



The cast and crew of Medway Middle School's production of "Frozen Jr." (Photo courtesy Tim Rice)

## Medway Middle School Students Perform in "Frozen Jr." Production

Medway Public Schools Superintendent Armand Pires and Medway Middle School Principal Amanda Luzzi are pleased to share that the Medway Middle School Department of Performing Arts hosted a successful production of "Frozen Jr." at the Medway High School auditorium.

The Medway Middle School Performing Arts De-

partment performed for a sold-out crowd on Friday night, April 5, and to nearly full houses in two shows on Saturday, April 6.

The play is a stage adaptation of the Disney movie musical, "Frozen."

Art teacher Marc Davidson led set design of Frozen Jr.'s wintry scenes, and eighth-grade English language arts teacher Doug Herbst served

as stage manager and head of stage crew. Lauren Coyne, owner of Kinetic Synergy Dance Company in Norwell, choreographed musical numbers.

"There were a few young audience members in attendance dressed as their favorite characters, and it was magi-

**FROZEN JR.**  
*continued on page 2*

"I'll Be There For You," a drug prevention play and talkback, will take place on May 1 at 6:30 p.m. See page 3 for details.

## Millis High Athletics Hall of Fame honors six inductees

By KEN HAMWEY  
STAFF SPORTS WRITER

Three players, one coach, and two teams were inducted into the Millis Athletics Hall of Fame on April 13 at the Franklin Elks Club before a gathering of about 250.

The 2024 inductees include Bill Lagos (class of 1981, baseball, hockey and football); Brian Egy (class of 2000, football, basketball and track); and Dan Coleman (class of 2005, soccer, basketball, and volleyball).

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

The teams inducted were the 1994 football squad and the 2009 girls' soccer team.



The 2009 Millis girls' soccer team, which defeated Gateway for the Division 3 State Championship, was inducted into the school's Athletics Hall of Fame. The team's leaders included, from left, captain Amanda White, coach Denis Cutler and captain Olivia Zitoli. Not pictured is Molly Breen, the team's third captain.

**HALL OF FAME**  
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**FROZEN JR.**

*continued from page 1*

cal watching so many young faces sparkle when it began to snow over the audience,” said Theater Director Nori von Jena, who teaches chorus and theater at Medway Middle School. “These students are not only so talented, they are kind and hard-working. It has been a blast taking the magic they exude and bringing it to the stage.”



**Left, “Elsa,” played by Kaitlyn McMahon, in Medway Middle School’s production of “Frozen Jr.” (Photo courtesy Tim Rice) Right, “Anna,” played by Emma Keavany and “Olaf,” played by Maggie Drake, in Medway Middle School’s production of “Frozen Jr.” (Photo courtesy Tim Rice)**

Camden Roy, a sixth-grader who played “Young Elsa,” said, “I enjoyed meeting many new people and working together to create an amazing play.”

Lexie Mahan, an eighth-

grader in stage crew added, “My favorite part of working on ‘Frozen Jr.’ was meeting and hanging out with new people who support you and cheer for you no matter what.”

“We are so proud of our talented performers at Medway Middle School in their dedication to putting on an incredible show,” said Supt. Pires. “They deserved their standing ovations for a job well done!”

*A full list of cast and crew can be found at bit.ly/MedwayFrozenJr*

**HALL OF FAME**

*continued from page 1*

The inductees all expressed appreciation for the recognition of their efforts.

The 63-year-old Lagos, who lives in Nashville, Tenn., said “I’m super humbled and appreciate this honor.” His remarks focused on thanking those who played roles in his competitive days. “Thanks go out to my coaches, from the youth level to high school; to my teammates; to my teachers at Millis High; and to the school’s administration.”

Lagos recalled some of the talented athletes he saw at Millis High before he competed. “I watched Rich and Peter Monaghan play football,” Lagos said. “Eric and Dave Elofson also were fun to watch on the gridiron. Hockey players like Pat Kilmartin and Bob Volpicelli were skaters I admired.”

Lagos concluded his remarks by saying that he “strived to be a top-notch competitor” and he

“aimed for success, like the athletes I watched growing up in Millis.” The 37-year-old Coleman, who lives in Chelmsford, also credited his coaches, teammates and teachers, and mentioned that “I always felt welcomed as an athlete.”

“Athletics played a key role in my getting into college,” Coleman emphasized. “I went to Endicott College and played four years of volleyball there. Hard work helped get me into college but my coaches and teammates also were a big help.”

Coleman told the audience that “I wasn’t expecting to become a Hall of Fame inductee but I’m truly flattered by this honor.”

The 42-year-old Egy, who resides in Newport, R.I., recalled watching players from the Monaghan and Lagos families, and said he strived to compete at a high level like his predecessors.

A three-sport athlete, Egy played quarterback in football, guard-forward in basketball and

competed in the long jump and hurdles in track. In college at the University of Connecticut, he focused on the long jump.

“My goal was just to play hard and battle intensely,” he said. “Whether it was in elementary school, middle school or high school, I always looked up to the Millis athletes who set high standards. There was no Hall of Fame when I competed, so I never thought about an honor like this. Now that it’s happened, I’m humbled and honored by the recognition.”

Egy stressed that sports helped to shape his life.

“I learned valuable life lessons like being a good teammate, being disciplined and maintaining commitment,” Egy said. “Whether I won or lost, it was always about the people I competed with. I raised some trophies but it was more about who surrounded me. That’s what I remember about playing for Millis.”

Millis teacher-coach Tom Ingraham spoke about Karaghanian who became the school’s first tennis coach in 1969. He died at the age of 92 in 2005.

“Coach Karaghanian embodied all the good things about



**The 1994 Millis High football team, which defeated Trinity Catholic in the Division 6B Super Bowl, was inducted into the school’s Athletics Hall of Fame. The squad’s leaders were, from left, captain, Mike Levy, coach Dave Sperandio, captains Brian Kraby and Brandon Davidson.**

high school sports,” Ingraham said. “He had integrity, high character, humility, a quick wit, and a big smile. He also had respect for the game and respect for his opponents.”

Karaghanian played football and baseball at MHS, coached the boys’ tennis team to a Tri Valley League title in 1978, and in 1992 earned his 200th coaching victory. A postal worker, Karaghanian started summer youth tennis clinics in 1959 and coached Millis youths for 40 years in that program.

The town named its tennis courts after him in 1976 and he

retired from coaching in 1996.

The football team won the Division 6B Super Bowl by beating Trinity Catholic, 28-6. Dave Sperandio was the coach and the 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 as Millis High’s varsity coach.

During Sperandio’s 30-year coaching career, he earned three Super Bowl titles as an assistant

**HALL OF FAME**

*continued on page 3*

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**HALL OF FAME**

*continued from page 2*

— at Millis, Holliston and Westwood — then, from 1994 to 2005, he guided the Mohawks to a pair of Super Bowl crowns. He rates the 1994 team’s triumph as “special.”

“The players on that team were outstanding,” he said. “They were disciplined, committed, and played with desire. They wanted to win and what I liked most was their personality. It was one of quiet confidence.”

The squad finished at 7-1 in the Tri Valley League and was 10-1 after winning the Super Bowl.

“When I was hired, I asked the three captains what they wanted,” Sperandio recalled. “Brian, Mike and Brandon all said they wanted a ring. And they fulfilled that goal.”

Kraby, a tri-captain who played nose tackle, recalls that exchange.

“Mike Levy said he wanted a ring,” Kraby said. “I looked at Brandon (Davidson) and we said the same thing. Coach Sperandio looked at us and laughed, saying, ‘I’ve been an assistant coach for 20 years and went to only three Super Bowls.’ Then he paused and said ‘okay.’”

Kraby said that Sperandio was aware the team he was inheriting had gone 1-9 but he knew he was going to be coaching a special group.

“We were hungry to win,” Kraby offered. “We were 5-25 the three previous years. That was frustrating. We started lifting weights at 6 a.m. on summer mornings. It’s like we willed a Super Bowl into reality. The team and Coach Sperandio meshed.”

The players included Chris Angel, Brandon Davidson, Sean Mansfield, William Reid, Chris Bell, Ryan Davidson, PJ McMahon, Matt Rezzuti, Dale Bickford, Bret Earnest, Nick Meleski, Chris Rice, Chris Carlson, Mark

Godlewski, Andy Morse, Owen Roberts, Erik Carlson, Jon Harrington, Chris Noyes, Stephen Roberts, Mark Caulfield, and Brian Kraby.

Also, 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,

team had 11 seniors and eight of them had three or more years of varsity experience. He stressed that his players also had a high soccer IQ.

The team’s third tourney game, against Norwell, was a huge turning point for the Mohawks.

“We had lost to them three straight times in the playoffs from 2006-2008,” Cutler recalled. “All three losses were shutouts. So,



**The Millis High Athletics Hall of Fame inducted three top-notch competitors who were three-sport athletes. The inductees included, from left, Dan Coleman, Brian Egy, and Bill Lagos.**

Scott Powers, John Ward, and Evan Wright.

The girls’ soccer team was led by coach Denis Cutler and the captains were Molly Breen, Olivia Zitoli and Amanda White. Millis, which finished at 16-2-6, defeated Hanover, Rockland, Norwell, West Bridgewater and Georgetown before capturing the Division 3 state title against Gateway in a 2-0 shutout.

Cutler recalled a popular saying at Millis High and used it to characterize his team. It says, “Small school, big family.”

“The 2009 team wasn’t just a collection of individuals,” he said. “It was like a family. They were team-first players who competed for each other. We had good leadership from our captains but the entire group displayed leadership. Honoring this team is tremendous and the recognition is appreciated.”

Cutler emphasized that the

when we beat them in 2009 by a 3-0 margin, it was significant. They were ranked fourth in the state by The Boston Globe.”

Cutler also mentioned that, after his team defeated Norwell, its athletic director (Scott Paine) emailed Millis A.D. Chuck Grant. His email said, “If we had to lose, I’m pleased it was to a team like Millis. They played with class and sportsmanship.”

The players included Molly Breen, Khushbu Desai, Samantha Hilton, Ashley Page, Marissa Volpicelli, Madison Brosler, Candace Devens, Maddie Matthes, 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.

# Drug prevention play and talkback, May 1

The Medway Cultural Council is pleased to announce that “I’ll Be There For You: A Drug Prevention Play and Talkback” by the 2nd Act Organization will take place on Wednesday, May 1, 2024 at 6:30 pm at the Medway High School. Tickets are not necessary.

The 2nd Act Organization is a collective of artists in recovery which uses theatre, film and drama therapy to address the impact of substance use. And promote understanding in the face of stigma. The play follows a group of young people as they create an original play inspired by their daily lives, using the stage to better understand themselves and the world around them. They pull themes from their own lived experiences, such as gender and immigrant identity, relationships with adults, and the ways alcohol and other drugs can reshape the landscape of a young person’s life. Ultimately, they discover what it means to write one’s own ending.

For more information about the Medway Cultural Council, please visit [www.townofmedway.org/cultural-council](http://www.townofmedway.org/cultural-council) or email [MedCC@townofmedway.org](mailto:MedCC@townofmedway.org)

**Correction:**

An article in the April edition entitled “Medway Nine is young but could be a surprise,” had a typographical error in the title. The error was corrected on the online version at [www.mil-lismedwaynews.com](http://www.mil-lismedwaynews.com) and on Facebook @MedwayMillisTownNews. We apologize for the error.

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# Medway road projects approved through 2028

On April 17, Medway's Department of Public Works shared the town's updated road project plan through fiscal year 2028.

The planned projects for FY25 include the following areas: Oakland, Village (Walker to Oakland), Populatic (Village to WTP), Grapevine, Hillside,

High, Lincoln, Wellington, Norfolk, Evergreen/Elm, Royal Heights, Sherwood, Stanley, Cassidy, Cassidy sidewalk, Shaw sidewalk (Village to Samoset), Malloy sidewalk, Stanley sidewalk, Village sidewalk (CRPCD to Oakland), Oakland sidewalk.

Planned projects for FY26

include Village (Cottage-Willow Estates), Samoset, Shaw, Colonial, Diane, Stephanie, Kimberly, Fairway, Juniper, Hunter, Ivy, Hickory, Board Acres, Claybrook Farms, bridge improvements on Village Street, and bridge improvements on Winthrop, Main, Shaw Streets.

Planned projects for FY27 include Village (Willows entrance to Inn), Summer Street (Main St. to Holliston town line), bridge improvements on Lovering Street.

Planned projects for FY28 include Village (Square), Village (Square sidewalks), Temple,

Cedar Farms, Deerfield, Fawn, Granite, Castle, Daffodil, Tulip, Holbrook, Laurelwood, Candlewood, Island, bridge improvements on Lovering Street.

For more information, including expected costs, visit [www.townofmedway.org](http://www.townofmedway.org)

## Millis Senior Center Events

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

### May 2024 Events:

#### Lunch & Learn: Music in Dementia

Randi Lebar, MD will join us to share her experiences with her mother's dementia and the power of music in her mother's life. Her mother, a concert pia-

nist, now lives with dementia. We will learn how the power of music has helped in her journey. Sandwiches and light fare. Sponsored by the Friends of the Millis COA. Free. Call to pre-register (508) 376-7051.

Wednesday, May 29 at 11:00 AM

#### Painting with Amy Adams

Local artist Amy Adams returns for another session of guided painting. Paints and canvas provided. All skill levels welcome. With thanks to the Millis Cultural Council for supporting this event. Free.

Friday, May 10, 10:30 AM-12:30 PM

Call to pre-register (508) 376-7051 by May 6.

#### Millis Memory Café

The Millis Memory Café is a welcoming opportunity for families and their loved ones living with memory changes to gather for conversation, guest music or artist, and refreshments. Usually hosted at the library, the May

café will be at the Council on Aging. All are welcome! A musical guest will be joining us. Free.

Date: Monday, May 20 at the Millis Council on Aging

Time: 10:30 AM—Noon

#### 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, May 13 at 11:00 AM

Otis will be here with pizza and information about the Millis Fire Department Senior Safe Program

## Medway Annual Town Meeting on May 13

Medway's Annual Town Meeting will take place on Monday, May 13, at 7 p.m. at Medway High School, 88 Summer Street.

The warrant was not available at press time but will soon be available at [www.townofmedway.org](http://www.townofmedway.org).

## Millis Annual Town Meeting on May 7 includes proposed override

Millis' Annual Town Meeting will be held on Tuesday, May 7th at 7:30pm at the Middle/High School Auditorium located at 245 Plain Street, Millis.

Topics to be voted on will include the FY25 annual budget, a \$1.4 million Proposition 2 1/2 operational override (\$1 million towards schools), capital projects,

renovations to the Oak Grove farmhouse, increasing the senior tax work-off program from \$1,500 to \$2,000 per year, and other important town-related matters.

The full warrant can be found at [bit.ly/MillisATMwarrant2024](http://bit.ly/MillisATMwarrant2024).

Source: [www.millisma.gov](http://www.millisma.gov)

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**Advertising Director**  
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Millis High School senior Jennifer Scolponeti's senior project was to plant daffodils along the winding road that approaches Millis Middle/High School. Last fall, she organized an event "to bring the community together and beautify the school" at which they planted 800 bulbs that are now in full bloom. Photo credit: Theresa Knapp

# Medway town election May 21

The election will be held on May 21 at Medway Middle School, 45 Holliston Street, from 7 a.m. to 8 p.m. The offices available include:

Carl Rice  
Planning and Economic Development Board  
Sasha Vinton  
Redevelopment Authority  
Doug Downing

Source: [www.townofmedway.org/town-clerk/pages/2024-town-election-information](http://www.townofmedway.org/town-clerk/pages/2024-town-election-information)

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Board of Health  
Amy Rotondi  
School Committee  
Cindy Sullivan  
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Debi Rossi  
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Here's the basic tax information on some key sources of retirement income:

• **Social Security** – Many people don't realize they may have to pay taxes on their Social Security benefits. Whether your benefits will be taxed depends on how much other taxable income you receive from various sources, such as self-employment, stock dividends and interest payments. You'll want to check with your tax advisor to determine whether your income reaches the threshold where your Social Security benefits will be taxed. The lower your total taxable income, the lower the taxes will be on your benefits. The Social Security Administration will not automatically take out taxes from your monthly checks — to have taxes withheld, you will need to fill out Form W-4V (Voluntary Withholding Request). Again, your tax advisor can help you determine the percentage of your benefits you should withhold.

• **Retirement accounts** – During your working years, you may have contributed to two basic retirement accounts: an IRA and a 401(k) or similar plan (such as a 457(b) plan for state and local government employees or a 403(b) plan for educators and employees of some nonprofits). If you invested in a "traditional" IRA or 401(k) or similar plan, your contributions may have been partially or completely deductible and your earnings grew on a tax-deferred basis. But when you start taking withdrawals from your traditional IRA or 401(k), the money is considered taxable at your normal income tax rate. However, if you chose the "Roth" option (when available), your contributions were not deductible, but your earnings and withdrawals are tax-free, provided you meet certain conditions.

• **Annuities** – Many investors use annuities to supplement their retirement income. An annuity is essentially a con-

tract between you and an insurance company in which the insurer pays you an income stream for a given number of years, or for life, in exchange for the premiums you paid. You typically purchase a "qualified" annuity with pre-tax dollars, possibly within a traditional IRA or 401(k), so your premiums may be deductible, and your earnings can grow tax deferred. Once you start taking payouts, the entire amount — your contributions and earnings — are taxable at your individual tax rate. On the other hand, you purchase "non-qualified" annuities with after-tax dollars, so your premiums aren't deductible, but just like qualified annuities, your earnings grow on a tax-deferred basis. When you take payments, you won't pay taxes on the principal amounts you invested but the earnings will be taxed as ordinary income.

We've looked at some general rules governing different sources of income, but you should consult

your tax professional about your specific situation. Ultimately, factors such as your goals, lifestyle and time horizon should drive the decisions you make for your retirement income. Nonetheless, you may want to look for ways to control the taxes that result from your various income pools. And the more you know about how your income is taxed, the fewer unpleasant surprises you may experience.

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

Mark Freeman  
Edward Jones Financial Advisor  
77 West Main Street,  
Hopkinton, MA  
508-293-4017  
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# May Events at the Medway Senior Center

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Call 508-533-3210 or stop by the Center to sign up.

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by Spirits of Fashion "The Swingin' Sixties" Twiggy, Jean Shrimpton, Mary Quant, Biba, and the list goes on! Discover the fashions of the Swingin' Sixties, beginning with the Mod styles of London, traveling through the hippy era, and culminating in the bohemian styles and hot pants of the early '70s.

Join us on Wednesday, May 8th at 11:00 AM, to explore what drove these changing styles and how they affected people of all ages during this turbulent time! Presented by fashion expert Ren Antonowicz.

Please call 508-533-3210 or visit the center to sign up for this exciting event.

## CONSUMER RIGHTS PROGRAM

On Wednesday, May 15th from 9:00 to 10:30 AM, the Worcester Consumer Rights Program representatives will have a table in the dining room with pamphlets about their program. They handle complaints on a variety of consumer problems such as unreturned security deposits, gift cards that are not honored, repairs issues, and many more.

Stop by their table to pick up a brochure and ask any questions you may have!

## Southeastern Massachusetts Community Concert Band

Back by popular demand, the Southeastern Massachusetts Community Concert Band will be performing at the Center. Join us on Wednesday, May 15th, at 7:00 PM to hear some great concert music.

Transportation is available for this event starting at 6:00 PM. You must sign up in advance at the Center

## PLAYERS WANTED!

CARDS... We are looking for 2 people to join others to play the card game Hearts. The day has not been set yet but we are planning to play in the afternoon or early evening.

HORSESHOES... The nice weather is right around the corner and the horseshoe pits will be open! We are always looking for players to join us. There's a sign-up sheet in the book!

Visit or call the Center if you are interested in either of these activities!

## 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 Sabounjain, at the Center on Thursdays from 12:00 to 3:00 PM.

## Snap RECIPIENTS

Beginning in June, the Medway Community Farm is offering "Community Shares" of fresh fruits and vegetables to people receiving SNAP benefits. By using your HIP (Healthy Incentive Pro-

gram) benefit, these shares could be free to those who qualify!

Contact the Outreach department at the Center to discuss the program and to complete an application. Delivery to Medway Housing Authority residences is available on request.

## WEEKLY EXERCISE CLASSES

Monday 9:30 AM  
Dance Cardio \$5  
11:00 AM  
Strength Exercise \$4  
Tuesday 11:00 AM  
Line Dancing \$4

Wednesday 11:30 AM  
Sword Tai Chi \$10  
1:00 PM Chair Exercise \$3  
Thursday 9:30 AM  
Yoga \$3 New Day! 11:00 AM  
Zumba Exercise \$5  
Friday 12:20 PM  
Chair Exercise \$3



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**Winners will be announced in our Summer Guide - Coming in June!**

**Share your photo today! Last chance for entries is May 17!**

**Southwick's ZOO**

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.

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# Medway Memorial Day Parade on May 27, Gordon White posthumously named Grand Marshall

This year's Medway Memorial Day Parade will take place on May 27, starting promptly at 10 a.m. from the Medway VFW on Holliston Street to Matondi Square in the village where ceremonies will take place.

Veterans and active service personnel are encouraged to attend and participate. Floats and vehicles will be available for US Veterans to ride, as they choose.

Parade participants will include the Medway High School Band, Worcester Kiltie Band, Medway Fire Department, Medway Police Department, clergy, Boy Scouts, Girl Scouts, Medway Lions, other civic groups, and service members of the United States military.

A contingent of Naval Sea Bees of the Naval Mobile Construction Battalion 27 will also participate, possibly with other military units.

All participants are urged to arrive at the VFW at 9 a.m.

## Grand Marshall

Memorial Committee member Richard Parrella said, "This year we will be honoring, posthumously, Gordon White as 'Grand Marshall' of our parade with his wife Lorry serving as Grand Marshall in his place.

"Gordon was a life-long resident of Medway and graduated from Medway High School in 1965. After graduation Gordon served in the US Air Force. He married his wife Lorry and together they had three children.

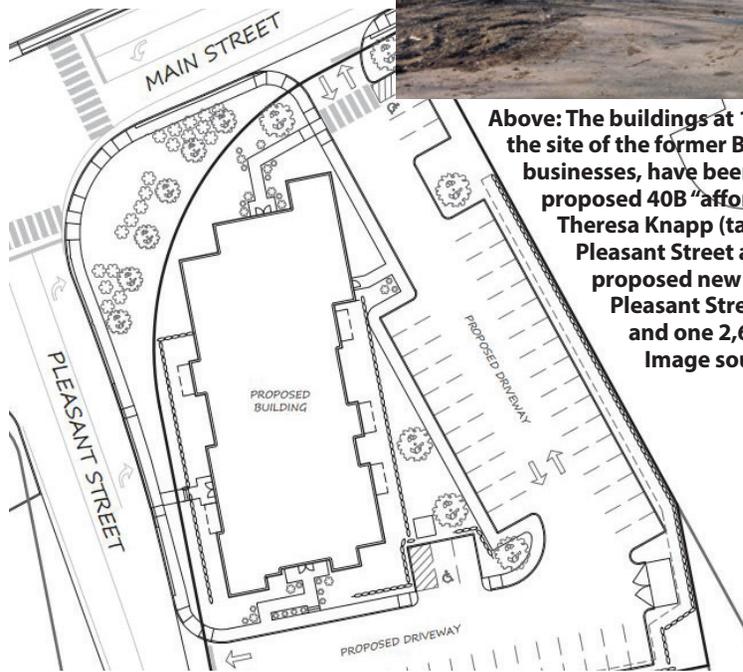
"Gordon was the owner/operator of Gordon White Auto Supply. He was an active member of the community and served as Medway Constable and the Medway Memorial Committee for 14 years. Gordon was a member of the Jaycees and an active member of the Medway VFW for many years."

Note, in case of inclement weather, ceremonies will be held in the Medway Village Church.



# Millis lot cleared for affordable housing

### Buildings demolished at corner of Main and Pleasant Streets



Above: The buildings at 1060-1072 Main Street in Millis, the site of the former Budabing's 50's Café and other businesses, have been demolished to make way for a proposed 40B "affordable housing" project. Photo credit: Theresa Knapp (taken from Main Street facing south, Pleasant Street along right side of property) Left: The proposed new building at the corner of Main and Pleasant Streets would include 24 residential units and one 2,600 square foot commercial space. Image source: Millis Conservation Commission

By THERESA KNAPP

The buildings at 1060 and 1072 Main Street in Millis, the site of the former Budabing's 50's Café and other businesses, have been cleared.

The property is owned by

Paul McGovern of 1060 Main St. Realty, LLC, in Dover, who has proposed a "24-unit (6 affordable) affordable apartment building with one commercial space" on the 1.01 acre property at the corner of Main and Pleasant Streets.

According to Zoning Board of Appeals documents, the proposed rental property will have four floors (but will look to have only three). Residential units will include four one-bedrooms, 16 two-bedrooms, and four three-bedroom units, and 25% of the units will be considered "affordable housing." It will include 2,600 square feet of commercial space, and 49 parking spaces.

The project continues to make its way through the permitting process. For more information, visit [www.millisma.gov](http://www.millisma.gov)

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Your Money, Your Independence

# Empower New Graduates with Gifts of Independence

With graduation season approaching, many friends and family members seek meaningful ways to celebrate the achievement.

While traditional gifts are always appreciated, consider something with lasting value that can help launch graduates towards financial independence.

Aside from cash or gift cards, here are some thoughtful financial gift ideas and tips to empower high school and college graduates as they embark on their next chapter.

**Investment Account.** Open a brokerage account in their name and purchase one or two foundational low-cost index exchange-traded funds (ETFs). Even better, establish small automatic monthly contributions from their and your checking accounts. Even at \$25-\$50 a month, it's a consistent reminder that demonstrates the value of saving, compounding, and choosing to invest over time.

Furthermore, encourage graduates to explore different investment options and asset classes in these taxable investment accounts. And if they make investment mistakes, good. It is better to do it at a young age with less money and responsibilities than in their mid-40's, with a family and inside their retirement accounts.

**Parental IRA Contributions.** Parents can contribute to their child's Individual Retirement Account (IRA) up to the child's earned income. Consider Roth IRA and its unique advantages



Glenn Brown, CFP

including being funded with after-tax dollars, meaning withdrawals in retirement are tax-free. This can be incredibly beneficial for young graduates, as their income and tax rates are likely lower now than they will be in the future. By starting a Roth IRA early, graduates can maximize their tax-free growth potential over the long term.

**Financial Literacy Books.** Equip graduates with essential financial knowledge by gifting them books on personal finance and investing. Consider "The Total Money Makeover" by Dave Ramsey, "Poor Charlie's Almanack" by Charles Munger and Peter Kaufman or "The Millionaire Next Door" by Thomas Stanley and William Danko.

I wish I'd read 'Millionaire' in my 20's, instead of early 30's, as it provides insights into the habits and behaviors of wealthy individuals, offering valuable lessons on living below one's means, budgeting, and accumulating wealth.

**Financial Planning and Investing Tools.** Don't let Tik Tok or free "you-are-the-product" apps be their source of financial knowledge. Consider gifting a subscription to a financial planning app that can help track spending, set savings goals, and create budgets. These tools provide valuable insights into their financial habits and empower them to make informed decisions about their money and avoid unnecessary debt.

And for those who want to invest beyond their low-cost index ETFs, consider Investor's Business Daily or gift a year access to Seeking Alpha Premium.

**Financial Advisory Services.** Last year a client set up two Zoom meetings for their son, a college graduate moving to North Carolina. For the first meeting, the four of us met on an agenda mom and dad wanted covered. For the next meeting, the parents bowed out, leaving the agenda and conversation up to their son. This worked well, as he was much more engaged and has stayed connected by sending questions as they arise and sharing updates.

**Entrepreneurial Resources.** If the graduate has ambitions of starting their own business, even a side hustle, consider gifting business books, online courses, or membership to entrepreneurial communities. As a parent, consider the legal benefits ensuring a Limited Liability Corporation

(LLC) is established by paying for the initial state registration.

**Building an Emergency Fund.** Encourage graduates to establish an emergency fund by contributing to it yourself. Life is unpredictable, and having savings set aside for unexpected expenses can provide peace of mind and prevent them from going into debt during emergencies.

Graduates who receive these gifts will not only appreciate the gesture but also benefit from the financial stability they provide as they navigate the challenges and opportunities that lie ahead.

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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# The b.LUXE *beauty beat*

## We're Celebrating This May! Awards, Moms & You!

BY GINA WOELFEL

We're proud to announce that b.LUXE has received its second honor from Salon Today Official and named a top honoree in this year's prestigious SALON TODAY 200 Awards. This industry recognition is a testament to our team's collective efforts, dedication and customer loyalty.

Now in its 27th year, Salon Today is a national publication that gathers data to establish vital salon business benchmarks. It recognizes owners and their teams for their business acumen and creates a forum for sharing proven business strategies.

This is our second win with Salon Today. In 2021, we were recognized as one of the top 20 salons in the US in their "SALONS OF THE YEAR" competition, held post-pandemic as a check-in to measure the beauty industry's response and recovery from COVID-19.

To be recognized in this year's competition, a salon or spa must demonstrate several best practices that propelled the business's overall trajectory. As winners in the 2024 SALON TODAY 200 "GROWTH" category, we grew our company remarkably between 2022 and 2023. This success is a testament to our unwavering commitment to excellence and continuous improvements, ensuring that we always deliver the best to our clients, whose trust and support have been the cornerstone of our success.

This accomplishment would not have been possible without our community, our team, and the support of our fabulous clients. Your unwavering loyalty has made us the most lucky, appreciative, badass group of women in the beauty business!

But what does this recognition mean for you, and why is this your sign to make us your new salon?

b.LUXE offers a luxurious experience that sets us apart from other salons. We provide a wide range of beauty services, including hair cutting, coloring, smoothing, extensions, styling, skincare, spa treatments, spray tanning, waxing, and lash extensions.

To ensure that your visit is nothing short of amazing, our team follows a comprehensive set of standards called the "b.LUXE Service Cycle." This guideline provides a detailed itinerary for each guest and guarantees consistent, exceptional care from check-in to checkout. We always anticipate your needs so you can relax and enjoy your visit. We offer five separate seating areas where you can enjoy refreshments from our custom coffee bar. We also provide complimentary "Luxury for Everyone" services, such as moisturizing glove treatments, BEFORE OIL scalp services, and hot stone foot treatments for our facial guests. Our extra amenities promise to make your appointment unforgettable.

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Thank you for being a part of our wonderful, crazy, amazing journey.

**The b.LUXE Beauty Team**

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# Millis town election on May 13 includes votes on override and town offices

Millis' annual town election will take place on Monday, May 13, from 7 a.m. to 8 p.m. at the Veterans Memorial Building located at 900 Main Street.

The election warrant can be found at [bit.ly/MillisElection-Warrant2024](http://bit.ly/MillisElection-Warrant2024).

Voters will be asked to approve a proposed \$1.4 million override that would provide additional funding to:

School Department, \$1,070,767

Police Department wages, \$180,000

Fire Department wages, \$95,118

Department of Public Works wages, \$54,115

Details regarding the override can be found on the annual town meeting warrant at [bit.ly/MillisATMwarrant2024](http://bit.ly/MillisATMwarrant2024).

Voters will also elect people to the following offices:

Moderator (1 year)

Select Board (3 yrs)

School Committee, 2 seats (3 yrs)

Board of Health (3 yrs)

Library Trustee (3 yrs)

Planning Board (5 yrs)

Planning Board (3 yrs)

Housing Authority (5 yrs)

Source: [www.millisma.gov](http://www.millisma.gov)

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## Medway Pride Day is Saturday May 18th from 10am-2pm

Mike "Sarge" Riley who is Gameday announcer at Gillette Stadium during the Patriots and Revolution will be the MC for the event!

**Bike Parade with the Mascot Charlie from Charles River Bank starting the parade off at 10:15 a.m.**

The Pledge of Allegiance starting off at 10:00 a.m. and led by the Girl Scouts.

**Children's tent and Bouncy Houses for only \$10! Includes games and arts and crafts!**

Lakeshore Drive Band and Crash and Burn will be performing and a performance by Step by Step Dance.

Photography done by Samantha Scoppetto Photography

Medway Police and Fire Departments as well as the DPW with their vehicles!

**FOOD TRUCKS!! Trolley Dogs, C & C Ice Cream, MACS Street Corn Tacos and Lawless**

Medway High School Baseball Team will have a Dunk Tank!

**Also, many great community vendors will be there. A more detailed full line up to come!**

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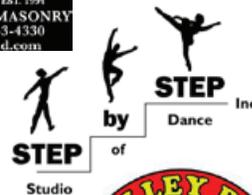
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Saturday May 18, 2024  
10 AM to 2 PM

We will be performing from 11 AM to 1 PM



Medway Business Council • Charles River Bank  
The Little Gym of Medway



(The Medway Pride logo was done by Elizabeth Schubert)

# Living Healthy

## The Truth about Cataract Surgery Performed in an Office: A Cautionary Tale

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

Cataract surgery is a common, safe, and highly successful procedure traditionally performed in hospital settings or specialized ambulatory surgical centers (ASCs). However, some considerations including greed and financial bias have led some surgeons to advocate for performing cataract surgeries in office-based settings. This is while there is plenty of availability for performing the same surgery in the safety and comfort of an ASC just a few minutes from these surgeons' offices. There are inherent risks and considerations that patients must be aware of before undergoing such procedures outside of a hospital environment or an ASC. If they ask you to have your cataract sur-

gery in their office, think again.

### Lack of Emergency Resources:

One of the primary concerns associated with cataract surgery in an office setting is the potential lack of immediate access to emergency medical resources. Unlike hospitals or surgical centers, where anesthesia emergency teams and specialized equipment are readily available, office-based facilities may not have the same level of preparedness to handle unforeseen complications during surgery. In fact, those offices have no anesthesia presence at all. In the event of a medical emergency such as sudden changes in vital signs or cardiac arrest, delays in accessing emergency care could have serious consequences for the patient's health and well-being. Although it may sound hard to

believe, those office surgeons want to call 911 if you have a medical emergency while you are having your cataract surgery. And good luck if the emergency crew is too busy or inaccessible!

### Infection Control Challenges:

Maintaining strict infection control measures is essential in any surgical setting to minimize the risk of postoperative infections. However, office-based facilities may face challenges in upholding the same standards of sterility as hospital operating rooms or ASCs. Factors such as limited space, inadequate ventilation, and insufficient sterilization equipment could compromise the cleanliness of the surgical environment, increasing the likelihood of surgical site infections and other complications. Furthermore, an



ASC performing thousands of cataract surgeries every year has way more infection control personnel and training compared to an office performing the same surgery occasionally.

### Lack of Anesthesia Monitoring:

Another critical aspect of cataract surgery is the administration of anesthesia to ensure patient comfort and safety during the procedure. While local anesthesia is commonly used for cataract surgery, monitoring the patient's response to anesthesia is crucial to prevent adverse reactions or complications. In office-based settings, the availability of trained anesthesia personnel and monitoring equipment may be limited and often inexistent, potentially putting patients at risk of anesthesia-related complications such as respiratory depression or allergic reactions.

### Lack of Anesthetic Titration:

Sedation titration allows for the adjustment of sedation levels during the procedure, thereby mitigating the risk of

patient awareness during the surgery. Titration involves the ability to administer varying levels of anesthesia, as deemed appropriate. When your surgery is in an office, you will have no IV and no ability to titrate the anesthetics. They give you some sedatives by mouth before you go to the OR. That's it. The absence of the capability to titrate anesthesia in the office poses a significant risk. You may not be able to hold still for safe surgery. You may remember the entire experience afterward. This, in turn, can cause you significant traumatic stress because of this experience.

### Limited Surgical Expertise in an Office:

Cataract surgery requires precision and expertise to achieve optimal outcomes and minimize the risk of complications. Surgeons who perform these procedures in hospital settings or ASCs often have extensive

### EYES

*continued on page 13*




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## EYES

*continued from page 12*

training and experience in ophthalmic surgery, backed by the resources and infrastructure of a specialized surgical environment. In contrast, office-based setting may not have the same level of track record or access to advanced surgical techniques and equipment. In fact, the entire state of Massachusetts has only 2 offices performing cataract surgery in the office. Compare this to hundreds of well-equipped ASCs and hospitals performing this surgery successfully for decades.

### Patient Selection and Follow-Up Challenges:

Proper patient selection and thorough preoperative evaluation are crucial to identifying individuals who are suitable candidates for cataract surgery and assessing their risk factors for complications. Additionally, postoperative care and follow-up are essential for monitoring the patient's recovery and addressing any concerns or complications that may arise. In office-based settings, there may be limitations in conducting comprehensive preoperative assessments and providing adequate follow-up care. Even if this selection is perfectly planned and the patient is deemed "low risk for office-based surgery", unforeseen surprises can happen when no emergency services exist. This can potentially compromise patient safety and satisfaction.

### Lack of Approval by Professional Societies:

Cataract surgery in an office setting is not covered by Medicare and not approved by all major ophthalmology professional societies. In fact, the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery refuse to approve office-

based surgery, citing concerns about patient safety.

### Legal and Ethical Considerations:

The decision to perform cataract surgery in an office setting raises important legal and ethical considerations for both patients and healthcare providers. Patients must be fully informed about the potential risks and limitations of office-based surgery, as well as their rights to alternative treatment options and access to emergency care. The surgeon's choices to perform the surgery in an office based on financial bias should be clearly explained to the patient, more so when a safe surgery center exists and is available minutes away, and when the surgeons are charging patients fees for this office-based surgery.

In conclusion, office-based cataract surgery is not without its risks and limitations. Patients considering this option should carefully weigh the potential benefits and drawbacks. If your surgeon recommends you have cataract surgery in an office, you are advised to seek a second opinion to make an informed decision. 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. 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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# Sports

## Improvement a key objective for Millis Softball team

By KEN HAMWEY  
STAFF SPORTS WRITER

Brett MacGowan's second year as Millis High's softball coach will be all about improvement.

Last year, the East Longmeadow native guided the Mohawks to a 9-9 regular season record then split a pair of games in the playoffs, beating Narragan-

sett and losing to West Boylston.

"We want to improve on last year's .500 record," MacGowan said. "And we want to improve our numbers and our position."

Improving the numbers and the team's position are admirable objectives. "Improving the numbers means having an impact on the youth program so there are always good turnouts of players

striving to play on the varsity," MacGowan said. "Improving position refers to our power ranking. Last year, we were ranked 12th in Division 5."

MacGowan has three goals for this season and he's optimistic they can be achieved.

"We want to compete at a high level," he said. "And we want to qualify for the tournament and be in the mix for the Tri Valley League Small Division title. To reach these goals we'll need to work hard and rely on team chemistry."

Millis had a 2-1 record at Local Town Pages deadline.

The Mohawks lost only all-star catcher Frankie Pizzarella to graduation and have 10 returnees with different levels of experience. The returnees' strengths are why MacGowan is upbeat about this season.

"We've got experience, depth, an improving softball IQ, speed and quickness," he offered. "Our pitching is a plus, our defense is good and our hitting has improved."

Millis' captains are a talented senior trio. They include pitcher Riley Caulfield, third baseman Izzy Jewett and centerfielder Abby Powers.

"A right-hander, Riley was a three-time TVL all-star," said MacGowan. "She relies on a fastball, drop, change-up and curve, and her velocity and control are very good. She's also versatile, able to play first base, shortstop or the outfield."

Caulfield had a 2-1 record that included a no-hitter against Bellingham to start the season. She also recorded 24 strikeouts in three games and was batting .500. Caulfield's knockout total for her career at Millis has reached 500.

MacGowan is a fan of Jewett because of her style.

"Izzy is a hard-nosed competitor who has great range," he emphasized. "She makes the tough play and has a rocket for an arm. Her effort is outstanding and she's got great accuracy on her throws to first. Her offense has improved and she can hit for power."

Powers, who had five RBIs in three games to start the season, is

an instinctive competitor whose softball IQ is high. "Abby is an excellent field general," MacGowan noted. "She's got speed, is a contact hitter and a terrific fielder. She relies on consistency."

Senior outfielder Kyra Rice has plenty of attributes that make her a valuable contributor. "Kyra has great speed, sees the field well and has a high softball IQ," MacGowan said. "A contact hitter, she's extremely coachable, is always positive and has a great personality. She's scored five runs in our first three games."

Junior right-fielder Lindsay Grattan is another coachable player who has speed to burn. She was hitting .400 in her first three games. "Lindsay is the fastest player on the team," MacGowan said. "She's got great range, a strong arm, and can hit for power. She delivers in clutch situations and relies on her speed."

Junior Emilia Leach played third base last year but now is handling the catching chores. She's off to a good start this season, hitting .500 and driving in six runs.

"Emilia plays solid defense, has a strong arm, hits for power and is a capable field general," MacGowan said. "A reserve behind the plate last year, she's got lots of potential on defense. She blocks the plate well and has a strong arm. She can hit for power and is one of our best hitters."

Junior Isabella Briones is in her second year playing first base. "Isabella is versatile, able to play the infield or the outfield," MacGowan noted. "She's smart, coachable, is a solid fielder and hits for power."

Sophomore Mia Vasta, the Mohawks' No. 2 pitcher last year, can also play first base or the outfield. "Mia was used in relief," MacGowan said. "A right-hander, she throws a fastball and a change-up and has good control. She's smart, coachable and knows how to field her position."

Freshman Molly Rand, who was hitting .500 after three games, will start at shortstop. "Molly has lots of potential, both in the field and at the plate," MacGowan said. "She's very talented, has a high soft-



Brett MacGowan is in his second year as Millis High's softball coach. Courtesy photo



Millis High's softball team will be counting on its four seniors, from left, Abby Powers, Izzy Jewett, Kyra Rice and Riley Caulfield. Courtesy photo

### Women Take Aim

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ball IQ, great range, speed and quickness. She's a contact hitter who also has power."

Sophomore second baseman Zoe Sparks will be a key contributor. "Zoe is a good fielder who covers the bases well and also is a strong hitter. Her grand slam against Hopkinton last year was a key to that victory."

Two freshmen — Macy Ingraham and Alicia Ellis — can play a variety of positions and have shown signs of being effective competitors. "They've got tons of potential," MacGowan said.

Relying on an athletic philosophy that focuses on reaching one's potential and having fun, MacGowan firmly believes that if players are pushed and reach their potential, then winning will be the by-product. "If they're having fun while being pushed, then players will improve," he said.

Life lessons can be learned from sports and MacGowan has five that he lists as valuable. "Sports can help players learn to be good teammates and quality leaders," he said. "Athletics also teach how to overcome adversity and to be resilient. Time management is another great lesson."

MacGowan's staff of assistants includes Allie Marcone (infield), Mark Caulfield (outfield) and Emma Tomlin (jayvees). "They all mesh well and are able to help with adjustments during a

**SOFTBALL**

continued on page 15

# Sports

## Long-term care insurance offers more than just nursing home coverage

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

The first image that often comes to mind when people think about long-term care is an elderly person sitting alone in a depressing nursing home. The misconceptions about what long-term care involves and peoples' images of the most common care settings are understandable, since long-term care insurance originally started as nursing home insurance four decades ago. However, it has evolved into a much more flexible solution that allows you to receive care in a variety of settings.

Most of us want the ability to age at home, in a familiar setting surrounded by family and our favorite things. The fact is, 90 percent of adults who need long-term care services receive assistance at home or in another community setting.<sup>1</sup>

If the level of care you need evolves over time, most long-term care insurance policies not only allow you to transition to a nursing home, but some may also provide you with support during the transition. Since you can't predict the care you might eventually need, it's important to have the flexibility to choose the setting that best fits your needs at any given time.

Many long-term care policies available today can provide you with a choice of where you want to receive care, including:

- At home, with the help of a home health aide or in some cases a family member or friend to assist with daily activities

- In a community setting, such as adult day care services
- At an assisted living facility, where you can receive help with transportation and meals
- In a nursing home, if you need around-the-clock care

Each of these options provides a different level of care depending on how much assistance you need. Receiving care at home is the most popular and preferred option, and some policies even provide benefits that allow you to make home modifications that can help you stay at home longer. Policies that provide home care allow you to receive care from a professional, or possibly a friend or family member if informal care is covered.

While most people hope they won't ever need to worry about long-term care, the reality is Americans have almost a 70 percent chance they will need some type of long-term care assistance after age 65.<sup>2</sup> Women are even more at risk, primarily because they tend to live longer. The thought of not being able to care for yourself can be difficult and creating a strategy for care can be daunting. However, it's best to not let long-term care preparation get pushed aside, because your age and health both factor into whether you'll qualify for insurance and how much you'll pay for coverage.

By including long-term care in your retirement strategy, you'll have the peace of mind that you've taken the steps to help protect your family from the financial and emotional impact

of a long-term care event. Take the time to research available options, decide how much coverage you need based on estimated costs, and create a strategy that will give you the flexibility to choose where and how you receive care. If you need additional information, contact a New York Life agent to find out more about our solutions.

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.

<sup>1</sup> Edem Hado and Harriet Komisar, "Long-Term Services and Supports Fact Sheet," AARP Public Policy Institute, August 2019.

<sup>2</sup> "How much care will you need?" U.S. Department of Health and Human Services, February 2020.

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### SOFTBALL

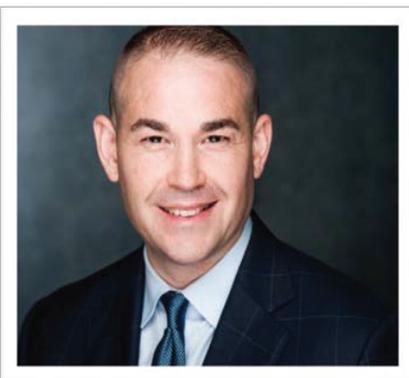
continued from page 14

game," he said.

MacGowan has lined up a non-league schedule that should help Millis in its quest to qualify for the playoffs. The non-league encounters are West Boylston, Bristol County Aggies, Holbrook and Hopedale.

"After a year, I'm now more acclimated to the tasks that go along with being a head coach," MacGowan said. "We're all aware that we play in a very competitive league and that qualifying for the tournament will take hard work and team chemistry."

Brett MacGowan has perspective and he also knows what ingredients are needed to succeed in the TVL.



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# Charles River Chorale to perform at Medway High School

The Charles River Chorale and the Charles River Children's Choir are excited to present their Spring Concert on Saturday, May 11, at 7 p.m. at the Medway High School Auditorium. Doors open at 6:30 p.m. Please visit our website at [www.charlesriverchorale.com](http://www.charlesriverchorale.com) for details or use the QR code.

The theme of this season's concert is Road Trip Across America. The concert will feature music that spans time, place and genre as we embark on a cross-country road trip that takes the audience into the Appalachians, down into the Mississippi Delta,

out to the plains and back up to NYC.

Under the leadership of Director Ashley Nelson-Oneschuk, the Charles River Chorale is in its 40th year as a non-profit 501(c)3 chorale. Membership has sprung back from an all-time pandemic-related low in the 2020-2021 season and the chorale now finds itself at an all-time high membership level. Along with the younger children's choir, the chorale is excited and grateful to be back on stage stronger than ever to present their music to the greater community. We hope you can join us, fasten your seatbelts, roll down the



windows and enjoy an incredible variety of pieces representing US history from the 1700s through the 20th century!

# Medway Garden Club annual plant sale on May 18

The Medway Garden Club will hold its third Annual Plant Sale on Saturday, May 18, at the Recycling Center at 46 Broad St in Medway.

The Club has been self-funded since being founded 10 years ago. Our mission is to support fellow gardeners from beginners to the seasoned. It provides a social and educational experience for members as well as garden-related civic development in the Town.

Currently, in cooperation with the Town, the Club plants and maintains areas at the Library, the Police and Fire stations, and the islands at the intersections of 109 and Holliston Streets. We meet on the second Tuesday of the month and new members are always welcome.

For more information visit the Medway Garden Club Facebook page or email [MedwayMaGardenClub@gmail.com](mailto:MedwayMaGardenClub@gmail.com).

# Pride flag raising and celebration on May 31



Medway's Annual Pride Flag Raising celebration will take place on Friday, May 31, from 6 p.m. to 8:30 p.m.

Flags will be raised on Route 109 at 6 p.m.; attendees should meet at the entrance to Choate Park at 5:45 p.m.

A celebration will follow at 6:30 p.m. at the Choate Park Pavilion to include a performance at 6:45 p.m. by The Freedom Trail Band of Boston (Boston's LGBT community band since 1985) plus lawn games and activities, and a dance party.

# Pride lawn signs for sale to benefit OUT Metrowest

Pride lawn signs are now on sale. The cost is \$15 per flag, and the proceeds will be donated to OUT Metrowest. For more information and to purchase, contact [medwayareainbowcommunity@gmail.com](mailto:medwayareainbowcommunity@gmail.com).



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# Medway Safety Log

Between March 16 and April 6, the Medway Police Department responded to hundreds of calls, many related to motor vehicle violations and accidents, unsafe road conditions and road hazards, disabled motor vehicles, general traffic enforcement, suspicious vehicles, parking violations, fire alarms (some faulty or due to cooking), motor vehicle and house lockouts, radar requests, accidental 911 calls, issuing warrants, keeping the peace, loud music, soliciting violations, criminal complaints, identity fraud, and assisting other towns (including Bellingham, Franklin, Millis, and Norfolk).

Other entries of note include:

March 17 at 1:02 a.m., Holliston St., fire. Caller reported a possible illegal burn. Police discovered a small gathering with a small contained fire. Homeowner extinguished fire.

March 17 at 5:09 p.m., Glen Brook Wy., natural gas leak, odor located, determined to be from trash

March 17 at 8:35 p.m., Castle Rd., disturbance.

March 17 at 10:01 p.m., Priscilla Rd., fire alarm, caused by closing fireplace flue too soon

March 18 at 1:11 a.m., Koyview Pl., disturbance

March 18 at 8:52 a.m., Koyview Pl., property damage

March 18 at 6:50 p.m., Choate Pk., caller noticed a damaged bench

March 19 at 12:31 p.m., Cottage St., accident involving a truck and a dog

March 19 at 4:20 p.m., Dogwood Ln., larceny (scam)

March 19 at 4:30 p.m., Meadow Rd., motor vehicle breaking and entering

March 19 at 6:37 p.m., Independence Ln., suspicious person, ongoing issue

March 19 at 6:44 p.m., Willow Pond Cir., person stuck in elevator

March 20 at 7:16 a.m., Summer Hill Rd., animal control for stray dog

March 20 at 1:26 p.m., Causeway St., larceny

March 20 at 3:12 p.m., Main St., keep peace while employee terminated

March 20 at 7:36 p.m., Milford St., animal control for dogs left out all day barking

March 21 at 7:19 a.m., Priscilla Rd., motor vehicle breaking and entering

March 21 at 8:04 a.m., Cottage St., motor vehicle breaking and entering

March 21 at 6:30 [sic] a.m., Cottage St., motor vehicle breaking and entering

March 21 at 8:25 a.m., Lovering St., motor vehicle breaking and entering

March 21 at 8:34 a.m., Heritage Dr., motor vehicle breaking and entering

March 21 at 9:40 a.m., Priscilla Rd., motor vehicle breaking and entering

March 21 at 9:51 a.m., Main St., animal control

March 21 at 10:08 a.m., Pond St., motor vehicle breaking and entering

March 22 at 9:25 a.m., Causeway St., neighbor dispute

March 22 at 12:14 p.m., Main St., illegal dumping

March 22 at 12:29 p.m., Village St., assault/assault & battery, report of road rage incident involving a vehicle with Michigan plates

March 23 at 12:38 p.m., Main St., vandalism, driveway was egged

March 23 at 6:18 p.m., Main St., unwanted party. Business reported a delivery driver refusing to leave

March 25 at 2:06 p.m., Village St., accident. Police came upon a 13 year old male who had fallen off his bike

March 25 at 2:35 p.m., Diane Dr., larceny by credit card

March 25 3:41 p.m., Village St., motor vehicle breaking and entering

March 26 at 7:45 p.m., West St., pedestrian accident. 911 caller reported seeing a male struck by a vehicle, patient signed a refusal for treatment

March 27 at 8:10 a.m., Main St., vandalism, car egged

March 28 at 10:43 a.m., Partridge St., larceny, apartment rental scam

March 28 at 7:41 p.m., Holliston St., disturbance

March 29 at 7:33 p.m., Franklin St., animal control for three loose chickens

March 31 at 4:47 p.m., Holliston St., assault/assault & battery

April 1 at 8:25 a.m., Holliston St., larceny, apartment scam in Millville

April 1 at 7:11 p.m., Main St., suspicious person trying to break into camper on property

April 1 at 7:27 p.m., Kings Ln., natural gas leak

April 2 at 12:25 a.m., Milford St., accident, motor vehicle leaving scene, caused damage to road, telephone pole, mailbox

April 2 at 12:03 p.m., Village St. and Rob Way, mailbox damage

April 2 at 1:15 p.m., Winthrop St., found dog

April 2 at 3:14 p.m., Howe St., fire investigated. No fire found. Inside electrical odor due to issue with stove

April 2 at 7:04 p.m., Village St., natural gas leak. Gas smell due to furnace misfiring

April 3 at 10:44 a.m., Barber St., funeral escort

April 3 at 5:06 p.m., Main St., suspicious person. Store manager reported a 16 year old female was approached by a male talking to her about the bible

April 4 at 8:45 a.m., Main St., animal control call, dog outside barking for 30 minutes which is unusual

April 4 at 7:27 p.m., Pond St., animal control, missing dog

April 4 at 8:06 p.m., Fisher St., water in basement. Caller reported 18-20 inches of water in basement, furnace of, fire dept.

Helped pump April 5 at 7:07 p.m., North St., missing person, located

April 5 at 10:38 p.m., Lincoln St., missing person, located

April 6 at 10:48 a.m., Causeway St., threats

Source: Medway Police Department



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# Medway High School Band and Chorus Perform in MICCA Festival

The Massachusetts Instrumental and Choral Conductors Association (MICCA) is dedicated to the study and performance of instrumental and choral music in the public schools of Massachusetts. The MICCA Concert Festival encourages the improvement of an ensemble's musical standards by providing



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musical adjudication by highly qualified adjudicators. Medway High School Band and Concert Choir both participated in the annual MICCA festival this April. Their curricular ensembles were evaluated by three adjudicators on three pieces of repertoire and critiqued against a rubric of standards. The Medway High School Concert Band received their first Silver Medal, and the Medway High School Concert Choir received a Gold Medal. The dedication and hard work of these students should be commended. Courtesy photos



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# Medway Friends Semi-Annual Book Sale

The Friends of the Medway Library semi-annual Book Sale will be held on May 10, 11 and 18 at the Medway Library. As one of the largest and most Organized! book sales in the region with people lining up at the door before opening, you are sure to find the perfect book, DVD, CD, game or puzzle. Friday night, May 10, 6-8 p.m is for Friends-Only Sale (dues are \$10 Individual, \$15 Family and other levels of sponsorship are available). Saturday, May 11, 10 a.m to 2 p.m is the general public sale and Saturday, May 18, 10 a.m to 2 p.m is the Fill a Bag for \$5 sale.

The book sale is the primary fundraising activity of the Friends of the Medway Public Library. All proceeds are used for library materials, programs and museum passes. We invite you to join the Friends, support our sale or volunteer. Check us out at <https://friendsofthemedwaylibrary.blogspot.com/>

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# Medway Athletic Department Recognizes Winter Team Achievements

Medway Public Schools Athletic Director Jeff Parcels and Medway High School Principal John Murray are pleased to announce that Medway High School's athletic teams recently completed a successful 2023-24 winter athletics season.

"I am incredibly proud of all of our teams and coaches for their achievements during the winter season. I'd like to particularly congratulate our Cheer team, which had an outstanding season ending as State and New England champions," Athletic Director Parcels said. "We are also so appreciative of our student and community fans who provide great support to our student-athletes each season."

## Cheer

- Second place in Tri-Valley League (TVL) Championship
- South Regional Champion
- MIAA Division 3 State Champion
- New England Champion



Medway High School Winter Cheer team, which was the MIAA Division 3 State Champion and New England Champion. (Photo courtesy Medway Public Schools)

- TVL All-Star: Samantha Tovar
  - Honorable Mention All-Star: Nicole Oster
- Head Coach: Kayla Ober (second season)

## Boys Basketball

- TVL Small Co-Champion
- MIAA Tournament ranking: 17 seed, competed through the Round of 32
- Team captains: Jack Gould, Brendan McNamara, Caden Reisman
- TVL All-Star: Caden Reisman
- Honorable Mention All-Star: Jack Gould, Brendan McNamara, Matthew Parlon, Jacob White

Head Coach: Shane Jackson (second season)

## Girls Basketball

- TVL Small Co-Champion
- MIAA Tournament ranking: 3 seed, competed through the Final Four
- Team Captains: Ellie Copeland, Olivia Melanson
- TVL All-Star: Anna Freeman, Olivia Melanson
- Honorable Mention All-Star: Victoria Bullard, Ellie Copeland, Regan Longval

Head Coach: Joe Iannone (15th season)

## Boys Hockey

- MIAA Tournament ranking: 9 seed, competed through the Round of 32
- Team Captains: Cam Condlin, Henry Eaton, Colin Towle
- TVL All-Star: Henry Eaton
- Honorable Mention All-Star: Jason Bedard, Jason Drake, Shawn Fauton, Colin Towle

Head Coach: Jeff Drake (first season)

## Girls Co-op Hockey

- MIAA Tournament ranking: 30 seed, competed through the Round of 32
- Team Captains: Lauren Bosworth, Maggie Monaghan, Brenna Reneau, Danielle Shutt, Lily Turcotte

- TVL All-Star: Ella McCann
- Honorable Mention All-Star: Ella Goughan, Maggie Monaghan, Lily Turcotte

Head Coach: Alexandra Harrington (first season)

## Co-op Gymnastics

- TVL Champion
- Second place in South Sectionals
- Fourth place in MIAA State Championship
- Fourth place in New England Championship
- Team Captains: Jordan Munro, Emmeline Stoetzel, Caleigh Wilson
- TVL All-Star: Cayla Cavaliere, Ellie Simmons, Emmeline Stoetzel, Caleigh Wilson, Greta Wolfgang
- Honorable Mention All-Star: Caroline Griffith

Head Coach: Bre Vacca (10th season)

## Boys Indoor Track

- Qualified for MIAA Division 5 State Meet
- Team Captains: Sam Oldmixon, Keegan Shaw, Dan Smith, Corey Vasko
- TVL All-Star: Dylan Costa, Brian McGrath, Corey Vasko, Jack Weintraub
- TVL Honorable Mention: Anthony Bonarrigo, Dalton Feeney, Myles Hoffman, Nathaniel Hoffman, Dan Smith
- Team Award: TVL Sportsmanship Award

Head Coach: Sara Caton (first season)



The Medway High School Girls Co-op Hockey team competed through the MIAA State Tournament Round of 32. (Photo courtesy Medway Public Schools)

## WINTER SPORTS

continued on page 20

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# Medway Community Farm seedling sale, May 18



Medway Community Farm will hold its Annual Seedling Sale on Friday, May 17, from 4 p.m. to 7 p.m. for members and Saturday, May 18, from 10 a.m. to 4 p.m. for the general public. Consider becoming a member of the Farm to have access to early sale as well as other member benefits!

Please visit [medwaycommunityfarm.org](http://medwaycommunityfarm.org) for detailed information.

# Save the Date, June 15

Calling All Local Visual and Performing Artists!

The Millis Cultural Council will hold its annual arts festival, this year entitled "Color in the Community," on Saturday, June 15th, from 1-3 p.m., at Millis Public Library, 961 Main Street, Millis. The event is presented by the Millis Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

If you would like to share your visual or performing art, fill out this form at: <https://tinyurl.com/MCCColorintheCommunity>

ALL ages and talent levels welcome! All submissions will be pre-screened for approval in advance.

Forms are due by June 7th. Please contact Amy Cohen, [amy33@comcast.net](mailto:amy33@comcast.net) or (617) 755-3245 with questions.

## WINTER SPORTS

*continued from page 19*

### Girls Indoor Track

- TVL Small Champion
- Finished in sixth at MIAA Division 5 State Meet
- Team Captains: Jaina Campbell, Charity Johnson, Camellia Meredith, Brooke Scott
- TVL All-Star: Jaina Campbell, Cailyn Di-Minico, Charity Johnson, Katelyn Maniero, Camellia Meredith, Brooke Scott
- Honorable Mention All-Star: Annabelle Hazell, Sophie Heiden, Ella Hsieh, Jenna Westervelt

Head Coach: Andrew Nassiff (15th season)

### Alpine Ski

- Boys team finished in ninth place and girls team finished in second place in the Central Massachusetts Conference Ski League
- Team Captains: Kyle Hultstrom, Megan Keavany, Elizabeth Kenney



Members of the Medway High School Boys Indoor Track team, which qualified for MIAA Division 5 State Meet. Pictured from left: Dalton Feeney, grade 12; Brian McGrath, grade 11; Davis Campbell, grade 10. (Photo courtesy Medway Public Schools)

- Central Mass Ski League All-Star: Elle Heiden, Charlotte Richmond
- Individual State Championship Participant: Elle Heiden, Charlotte Richmond

Head Coach: Jeff Rozak (10th season)

### Co-op Boys Swim (via Holliston)

- Finished in 12th place at Sectionals
- Finished in 11th place in MIAA Division 2 State Meet
- TVL All-Star: Michael Webb

Head Coach: Samantha Nasson (first season)

### Co-op Girls Swim (via Holliston)

Team Captain: Alexandra Montana

TVL All-Star: Alexandra Montana

Head Coach: Samantha Nasson (first season)

### Co-op Wrestling (via Bellingham)

Finished 9-6 on the season

For more photographs, visit [www.millismedwaynews.com](http://www.millismedwaynews.com)

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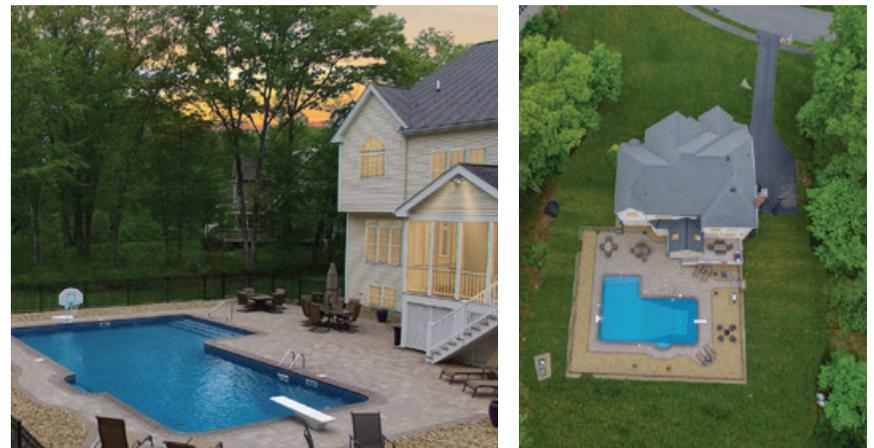
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-Owner of 19 Stable Way, Medway

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# Millis Safety Log

According to safety logs, between March 15 to April 15, the Millis Police Department spent the majority of its time on calls related to soliciting, general traffic control and enforcement, motor vehicle violations, alarms, lost/found property, assisting citizens, and serving warrants. Other entries of note include:

- March 16 at 7:03pm, Stoney Brook Dr., disturbance, de-escalated
- March 17 at 9:52pm, Spring St., disturbance
- March 19 at 7:18pm, Millison Rd., suspicious activity
- March 20 at 5:37am, Acorn Pl., suspicious activity, transported to hospital
- March 21 at 4:14am, Acorn Pl., suspicious activity, logged
- March 23 at 11:16pm, Pleasant St., disturbance
- March 23 at 11:37 p.m., Main St., motor vehicle stop, arrest made
- March 26 at 7:45am, Plain St., vehicle fire
- March 26 at 12:52pm, Cedar Sq., larceny/forgery/fraud
- March 29 at 1:46pm, Himelfarb St., carbon monoxide alarm, services rendered
- March 30 at 3:53pm, Milliston Rd., brush fire
- March 30 at 8:54pm, Dover Rd., motor vehicle stop, arrest made
- March 31 at 4:49pm, Milliston Rd., structure fire
- April 3 at 1:36pm, Main St., assault
- April 3 at 5:23pm, Dean St., larceny/forgery/fraud
- April 3 at 7:30pm, Walnut Hill Rd., suspicious activity, gone on arrival
- April 4 at 1:45pm, Village St., larceny/forgery/fraud
- April 5 at 3:14pm, Park Rd., disturbance
- April 6 at 8:30pm, Main St., complaint
- April 9 at 8:40pm, Plain St., vandalism
- April 10 at 3:09pm, Village St. and Pine View, disturbance
- April 10 at 6:34pm, Walnut Hill Rd., complaint
- April 10 at 11:10pm, Village St., suspicious activity
- April 11 at 7:06pm, Beech St., complaint
- April 13 at 9:50am, Main St., larceny/forgery/fraud
- April 13 at 10:54am, Orchard St., suspicious activity
- April 15 at 1:37pm, Main St., disturbance, de-escalated

Source: Millis Police Department

# TABS Matter: Shriners' Year of Impact in 2024

So far in 2024, the Shriners have made a significant impact by assisting 28 children through their TABS program. The program, which collects aluminum tabs from cans, receives immense support from individuals, organizations, local Masoic Lodges and companies such as Medway Oil and owner Jeffrey Mushnick, a 20+ year Shriner as well as his brothers and cousins.

The Shriners' efforts translated into tangible help, with \$426,000 spent on the medical needs of these children. One of the key initiatives is the collection of tabs at Medway Oil, located at 37 Broad St in Medway, MA, aiming to fill five 55-gallon drums!!

The Aleppo Transportation Fund, a crucial arm of the Shriners, also had a remarkable year, assisting hospitals with the cost of transporting patients. Approvals were granted for various cases, including a 3-year-old boy from Guatemala with severe flame

burns, a 1-year-old from Mexico with extensive burn injuries, and two siblings from Mexico injured in a house explosion.

In addition to these cases, Aleppo approved funding for sponsorships, covering costs like food, air transportation, ground transportation, lodging, visas, passports, and miscellaneous expenses for patients requiring repetitive treatments.

The fund also supported patients requiring surgery and specialized medical care, including a 7-year-old boy from the Dominican Republic needing elbow surgery in Philadelphia, an 8-year-old boy from Colombia needing three orthopedic surgeries, and an 11-year-old girl from Ecuador requiring a below-knee amputation and fitting with a prosthesis.

The Aleppo Nobility's successful fundraising efforts allowed for substantial donations to both the Boston and Springfield hospitals, further enhancing their impact in the community. Overall, well

over \$500,000 was approved in funding, highlighting the significant contributions of the Shriners and their supporters in making a difference in the lives of children in need.

To drop off your collected TABS and support The Aleppo Transportation Fund, please visit your local drop off site: Medway Oil, 37 Broad St., Medway MA. To learn more about The Aleppo Transportation Fund, please see: The Aleppo Shriners Children's Transportation Fund Travels - Nobles - Aleppo Shriners.)

Drink more, save tabs, it's for teh kids!!



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## Recent Home Sales

Date	Medway	Amount
04/02/2024	30 Waterside Run	\$721,100
03/26/2024	18 Milford St.	\$450,000
03/26/2024	192 Main St.	\$1.15 mil
03/22/2024	41 Gorwin Dr.	\$571,000
03/18/2024	67 Summer St.	\$695,000
03/18/2024	1 Copper Dr.	\$860,000
Date	Millis	Amount
04/12/2024	38 Plimpton Farm Rd. #238	\$1.01 mil
04/04/2024	40 Richardson Dr. #284	\$928,798
03/29/2024	29 Union St.	\$350,000
03/26/2024	24 Plimpton Farm Rd. #252	\$874,995
03/22/2024	15 Ticonderoga Ln.	\$735,000
03/20/2024	2 Frontier Ln.	\$1.50 mil

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

## Recent Home Sale



The 4-bed, 4-bath, 3,838 square foot house at 2 Frontier Lane in Millis recently sold for \$1.5 million. Image credit: [www.zillow.com](http://www.zillow.com)

## Over 430 homes sold!

<b>SOLD</b>	<b>SOLD</b>	<b>SOLD</b>
		
3 Kensington Millis - \$649,900	Plimpton Farm Road Millis - \$939,000	6 May Road New Construction - \$959,000
<b>NEW LISTING</b>	<b>NEW LISTING</b>	<b>PENDING</b>
		
45 Pleasant Street Medfield - \$949,900	South Natick	6 Litchfield Way Walpole - \$1,700,000

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Realtor®, Founder, Broker, ABR, SRS, CBR,  
LMC, CHS, CRB, BPOR, RENE  
Raised in & Lives in Millis  
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**SALE PENDING**

**\$574,900**  
220 Orchard St., Millis  
Jennifer Colella McMahon



**SALE PENDING**

**\$765,000**  
135 Red Fox Run, Wrentham  
Laina Regan Kaplan



**SALE PENDING**

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



**SOLD**

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



**SALE PENDING**

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



**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



**SOLD**

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

**Client Testimonial for Laina Regan Kaplan:**

"After living in my home for 26 years I made the difficult decision to sell. I chose Laina Kaplan as my realtor to help me through that process and it was the best decision I made. She was with me every step of the way. Her knowledge of the market resulted in my home selling quickly. Laina is extremely professional and does what it takes to get the job done. As with any home sale there are always "little things" that need to be finalized, picked up, dropped off, signed etc and Laina was always there for me making sure that everything task was accomplished. Her upbeat and positive attitude is constant and she is always willing to go that extra mile. Laina is a realtor who truly cares about her clients and her business, I highly recommend Laina Kaplan to any homeowner looking to buy or sell property – you won't be disappointed. I sold a home and gained a friend!" - **Jan Lardin, Medway**

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