



The winning team, dubbed "Don't Worry, BEE Happy," was a self-sponsored team and included six parents of members of Medway High School's graduating class of 2024: Susan Alessandri, Joel Morgenstern, Rachel Morgenstern, Maria Stotz, Tim Stotz and Nick Vallante. Courtesy photo

## Medway Foundation for Education Trivia Bee raises money for education grants

The Medway Foundation for Education (MFE) held its annual Trivia Bee fundraising event on February 27, raising almost \$5,000 for future grants benefitting Medway schools. Sponsors included Charles River Bank, Middlesex Savings Bank, Kenney & Kenney,

**TRIVIA**  
continued on page 2

## Comedy show raises over \$45,000 for Millis student battling cancer

*Sophomore Aedan Wetherbee has rare form of brain cancer*

By KAITLYN RICHARDS  
STUDENT WRITER

Aedan Wetherbee, currently a sophomore at Millis High School, is battling a rare form of brain cancer. He has undergone countless rounds of chemotherapy treatment and has recently obtained a bone marrow transplant. After the transplant is complete, Aedan will be isolated from the outside world for at least nine months to ensure he remains healthy.

When hearing about his story, members of the Millis community were moved to help him and his family. They planned a charity comedy show which took place on March 1 where all proceeds would be donated to Aedan's medical bills.

Beth Morrill, a special education teacher at Millis High



Aedan Wetherbee, with his mother Dawn, celebrating his return home on March 10. Source: [www.gofundme.com/f/aedan-wetherbees-fight-against-brain-cancer](http://www.gofundme.com/f/aedan-wetherbees-fight-against-brain-cancer)

School, was one of the three faculty members, along with Shannon Graham and Michelle Panciocco, who helped plan the event.

**FUNDRAISER**  
continued on page 3

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TRIVIA

continued from page 1

Senate President Karen Spilka, State Representative Jeffrey Roy, Russo Insurance Agency, HIS Corporation, Club Z! Tutoring & Test Prep, and Leland Siding, Roofing & Windows. All provided funding to sponsor a team of students or teachers, or were participants in the Bee. Numerous individuals from the Medway community also contributed.

Sixteen teams competed in the Bee, including five teams of high school students, a team from each school in the district, the Medway School Committee, and teams of local businesses and community members. In

the end, a team of Medway High School parents won the trophy, ending the Medway High School teachers' four-year winning streak.

Coming in second was a team of Memorial School teachers and staff - Krystn Hickman, John Kelley, Linda Lindsey, Lisa Messina, Bobbie Susi and Chris Terzigni - competing as "Trivia Excellence At Memorial (TEAM)."

The third-place team, and defending champions going into the competition, included Medway High school teachers Chris Borden, Kevin Collins, Andy Nassiff and Kevin Treggiari.

Participants were tested on their trivia knowledge with Master of Ceremonies Bob Verdolino playing a selection of songs

where the lyrics, titles or artists offered clues to each answer. Bob and his official scorekeeper and brother, Dave Verdolino, long-time event hosts, provided a fun, exciting atmosphere for this challenging trivia contest.

Christine Miller, MFE's volunteer President, said, "Our generous team sponsors, supporters and all of the players made this another successful evening for MFE and Medway's schools. We are grateful to all teachers, students, parents and local businesses that participated. We are especially grateful for our Partner-level sponsors -- Charles River Bank and Middlesex Savings Bank -- which made generous contributions in support of all MFE events throughout the 2023-2024 school year.

The response demonstrates what a great community we have here in Medway. The money raised will go directly to grants that help our students and teachers innovate and excel in their educational pursuits across Medway Schools."

After the Bee, MFE recognized the contributions of three departing Board members: Aimee Selby, Sue O'Connor, and outgoing President Brian Gray, who has served on the Board since 2007. Brian, Aimee and Sue devoted countless hours over many years in service to MFE and the Medway School District.

About Medway Foundation for Education

Founded in 2002, the Medway Foundation for Education (MFE) is a non-profit organization charged with raising capital to fund innovative, educational projects and programs throughout Medway's public schools.

Using money generated from community events, contributions, and corporate sponsorships, MFE allocates funds through a grant process to teacher and parent-sponsored projects that favorably impact

the quality of education that students receive. The volunteer MFE Board occasionally works with other supporting organizations, such as MSPTO and Medway THRIVE, to bring these innovative programs to Medway.

MFE has funded \$400,000 in grants since its inception. The Foundation is also building an endowment fund so that future generations of students and teachers can continue to benefit. MFE raises funds through the Trivia Bee event, but also through several other fundraisers during the year and the textile clothing bins located at each school and the Town recycling center.

MFE is actively seeking new volunteers; please email us at medwayfoundationforeducation@gmail.com.

More information on MFE and its grants in action is available on the MFE website and Facebook page.

Website: http://www.mfeducation.org/

Facebook: https://www.facebook.com/MedwayFoundationforEducation/

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FUNDRAISER

continued from page 1

“I met Aedan last year in a class and he later joined the Active Minds Club and started coming to the Homework Club,” said Morrill. “When he was first diagnosed, it was such a shock and I wanted to do whatever I could to help the family. Aedan is an only child and his parents are both disabled veterans. I was in touch with Aedan’s mom and she asked me if she could put me in touch with his Aunt Julie Horigan, who then brought the idea of the comedy show to us.”

The show was organized through “Funny 4 Funds”, an organization dedicated to using comedy to raise money for good causes. The show was 90 minutes long and featured three comedians: Billy Simas, Aimee Shwab, and Phillip Anthony, who delivered impressive performances which kept the audience laughing for the entire show.

“It was a great way to raise money and it was a fun show. The comedians were very funny, and kept the show going at a good pace,” said Morrill.

Additionally, the event would



A recent fundraiser raised \$45,222 for Aedan Wetherbee, a Millis High School sophomore who is fighting a rare form of brain cancer. His mother Dawn accepted the check at the comedy event on March 1. Photo credit: Shannon Graham

not have been possible without the numerous student volunteers.

“It was incredible! We had over 20 student volunteers between the day of the show and previous activities,” said Morrill. “Students were really helpful in getting the word out about the comedy show, handing out flyers and getting them hung in local businesses, as well as collecting donations outside Roche Brothers and Rocky’s on Saturdays in February.”

At the end of the show, Aedan’s mother, Dawn Wetherbee, was given the check for all the

money that was raised for her son.

“The people of the greater Millis community came out and showed massive passion, love, and energy for Aedan,” said comedian Billy Simas, before presenting Dawn with a check for \$45,222.

The auditorium quickly filled with an outpour of joyous applause and chants all for Aedan after the check was presented. The comedy show was a huge success and proved how a small town can powerfully rally together for one of its own.

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# Lansing Mills Memorial Building, East Medway (now Millis)

*This article was provided by the Medway Historical Society*

Built in 1885, this building was a gift from the heirs of Lansing Millis for whom the town was renamed. Millis had passed away the previous year aged 61. The building was constructed as a railroad station, town offices and a town library. A library had been established in East Medway in 1878, and members of the library society paid dues for the use of it. In 1885, the library society donated its books and funds for the Millis Free Public Library in this building and it remained here until May 1964. The structure was then deemed unsuitable to hold the 12,000 volumes of books on the second floor due to termite damage and was immediately closed.

The stone structure has a steeply pitched roof with a wide overhang.

Inscribed on the brownstone



**Clockwise from left: Lansing Millis Memorial Building, East Medway (now Millis). Source: Medway Historical Society**  
**The building was constructed as a railroad station, town offices, and town library. Source: Medway Historical Society**  
**Photo of train stopping at Lansing Millis train station, date unknown. Source: Charlie Vecchi, Facebook @Millis Public Forum**

band is "W.14.8 m B.22.7m" Worcester and Boston, respectively.

This building still stands

today in its original location [on Exchange Street].

Photos show the Millis Memorial building exterior and an interior view of the library around the time of its construction in 1885. Photo credit to the Images of America Millis book.

After the Medway Historical Society posted the above information on Facebook, several people commented saying they would like to see the building restored and shared their memories of the building. One commenter, who was

a teacher in the building when it housed the Woodside Montessori Academy, recalled a day in Sept. 2012, when the structure was struck by lightning. "One year, we were in a lesson when we heard a huge boom and saw a blinding flash--and bricks raining down on the train tracks." She still has one of those charred bricks.

Share your thoughts about the building on Facebook @MedwayMillisTownNews

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Published Monthly  
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Medway & Millis  
Circulation: 8,640  
households & businesses

### Publisher

Chuck Tashjian

### Editor

Theresa Knapp

### Send Editorial to:

editor@millismedwaynews.com

### Advertising Director

Jen Schofield  
508-570-6544

jenschofield@localtownpages.com

### Creative Design & Layout

Michelle McSherry  
Kim Vasseur  
Wendy Watkins

Ad Deadline is the  
15th of each month.

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# Get Your Glow On – Permanent Makeup at The Glow Factory

By JENNIFER RUSSO

Whether you want a lower-maintenance makeup routine, a more polished look, a stand out feature or a brow fix, The Glow Factory specializes in enhancing natural beauty with permanent makeup solutions for eyes, brows, lips and face that will not only freshen up your look, but save you time and money too.

Jessie Dillon, The Glow Factory's owner and lead artist, was inspired by a friend who was attending cosmetology school and decided she wanted to give it a try herself. When she finished school, she opted to be an educator for a big box beauty retailer as she was at a place in her life where she wanted a job with an established business.

"In 2017, I got married and became a full-time stepmom overnight, and my priorities changed. Retail hours and pay just weren't working for me anymore, so I dusted off that cosmetology license. In my previous job, I loved helping clients pick out the right makeup and learn how to use it, but many would go home and not feel confident in applying it themselves," says Jessie.

"So, when I made the decision to take an eye lashing class, it came from a place of wanting to help clients wake up feeling more confident and polished, without having to learn a whole new skill or invest time and energy in it every morning."

The next natural step for Jessie was learning how to do permanent makeup. She now holds multiple licenses and boasts a team of artists that are true experts in their field, so it's no

wonder that The Glow Factory is so successful.

So what IS permanent makeup? Permanent makeup is a cosmetic technique that enhances the color on specific features using artistic tattooing. It benefits not only the person who wants an easier routine or a more defined color on a feature, but also those who may have some issues that warrant correction to boost their own confidence.

"There are so many reasons our clients take the leap into permanent makeup! Many are new moms who just don't feel like themselves anymore, and even if they had the time to apply makeup, it'd get wiped right off. Others work super-long hours and their makeup products have never kept up," shares Jessie.

"Some people have difficulty applying makeup due to vision problems, tremors, arthritis, parkinsons, or other maladies. Others have scarring through their brows or lipline that they've always been insecure about. Some come in after losing their natural brow hair to chemotherapy/radiation, alopecia, and trichotillomania. Permanent makeup is a great option for all of these issues."

The Glow Factory even gives back by offering a free service. For those who have had radiation treatments, many are left with dark black or grey tattooed markers that can be a painful reminder of what they have gone through. If they have been out of treatment at least 6 months, TGF can add a pigment that will help these marks look like natural freckles, in just 30 minutes.

As with any type of tattoo, there might be worry about any



**Business  
spotlight**



associated pain with the service. Numbing products are used in these services which greatly reduce discomfort, and because they work very shallow in the skin, procedures are more comfortable that what clients may expect.

The Glow Factory offers permanent brows and eyeliner, permanent lipcolor and what they call a "frozen lip" that creates a

diamond like sparkle and is not offered by anyone else locally. They offer permanent freckles, and some paramedical tattooing including the radiation mark camouflaging and areola repigmentation for clients who may have had a mastectomy or have undergone gender-affirming surgeries.

Additionally, the studio also offers permanent jewelry – light-

weight jewelry welded closed instead of using a clasp, as well as tooth gems – a painless application where the gem is bonded to the tooth.

"We know that taking the leap with permanent makeup can be scary, so we highly encourage anyone that's on the fence to come in for a consultation, which can be booked right on our website and can be done in-studio or via FaceTime," says Jessie.

"We also offer a 100% satisfaction guarantee and a pay later option to make the decision even easier. We prioritize high-level artistry, continued education, and very strict health and safety standards."

The Glow Factory is located at 165 Main St in Medway, MA. To read their amazing reviews, get more details on their services, artists, and current specials, or book a consultation, check out their website at [www.TheGlowFactoryMA.net](http://www.TheGlowFactoryMA.net). You can also follow them on Instagram at @jessie-dillon\_ and on Facebook at [facebook.com/theglowfactoryma](https://www.facebook.com/theglowfactoryma).

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# Time for financial spring cleaning?



Mark Freeman

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Spring is almost here, which means it's time for some spring cleaning. This year, in addition to tidying your home and surroundings, you might want to consider sprucing up your financial environment, as well.

Here are some suggestions for doing just that:

• **Improve your vision.** Once the days are warmer and longer, you may want to get outside and clean all the winter grime and smudges from

your windows, allowing you to see the world more clearly. And you may want to bring more focus to your financial vision by asking some key questions: Is my investment strategy still appropriate for my needs, goals and family situation? If not, what changes should I make? And am I prepared for changes in my life, such as health challenges or a need to retire earlier than planned? The answers to these and other questions can help you clarify where you are, in terms of your financial picture, and where you want to go.

• **De-clutter.** As you look around your home, you may find things such as expired health care products, old prescriptions, ancient cleaning solutions, and so on, in addition to duplicate household items (how many blenders do you really need?) and non-working equipment — printers, laptops, etc. Most people find that eliminating this clutter gives them a good

feeling — and more livable space. As an investor, you can also find clutter in the form of redundant investments — for example, you might own several nearly identical mutual funds. You might be better off selling some of these funds and using the proceeds to find new investments that can help you further diversify your portfolio. As you may know, diversification is a key to investment success, but keep in mind that it can't prevent all losses.

• **Plant seeds of opportunity.** Whether they're planting camellias and crocuses or carrots and cilantro, gardeners are busy in the spring, hoping their efforts result in lovely flowers and tasty foods. And when you invest, you, too, need to plant seeds of opportunity in the form of investments that you hope will grow enough to enable you to make progress toward your goals. So, you may want to review your portfolio to

ensure it's providing this growth potential, given your individual risk tolerance.

• **Reduce dangers.** You may not think about it that much, but your home and surroundings can contain potential hazards. You might have ill-fitting caps on cleaning products with toxic chemicals, or sharp cutting instruments protruding from shelves in your garage, or heavy, cracked tree branches hovering close to your roof. Spending some time on a spring-cleaning sweep can get rid of these dangers — and devoting time to consider the possible threats to your financial security, and those of your family, can pay off, too. For starters, review your life insurance to determine if you've got enough. Your employer may offer some coverage as an employee benefit, but it might not be sufficient, so you may need private coverage. And the same is true for disability

insurance, because if something were to happen to you, and you couldn't work for a while, you'd still want to protect your family's lifestyle.

Spring is a great time for brightening your physical space — and your financial one, too.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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

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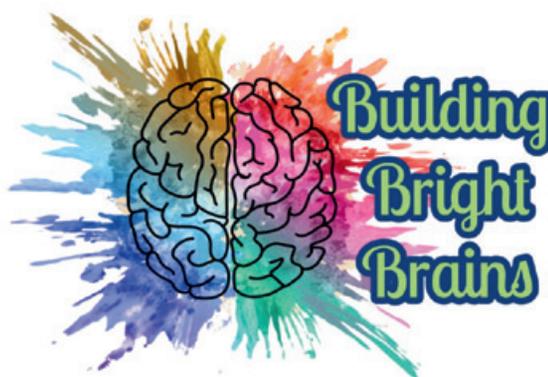
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# Medway Lions Club Shred-It Event

Saturday, May 4th, 9:00 am-Noon

The Medway Lions Club is again pleased to bring a “no-cost” shredding event to Medway Middle School on Saturday, May 4th, from 9 am to noon (or until the truck is full) for Medway residents. Residents can either remain in their vehicle, and someone will remove their items, or they can physically bring their bags/boxes to the truck.

SHRED IT! Bring all sensitive paperwork that includes account numbers, birth dates, passwords, PINs, signatures, and Social Security and/or driver’s license numbers. To protect your privacy, consider other items that include names, addresses, phone numbers, and email addresses. When in doubt, shred it! Please

note: Only paper items can be shredded, BUT there is no need to remove staples or paperclips. This event is for residential patrons only, with a limit of 8 boxes/bags per person. Your documents will be shredded on-site, and you will have peace of mind knowing you have taken an essential step in the fight against identity theft and fraud. Receptacles for returnable bottles and cans will also be available on-site.

Medway Lions thank those who participate in the club’s monthly bottles & cans drive or shed drop off. The money gained from the bottles & cans collections help support town endeavors such as this shredding event.

# Millis educators and students “pied” for charity

Money raised for women’s rights in Afghanistan

By KAITLYN RICHARDS  
STUDENT WRITER

In March, two groups at Millis High School held an entertaining fundraiser for an important global cause.

Terpsichore, the school’s dance organization, partnered with the school’s chapter of Amnesty International to raise money for women’s rights in Afghanistan. The money contributed — over \$100 — is intended to aid in expanding Afghanistan women’s educational rights and to help bring gender equality to the region.

The groups chose to do a pie-themed fundraiser. Students were given the opportunity to purchase a raffle ticket for a chance to throw a plate of shaving cream in the faces of some of their favorite teachers.

“We would like to thank everyone who donated and volunteered for our pie day event,” said Thidavanh Keomorokot, a member of Terpsichore and Amnesty, at the start of the

event, before choosing the first student raffle tickets.

The students were randomly chosen from the raffle tickets and the first faculty member to be “pied” was Mark Caulfield who was pied by his daughter, senior Riley Caulfield. Following Caulfield, faculty members Dave Fallon, Scott Alconada, Brian Kraby, Glen Panciocco, Officer Zachary Forsythe, and Principal Mark Awdycki were all pied by different students.

Additionally, three students volunteered to be pied in the face: senior Noah Lagos, freshman Kevin Brynczka, and Senior President of Terpsichore Wilson Copice.

Overall, the event was very well received by the students and faculty. Everyone enjoyed watching each other get pied in the face and it was all worthwhile because of the funds being donated to a good cause. The event proved to be a success and surely will be one to remember for the rest of the school year.



# Wrentham Cooperative Bank Ribbon Cutting

On February 9th, the ribbon was cut at the new location of Wrentham Cooperative Bank at 144 Main Street, Norfolk. This is the bank’s third location with the other two at 102 South Street and 1005 South Street in Wrentham.

Branch Manager Amy Linehan offered all a warm welcome. State Representative Marcus Vaughn presented Bank President Scott Terrien and Amy Linahan with a citation from the State House welcoming the bank to Norfolk.

Wrentham Cooperative Bank offers a range of business and personal products and services. The bank provides checking, money market, individual retirement, and savings accounts. The bank specializes in Residential Lending with local decision making and all loans are kept in-house. The bank is an active participant in the Mass Save HEAT Loan program.

More than just a bank, Wrentham Cooperative has been a



From Left to Right in the front row: Charlie Miller, Business Solution Advisory Group; Sarah Giovannucci, VP/Treasurer, Wrentham Cooperative Bank; Doug Mure, Director Wrentham Cooperative Bank; State Rep. Marcus Vaughn; Jason Hawkes, Primerica; Scott Terrien, President, Wrentham Cooperative Bank; Wrentham Selectman Kevin Kalkut, Andrea DiLorenzo, Universal Banker, Wrentham Cooperative Bank; Charlene Nevins, Loan Servicing, Wrentham Cooperative Bank; Amy Linehan, Branch Manager, Wrentham Cooperative Bank; Justin Casanova-Davis, Norfolk Town Manager; Tammy Sarkis, Wrentham Cooperative Bank; Scott MacLeod, President MacLeod General Contractors; Craig Fishman NES Group; Jack Lank, President, United Regional Chamber of Commerce.

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Medway Pride Day 2024 is happening on Saturday, May 18th, from 10am-2pm. Medway Pride Day is an annual community event that brings together residents, businesses, and organizations to show pride in the Town of Medway. If you want to have a booth or be a sponsor reach out to Kristen Salera, Co-Chair of Medway Pride Day at [kristenannesalera@gmail.com](mailto:kristenannesalera@gmail.com) or go to our website

<https://www.townofmedway.org/pride-day-committee/pages/2024-pride-day>

Medway Pride Day 2024 committee would like to thank our major sponsors who make Medway Pride Day even better



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(The Medway Pride logo was done by Elizabeth Schubert)

# Millis holds community forum regarding middle and high school project

## Next community forum on April 24

By KAITLYN RICHARDS  
STUDENT WRITER

On Feb. 28, the Millis School Building Committee held its first community forum, virtually, on a potential new middle/high school building.

The current school was built in 1960, an addition was built in 1966, and a renovation was made in 1999 though no new space was added. Officials said the current building “has a number of infrastructure and space

inadequacies.”

The project team is composed of voting members led by Planning Board Chair Richard Nichols, Vertex Companies led by project executive Jeff D’Amico, and Tappé Architects led by President Charles Hay.

During the 45-minute presentation, the team highlighted the main concerns with the current school building. As of right now, the school needs to repair the HVAC, electrical, security, and technology systems along with

the roof to ensure the safety of all students.

Nichols said, “We need to bring the school program itself up and, by making the facility better, that will help.”

In order to fix the current issues, there is the need for serious financial aid. The Massachusetts School Building Authority (MSBA) will provide the town with funding if it follows one of three possible building options: renovate the school until it is up to code; add additional space while renovating the existing building; or build an entirely new school.



MAP – Source: www.millisschoolproject.com

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(508) 381-0249

**43 Main Street, Hopkinton**  
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The MSBA requires the district to explore all three options. As of right now, the school committee is expected to decide on renovation and adding an addition to the existing building, but nothing has been confirmed. If the town follows the expansion plan, the school will be renovated in a series of phases to ensure students are still able to maintain their education during renovation. If a student has a class in a construction area of the building, they will learn in a “swing space” which is a temporary building that can be removed after renovations are completed.

During the February forum, the committee assured Millis residents that a quality education is the priority for all students. The school district has created an educational plan to ensure all of the students’ needs are met and the educators are able to meet their needs. When creating this plan, there have been visioning sessions between students, faculty, and members of the Millis

community. “The priorities that came out of the visioning sessions were around excellence and having a welcoming, inclusive, warm, inviting, and safe school environment,” said Charles Hay at the forum. “Also, collaborative learning which has become so much more mission-critical to educators in the last 20 years, and bringing in real-world examples while mentoring health and well-ness.”

Hay acknowledged this is a “challenging project” because it is a “tight site.”

While the town is still unsure which option it will choose, the urgency and necessity of repairing the school is clear.

The next community forum will be held on April 24 at 7 p.m. in person. As of press time, the location was not yet determined. For more information, visit www.millisschoolproject.com

Theresa Knapp contributed to this article

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Your Money, Your Independence

# Ready Homebuyers? Things Are About To Change.

It's been a perfect storm the last 3+ years against first and second-time homebuyers.

But a change is coming, starting with anticipation of mortgage rates falling from 7%.

Morningstar, echoing other analysts, in March shared current Fed Funds rate of 5.25-5.50% will be 4.00 to 4.25% at end of 2024. Furthermore, expect the Fed to continue to "cut through end of 2025, ultimately bringing the federal funds rate down by over 300 points".

Talk to realtors and lenders, they're seeing activity pick up.

Why?

Wait until mortgage rates fall to 5%, then homes in certain price points will have inversely increased in value. Whereas, if one can purchase now with expectation to lower ongoing expenses via refinancing later, you've capped initial co2006sts and participated in appreciation.

Thus, first time buyers and those looking to move up, it's time to plan.

This means prioritizing your needs, wants, locations and bud-



Glenn Brown, CFP

get for after you've moved into your new home. This last one is critical as lenders base your pre-approval on this moment in time, not the fact you plan to do X a year from now which requires more money in your budget.

Due diligence should also include:

**Zillow, RedFin, Realtor** - Scroll beyond pictures and into details of when built, sqft, interior features, acreage, adjacent home values and price/tax history. With price history, see when last sold, amount, then account

for pictures or better yet when you visit, to see what's been done since to determine value.

**Tax Assessments and Property Taxes** - Regardless of Realtor views on tax assessments relative to asking price, know a \$890K listing with town tax assessment of \$620K for \$9,300 property taxes, will get reassessed the following year. If bought for \$900K, town likely comes in at \$820K (or higher) for \$12,300 property taxes or \$250 extra a month on your budget.

**Financing Options** - Explore beyond 30-year fixed rates. Understand directional interest rate landscape and how long you expect to stay in your home. Does a 7-year adjustable rate mortgage (ARM) make sense if the plan is to move in 5-7 years or refinance as rates come down 50-75bps?

**Mortgage and Cash Flow Calculations** - The more variables, the better. Same with ability compare refinancing scenarios and contrast amortization tables. With clients, I'll share calculator.net, use links to save scenarios and then run these in-

side eMoney cash flow analysis. Together, we see impact on their future budget, cash flow 1-3 years out as well as long-term impact.

For example, say one refinanced \$600K in Sept 2020 at 2.75% on 30-year for \$2,449 a month.

In April 2024, decides to move with current mortgage balance ~\$550K, using equity and additional savings, to add \$150K to a new \$700K mortgage at 7%. New monthly payment is \$4,657, or \$2,208 more. In 5 years (April 2029), outstanding balance is ~\$658K without refinancing.

Conversely, if able to pay \$4,657 a month, decide to stay put with Sept 2020 mortgage and make \$2,208 additional payments starting April 2024, the balance is \$322K by 2029. Beyond the \$336K spread after 5 years to move and borrow \$150K, the Sept 2020 is now paid off in August 2035 and not 2050.

But wait, there's more to consider.

What if the 7% mortgage is refinanced down to 5% by April

2026? New monthly is \$3,634, or \$1,023 less. Add this as extra payment starting 2026, what do you have?

Understand money is a tool, not the only consideration.

There is great value in doing what's best for your family, educational or work opportunities and/or your personal choice of belonging to a community.

You should know this value going into a decision, not after it.

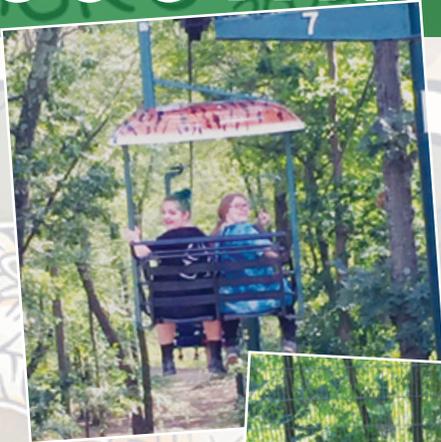
The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

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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# SOUTHWICK'S ZOO PHOTO CONTEST

ILLUSTRATION BY ROWAN KAPLAN MASSACHUSETTS COLLEGE OF ART AND DESIGN



In 2025, Southwick's Zoo will be celebrating 60 years of family fun! Share a photo of your favorite memories at Southwick's Zoo for a chance to win a family four-pack of general admission passes for the 2024 season and make some new memories! Contest begins April 1, 2024.



Scan to Enter

By entering this contest, you are providing consent for Southwick's Zoo and Our Town Publishing (the publishers of The Yankee Xpress/Blackstone Valley Xpress, Free Press and the newspapers of Local Town Pages) to use your photo(s) for print, digital and social media purposes, and allowing Southwick's Zoo and Our Town Publishing to contact you via email for this promotion or upcoming promotions. Only one winner per household. Cannot be an employee or family member of Southwick's Zoo or Our Town Publishing to win.



# The b.LUXE *beauty beat*

## b.LUXE Gives Back

BY GINA WOELFEL

It's officially spring, a busy time for many businesses, particularly those deeply connected to their communities and who believe in giving back. As a responsible local business, we focus on our own goals while also considering the needs and aspirations of our neighbors.

b.LUXE is fortunate to be surrounded by like-minded businesses that believe in their community and actively promote and sustain each other.

Though neighbors are typically thought of as the people who live next door or down the street, at b.LUXE, our bonds extend beyond physical proximity. Since 2016, our studio has maintained a special connection with our "neighbors" from The Martello Instituto de Belleza, our sister school in Cancun, Mexico.

The Martello Institute, led by Cinthia Martello, is a hub of creativity and talent where students who share our love and dedication to beauty come to learn and grow. Our team travels to Cancun yearly to award scholarships to two deserving and hardworking students. We also provide educational resources and the necessary supplies to support the students' studies.

This year, we gave a handheld microscope to the school. The microscope provides a magnified view of the scalp. It's an essential device for beauty professionals that helps detect scalp and hair follicle problems. Additionally, each student received all the tools

and products required to offer a scalp spa treatment. Many of you have already enjoyed this service at b.LUXE. The treatment is incredibly relaxing and includes a scalp health diagnosis, an exfoliating scrub, a scalp massage, and a complete wash, condition, and blowout.

Our trips to Cancun are inspiring, and we owe those positive vibes to Cinthia. Following our class, she hosts a luncheon where we mingle with the students and catch up with how their year has been going. On our last trip, our wedding manager, Eva Mongie, expressed her love for tamales, and this year, Cinthia's students surprised us with a huge plate of homemade tamales, which we promptly devoured. This thoughtful and delicious gesture perfectly embodies who they are and why we're so close. At b.LUXE, we always try to act without expectation. In return, we've received a gift from the Martello family that feels like sisterhood.

April is an important month at b.LUXE, where we focus on giving back.

We look forward to working each year supporting The Franklin Food Pantry, Paws New England, The Medway House, The Franklin Senior Center, The Hummingbird Walk, The Special Olympics, and The Medway Food Pantry.

This month, our salon is partnering with The Mahan Circle Medway Food Pantry, a division of The Medway Housing Authority, on a tampon drive.

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SCAN TO VISIT OUR WEBSITE

Why specifically a tampon drive?

Millions of people across the United States are suffering the consequences of not being able to afford period products. SNAP & WIC programs that help provide healthy food to women and children do NOT cover access to hygiene items like period products, with many states still taxing menstrual hygiene products as luxury items. Access to these products should not be a privilege. The lack of access to menstrual health products, specifically tampons, for people in need can be devastating and a complex problem that many have to face each month.

But we can do something to help!

We're accepting tampon donations at b.LUXE for the month of April. Please bring a regular-sized, sealed package of tampons to b.LUXE Hair and Makeup Studio (variety packs are perfect.) Our team is also making a large donation and hopes we can support this cause together. (Note: regular-sized boxes are



Meet Our Sister School  
The Martello Institute of Beauty  
Cancun, Mexico



St. Josephs Parish Website



Medway Mahan Circle Food Pantry Venmo

PLEASE CONSIDER DONATING TO THE MEDWAY FOOD PANTRY AT MAHAN CIRCLE

preferred as the food pantry can not open or break up large, bulk packaging) You can also drop off donations directly at The Mahan Circle Medway Food Pantry at the address below.

If you can't stop by the studio, please consider donating to the Medway Food Pantry. Any amount is appreciated. Donations can be made through the St. Joseph Parish website, The Mahan Food Pantry Venmo, or by mailing a check to the address below.

The Medway Food Pantry  
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Thank you for joining us in supporting The Medway Food Pantry. As always, we're so proud of our community's ability to help those in need.

The b.LUXE Beauty Team

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## MCF Seedling sale on May 17

The Medway Community Farm annual seedling sale will be held on May 17 from 4-7pm for members and May 18 from 10am-4pm for the general public. For more information, visit [medway-communityfarm.org](http://medway-communityfarm.org), where you will also find information about the CSA program.

## Medway Safety Log

Between Feb. 16 and March 16, the Medway Police Department responded to hundreds of calls, many related to motor vehicle violations and accidents, unsafe road conditions and road hazards, suspicious and disabled motor vehicles, general traffic enforcement, suspicious vehicles, parking violations, fire alarms (some faulty but most due to burnt food), motor vehicle and house lockouts, radar requests, trees and wires down, accidental 911 calls, issuing (and recalling) warrants, civil complaints, funeral escorts, identity fraud, and assisting other towns (including Bellingham, Franklin, Milford, Millis).

Other entries of note include:

Feb. 16 at 9:41 a.m., Holliston St., tree down  
 Feb. 16 at 11:23 a.m., Main St., road rage incident  
 Feb. 19 at 7:24 p.m., Main St., assault and battery  
 Feb. 19 at 10:04 p.m., Granite St., fire ladder requested, cat stuck in tree  
 Feb. 20 at 9:05 a.m., Stanley Rd., accident with injury  
 Feb. 20 at 5:10 p.m., Main St., suspicious person in parking lot  
 Feb. 21, at 10:07 a.m., suspicious person sleeping in salt shed  
 Feb. 21 at 12:18 p.m., Village St., larceny (check fraud)  
 Feb. 21 at 1:59 p.m., Norfolk Ave., disinvasion

Feb. 22 at 3:17 p.m., Barber St., keep peace  
 Feb. 22 at 11:38 a.m., Lincoln St., suspicious motor vehicle, owner sleeping in car  
 Feb. 23 at 9:55 a.m., Holliston St., warrants served, several taken to hospital, Board of Health notified. Mutual aid from Bellingham, Franklin, Holliston, Millis.  
 Feb. 23 at 5:32 p.m., Village St., assist elderly  
 Feb. 23 at 6:04 p.m., Elm St., found dog  
 Feb. 24 at 3:05 p.m. Main St., suspicious person. Caller reported a man asked to exchange cash for a credit card.  
 Feb. 24 at 5:27 p.m., Waterside Run, work law violation  
 Feb. 24 at 7:14 p.m., Main St., fight in progress  
 Feb. 25 at 12:20 p.m., Castle Rd., disturbance  
 Feb. 27 at 10:50 p.m., Winthrop St., disturbance  
 Feb. 28 at 8:06 a.m., Gorwin Dr., wires down  
 Feb. 28 at 3:34 p.m., Sunset Dr., found dog  
 Feb. 28 at 4:33 p.m., Granite St., suspicious person taking photos of house, was from a solar company  
 Feb. 29 at 11:48 a.m., Causeway St., annoying/harassing texts  
 March 1 at 6:04 a.m. Trotter Dr., illegal dumping  
 March 1 at 12:46 p.m., Main St., vandalism (vehicle egged)  
 March 2 at 5:38 p.m., Main St., keys lost somewhere in town  
 March 2 at 7:05 p.m., Main St., suspicious person banging on car windows  
 March 2 at 7:58 p.m., Holliston St., assault  
 March 3 at 3:09 p.m., Main St., fire investigation (fuel leak)  
 March 3 at 7:47 p.m., Cassidy Ln., disturbance  
 March 4 at 12:39 p.m., Main St., disturbance  
 March 4 at 1:17 p.m., Stanley Rd., neighbor dispute

March 5 at 4:44 p.m., Koyview Pl., disorderly person  
 March 7 at 12:00 p.m., Main St., bylaw violation  
 March 7 at 3:05 p.m., Main St., larceny (backpack)  
 March 10 at 3:07 p.m., Clark St., leaving the scene of an accident  
 March 11 at 8:08 a.m., Maple St., unwanted party  
 March 11 at 9:07 a.m., Old Surrey Ln., property damage  
 March 11 at 9:01 p.m., Holliston St., fire alarm (overheated vending machine motor)  
 March 11 at 9:07 p.m., Main St., leaving the scene of an accident  
 March 12 at 10:11 a.m., Oak St., broken statue in park  
 March 13 at 2:37 p.m., Holliston St., identity fraud  
 March 13 at 6:48 p.m., Maple Ln., disturbance  
 March 16 at 7:40 p.m., Meadow Rd., break and entering motor vehicle  
 March 16 at 7:45 p.m., Maple Ln., break and entering motor vehicle  
 March 16 at 8:15 p.m., Main St., suspicious person

Source: Medway Police Department

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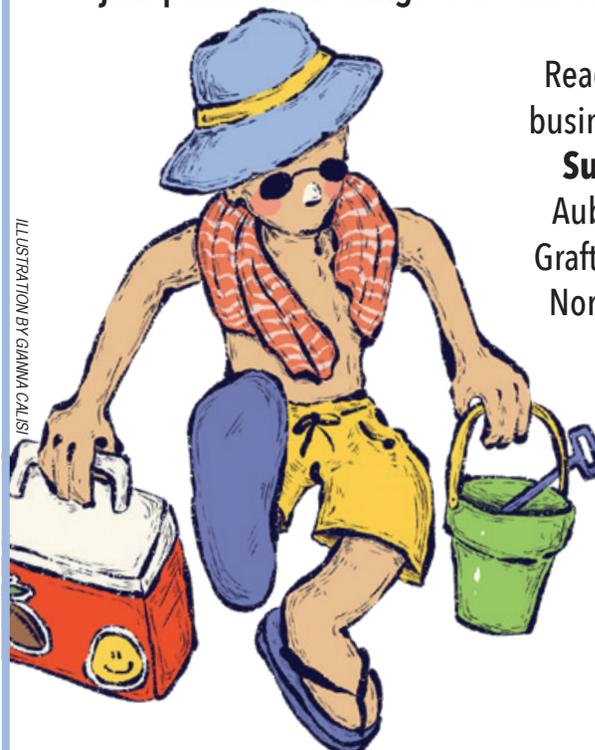


ILLUSTRATION BY GIANNA CALISI

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# Living Healthy

## The Vital Role of Anesthesiologists in Eye Surgery

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

In the realm of surgical procedures, eye surgeries stand out for their delicacy and precision. From cataract removals to glaucoma procedures, these surgeries require meticulous attention to detail and specialized care. Among the crucial team members in the operating room, anesthesiologists play a vital role in ensuring the safety and comfort of patients undergoing eye surgery.

During eye surgery, patients often need to remain still and relaxed, which can be challenging, especially when they are conscious. This is where the expertise of anesthesiologists becomes indispensable. Anesthesiologists are trained professionals who specialize in administering anesthesia and monitoring patients' vital signs throughout the surgical process. By carefully selecting and administering the appropriate type and dosage of anesthesia, they ensure that pa-



tients are adequately sedated, pain-free, and stable during the procedure.

One of the primary concerns during eye surgery is maintaining optimal conditions for the

surgeon to work effectively. Any sudden movement or reflex from the patient could compromise the precision of the procedure and potentially lead to complications. Anesthesiologists play

a crucial role in achieving and maintaining the desired level of sedation or anesthesia, keeping the patient still and comfortable throughout the surgery.

Moreover, certain eye surgeries, such as retinal detachment repair or corneal transplantation, may require the patient to be completely still for an extended period. In such cases, the expertise of anesthesiologists in administering regional anesthesia techniques like retrobulbar or peribulbar blocks can be invaluable. These techniques involve injecting anesthetic agents around the eye to numb the surrounding area while keeping the patient awake but pain-free. By effectively blocking the sensation of pain and minimizing involuntary movements, anesthesiologists facilitate a smooth and successful surgical outcome.

Additionally, anesthesiologists play a crucial role in managing patients with pre-existing medical conditions or factors that may increase the risks associated with anesthesia, such as cardiovascular diseases, chronic pulmonary conditions, diabetes, or allergies. Through comprehensive pre-operative assessments and personalized anesthesia plans, they ensure that patients receive safe and optimal care tailored to their individual needs.

You can easily conclude that the presence of anesthesiologists in the operating room is essential for the success and safety of eye surgeries. Their expertise in administering anesthesia, monitoring patients' vital signs, and

managing anesthesia-related complications is instrumental in ensuring a smooth and comfortable surgical experience. Unfortunately, some practices are advocating for performing cataract surgery in their office. Unapproved by Medicare and major ophthalmology professional societies, this office-based surgery is based on giving you the patient a sedative pill by mouth and then they want you to be going to surgery with just that. No IV line in case of an emergency, no anesthesia presence, and the surgeon who is overwhelmingly busy operating on your eye will be the only physician in the room. Furthermore, if the sedative pill is not enough to keep you sedated or comfortable, there is nothing else they can do to relieve your anxiety and make you comfortable because you have no IV line. This raises significant concerns about patient safety and comfort. Furthermore, performing cataract surgery in an office setting may lack the rigorous standards, staff training and sterile environments maintained in dedicated surgical centers. The absence of dedicated anesthesia professionals and comprehensive medical support can compromise patient comfort and safety during surgery. Patients are advised to prioritize their well-being and consider established surgical centers with experienced medical teams and top-notch facilities to ensure optimal outcomes for cataract surgery. You should always

### EYES

*continued on page 13*

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# Millis Senior Center Events - April 2024

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, Wednesday, Thursday 8:30-4:00 PM, and Fridays 8:30-12:30 PM. For more information call (508) 376-7051.

## 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](http://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

## COA Lunch & Learn: Impacts of Flooding

Tuesday, April 9 at 11:00 AM  
Concerned about flooding? Want to learn more about how Millis is responding and how you can be prepared? Millis seniors are invited to join Communities Responding to Extreme Weather (CREW) and Charles River Watershed Association (CRWA) to learn about flooding impacts in Millis and across our watershed!

Pre-register by calling the Millis Senior Center by Friday, April 5

## Meet the Unsung Heroine Behind the New Deal

Wednesday, April 10 at 11:00 AM

Help yourself to a piece of cake as we celebrate the birthday of the country's first female cabinet secretary and architect of Social Security, Frances Perkins. Janet Parnes will portray Ms. Perkins in this living history presentation, supported by a grant from the Millis Cultural Council.

Pre-register by calling the Millis 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

## 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

## Pizza and Prevention with Millis Fire Department

Monday, April 22 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 Millis Senior Center

## EYES

*continued from page 12*

ask "Will an anesthesiologist be present during my surgery?" and "What do you do to make me comfortable if the pill you gave me outside the surgery room is not enough?" At the Cataract Surgery Center of Milford, a dedicated MD anesthesiologist is present full-time for all procedures, no exception, and your comfort and safety are titrated by using an IV line, which is lacking in the office-based surgery model.

As advancements in surgical techniques continue to evolve, the collaboration between surgeons and anesthesiologists remains paramount in achieving

the best possible outcomes for patients undergoing eye surgery. At Milford Franklin Eye Center and The Cataract Surgery Center of Milford, our focus is on you, your vision, excellent surgical results without compromising your safety or comfort. You come first. We are available in your backyard and proud to offer world-class cataract surgery closer to home: Here in Milford! In an accredited and licensed surgery center facility, not in an office. Four decades serving our communities and going strong.

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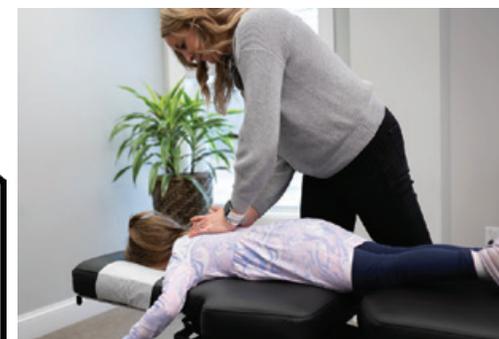
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# Sports

## Medway Nine Is young nut could be a surprise

By KEN HAMWEY  
STAFF SPORTS WRITER

The 2024 edition of Medway High's baseball team is young, but coach Mike Coppinger's Mustangs are a coachable group that will be striving to improve daily, gain experience and sharpen their techniques.

"Our goals are to qualify for the state tourney, compete for the Tri Valley League Small Division crown and take a step forward," Coppinger said.

Last year's Medway contingent finished at 6-12, then split a pair of games in the Division 3 state tourney, defeating East Boston and bowing to Oakmont, the eventually champion.

Whether the current group of Mustangs can surpass last year's record and tourney results will depend greatly on how quickly their overall team strengths emerge.

"We're young but our players are coachable, athletic and instinctive," Coppinger offered. "Our baseball IQ is good, their techniques are improving and our work ethic is very strong. Our pitching, hitting and fielding are solid but we still need to improve."

The 38-year-old Coppinger has eight returnees with different levels of experience, and he lost only four seniors to graduation. One of those graduates, however, was Luke Frauton who's now playing baseball at Worcester Polytech. Frauton pitched and played the outfield for Medway and his statistics no doubt will be missed. He hit .417, had a 3-4 record, an E.R.A. of 2.10 and 55 strikeouts.

Junior Jason Bedard is one of the Mustangs' key returnees. He was the starting catcher last year and he also can play in the infield.

"Jason's batting average of

.304 is the highest of our returning players," Coppinger said. "He's a terrific competitor and a very consistent hitter. He handles the catching chores effectively. He blocks the plate well, knows how to keep our pitchers calm and his arm strength is improving."

Two other players who can handle infield duties are junior John Farrell and senior Kyle Cairney. Both right-handers will also pitch.

"John played shortstop last year and we're counting on him to be a consistent hitter," Coppinger said. "He finished last year with a 3.44 E.R.A. He relies on a fastball, slider and change-up and throws in the 80-mph range. Kyle is athletic and versatile. He throws a fastball, curve and change-up and can contribute on the mound or in the field."

Junior Garrett O'Meara is a right-handed pitcher who can also play in the infield or the outfield.

"Garrett is a super utility player," Coppinger emphasized. "He's big (6-3, 190), strong and athletic. He's a talented hurler who has good control and command. Relying on a fastball, curve and change-up, he was 1-0 last year with an E.R.A. of 2.62."

Junior Matt Parlon can pitch or play the outfield. A left-hander, he hit .250 last year and was utilized as a reliever. "Matt became a regular in our last 11 games last year," Coppinger recalled. "He's a crafty lefty whose best pitch is a curve ball. An excellent athlete, he's a very good baseball player."

A trio of juniors who play the infield include Matt Olynciw, Matt Wilde and Anthony Alicea. Olynciw can also pitch and catch, and Alicea can pitch, too.

"Matt (Olynciw) is a hard-working competitor who's got a great attitude and is very coachable," Coppinger noted. "He's a pitcher with very good command. Matt (Wilde) is a corner infielder who played jayvee ball last year. He's a consistent fielder who's got power at the plate. Anthony does everything well. A jayvee player last year, he's got good hands, can pitch and has power at the plate."

Sophomore Aidan Tkowski



Coach Mike Coppinger has guided Medway's baseball team to six tournament berths in eight years. Courtesy photo

played 14 games at second base last year. "Aidan is a quality fielder and hitter who showed lots of poise and polish as a freshman," Coppinger said. "He hit .270. A spray hitter, we're hoping he develops more power this season."

A native of Medway, Coppinger will be relying on two assistant coaches — varsity aide Jim Patelis and junior varsity coach Kevin Treggeri. "Both are outstanding," Coppinger said. "Jim has been on the staff for four years and Kevin is in his second season."

During his playing days, Coppinger hurled three no-hitters at Medway and was a two-time TVL all-star. He relies on a coaching philosophy that focuses on making sure his players work hard, reach their potential and have fun. "If those things occur, then winning follows," he said. "It's about getting the kids ready for the next level."

Coppinger, who has guided Medway to six tourney berths in eight years, also uses baseball to

teach valuable life lessons. "I like it when our players learn how to overcome adversity and develop resilience," he emphasized. "Sports also help kids to set goals and be strong leaders and good teammates."

Baseball at Medway has experienced some up and down times recently. In 2019, the Mustangs were a No. 11 seed in the tourney but rolled to a sectional title before losing in the state final to Taconic.

Mike Coppinger is acutely aware this his 2024 team is young but it's willing to work hard and improve on its techniques. He's hoping that strong leaders will emerge during a season that opens on April 2 at Bellingham.

There's a possibility the Mustangs' work ethic and team-first approach will enable them to contend for the Small Division title and earn a state tourney berth.

TVL teams taking Medway lightly might be in for a surprise.

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# Sports

## The Basics of Long-Term Care

New York Life Insurance Company and New York Life Insurance and Annuity Corporation

Aging is a fact of life and it comes with certain realities. While most of us probably don't want to picture ourselves eventually needing help with daily activities, Americans turning 65 today have almost a 70 percent chance they will need some type of long-term care during their remaining years.<sup>1</sup> As this type of care is not generally covered by private health insurance or Medicare, it's important to create a strategy to help protect yourself and your family from the financial and emotional impact of a possible long-term care event.

### What is long-term care?

Long-term care encompasses a variety of services that assist those who can no longer perform everyday activities on their own. These activities, known as activities of daily living (ADLs), include dressing, eating, and bathing. A chronic illness or a physical impairment can lead to a need for long-term care, but it's most commonly needed as the result of a cognitive issue, such as Alzheimer's disease. Care services can be provided in the home, a community setting, or a facility such as a nursing home.

### How much does long-term care cost?

On average, women need about 3.7 years of long-term care and men an average of 2.2 years.<sup>2</sup> The national average for a home health aide is \$29.12 per hour (so for example, 20 hours of care per week would cost more than \$30,000 per year), while a private room in a nursing home averages \$116,577.35 per year.<sup>3</sup>

Long-term care costs can quickly add up and can have a significant impact on your retirement and the assets you've worked so hard to accumulate. Understanding the various long-term care options available is critical to helping you create a strategy to ensure you have access to the type of care you prefer while protecting your finances.

### How to prepare for long-term care

Depending on your age, health, means and needs, there are several ways to address long-term care.

### Long-term care options:

- Standalone or traditional long-term care insurance solutions generally provide the most robust long-term care coverage based on the premiums paid, can be customized to suit your needs, and offer the option to receive care at home, in an assisted living facility, or a nursing home.
- Linked-benefit or hybrid solutions combine long-term care insurance with life insurance, providing broader coverage and greater flexibility usually at a slightly higher price point since you are insuring multiple risks.
- Riders, such as chronic care riders on life policies, offer the most basic coverage, allowing a portion of the policy's death benefit to be accessible should you become chronically ill.
- You may be able to pay for long-term care out-of-pocket (self-fund) if you have significant assets. While this may be an option for some, it's often valuable to weigh the benefits of private insurance versus self-funding as there are additional advantages that come with private insurance including care management and risk sharing, which can benefit you in the event of a catastrophic long-term care event.
- Medicaid does cover some long-term care services (unlike Medicare, which most people are surprised to learn does not cover long-term care) but you need to spend down most of your assets to qualify and you need to receive care in an approved facility.

### When to start preparing for long-term care

Health and age are key factors used in determining eligibility and rates for private long-term care solutions, so it's best to explore these options when you are in your 40s and 50s.

It's never too soon to start preparing for long-term care. The peace of mind you'll have knowing you're protecting your family and retirement can be an important benefit of creating a strategy, even if you elect to just protect

part of your risk with a smaller amount of coverage. Take the first step and contact a New York Life agent to help you find a solution that best suits your needs.

The purpose of this material is solicitation of individual insurance. An insurance agent may contact you. Policy forms ICC14-LTC6, LTC6, LTC6-U, ICC18-LTCD PLCY (0218), LTCD PLCY (0218), LTCD-U PLCY (0218), LTC6 (NY), LTCD PLCY (NY) (0218), and any state-specific, are issued by New York Life Insurance Company, New York, NY. Policy forms



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# Defying Physical Challenges and Uniting for Cancer Prevention

This June, three extraordinary girls will swim to raise money for breast cancer prevention at Against the Tide, an annual event hosted by Massachusetts Breast Cancer Coalition (MBCC). Despite facing physical challenges, Jordan, Jasmine, and Chloe participate in Against the Tide not only with the hope that others will join their passionate support of cancer prevention, but to honor their loved ones who have been affected by breast cancer.

Every year participants from all over New England and beyond are drawn to Against the Tide and to MBCC's unique mission. These swimmers, runners, and walkers share the belief that there are environmental links to cancer and other ill-health. Against the Tide not only raises funds for MBCC's work to prevent exposures to environmental toxins, the event also raises spirits and empowers people to unite under a common cause.

Among the participants at

this year's Against the Tide are three courageous girls whose determination and unwavering spirit embody the true essence of this event.

Jordan Marquis, a thirteen-year-old from Bedford with a below-knee amputation, is challenging herself to compete in the one-mile swim. Jordan shares, "I hate being underestimated. People with disabilities can do anything! Goal setting – the full mile is the next step for me." Jordan took on the half-mile swim last year and, in an effort to honor her grandmother who is a breast cancer survivor, she wants to swim even further this year.

Jasmine "Jazzy" Gillespie, an eleven-year-old girl from Bedford with minor spastic diplegia, is participating in solidarity of the daily challenges that are faced by those with health conditions like cancer. Jazzy says: "Sometimes I feel like people who don't have conditions that affect their daily lives don't understand what it's like. So in-

stead of having empathy for these people, they make fun of them or make them think that they can't do anything. Doing this breaks the person down and they start to believe that they can't do anything. I could imagine that this happens to people with breast cancer, too." Jazzy is swimming in Against the Tide to honor her two grandmothers as well as her aunt, all of whom were touched by breast cancer.

Like Jordan and Jazzy, Chloe Smagula, a fourteen-year-old girl from Westford with hemiplegia, is swimming in Against the Tide to pay tribute to her aunt and to help those touched by cancer through supporting MBCC's mission. Chloe, who participated in Against the Tide last year, said, "I did the open water swim because I've never done it before and I wanted to try something new."

Against the Tide is a truly inviting event where all are welcome and everyone can get together in support of cancer



**2023 Hopkinton Against the Tide Event on June 17, 2023. From Left to Right: Jasmine Gillespie, Laura Diamond, Chloe Smagula, Megan Cohen, and Jordan Marquis**

prevention. It offers participants of any age or ability the chance to take part in one or more of the event's athletic components.

The special 25th Anniversary Cape Cod Against the Tide event will take place on June 8th at DCR's Nickerson State Park in Brewster, MA. The 32nd Annual Hopkinton Against the Tide event will take place on

June 15th at DCR's Hopkinton State Park in Hopkinton, MA. Against the Tide will also be held virtually from June 8th to June 15th.

To learn more about Against the Tide and all of the registration options, to join or create a team and to donate or fundraise, please visit the event website at mbcc.org/swim.

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# Medway COA - April 2024

## BALANCE SCREENING

Balance is a key to fall prevention and maintaining independence. 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!

## NEW DANCE CARDIO EXERCISE CLASS:

Starting Monday April 22nd at 9:30am Cost for this class is \$5.00.

Dance your way to better physical health. Structured dance classes can lead to improvements in areas such as emotional well-being, depression levels, motivation, social cognition and memory! So lace up those sneakers bring a friend and start your week off right with our new Dance Cardio class with Shawn.

Learn choreography and stay fit to music made from all over the world.

Shawn, his wife Mary and four children are local Medway residents. Shawn was a special educator for 18 years before deciding to help people in a different way. Shawn is a certified personal trainer and fitness in-

structor who has years of coaching experience.

## ZONING TALK

At the Annual Town Meeting on May 13th, voters will be asked to consider a number of amendments to the Town's zoning bylaws. These are the Town's local rules that govern development and use of land in the Town. Among the items to be considered at the Town Meeting will be zoning amendments to comply with the so-called MBTA Communities zoning, which provides for establishing a new multi-family housing district in Town. On Wednesday April 24th at 9:45 AM a Town Meeting representatives will be at Center to explain the proposed zoning amendments and answer any questions you may have.

## KARAOKE

Back by Populare Demand! Join us at the Center for a fun afternoon of entertainment and singing! Rick Ferreira, AKA the Karaoke Guy, will be here on Thursday April 25th at 12:30 PM to lead us in a fun sing along. Event is free but please call to sign up for planning purposes.

## 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.

# Friends of the Millis Library Book Sale

May 3-5, 961 Main St., Millis  
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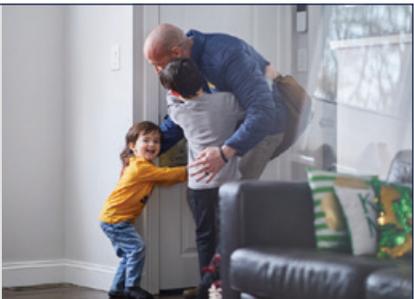
  
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# 'SUP Medway offers free program for parents on April 25

## "How to Use Brain Science for Parenting Modern Teens & Tweens"

As part of its Building Bright Brains campaign, Substance Abuse Prevention Medway (or "SUP Medway") will be hosting a free program entitled "How to

Coordinator Stephanie Simeon. "The 'Building Bright Brains' campaign was born out of local parents recognizing the gap that parents do not get regular education about modern drug concerns and best practices for prevention."

The April program will feature neurodevelopment expert and therapist Dr. Crystal Collier, who is the author of The Neurowhereabouts Guide and creator of www.KnowYourNeuro.org. She has spent her adult life understanding the science behind risky behavior and distilling the research into practical tips for busy parents. She has done extensive research on a list of 18 risky behaviors that include technology overuse, self-injury, drug use, vaping, and underage drinking, just to name a few.

With the latest brain development research, Collier will share ways to support healthy brain development for kids. She will share skills to prevent high risk behaviors and encourage executive function skills at each life stage.

"The more you know about your kids', grandkids', and students' brain development journey, the better equipped you are

to get the behavior results you are looking for..."SUP Medway is bringing in this expert educator, therapist, and author to empower you in your parenting," Simeon said. "Brain development continues up until 25 years old and is influenced by our environment and choices."

This event is geared toward all caregivers (parents, grand-

parents, babysitters, coaches, educators, etc.) of middle or high school aged youth. In-person seats are first reserved for Medway residents then will be opened to neighboring communities as space allows.

To register, visit [bit.ly/brain425](https://bit.ly/brain425) or use the QR code. On the registration form, you can include questions in advance for Dr. Collier. For more information, visit Facebook @ SUPMedway.

'SUP Medway events are funded in part by the Centers for

Disease Control and Prevention, and the Substance Abuse and Mental Health Services Administration.

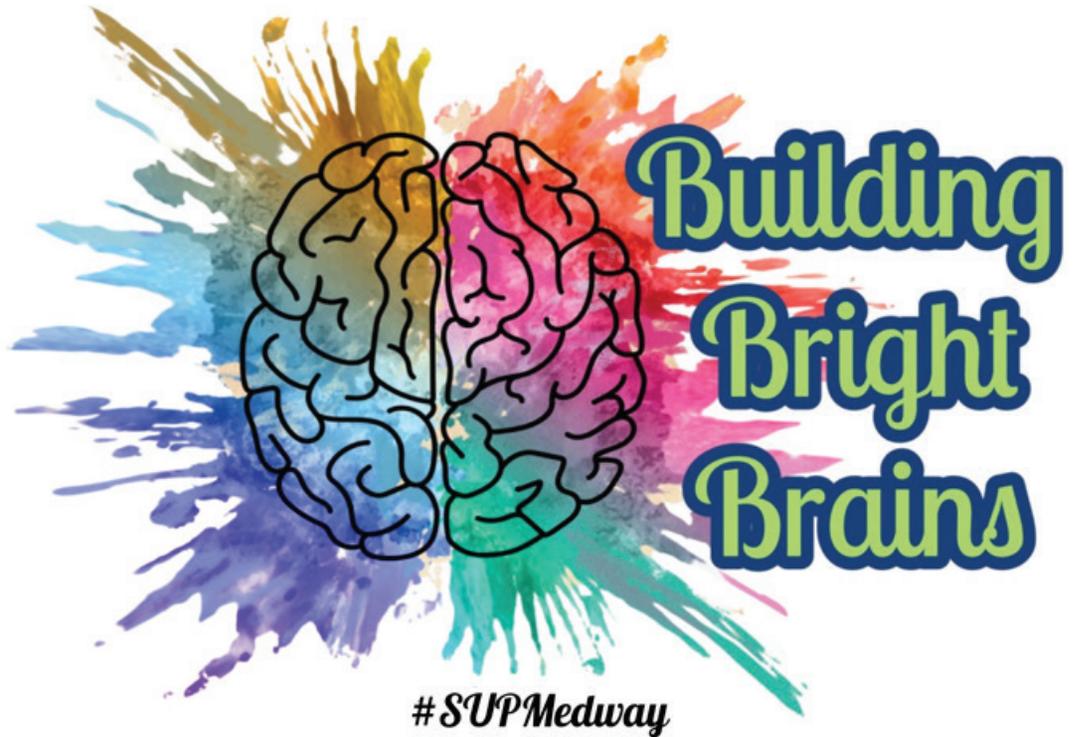


Dr. Crystal Collier, LPC-S

Use Brain Science for Parenting Modern Teens & Tweens" on April 25 at 7 p.m. in person at Thayer Homestead and via livestream.

Live Spanish translation will be available for this event, and door prizes will be raffled off at the in-person portion.

"The 'SUP Medway coalition is a group of community members of all ages and roles who work together to reduce the likelihood of Medway Youth getting involved in underage drinking and vaping," said Coalition



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## Millis Safety Log

According to safety logs, between Feb. 15 to March 15, the Millis Police Department spent the majority of its time on calls related to general traffic control and enforcement, motor vehicle violations, disabled motor vehicles, fire alarms, lost/found property, and assisting citizens at the station. Millis PD also assisted other towns including Medway and Medfield. Other entries of note include:

- Feb. 15 at 11:45am, Bullard Ln., suspicious activity
- Feb. 15 at 12:12pm, Main St., suspicious activity
- Feb. 16 at 5:09pm, Main St., vehicle fire
- Feb. 17 at 1:34am, Railroad Ave., suspicious activity
- Feb. 17 at 2:10am, Pine View, suspicious activity
- Feb. 19 at 12:01pm, Main St., assist citizen
- Feb. 21 at 5:54pm, Main St., escort/transport
- Feb. 22 at 7:04pm, Country Village Wy., carbon monoxide alarm, investigated
- Feb. 23 at 4:18pm, Baltimore St., vandalism
- Feb. 23 at 4:56pm, Orchard St., disturbance, de-escalated
- Feb. 24 at 2:15pm, Main St., disturbance
- Feb. 24 at 5:54pm, Main St., bomb threat
- Feb. 27 at 9:07am, Plain St., suspicious activity, unfounded
- Feb. 27 at 12:52pm, Stoney Brook Dr., larceny/forgery/fraud
- Feb. 27 at 6:53pm, Stoney Brook Dr., assist citizen, de-escalated
- Feb. 27 at 10:23pm, Stoney Brook Dr., assist citizen, transported to hospital
- March 4 at 3:21pm, Main St., larceny/forgery/fraud
- March 6 at 12:31pm, Spring St., suspicious activity
- March 6 at 1:16pm, Beech St., suspicious activity
- March 8 at 12:26am, Main St., motor vehicle stop, arrest made
- March 8 at 2:50pm, Park Rd., de-escalated
- March 10 at 7:47am, Main St., disturbance, de-escalated
- March 11 at 9:06am, Main St., motor vehicle accident with injuries
- March 12 at 1:46pm, Main St., complaint, advised
- March 14 at 11:13am, Ridge St., suspicious activity
- March 14 at 6:08pm, Main St., motor vehicle accident with injuries
- March 14 at 11:13pm, Village St., assist citizens at the station



Source: Millis Police Department

## MA Region 5 Science and Engineering Fair

Millis High School junior Vera Medvedeva placed third overall in the MA Region 5 Science and Engineering Fair at Bridgewater State University in March. Her research project is entitled "Silent Protectors: The Covert Transformation of Angiogenin in Cancer Defense."

She now moves on to compete at the state level on April 5 at Gillette Stadium.

For a full list of finalists, visit [bit.ly/MAregion5scienceEngineeringWinners](http://bit.ly/MAregion5scienceEngineeringWinners)

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



## Nominations being accepted for Burke-Memorial School plaque

Nomination forms are now being accepted for names to be placed on the Burke-Memorial School plaque.

Candidates for inclusion on the plaque must have made a significant or memorable contribution to the town and/or school community. Through service, volunteerism or dedication, the nominees must have made life in Medway Schools or the Town of Medway better for those

who follow.

Residents, past or present, who have sacrificed their lives or freedom in service to their country, either as members of the military or as civilians contributing to military or peace efforts, may also be nominated.

The nomination form can be found at [bit.ly/BurkeMemorialPlaqueNominations](http://bit.ly/BurkeMemorialPlaqueNominations)

Source: [www.medway-schools.org](http://www.medway-schools.org)



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# Millis Church of Christ, Congregational Welcomes new pastor James Admans

James (pronouns: they/ them) is a multifaceted individual with a career spanning spiritual leadership, entrepreneurship, writing, and the creative arts. Originally from Connecticut, James is ordained pending call in the United Church of Christ. After earning degrees in Anthropology (Southern Connecticut State University) and Forensic Anthropology (Boston University School of Medicine), their academic journey led them to Union Theological Seminary in New York City, where they obtained a Master of Divinity degree, exploring Biblical studies, social ethics, and queer theology. During their final year at seminary, James's commitment to advocacy was honored with the Malcolm Boyd Veritas Award, recognizing their impactful social justice endeavors

within the LGBTQIA+ community.

James has previously served at Fort Washington Collegiate Church as their Digital Minister and Seminary Intern. During the COVID-19 pandemic, they also served as Staff and Volunteer Coordinator for a vaccination site that distributed more than 6,000 doses of the Pfizer vaccine.

James has made a significant mark in religious literature by compiling "Beyond Worship: Meditations on Queer Worship, Liturgy, & Theology," an anthology that garnered a 2023 Independent Publishers.

Bronze Medal for its profound contributions to religious thought by thirty-three queer and transgender theologians from a variety of faith traditions and backgrounds.

James is recognized through-

out the United Church of Christ for their unique and vibrant drag ministry. James shares their drag persona, Marge Erin Johnson (she/her), as a dynamic expression of faith that champions love, justice, and inclusivity. James has been invited to preach as Marge at numerous churches and seminaries along the East Coast.

All are invited to our Sunday 10 am services.

On Saturday, May 4th for 9 AM-2 PM we will be holding an electronic recycling day with Green Day Electronic Recycling. Check their Facebook page or the church website for more information of accepted items and pricing.

Millis UCC  
142 Exchange Street Millisucc@msn.com



Above, in early March, the Millis 6th Grade Basketball team won the championship in the Metrowest Basketball Division 1 finals against Foxboro. Courtesy photo

Below, in mid-March, the Millis 6th Grade Basketball team won first place in the 6th grade division of the New England Tournament of Champions against Foxboro. Courtesy photo



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# Meet the Architect of Social Security: Miss Frances Perkins at the Millis Senior Center

Frances Perkins is regarded as one of America's most influential women in the first half of the 20th century. Yet, she sits in the

back seat of American history. about the trials, triumphs, and trip-ups that characterize Miss Perkins' life as FDR's Secretary of Labor. Secretary Perkins was an architect of the New Deal, and the creator of Social Security.



Guests will soak up stories from this first female cabinet secretary who defied the conventions of her middle-class Worcester upbringing to become a driving force behind today's laws protecting workers and retirees. They will learn about the list of demands Frances presented to FDR before accepting the appointment; the Depression and her largely unacknowledged contributions to the New Deal; reasons World War II nearly demolished her career; attempt to impeach her; and relentless challenges with gender prejudice.

In honor of her birthday, the Millis Senior Center will host a portrayal of Miss Perkins titled Meet the Architect of Social Security: Miss Frances Perkins on Wednesday, April 10. Guests will enjoy complimentary birthday cake and coffee, as they learn

her torments as a wife with a

mentally ill husband, mother, and woman carving a path through a man's world. She will disclose her secrets to building alliances and staring down bullies to help make government an ally for working adults, children, and retirees.

Janet Parnes of Historical Portrayals by Lady J, Millis will portray Miss Perkins. (www.women-history.com)

Janet performed Myths & Miracles of Victorian Medicine at the Millis Senior Center in 2023.

Meet the Architect of Social Security: Miss Frances Perkins will run from 11-noon on Wednesday, April 10. It will take place at the Millis Senior Center, Veterans Memorial Bldg. Lower Level, 900 Main St. Millis.

The event is free of charge and open to all senior citizens.

Registration is required. To register, call the Millis Senior Center at 508-376-7051.

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

## Medway's Little Free Libraries

By SOFIA MERCIER  
STUDENT WRITER

Those aren't elf houses nor mailboxes popping up around Medway, they're Little Free Libraries! These small house-like structures can be found at Choate Park and other Medway neighborhoods.

### How it works

From children's reads to adult literature, the libraries hold a variety of genres and authors. Since the libraries run on an honor system, in which the readers are advised to take a book and leave a book, its shelves are updated often.

### Who can host

Anyone can own a little library by installing a library and registering it at [www.littlefreelibrary.org](http://www.littlefreelibrary.org) to get it on the map.

### Where are they located

Current Medway Little Libraries can be found at:



The Little Free Library at Choate Park.  
Photo credit: Sofia Mercier

- 32 Cottage Street
- 10 Crook Street
- 23 Ellis Stret
- 1 Oak Street
- 76 Oakland Street
- 4 Riverview Street

Source: [www.littlefreelibrary.org/map](http://www.littlefreelibrary.org/map)

Theresa Knapp contributed to this article

# Real Estate Corner

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HOMESERVICES

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1279 Main Street Millis, MA



## Recent Home Sales

Date	Medway	Amount
03/11/2024	13 Liberty Rd.	\$705,000
03/08/2024	215 Village St. #D	\$605,000
03/08/2024	79 Lovering St. #B	\$756,000
03/08/2024	21 Timber Crest Dr. #57	\$908,459
03/05/2024	2 Vernon Rd.	\$525,000
02/29/2024	7 Cherry Cir.	\$1.08 mil
02/28/2024	48 Lovering St. #4	\$295,000
02/28/2024	8 Florence Cir.	\$700,000
02/20/2024	280 Village St. #A2	\$290,000
02/20/2024	280 Village St. #D1	\$295,000

Date	Millis	Amount
03/14/2024	205 Farm St.	\$625,000
03/08/2024	94 Glen Ellen Blvd.	\$945,000
03/01/2024	15 Timberline Rd.	\$539,000
02/29/2024	30 Daniels St.	\$549,000
02/29/2024	434 Village St.	\$600,000
02/23/2024	1 May Rd.	\$989,900
02/22/2024	370 Orchard St.	\$472,000

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

## Recent Home Sale



Two Anderson Village condominiums at 280 Village Street in Medway (former Medway High School, est. 1918) recently sold: Unit A2 for \$290,000 and Unit D1 for \$295,000. Image credit: [www.zillow.com](http://www.zillow.com)

## Over 430 homes sold!

<p><b>SOLD</b></p>  <p>3 Kensington Millis - \$649,900</p>	<p><b>SOLD</b></p>  <p>Plimpton Farm Road Millis \$939,000</p>	<p><b>SOLD</b></p>  <p>6 May Road New Construction - \$959,000</p>
<p><b>SOLD</b></p>  <p>205 Old Connecticut Path Wayland - \$849,000</p>	<p><b>NEW LISTING</b></p>  <p>South Natick</p>	<p><b>PENDING</b></p>  <p>6 Litchfield Way Walpole - \$1,700,000</p>

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**SOLD**

**\$705,000**  
13 Liberty Road, Medway  
Laina Regan Kaplan



**SALE PENDING**

**\$499,900**  
246 Plain St, Unit B, Millis  
Jennifer Colella McMahon



**SOLD**

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



**NEW TO MARKET**

**\$565,000**  
115 Farm St, Millis  
Jennifer Colella McMahon



**SOLD**

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



**SOLD**

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



**SOLD**

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



**SOLD**

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



**BUYER SALE**

**\$477,000**  
16 Little Tree, Bellingham  
Laina Regan Kaplan



**SOLD**

**\$750,000**  
190 Curve St, Millis  
Ana Gonzalez Salmeron



**SOLD**

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

**Client Testimonial for Sue Kuphal:**

"Our experience with Susan Kuphal in selling our home was great. She was professional and very easy to work with, making sure that we understood and agreed with her valuation and approach to sell our home. Sue kept us informed and responded quickly to any questions we had during each step of the selling process. She thoroughly explained the offers we received so we could make an informed decision on which to accept. We greatly appreciated that she took the time to find a realtor to work with us to relocate to the North Shore. Whether you're buying and/or selling your home we highly recommend Susan Kuphal as your realtor.!" – **Peggy Paulli**

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