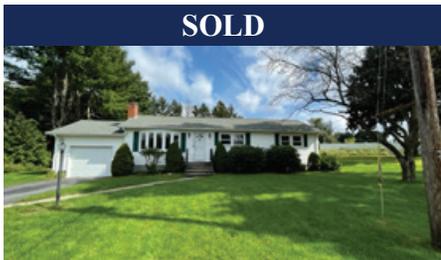
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