

Millis holds 19th Annual Millis Lions Club’s Don Reynolds Millis Beautification Day

On April 27th, volunteers from the Millis Selectboard, Millis High School Leos, Millis High School football and track teams, the Millis Boy Scouts and Girl Scouts, Nicky Adams and her team from Needham Bank; the women from AAA

lead by Maggie McMenemy, kids and parents and Millis residents joined the Millis Lions Club for the 19th Annual Millis Lions Club’s Don Reynolds Millis Beautification Day. “We had a great group of people who came together to

make this event happen,” said Millis Lions Club committee chair, Lion Jen Donehey. “We want to thank everyone who came out today, including local businesses like Needham Bank, AAA and Mass Improvement. The Millis DPW also deserves a huge thank you for always supporting us in the annual event by picking up all of the bags of trash and debris from the various areas we clean” continued Donehey. Volunteers were provided with gloves, bags, grabbers, and vests. Groups were dispersed across town, cleaning up trash and debris at Millis Town Hall, the Millis Middle-High School, Clyde Brown Elementary, the walking path behind Roche Brothers that connects to Route 115, Island Road at Oak Grove, Himelfarb Street and Acorn Street at Village Street, and the park at Rockville and Millis Fire



Millis Boy Scouts Pack 115 take a break from cleaning up Millis during this year’s Millis Beautification Day.

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Class officers - (L to R) Medway High School Class of 2025 Sofia Mercier (class historian), Sophie Heiden (class secretary), Teddy MacDonald (class president), Willem Khoo (class treasurer), and Olivia Melanson (class vice president) pose for a photo at prom, celebrating their hard work planning the event. Credit: Sofia Mercier

Medway High School prom was “truly one to remember”

BY SOFIA MERCIER STUDENT WRITER

As the weather becomes warmer and the school year comes to an end, the prom season begins. On Friday, May 17th, Medway High School hosted its annual junior and senior prom

at the Four Points Sheraton in Norwood. As a gift to the class of 2024, the junior class planned and organized the prom. With careful details such as napkins and flowers showcasing Medway’s navy and

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BEAUTIFICATION

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Station 2, and many residents beautified their streets and open space areas around town.

Select Board member Erin Underhill said, “It is such a wonderful thing to see the families and businesses of Millis come together to give our citizens clean and safe places to enjoy and engage with their families. The Millis Lions have always been an integral part of our community and this annual spring clean-up event is just one more example of the support the Lions give our community.”

“Thank you to all who help keep Millis clean and beautiful,” said Jen Donehey.



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Left: Vanessa and Matt Iorlano with their sons took part in this year's annual Millis Beautification Day.

Above: Millis Lions Melanie Resler, Clair Germano, Jane Hardin, Shefali Desai and Brooks Corl took part in the 19th Annual Millis Lions Club's Don Reynolds Millis Beautification Day

About Lions Clubs

Where there's a need, there's a Lion. The members of the Millis Lions Club believe that the world gets better and problems get smaller when people unite to serve their local and global communities. Lions help where help is needed - in our own communities and around the world - with unmatched integrity and energy. Since 1917, Lions have strengthened communities through humanitarian projects and hands-on service. We serve neighbors who live next door and people on the other side of the world that we may never meet. The Millis Lions Club members are our neighbors and friends and

business owners who enjoy the experience of working together to serve our community and the world through humanitarian and civic projects, vision and health screenings, scholarships for high school seniors, feeding and clothing those in need, and saving the environment. If you would like to learn more about Lions Clubs International, please visit their website www.lionsclubs.org. If you'd like to learn more about the Millis Lions Club and how you can make a difference, please visit our web site at www.millis-lionsclub.org or contact Lion Debbie Hayes at 508-816-6732.

Submitted by the Millis Lions Club

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PROM

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white colors, this prom was truly one to remember.

This year, there was an influx of red and green dresses, and instead of the traditional corsage, many girls opted for the popular prom bouquet. Most men wore the traditional suit and boutonniere with ties and bow ties that spanned a color scheme from red to purple. Prior to the event, while taking photos, parents shouting “you look wonderful!” made everyone feel as amazing as they looked.

At the venue, a wide dance floor waited for the crowd to light up the night with some



Clockwise from left: Dancing the night away; Medway High School junior Ethan Bacchas (left) poses for a silly photo with senior friend Isamu Oldmixon. Credit: Sofia Mercier

dancing. Everyone got to dance with tracks ranging from classics of ABBA to modern pop from Dua Lipa. A pasta bar, burger bar, and taco bar were the main course for the guests, with a sundae bar for dessert. Towards the end of the night, some slow songs were played as students and their dates rushed onto the dance floor to get that perfect prom moment.

While the junior class is sad to see their senior friends go, one last party made it seem as though they were never leaving at all.

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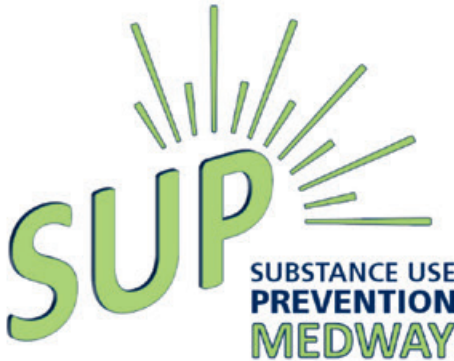
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As we head into prom and graduation season, SADD mock car crash illustrates results of distracted driving

By Sofia Mercier
Student Writer

MEDWAY - As police sirens and fire engines piled into the Medway High School parking lot, junior and senior students felt the chilling reality of the dangers of driving under the influence.



MHS Juniors Nora Keavany and Arielle Keaney hold up a "Stop drinking start thinking" poster. Photo credit: Sofia Mercier

But this was a performance. Thankfully.

Between drugs and alcohol, phones and friends, teens face many distractions while driving. In an effort to reduce these distractions, Medway's Students Against Distracted Driving (SADD) club hosted its biannual mock car crash on April 26.

The mock crash, featuring performances by seniors Maggie Monaghan, Andrew Morris, Charlie Bennett and Victoria Gonzales, focused solely on drunk driving. Morris, the 'driver' and Monaghan, the main 'victim' of the crash, had provoking performances that eerily came to life with a lot of fake blood. The Medway police and fire departments volunteered their time, equipment, and vehicles to make the display even more realistic.

The performance ended with Monaghan pronounced 'dead' and Morris being 'arrested.'

After the mock crash, the students filed into the auditorium for a conversation led by therapist and author Crystal Collier. Collier, a Houston-based neurological researcher, led a productive discussion on the effects of drugs and alcohol on the underdeveloped brain. The students practiced different ways to refuse drugs and alcohol, and learned about strengthening



Medway Police Department participates in annual SADD mock car crash at Medway High School on April 26. Source: Medway Police Department

their neurons rather than harming them.

Although the performance felt dramatic at times, the students felt as though they were at the scene of a tragic accident. It is the hope of SADD and Collier that students will now think twice about drinking or smoking before they climb into the driver's seat.

After the event, Medway Police Chief William Kingsbury told Local Town Pages he has been involved in these SADD demonstrations for over 20 years, and said they are important as we head into prom and graduation season.

"Far too often, we see the

celebratory nature of this time of year impacted by a tragic crash that injures, and unfortunately sometimes takes the lives of, people celebrating a milestone in their lives. These tragedies not only impact their family and friends, but the entire community," Kingsbury said. "It is our hope, and we believe this to be true, that these demonstrations have a positive impact on our students in regard to their decision-making which we hope carries on well past this exciting time in their lives."

He said MPD officers feel that demonstrations like this, that are as true to the reality they have faced on the job, will

have far-reaching effect. Kingsbury said, "For myself, it leads me to think back on past tragedies and the people we have lost over my many years as a member of the Medway Police Department. I hope that these recreations of possible outcomes have a positive impact of saving lives, so this community never again has to face the reality of one of these tragedies."

Theresa Knapp contributed to this story

Editor's note: This story first ran on Facebook in May. Follow us on Facebook @FreePressPapers for timely stories we post between publication dates

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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"



Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the backend while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Medway and Millis in particular, Schadler says they are proud to have many repeat customers and friends in the area. Hidden Hill Farms in Millis does all the business's welding work, and Affordable Junk sponsors the local girls high school hockey team. The Schadler family's go-to candlepin bowling alley, Ryan Family Amusements, is also located in Millis.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning cus-

Business spotlight

tomers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

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Medway Public Schools Superintendent Armand Pires would like to recognize 12 Medway Public Schools students who performed in the Central District Massachusetts Music Educators' Association (CDMMEA) Junior Festival last month.

The concert was hosted at Blackstone-Millville Regional High School on April 27. Students from the MMEA Central District participated in the festival after initial auditions were held in December 2023. Family members, friends and school faculty attended the festival in support of the student musicians.

Five instrumental and seven choral students in three ensembles performed with students in Grades 7-9 from several towns and cities across central Massachusetts.

Medway High School and Middle School Students who participated in the CDMMEA Junior Festival include:

Chorus: Megan Calnan (Soprano), Ruby Dwyer (Alto), Rowan Esposito (Alto), Riley Gallerani (Soprano), Emma Keavany (Alto), Myla Campbell (Soprano), Anna Pierangeli (Soprano).



From left: Freshman Mike Luca, freshman Aurelia Mello and freshman Kelsey Jacobs recently participated in the MMEA Junior Central District Music Festival. Photo courtesy Medway Public Schools

Concert Band: Alenka Cook (Flute), Kelsey Jacobs (Euphonium), Keira Lipman (Bass Clarinet), Aurelia Mello (Flute).

Orchestra: Michael Luca (Mallet Percussion).

"We are so proud of our talented and committed students," said Superintendent Pires. "I want to thank our dedicated music directors and the families of our students who have provided their constant support and encouragement."

Central Districts Massachusetts Music Educators Association (CDMMEA)

The CDMMEA, a branch of

the Massachusetts Music Educators' Association, is committed to nurturing comprehensive and high-quality music education for all students. Their mission involves advocating for music education, fostering professional development, and encouraging lifelong learning in the musical domain. Through a myriad of activities like festivals, clinics, and related events, the CD-MMEA promotes music excellence among the 120 schools within the Central District.

Submitted by Medway Public Schools

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Here are a few suggestions to consider:

- **Keep adding to retirement savings.** Today, with a greater awareness of healthy lifestyles, many people are spending two, or even three, decades in an active retirement. To help pay for those years, then, you'll likely need to build your retirement savings as much as possible. So, while you're still working, try to contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. If you are in the later stages of your career, possibly close to your peak earning power, you may be able to put in sizable sums every year.
- **Choose an appropriate withdrawal rate.** While it's obviously important to build your retirement savings, it's just as essential to make the money last. Once you retire, you'll want to establish an

appropriate withdrawal rate — that is, the amount you can take out each year from your 401(k) and other investments without running the risk of outliving your money. The amount you can safely withdraw each year will depend on a variety of factors, including your age, your account balances, Social Security benefits, inflation, income tax rates and spousal income. In any case, selecting a suitable withdrawal rate can help go a long way toward preserving your financial freedom throughout your retirement.

- **Think about downsizing.** One possible way to boost your savings and add liquidity is to downsize your living arrangements. This may be an attractive option if your children are grown and your current home feels too large. Of course, downsizing is a highly personal decision — if you've lived in your home

for many years, have fond memories of raising a family in it and still enjoy the neighborhood, it can certainly be hard to leave. Consequently, you'll need to weigh these emotional factors against the potential financial benefits of moving into a smaller, less expensive space.

- **Prepare for long-term care costs.** If you were ever to need some type of long-term care, such as an extended stay in a nursing home, you could face some sizable expenses, most of which may not be covered by Medicare or a Medicare Advantage plan. And clearly, you would not want to put your grown children in a position where they might feel the need to step in financially. To help avoid this possibility, you may want to consult with a financial professional about addressing these costs through strategies that may be appropriate for your needs.

These aren't the only ideas to consider in helping maintain your financial independence and reducing your potential dependence on your family during your retirement years. But taken together, they can give you a good start — so think about putting them to work.

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

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Which Way to Apricot Lane? This Charming Boutique Is Ready for Spring!

By JENNIFER RUSSO

A boutique with a flair for both fashion and building community? Yes please!

With spring springing up, it's time to pack away those dark sweaters, leggings and boots and refresh your wardrobe with some new, lighter, and brighter styles. This season's trends are bringing forth bright whites, cobalt blues and Kelly greens, bold fuchsias, and "Girlcore" – a modernized feminine look that includes open crochet, florals, shades of pink, a little ruffle action, and can be as bold or as subtle as you want it to be.

The great news is that we don't need to haul ourselves into the city to get our hands on these latest styles, since there is a new boutique right in our own backyard that sources from the best designers. Stroll down to Apricot Lane and walk into a world pulled straight from the pages of your favorite fashion magazines. The spring stock is breathtaking, with something for everyone – dresses, tops, bottoms, accessories, and even biodegradable paraben-free face masks and body wash infused sponges (perfect for your gym bag or travel).

After receiving her Business and Marketing degree in her native Poland, working in the United States as a visual merchandiser for well-known shops like H&M and Bloomingdales,

and expanding her creativity during the "retail break" that Covid brought about – Marta McNulty thought it was time to venture out on her own fashion retail journey. Opening Apricot Lane was a great way to marry her love of fashion with creating something truly special for the community.

Marta attends a number of trade shows throughout the year to check out the latest fashions and vendors that come from across the globe. She selects styles she believes would be a great fit for women who live in our neighboring communities.

"Getting to know my customers and understanding their different fashion needs and preferences is one of the best parts of what I do," shares Marta. "I am always looking for trendy, quality items that can be versatile – with the small details that make it really unique," she says. "Sustainability is also very important to me, so I offer brands that are not only fashionable, but are also eco-friendly."

Marta's philosophy is the idea of wearing what you want, what you feel good in, and what speaks to who you are as an individual. She and her super-friendly staff are ready to help you find just what you're looking for.

"I believe in choosing what you wear because YOU love it and feel good in it. You aren't like

Business spotlight

anyone else, and that's a beautiful thing. So, dress to reflect that. We each have distinctive styles, different things that make us happy, and accepting who we are is so important."

Balancing business ownership and family, Marta knows what it means to want to feel good about yourself while juggling multiple responsibilities. Striving to provide what our families need – like getting dinner on the table and helping our kids with their homework AND working long hours to ensure a successful venture – are all things she understands firsthand. The great thing is that we can still have our individual style and look amazing while doing it. The perfect top or accessory can sometimes boost our confidence and outlook as we tackle everything that we need to accomplish.

Apricot Lane is truly a hidden gem. It's an eye for fashion and a heart for the community, that provides a wonderful opportunity for shoppers to support a local, growing business. And not only this one, but others too. Marta loves to collaborate with local artisans and small businesses, independent wellness product owners and more, with popups and sip &



shop events to enable people to get to know each other and network with others.

From brands like Good American Jeans, GILLI, Wanakome, Molly Bracken, French Connection and Skies are Blue, Apricot Lane brings to Franklin domestic and international brands that can't usually be found in other stores, so clients will always be at the forefront of today's hottest looks, whether they are looking for something casual-chic for a trip, something to wear to a special event, a "notice me" top, or a unique gift.



Visit Apricot Lane and check out their newest fashions for spring! They are located at 342 East Central Street in Franklin, just behind Starbucks and next to The SHED. Check them out online at <https://apricotlaneboutique.com/store/franklin> and give them a follow on Facebook and Instagram at @ApricotLaneFranklin

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Thanks, Dad - For Showing How to Lead, Then Trusting to Follow

Fatherhood isn't just about providing; it's about leading by example, imparting wisdom, and instilling values that echo through generations. As Father's Day approaches, it's time to pause and express gratitude for these silent architects of our lives.

This will be my first without my dad, who passed last month at 94. He had a great run as he lived an active lifestyle with emphasis on volunteerism, a farmer's work ethic and humility.

Growing up on a dairy farm in Hampton Falls, NH, he attended nearby UNH to study agriculture and worked on the farm through his late 20's. As with many farms in the 1950's, financials and scale would impact their ability to operate, so he took a job as a rural mail carrier.

He'd retire 34 years later in this same capacity, never seeking to climb the corporate ladder nor amass great sums of money. He, along with my mom who left teaching high school to stay at home, found more value in being present for my childhood and creating an environment



Glenn Brown, CFP

to provide better opportunities than they had.

I experienced his leadership through my involvement in team sports, Cub Scouts, and school activities. But what awe-struck this kid was his being in the Volunteer Fire Department (including Fire Warden) for 20-plus years. The visits to the firehouse with guys greeting "Forrest!", his gear ready to go in our hallway, fire scanner in the bedroom and of course, seeing him come home. Sometimes it would be in the middle of the night or in

the early morning where he'd shower, eat breakfast, and go to work as the only mailman in town because "someone's gotta deliver the mail".

As my dad led by example in work ethic and volunteerism, he also learned to trust in my expertise and insights as an adult. This reciprocal exchange of trust signifies the evolving nature of the parent-child relationship. Fathers trust their children to carry forward their legacy and ensure their well-being in old age. This trust with my dad was nurtured through open dialogue, shared decision-making, and a mutual commitment to the family's collective goals.

Let me be clear, it wasn't always easy. It can be a humbling realization - to see the roles reversed, to witness the wisdom and innovation of the next generation, and to have the courage to follow their lead. There were times he'd feel anxiety towards

change, whether all proper precautions were being taken and he'd reference others who were doing something different.

From a financial planning perspective, some examples of actions taken (with his initial reaction) included: establishing a revocable trust ("Why, we're not loaded"), maintaining long-term care insurance ("It's getting so expensive, I might never use it"), and converting his modest IRA to Roth in January 2009 plus switch to growth investments ("I'm too old for that").

And of course, the greatest combination of financial and well-being in old age planning - knowing when it's time to get support for elder care ("Your mother and I are going to sell our home, move to Mass and live with you, your wife, and young kids - are you crazy?!").

As I look back on the last 5 1/2 years since that decision, his ability to trust and follow plans

made for some of the most relaxed experiences together as a father and son. We could both focus on developing fond memories and instilled values with our girls, his granddaughters. For this, and many other reasons, I say thanks Dad and Happy Father's Day.

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*

An Interview With a Very Special b.LUXE Client

By GINA WOELFEL

Beauty and cancer are two words that, for most people, don't naturally go together. Going through something as traumatizing as a cancer diagnosis can disconnect you from your relationship with yourself and shatter your beauty ideals. In short, cancer is ugly.

At b.LUXE, we see clients daily for all their hair, makeup and skincare needs. We help them feel stylish, trendy, and confident. Most days, giving beauty advice comes easily, but some days, it tugs at our heartstrings and redefines what it means to feel beautiful.

Kathy Curran first met Heather, the owner of b.LUXE Hair and Makeup, over 15 years ago when Heather was working at The Sherborn Day Spa. Kathy booked with Heather when her stylist changed her hours, and they "instantly clicked." When Heather opened b.LUXE in 2011, Kathy followed and has been a loyal client and friend ever since. "While I was sitting at Heather's new salon having my hair done and absorbing the whole atmosphere, I thought, this feels like family, and this is where I want to be. Heather cracks me up," says Kathy. "We laugh and laugh every time I see her, but she has also helped me through some rough times."

"In August of 2021, I found a lump in my breast. I had an echocardiogram a few weeks earlier, and I remember thinking

that the technician was rough and the area hurt like I'd been bruised. I took a short trip with my husband, and I was still hurting when I returned," explained Kathy. "I called my doctor, and she saw me right away. She scheduled a mammogram and ultrasound that afternoon. They confirmed the mass and immediately sent me for a biopsy."

"While waiting for my results, I didn't let myself get too nervous or down. I was diagnosed during COVID-19, and processing times for pathology were delayed," Kathy shared. "I read everything I could about breast cancer and genuinely believed that the mass would be benign. On Friday evening, while having supper with my family, my primary care physician called to tell me I had cancer."

When Kathy met with her treatment team in Boston, they explained to her that she had a very aggressive kind of cancer that could not be treated with conventional drugs. She was handed a mountainous stack of paperwork and release forms that detailed her grueling treatment process and its problematic side effects. After reading through everything once, she set it aside. She knew she would have to endure severe nausea, stomach upset, total body hair loss, and extreme exhaustion, but this was her only chance. "I remember thinking this is what soldiers must feel like going into battle. You don't know what will happen or if you'll come out on the



other side, but you do it anyway because it's the price you pay to be alive."

"Heather was one of the first people I called to help me prepare for my hair loss," Kathy remembered. "It was an emotional phone call. I remember saying I needed to see her and told her why. It was like telling a sister, if you know what I mean. We both cried. She was so sweet and apologized for the tears. She told me she'd get me in, and we'd figure out what to do. I remember sitting in her chair telling her to chop it really, really short. I didn't want big clumps of hair falling out all at once. She looked at me with all sincerity and said something so inappropriate and yet so funny, we both burst out laughing." Kathy remembers that laugh felt like "a breath of fresh air" in the darkness of a cancer diagnosis. "Honestly, she's done that more than once over the course of our relationship, but that particular time was very poignant. Heather has this crazy, quirky sense of humor.



That's her gift. She makes people laugh and feel better. She cut my hair really short and sassy and I looked great for the couple of weeks I still had my hair."

Kathy started her treatment in September 2021. She underwent two surgeries in April and June of 2022: a partial mastectomy with a bilateral reduction and another surgery to address an infection. Kathy began radiation treatment in June 2022 and continued to receive infusions until December. She still gets a bone-strengthening infusion every six months until next summer. Kathy has been in remission since April 2022.

I asked her if her beauty ideals had changed at all after going through such an ordeal.

"I bought a book on makeup and how to look your best during chemo. I'm not makeup crazy, but I was very scared about my appearance," she explained. "When my hair started to come back it was coming back curly and I thought, oh my. Heather loved it and thought it was great! I thought I looked like my mother and my siblings were kind of freaked out!"

When Kathy's hair grew back curly, there were still patches that grew straight. She joked with me, "I didn't know what to do! I didn't want to look like Albert Einstein!" Heather told her she could do a smoothing treatment, but Kathy opted to embrace her curls. "I had gotten so comfortable with being lazy about my appearance. I don't mean lazy in the sense of letting it go, I mean taking the easy route. I just do a little bit of mascara, a little bit of blush and I stick my head under

the sink in the morning and wet my hair and it's done."

When I asked Kathy if perhaps she was focusing more on different things, she told me, "Well, that's just it. It became less of a priority. There were so many other things that were more important. I cared about my appearance, but I didn't want to spend a lot of time on it now. I just kind of changed my beauty routine and Heather has really helped me do that because she's like a cheerleader. When I see her, she always says, 'OK, how's your hair? I want you to love it!' And I say, Heather, I'm not sure I'm ever gonna love it, but, you know, I'm in a place now where I can look at it, and it's my victory crown."

While preparing for the Beauty Beat last month, I asked Heather for five client names to contact for our June column titled "Getting to Know You." We planned to interview customers from nearby towns and write about their experiences at b.LUXE. However, Kathy was my first call, and after our initial talk, I realized there was a much bigger story to tell.

Hers...

Thank you for sharing your story with us, Kathy. Beauty and cancer are two words that don't naturally belong together, but you showed us that you can find beauty despite cancer, and that strength, bravery, and grace all come from within.

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Millis town officials elected, proposed override fails by 8 votes

BY THERESA KNAPP

Millis held its annual town election on May 13. There were no contested races, but there was one write-in campaign for a seat on the Board of Health.

The Millis Town Clerk reports that 2,101 people placed a vote in the election, which equals 30% of the town's 6,978 registered voters.

Town officials elected

At Local Town Pages' deadline, the unofficial election results indicated the following winners:

Moderator (1 year), Robert A. Cantoreggi, II
Select Board (3 yrs), Craig W. Schultze
School Committee (3 yrs), two seats, Robyn L. Briggs, Sean P. Powers

Board of Health (3 yrs), write-in candidate Carol Hayes
Library Trustee (3 yrs), Rebecca A.F. Hughes
Planning Board (5 yrs), Michael A. Giampietro
Planning Board (3 yrs), James F. McKay
Housing Authority (5 yrs), Carole B. Mushnick

\$1.4 million override failed

What was contested was a proposed \$1.4 million override that failed by eight votes: 1042 in favor and 1050 opposed (and nine blanks).

Had the override passed, it would have provided additional funding to the School Department (\$1,070,767), Police Department (\$180,000 for wages),

Fire Department (\$95,118 for wages), and the Department of Public Works (\$54,115 for wages).

For final official election results, visit www.millisma.gov

Millis held its Annual Town Meeting on May 7, all articles passed

Millis Annual Town Meeting took place on May 7. All articles passed, most unanimously, but a few with some opposition.

Town Meeting also passed the proposed \$1.4 million override which paved the way for it to be included in the Town Election on May 13 (where it failed).

For the full Town Meeting warrant, visit <https://bit.ly/3KRRK09>. For a summary of Town Meeting votes, visit <https://bit.ly/4azunV7>.

Kaleb Joseph presentation comes to Millis High School

As part of Mental Health Awareness month and Millis Public Schools' ongoing Speaker Series, MHS welcomed ex-professional basketball player and motivational mental health advocate, Kaleb Joseph and his "Self Help Tour" in May. MHS was able to bring Kaleb to Millis thanks to a generous grant from the KyleCares Foundation.

The morning presentation was a big hit with students, and you could hear a pin drop in the auditorium as everyone was completely engaged by Kaleb's electric and emotional presence. To see so many students willing to raise their hands to talk about their vulnerabilities in front of classmates was incredibly powerful, and students demonstrated genuine empathy and compassion for those with the courage to speak up during the presentation.

Kaleb spent the rest of the day connecting with students in the school, and returned to the stage in the evening to speak to the parent community.

You can learn more about Kaleb through a YouTube video recently featured by Good Morning America (www.youtube.com/watch?v=ACySNc5y-ns), and a video about his Self Help Tour (www.youtube.com/watch?v=U8zBwqiKSw).

Source: www.millisps.org



As part of Mental Health Awareness month, Millis High School hosted motivational mental health advocate and ex-professional basketball player Kaleb Joseph and his "Self Help Tour" in May. Source: www.millisps.org

'SUP Medway speaker discusses brain-based parenting

By THERESA KNAPP

In April, 'SUP Medway sponsored a brain-based parenting workshop entitled, "How to Use Brain Science for Parenting Modern Teens & Tweens." The event was geared toward caregivers of middle and high school aged youth, and focused on increasing parental awareness to prevent substance abuse.

The speaker was Dr. Crystal Collier, creator of www.KnowYourNeuro.org and author of The NeuroWhere-Abouts Guide, an infographic-style manual detailing youth brain development.

Collier started with her personal story. She was addicted as a teen and has been sober since 1989. Her career has been spent researching and sharing brain-based, social-emotional, and prevention skills with schools and caregivers.

At the Medway event, Collier shared several ways to prevent substance use including:

- Consistent preventative education in schools and home

- Prosocial activity
- Regular family dinners
- Pro-active community action
- Brain-based praise
- Create a Family Code of Ethics
- Give consistent consequences
- Treat problems immediately
- Start conversations at an early age and continue to have them
- Encourage conversation by saying "Tell me more"

She emphasized the importance of family dinners.

"Make sure you have a lot of family dinners. Family dinner research is really, really interesting," said Collier. "The more family dinners that you have, the less risky behavior kids engage in." She said the opposite is also true: when the number of family dinners decreases, high risk behavior increases.

Collier referenced statistics from Mass General's the-familydinnerproject.org which

shares research, recipes, conversation starters, and more related to the importance of family dinners.

She encouraged parents to build a "family code," a simple set of rules a family lives by, repeated often, and each member of the family is held accountable to follow the code. Instructions are available at Collier's website knowyourneuroo.wpenginepowered.com/families#section2

Collier outlined the importance of refusal skills, and recommended parents drug-test their children, which she said is the "best refusal skill."

"One of the best tools that you can give your kid is drug testing," said Collier, acknowledging this can be controversial. "It feels like an invasion of privacy and it is but, as a parent, your job is to invade that privacy because they don't have their own frontal lobe to keep

them safe enough." That way, she said, the teen can refuse a substance by saying, "Oh no, my mom drug tests me" and it really works.

A recording of the presentation is available at vimeo.com/939401433.

'SUP Medway events are funded in part by the Centers for Disease Control and Prevention, and the Substance Abuse and Mental Health Services Administration.

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Medway High School students lead “Project Sticker Shock” campaign to curb underage drinking

Initiative designed to discourage adults from giving minors access to alcohol

In a move to prevent underage drinking during prom and graduation season, students from Medway High School, as part of the ‘SUP Medway coalition, recently launched Project Sticker Shock, a community-focused prevention initiative. This effort is designed to discourage adults from giving minors access to alcohol.

In partnership with local liquor stores, including West

Medway Liquors, One-Stop Convenience, and Keystone Liquors, the students placed 600 eye-catching stickers on alcoholic beverage product cases.

The stickers feature messages such as “Do not buy alcohol for minors,” “Protect our teens,” “Don’t Fuel Underage Drinking,” and “It’s illegal and dangerous.” These messages align with ‘SUP Medway’s Building Bright Brains campaign, which empha-

sizes the impact of alcohol on teen brain development.

“By directly engaging with the community and local businesses, these remarkable young people are taking a stand against underage drinking,” said Stephanie Simeon, Coalition Coordinator for ‘SUP Medway. “The minimum age of 21 is set to protect our young people whose brains are still developing up to the age of 25. This initiative supports our mission to work collaboratively to promote healthy choices among our youth.”



Above: Medway High School students with ‘SUP Medway staff implementing Project Sticker Shock at Keystone Liquors, placing 600 eye-catching stickers on alcoholic beverage products. From left, students Ethan Bacchas, Sam Oldmixon, Victoria Gonzalez, and staff Stephanie Simeon and Gabby Giannelli. Not pictured are student participants Joyce Zheng and Julia Mansour. (Photo Courtesy ‘SUP Medway Coalition)

Below: Example of a sticker used by Medway High School students during Project Sticker Shock. (Photo Courtesy Medway Public Schools)

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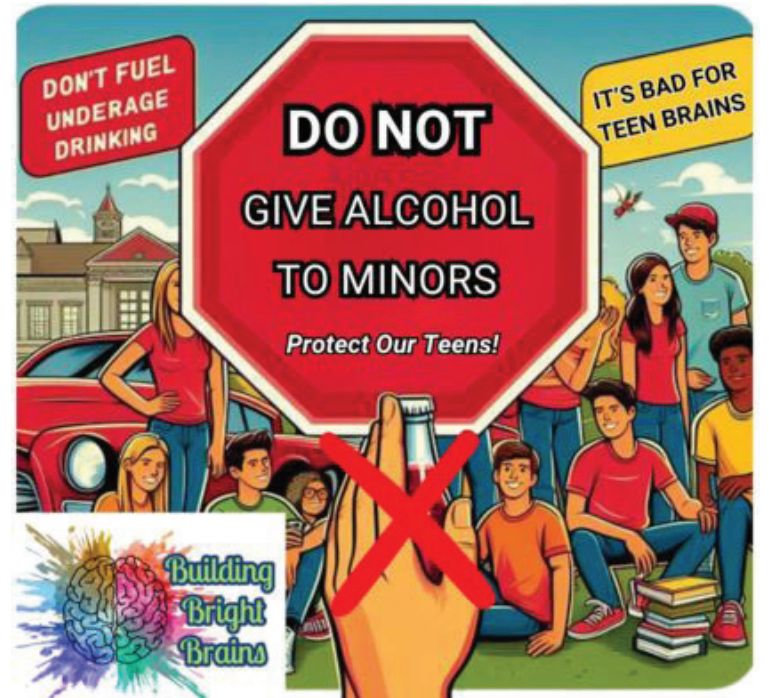


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In addition to Project Sticker Shock, Medway students involved in ‘SUP Medway have participated in several impactful activities:

Kick Butts Day: Three students met with Representative Jeffrey Roy at the State House to discuss anti-smoking efforts.

HYPE Middle School Group: In collaboration with the Medway Police Department, the group brought therapy dog Moose for a stress relief event.

Policy Advocacy Training: Students are preparing for the Youth Legislative Briefing at the State House on June 5.

Friday Night Done Right: This monthly drop-in initiative culminates in an end-of-season field trip, offering students fun, safe alternatives to risky behaviors.

These activities highlight the students’ commitment to advocacy and their role in shaping a healthier community.

“I commend our students for taking the initiative on this important issue. Our district prioritizes education and the development of informed and responsible citizens,” said Medway Public Schools Superintendent Armand Pires.

Source: Medway Public Schools



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Charles River Sinfonietta Chamber Music Concerts in June in Millis

After our violin/viola duo concert we gave at the Millis Public Library in March, which was greatly enjoyed, the Charles River Sinfonietta members will be returning at the beginning of the summer performing two more chamber music concerts at the Millis Library on June 21 and June 25, both at 6:30 p.m.

These programs will also be repeated at the Church of Christ in Brockton on the last two Sundays in June at 3 p.m.

Our first program at the Millis library on June 21, will include the Tango “El Choclo” by A Villoldo, arranged for violin, viola and double bass, the Concertino opus 42 for solo violin and strings by M. Weinberg, and the Grande Sestetto Concertante k 364 by Mozart which was originally Mozart’s Sinfonia Concertante, for solo violin and solo viola with orchestra, now arranged by Christopher Hogwood for string sextet instead.

Our second program on June 25, will have the Mozart Horn quintet k.407, the Grand Quintet for horn and strings by Anton Reicha, La Danza de la Noche, for string quartet by Jeff Smallman and the sextet for two horns and strings by Franz Danzi.

We greatly thank the Millis Local Cultural Council and more for helping to support this. Both these concerts are free and open to the public.

Submitted by Charles River Sinfonietta

Niagara Songwriters Circle - June 6

The Niagara Coffee Haus Songwriters Circle will take place on the first Thursday of every month starting on June 6 from 7 p.m. to 9 p.m. This series will feature up to six singer songwriters for each show, with a few sharing the stage at the same time, sharing songs and swapping stories.

The first group of artists to be featured include Mick Lawless, Deb Aufiero, Scot Woodin, Erica Weir, and Paul Wykes.

The hosts will be Mike McDaniel from the Frederick Chamberlain Band, and Brian Roche on behalf of Friends of Niagara, the non-profit group responsible for the restoration, maintenance, and schedule of activities at the firehouse and museum.

Coffee, water, seltzers and bakery products provided. Admission is free, but donations are gladly accepted.

For more information, visit www.niagaracoffeehaus.org

Medway Public Library to host Songs of Johnny Cash

On Thursday, June 20, at the Medway Public Library, long-time New England musician and author Matt York will perform the Songs of Johnny Cash and tell stories about Cash’s career spanning from the 1950s to his passing in 2003.



New England musician and author Matt York will perform Songs of Johnny Cash at the Medway Public Library on June 20.

He will discuss Cash’s emergence as a groundbreaking artist in the 1950s, his marriage to June Carter, and many of his other career highlights.

In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist, and his album ‘Gently Used’ was named one of Worcester Magazine’s best albums of 2022.

This event starts at 7 p.m. in the library’s Cole room located on the lower level of the building. Registration is preferred but walk-ins are welcome. To register, visit <https://bit.ly/SongsOf-JohnnyCash> or call the library at 508-533-3217.

The Medway Public Library is located at 26 High Street.



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Refractive Lens Exchange May Be for You

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

Refractive Lens Exchange (RLE) stands as a transformative solution for those grappling with vision impairments and hate wearing glasses. This intricate surgical procedure replaces the natural lens of the eye with an artificial one, offering a path to clearer sight and reduced dependence on corrective lenses. In this article, we delve into the depths of RLE, exploring its intricacies, indications, benefits, potential risks, and alternative options.

Understanding Refractive Lens Exchange

RLE, often referred to as lens replacement surgery, is primarily utilized to rectify refractive errors such as severe nearsightedness, farsightedness, and astigmatism. Moreover, it effectively addresses age-related vision issues like presbyopia, which typically af-

fects individuals over 40. Unlike LASIK or PRK, which reshape the cornea, RLE involves substituting the eye's natural lens with an artificial one, often termed an intraocular lens (IOL).

Indications for Refractive Lens Exchange

The ideal candidates for RLE are individuals experiencing progressive vision deterioration due to refractive errors or age-related changes in the lens. Candidates typically exhibit:

Significant refractive errors, including severe nearsightedness, farsightedness, or astigmatism.

Age-related vision issues, particularly presbyopia, resulting in difficulty focusing on close objects.

Ineligibility for LASIK or PRK due to factors like thin corneas, high refractive errors, or unstable vision.

Desire for decreased dependence on glasses or contact lenses for clear vision.

Best Candidates for RLE

The most suitable candidates for RLE often meet the following criteria:

Age: Candidates are typically over 40 years old, experiencing age-related changes in vision.

Stable Prescription: Their refractive error should have stabilized, ensuring accurate preoperative measurements.

Good Eye Health: Candidates should have healthy eyes without conditions such as glaucoma, macular degeneration, or severe dry eye syndrome.

Realistic Expectations: They should possess a clear understanding of the procedure's goals, benefits, and potential risks.

Benefits of Refractive Lens Exchange

RLE offers a plethora of benefits, making it an attractive option for those seeking vision correction:



Permanent Vision Improvement: RLE provides long-lasting vision correction, potentially eliminating the need for glasses or contact lenses.

Enhanced Visual Quality: The use of premium IOLs can enhance contrast sensitivity and reduce glare, improving overall visual quality.

Addressing Age-related Vision Issues: RLE effectively treats presbyopia, allowing individuals to regain near and distance vision without relying on bifocals or reading glasses.

Predictable Outcomes: With advanced preoperative testing and surgical techniques, RLE offers predictable and precise results.

Lifestyle Enhancement: Improved vision can enhance daily activities such as driving, reading, and participating in sports or hobbies.

No future cataract: Since RLE involves removing and replacing the natural lens, there will never be a cataract in your future because the lens that can cause a cataract and require cataract surgery will be removed.

Risks Associated with Refractive Lens Exchange

While RLE is generally safe and effective, there are potential risks and complications to consider:

Infection: As with any surgical procedure, there is a risk of infection, although it is rare with RLE.

Glaucoma: Some individuals may develop increased intraocular pressure following surgery, potentially leading to glaucoma.

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EYES
continued on page 17

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PHOTO BY
ANTONIKA
CHANEL ON
UNSPASH

EYES

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Retinal Detachment: In rare cases, RLE may increase the risk of retinal detachment, particularly in individuals predisposed to the condition.

Posterior Capsule Opacification: This common complication involves clouding of the capsule behind the IOL, which can be treated with a simple laser procedure.

Refractive Error: While precise measurements are taken pre-operatively, there is a possibility of residual refractive error necessitating additional procedures or corrective lenses.

Alternatives to Refractive Lens Exchange

While RLE offers significant advantages, alternative options may be considered based on individual preferences and circumstances:

LASIK (Laser-Assisted In Situ Keratomileusis): LASIK reshapes the cornea using a laser to correct refractive errors, making it suitable for individuals with relatively stable vision and healthy corneas. LASIK does not correct reading vision after 40.

PRK (Photorefractive Keratectomy): PRK involves removing the corneal epithelium and reshaping the cornea to correct refractive errors, making it an option for individuals with thin corneas or irregular corneal surfaces. PRK does not correct

reading vision after 40.

Implantable Contact Lenses (ICLs): ICLs are surgically implanted lenses that work with the eye's natural lens to correct refractive errors, offering a reversible alternative to RLE for younger individuals. ICLs will not correct reading vision after 40.

Monovision: This approach corrects one eye for distance vision and the other for near vision, providing an alternative for individuals with presbyopia who prefer to maintain some degree of natural vision. Monovision can cause a loss of depth perception. Your brain may or may not get used to monovision.

Conclusion

Refractive Lens Exchange emerges as a revolutionary solution for individuals seeking lasting vision correction. By replacing the eye's natural lens with an artificial one, RLE offers a path to clearer vision and reduced dependence on corrective lenses. It is amazing to be able to reduce dependency on glasses, both for distance and near. While it presents numerous benefits, candidates should carefully consider the potential risks and alternatives before undergoing surgery. With advancements in surgical techniques and intraocular lens technology, RLE continues to redefine the landscape of vision correction, providing hope and clarity to countless individuals worldwide.

RLE is all about better precision, freedom from glasses

for far and near and excellent outcomes. At Milford Franklin Eye Center, our surgeons have performed tens of thousands of intraocular surgeries and are happy to offer the RLE procedure to our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Our percentage of posterior capsule complications and infections is one of the lowest in the US and is measured by independent sources. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and their risks and no need for stitches. Our surgery center is state-of-the-art and staffed by anesthesia full time. We treat our patients like family and ethically: we do not charge you fees for using our OR as another practice in Milford is doing. Our surgeries are performed in a certified and accredited surgery center, not in an office. World class outcomes closer to home.

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The Millis Cultural Council Presents 'Color in the Community' on June 15

Submission forms due June 7

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.

Calling All Local Visual and

Performing Artists

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 or (617) 755-3245 with questions.

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Sports

Fahey, Pacella key assets for Medway softball team

Both two-time captains & TVL all-stars

By KEN HAMWEY
STAFF SPORTS WRITER

Ava Fahey and Nina Pacella are Medway High seniors who've played significant roles in helping the Mustangs' softball team get back on track in the Tri Valley League.

When they were freshmen, Medway struggled, winning only two games and finishing with a 2-16 record. But, when Chris Reading took the coaching reins in 2022, Fahey and Pacella enthusiastically bought into his competitive philosophy.

Instead of dealing with a two-win season and no tournament invitation, they improved to 9-9 as sophomores and had a 12-6 record last year. Their last two seasons also generated playoff berths — Medway won both of its tourney openers but lost in the second round each time.

Fahey, a capable right-handed pitcher, and Pacella, a speedy centerfielder, have been key contributors in the turn-around. Pacella, who hit .300 as a freshman, was chosen as a TVL all-star. Fahey posted a 12-6 regular-season record last year and also became a league all-star.

Reading was acutely aware at the outset that they were skilled and had leadership ability, so he appointed them as captains as juniors.

"Both lead by example and set the tone in practice where they work hard and stress a go-go-go approach," he emphasized. "They're also excellent communicators, never yelling but willing to talk with players before and after practices and games."

Both girls are pleased Medway has turned the corner and they'd really like to end their careers on a high note.

"My goals are to qualify for the tourney again and get past the second round," Fahey said. "Advancing to the elite eight is realistic and if that occurs, then we'd re-evaluate our situation. Another goal is to beat Norton. They defeated us twice last year and that cost us the TVL Small Division title."

Pacella's objectives align with Fahey's. "I'd like to see us win the TVL division championship, qualify for the playoffs and advance as far as possible," she said. "Our goals are reachable because we're talented and experienced."

Fahey, who also played golf for Medway, knows why the Mustangs' 2-16 record in 2021 evolved into a 12-6 record last year. She attributes the

upswing to three juniors who excelled last year as sophomores. Priya Bedard (catcher), Olivia Klaus (first baseman) and Katie Anderson (left fielder) were

in 10 runs. She also stole eight bases."

Games against Bellingham and Millis stand out as their favorites.

"My best game was against Bellingham as a sophomore," Fahey said. "I was pitching in a tense situation against Ryanne Haynes, who had committed to play Division 1 ball at Providence College. She was Bellingham's top power hitter and a league all-star but I struck her out on a change-up. We won a close game."

Pacella's most memorable game came against Millis as a junior. She was facing the Mohawks' ace pitcher, Riley Caulfield. "I surprised myself by hitting

two home runs," Pacella recalled. "I'm a contact hitter but that day was exciting. I had struggled against her before but helped the team win with those two homers that sailed over Millis' outfielders."

Both girls rate their selection as two-time captains and their all-star recognition as top thrills in softball.

"I'm pleased with those honors," Pacella said. "To be an all-star as a freshman and a captain twice shows that hard work pays off." Those honors came earlier than expected. Fahey views her two years as a captain as "a big deal and a great opportunity because a repeat isn't so typical." She not only was a TVL all-star last year, but also the team's Defensive MVP.

Both captains are quick to deflect praise to Reading for the Mustangs' uptick.

"He turned us around from that 2-16 season," Fahey said. "He's a terrific motivator and strategist." Pacella recalled that he was Coach of the Year last season. "He's supportive, understanding and objective," she said. "And, he taught us how to communicate with teammates."



Ava Fahey, left, and Nina Pacella have played a major role in Medway High's success in softball.

named to the TVL all-star team as sophomores and now they're junior captains.

"They were essential because they're talented and fundamentally sound," Fahey said. "They also are reliable and dedicated." Pacella, who also ran track at Medway, noted that "they're quality leaders, well-skilled and possess a high softball IQ."

The same can be said about Fahey and Pacella. And it was Reading who quickly detected their high skill level and their intelligent and instinctive approach.

"Ava pitched every inning of every game last year," Reading said. "A starter as a freshman, she's got the perfect mentality to be a pitcher. She's cool under pressure, her velocity and control are good, and she keeps hitters off balance. She was 12-6 last year, had a 2.29 earned-run average and walked only 18 batters in 110 innings."

"Nina's speed is incredible," Reading said. "She's one of the fastest players in the league. She covers lots of ground in the outfield, has great range and decent arm strength. A contact hitter, she's disruptive, able to score on a single from first base and can go from first to third on a passed ball. Last year, she batted .323, hit two home runs and knocked

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PARTIES AND MORE

SOFTBALL

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Sports

Estate Planning For You and Your Family

An estate plan is not just for high-net-worth individuals, it's for everyone who is single, has a spouse, has a partner, has dependents, owns a business, has investments, has retirement funds, owns property, or has material possessions of value such as a car. An estate plan may reduce estate taxes and shield your beneficiaries from having to go through probate. It means your last wishes will be heard. You can name a guardian for any young children and can even direct how you wish a beloved pet to be cared for after you are gone. Having an estate plan can also prevent a mess by bringing clarity to your beneficiaries, and it can protect assets from unforeseen creditors.¹

The estate plan² may contain a will or living trust, the names of your beneficiaries, the appointment of an executor, a letter of intent that tells a beneficiary or

executor what you wish to be done with specific assets, funeral details, and special requests. It should contain a healthcare directive with a power of attorney appointing a trusted person to make medical decisions for you when you can no longer voice your opinion, and a durable power of attorney appointing a trusted friend or relative to make financial and legal decisions for you, if you become incapacitated. It may also contain a trust or trusts for passing on assets to your beneficiaries. Life insurance can be an important component in the overall estate plan.

You should update your estate plan whenever a major change occurs in your life, such as purchasing a home, moving in with a significant other, getting married, having or adopting a baby, selling your business, getting a divorce, retiring, or having a beneficiary

die before you do. Review your plan when federal and state laws on estate taxes change.

If you should die without a will (which is called "intestate"),³ the state and federal governments will have standard procedures for distributing your assets, and they may not be in line with your wishes. Your beneficiaries may have to pay more in estate taxes, and probate may take considerably longer than it would if you had a will in place.

Consult a professional financial advisor on tax and estate



planning. Trusts can be complicated to set up, so consult a professional trusts and estates attorney or certified public account before you begin.

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.

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SOFTBALL

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Fahey throws a fastball, curve, drop and change-up. "I rely on control, moving the ball effectively and staying patient," she emphasized. Pacella says she's an aggressive competitor. "I enjoy going after the first pitch," she said. "I like stealing bases and running down a hard-hit ball in the outfield."

Both 18-year-olds, Fahey and Pacella are Medway natives who are two-time National Honor Society students. Fahey has a 4.12 GPA and Pacella's is 3.65. Fahey will attend college at either Tufts or the University of Rochester and major in biomedical chemistry or engineering. Pacella will attend Stonehill College where she'll major in psychology. Both likely will play softball at the club level.

The duo has a similar competitive philosophy, focusing on reaching their potential and enjoying their athletic journey. "I strive to be the best I can be and have fun," Fahey said. "When that occurs, winning will be the by-product." Pacella leans on a strong work ethic to reach her potential. "Giving 100 percent usually gets positive results,"

she emphasized.

Both agree on the life lessons that can be learned in sports. "You learn to be a leader, a good teammate, how to overcome adversity and how to be resilient," they said. "Bonding with teammates and building relationships also occur in sports."

Fahey and Pacella admit that "it's bittersweet to see our careers at Medway coming to an end." But they're looking forward to a challenging future in college. "I want to enjoy these days as much as I can," Fahey said. "College will be a new challenge and I'm looking forward to it."

Pacella said she appreciates "the time I had with my teammates, starting at the youth level." She, too, is eager to begin college life.

At Local Town Pages deadline, Medway had a 9-3 record and was No. 14 in the Division 3 power rankings. Fahey was 8-2 with an E.R.A of 3.26 and had struck out 54. Pacella was hitting .289 and had scored 22 runs and stole 12 bases.

No matter how the Mustangs fare in post-season play, one aspect remains a constant for Ava Fahey and Nina Pacella: they set the tone for success because of their desire, dedication and devotion to the task at hand.

"Strategies for Success"

A professional headshot of Michael T. Damon, a man with short dark hair, wearing a dark suit, white shirt, and blue tie, smiling at the camera.

A group photo of a youth softball team. A male coach in a blue and white polo shirt stands behind five young players in white uniforms with blue accents. They are all smiling and holding their equipment on a dirt field.

Your Vision; Our Mission

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The New York Life logo, featuring the words "Proud to Offer" above a blue square containing the words "NEW YORK LIFE" in white.

Medway Council on Aging: June

WELCOME SUE O'CONNOR

We are thrilled to introduce Susan O'Connor as our new Outreach Worker. Many of you may already be familiar with Sue from her fantastic work as the resident service coordinator at Kenny Drive and Maple Lane.

With her wealth of experience and dedication to serving the community, Sue is the perfect fit for this role. Her passion for helping others and building connections will undoubtedly make a significant impact in our community Outreach efforts.

Please join us in extending a warm welcome to Sue as she embarks on this new chapter. Swing by and say hello, and let's give her our enthusiastic support.

BREAKFAST HIATUS

The Breakfast Crew will be taking a break for the summer. The last breakfast service will be on June 12th; it will resume on September 4th.

PLAINRIDGE PARK CASINO

On Tuesday, June 4th we'll be making a trip to the Plainridge Park Casino in Plainville, MA. The bus will leave the Center at 9:15 AM and return at 2:00 PM.

Space is limited; call or stop by the Center to sign up.

MOVIE THURSDAYS

Join us on Thursday, June 13th for movie and popcorn when the feature will be Blue Miracle. To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.

On Thursday, June 27th we'll be showing Dumplin' starring Jennifer Aniston and Danielle Macdonald. Willowdean ("Dumplin'"), the plus-size teenage daughter of a former beauty queen, signs up for her mom's Miss Teen Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town.

Show time is at 1:00 PM, right after lunch.

HORSESHOE PLAYERS WELCOME

The nice weather is here and the horseshoe pits are open! We are always looking for players to join us on Tuesdays from 1:30 - 3:30.

Visit or call the Center if you are interested in joining us for an afternoon of fun play and good conversation!

WEEKLY EXERCISE CLASSES

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

'Bobby' at Medway Police Station has retired

"The rot had spread too far"

On April 30, the Medway Police Department informed the public that the wooden

no more. The Bobby out front, who had commanded the attention of drivers and visitors alike, had to be removed today due to deterioration of its base making it unsafe. Our thanks to Medway resident Jesse Green for creating such a memorable addition to our station which served with distinction for many years."

"Bobby" is an informal British term for a police officer.

Several comments on the post asked about repairing or replacing the statue. MPD said they had considered repairing it or creating a new base, but "the rot had spread too far."

Town officials did note that, if funds were to be raised to replace the piece, those efforts "would have to be done by a private group operating under regulations administered by the Massachusetts Attorney General's Office."

Source: Facebook @MedwayPoliceDepartment



'Bobby' statue, that has been in front of the MPD building for nearly 20 years, had been removed due to rot.

The following message was posted on Facebook:

"A landmark in front of the Medway Police Station is unfortunately

Robert Roofing & Gutters

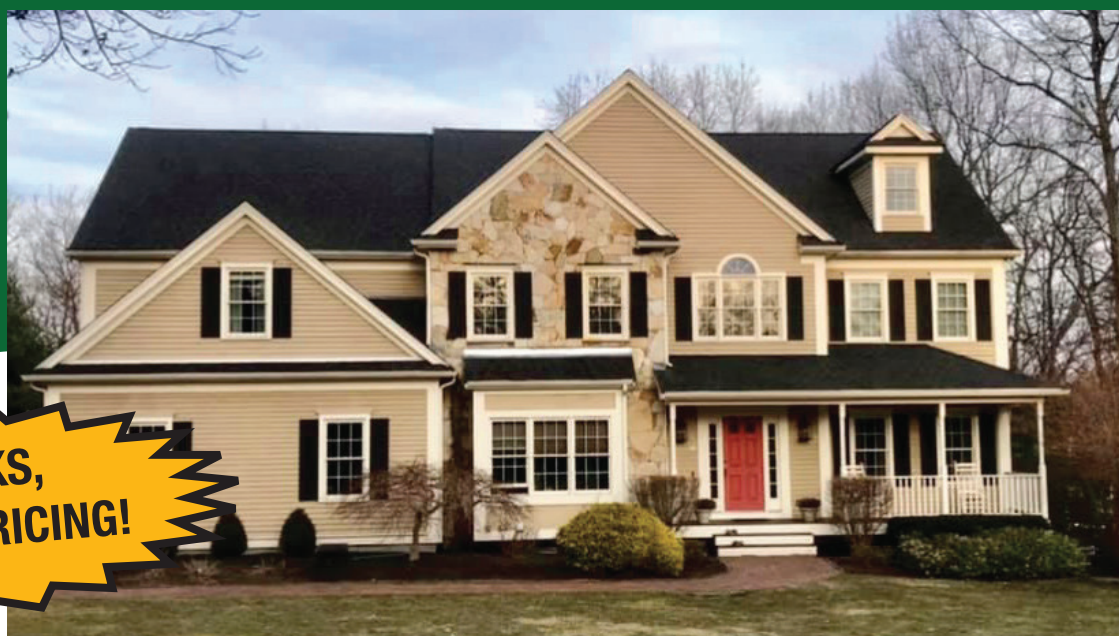
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Millis High School announces 2024 valedictorian and salutatorian

Millis High School recently announced the names of the valedictorian and salutatorian for its graduating Class of 2024: Valedictorian Emily Steiner and Salutatorian Wilson Copice.

Emily Steiner will be recognized at graduation ceremonies as the class Valedictorian. A member of the National Honor Society, Emily has been recognized for her academic achievements with countless awards, including: The Euclid Special Talent And Recognition Award (Honors Geometry), Excellence in Honors Spanish I-III Immersion, Excellence in Art, Design, and New Media, Excellence in Honors Biology, The Frederick Douglas Award, The Truman Capote Award for Excellence in AP Language and Composition, and The Piaget Award for Excellence in AP Psychology. Last year, Emily was chosen for the prestigious Harvard Book Award, which recognizes a student who exemplifies excellence in scholarship and high character combined with achievement in other fields.

In addition to her academic prowess, Emily has made significant contributions to our school community through her involvement with various clubs and athletic programs. She is currently a

member of Art Club, Harry Potter Club, Students Against Destructive Decisions (SADD), and Active Minds. An advocate for mental health awareness, Emily decided to start a podcast called EmPowered for her senior project, which serves as a platform to discuss teen mental health and wellbeing in a laid back, safe, and supportive environment. One of the captains of the soccer team her senior year, Emily played four years of varsity soccer and was a three-year member of the varsity girls spring track team.

Emily will be attending Hamilton College next fall where she will major in psychology and sociology. Emily is the daughter of Brian and Christine Steiner of Millis.

Wilson Copice is Millis High School's Salutatorian for the Class of 2024. A member of the National Honor Society, Wilson has been the recipient of numerous awards throughout high school, including the Bryn Mawr Book Award, Rochester Institute of Technology Award, and the Massachusetts Association of School Superintendents Certificate of Academic Excellence. Wilson is a Spanish Immersion student and a Global Scholar at MHS.

Outside of the classroom, Wilson is president of the Millis High

School Chorus, Chem Club, and Harry Potter Club. She is also president of Terpsichore, the MHS dance organization, where

MHS

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Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Docket No. N022P2732GD

Norfolk Probate and Family Court
35 Shawmut Road, Canton MA, 02021

CITATION GIVING NOTICE OF PETITION TO EXPAND THE POWERS OF A GUARDIAN
In the interests of: Linda Kaiser of Millis MA
RESPONDENT Incapacitated Person/Protected Person

To the named Respondent and all other interested persons, a petition has been filed by Willowbrook Manor R Home of Millis, MA in the above captioned matter requesting that the court expand the powers of guardian of Linda Kaiser.

The petition asks the court to determine that the powers of the Guardian and/or Conservator should be expanded modified or limited since the time of he appointment. The original petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **06/20/2024**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of the Court
Date: May 14, 2024

Colleen McBrierley
Register of Probate

SOUTHWICK'S ZOO PHOTO CONTEST WINNERS!

Thanks to all those who entered! These 12 entries will receive a family four-pack of GA passes to Southwick's Zoo for the 2024 season!

PUBLISHER'S PICK



"MACAW!"
Submitted by Nate H.

STAFF CHOICE



"Oh what fun ..."
Submitted by Bobbie G.

FAMILY



"Family time at the zoo"
Submitted by Nancy M.

SOUTHWICK'S SIGN



"Southwick's is our favorite zoo!"
Submitted by Rachel R.

KIDS



"A couple of cuties at the zoo"
Submitted by Christine H.

HALLOWEEN



"No matter the season ..."
Submitted by Emily T.

NOSTALGIC



"My daughter meeting Jeff Corwin, 1999"
Submitted by Lora D.

RUNNER UP



"We are so goated"
Submitted by Agatha D.

RUNNER UP



"Fun for all ages"
Submitted by Misty W.

RUNNER UP



"Having a roaring good time!"
Submitted by Jillian R.

RUNNER UP



"Yikes! What are these?"
Submitted by Brooke M.

ANIMAL



"Oh, Hay There"
Submitted by Emily S.



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Millis High senior project raises \$4,554 for Special Olympics with a mobile polar plunge

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By THERESA KNAPP



John Michael “JM” Kearns (left) and Millis Police Chief Chris Soffayer participated in the 2024 Millis High School Polar Plunge.

In late March, Millis High School student Reaghan McMahon’s cool senior project went off without a hitch.

McMahon organized members of the Millis police and fire departments to take the “mobile plunge,” a fully equipped mobile plunge pool called the “Bear Force One,” in support of Special Olympics.

After Millis Police Chief Chris Soffayer took the plunge, he posted on Instagram, “Today was a cold one, but I’m honored to have taken the plunge with John Michael Kearns (JM) in support of Special Olympics Massachusetts.”

The event raised \$4,554 for the organization.

MHS

continued from page 21

she is an outstanding leader both on stage and backstage. She helps run the shows and manage and mentor dozens of younger dancers with each performance. Wilson is also an active member of Amnesty International and the Leos Club. Through her participation in these clubs, she has planned and supported dozens of community service events that benefit her classmates and her community. This past year, Wilson participated in the Youth in Philanthropy Program through the

Community Foundation for MetroWest, completing an intensive 20-week program that included learning the role of nonprofits, the grant writing and reading processes, site visits, and the actual awarding of grants.

Wilson will be attending Wellesley College in the fall, where she will be majoring in international relations. Wilson is the daughter of David and Stephanie Copice of Millis.

Millis High School will graduate a class of 91 students during its 121st commencement exercises on campus, at Welch Memorial Field, on June 6, 2024, at 6 p.m.

MILFORD REGIONAL’S COMMUNITY BENEFITS COMMITTEE PRESENTS:

FREE WEBINAR

Opening Doors to Youth Mental Health:

How Parents Can Best Support Their LGBTQ+ Child

Wednesday, June 12 at 7 p.m.



Registration is required. Visit milfordregional.org and select “Classes and Events” and then “Webinars.”

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Millis Senior Center Events

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

June 2024 Events:

BOOKS AND BAGELS

Come join us in the Senior Center's Library Lounge for some coffee, bagels and book talks, hosted by Patsy Divver. Let's fill our beach bags with summer reading!

Tuesday, June 11 at 10:00 AM

WEDNESDAY WALKING CLUB

9:00 AM starting June 5, Meet in the Millis Senior Center parking lot. Led by a Senior Center

staff member.

EXPLORE WORLD WAR II

Join Susan Steele on June 5 (about D-Day) and again on June 12 (about Ghost Army) for a discussion of these WWII topics.

Wednesday: June 5 & 12; 11:00 AM-12:15 PM

PIZZA and PREVENTION

Join us as the Millis Fire Department discusses all things fire prevention to keep you and your loved ones safe at home. Pizza will be served. Free

Monday, June 17 at 11:00 AM

MILLIS MEMORY CAFÉ at the Library

The Millis Memory Café is a welcoming opportunity for families and their loved ones living with memory changes to gather

for conversation, guest musician or artist, and refreshments. All are welcome! Free

Monday, June 24 at the Millis Public Library

Time: 10:30 AM—Noon

NEW! iPHONE TIPS AND TRICKS SEMINAR

How do I use my iPhone or how can I just use it better? Join Kevin Figueroa of Kev-Tech Services as he goes over the features we might be missing. Bring your questions!

Tuesday, June 25 at 11:00 AM

Pre-register by calling the Senior Center by June 20 (508) 376-7051

LUNCH & LEARN: ESTATE PLANNING 101

Join Attorney Beth Murphy for an overview of the estate planning process. This will not

include Medicaid planning.

Wednesday, June 26 at 11:00 AM

Pre-register by calling the Senior Center by June 20 (508) 376-7051

Prom Season



Millis High School held its prom at Grand View in Mendon on May 17. Photo credit Kaitlyn Richards

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Scottish Highland Games in Milford on June 15

4th annual “Home Games” welcomes 120 athletes sporting muscles, kilts

By THERESA KNAPP

The public is invited to the Scottish Highland Games on Fino Field on June 15 from 9 a.m. to 4 p.m., rain or shine.

More than 100 athletes from all over New England, the United States, and Canada to compete in two separate competitions: Highland Games Heavy Athletics with all nine traditional events, and Team Highlander.

The Heavy Athletics events include, in traditional order: Braemar, Open Stone (like Shot-

put), Heavy Weight for Distance, Light Weight for Distance, Heavy Scottish Hammer, Light Scottish Hammer, Caber Toss, Weight Over Bar, and Sheaf Toss.

The Team Highlander competition will include teams from the best barbell clubs and gyms from New England who will compete in a more strongman style competition, and will start with a Truck Pull.

The event is run by No Fame Games in Milford and is essentially “track and field meets strong-man in kilts with centu-

ries of deeply rooted history and culture,” says founder Joshua Mackintosh. “This is not something you see every day, and right in our own backyard.”

“This will be the largest Highland Athletic Event in New England,” he said. “It’s special, fun, family-friendly, and healthy. Also, youth athletes and adults alike get a chance to see world-class caliber and world record holding professional athletes compete, in person, right in front of them. They can meet and talk to them. It’s not like the NFL, or NBA, or NHL, although these athletes are just as magnificent, athletic, and talented. It’s engaging and alive.”

The day will begin with an opening ceremony with traditional bagpipes; representatives from Scottish Clans who will share their Celtic history and lineage; and more.

Other aspects of this family-friendly event include:

- Youth “Try It” stations, including Kids Sheaf, Caber, Stone ‘Put’ (like shotput), and Weight Over Bar;
- Playground area for kids that parents can self-supervise while keeping them entertained;
- Truck pull;
- Local food and coffee trucks; and much more.

This is the fourth year of the event which started as a grass-

roots backyard movement during the COVID-19 pandemic.

“We were all missing throwing given how long the pandemic was at the time,” said Mackintosh, who himself started throwing in the Highland Games in 2018. “A few of us got together to practice and it naturally spawned into, ‘Hey, what if we had a ‘backyarder’ games?’ - a ‘Backyarder’ is a very casual, simplified Highland Games that just focuses on the ‘Heavy Events’ or athletics.”

“We started a larger group chat and when coming up with a name, we all liked ‘No Fame Games’...The first Home Games in Milford was in the summer of 2021, and we’ve been growing very rapidly ever since. We were one of the largest Highland athletic events in the nation last year with over 120 athletes coming

from all over the country.’

He said they have had a world record broken on Fino Field every year so far, including World Champions who can throw stones and weights distances that only a handful of people have ever done in history.

These games continue, Mackintosh said, due to numerous volunteers, including his wife Jennifer Yarro, and the No Fame Games team.

“We do this for our heritage, health, the community, and also because there is a power to giving back. We do this because it is the right thing to do, because things die out when people do not step up to keep them alive. This is something we wanted to teach our son by showing him directly. When people come and see Home Games, they will feel what I’m trying to explain. It’s ancient, yet as relevant as ever today.”

For more information, visit www.nofamegames.com. Entry fee is \$10 per person, \$20 per family. Lawn chairs encouraged.

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Real Estate Corner

Millis property on list of Norfolk County's most expensive real estate sales in first quarter of 2024

419 Orchard Street in Millis sold for \$10 million in March

In May, the Norfolk County Register of Deeds William P. O'Donnell reported that during the first quarter of 2024 which includes Jan. 1 through March 31, 2024.

The 10 properties were a mix of commercial and residential, and each sold for more than \$6,000,000, with an average price of \$11,846,612.

On that list at number 4 was 419 Orchard Street in Millis, described as "a five-bedroom, 4,086 square-foot home and 23.12 acres of land" that sold in March for \$10 million.

The 10 properties were:

10. The U-Haul rental and storage facility on Washington Street in Stoughton. The property on 3.14 acres of land was sold in February for \$6,409,127;

9. 738 Washington Street, Norwood, a 40,700-square-foot three-story retail unit and multi-family apartment building, sold in February for \$6,450,000;

8. 3 Buckingham Terrace, Wellesley, a 9,922-square-foot, six-bedroom man-

sion sold in March for \$6,450,000;

7. 99 Yarmouth Road, the 5-bedroom Brookline Chestnut Hill Estate, which sits on 1.38 acres of land, sold in January for \$6,815,000;

6. 11 Randolph Road, Randolph, an over three-acre industrial center and warehouse site, sold in March for \$7,300,000;

5. 280 Dudley Street, Brookline, a 10,194-square-foot, six-bath, seven-bedroom mansion sold in January for \$8,000,000;

4. 419 Orchard Street, Millis, a five-bedroom, 4,086 square-foot home and 23.12 acres of land sold in March for \$10,000,000;

3. 140 Constitution Boulevard, Franklin, a 101,882 square-foot medical equipment manufacturing building, sold in January for \$17,000,000;

2. 6 Billings Street, Randolph, the Conference & Function facility and Boston-area



The property at 419 Orchard Street in Millis recently sold for \$10 million, according to the Norfolk County Register of Deeds. Photo credit: Theresa Knapp

landmark known as Lombardo's, sold in February for \$24,592,000;

1. 23-25 Bridge Street, Quincy, the 6-story, 60-unit apartment complex known as Hillside Residences, sold in March for \$25,450,000.

The top sales appear to have been a combination of apartment complexes, retail, industrial and warehouse space, and residential property.

"The variety in these real estate transactions bodes well for the Norfolk County economy, with high value properties sell-

ing in both commercial and residential sectors," stated Norfolk County Register of Deeds William P. O'Donnell. "This also indicates that Norfolk County is not only a desirable place to both live and work but is also a magnet for business, industry, and trade."

Excise taxes from these 10 sales totaled more than \$540,000 for the state and county.

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

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

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Recent Home Sales

Date	Medway	Amount
05/14/2024	14 Sanford St. #66	\$400,000
05/14/2024	243 Village St.	\$375,000
05/10/2024	3 Sycamore Wy. #48	\$919,845
05/07/2024	8 Rainbow Dr.	\$765,000
05/01/2024	9 Crestview Ave.	\$950,000
05/01/2024	143 Village St. #B	\$280,000
04/25/2024	6 Sycamore Wy. #52	\$963,972
04/23/2024	5 Sycamore Wy. #47	\$1.17 mil
Date	Millis	Amount
05/16/2024	220 Orchard St.	\$605,000
05/10/2024	38 Jameson Dr.	\$965,000
05/10/2024	2 May Rd.	\$925,000
05/09/2024	3 Key St.	\$390,000
05/09/2024	18 Crestview Dr.	\$925,000
05/08/2024	96 Middlesex St.	\$769,000
05/06/2024	9 Pine Vw.	\$380,000
05/01/2024	6 Windcrest Ln.	\$1.01 mil
04/30/2024	14 Hemlock Cir.	\$400,000
04/30/2024	12 Meadowbrook Rd.	\$410,000
04/29/2024	246 Plain St. #B	\$540,000
04/29/2024	14 May Rd.	\$1.04 mil
04/29/2024	68 Meadow Cartway	\$592,500
04/26/2024	115 Farm St.	\$575,000
04/25/2024	46 Richardson Dr. #287	\$906,183
04/19/2024	45 Auburn Rd.	\$850,000
04/18/2024	132 Island Rd.	\$705,000
04/17/2024	14 Key St.	\$423,500

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

Recent Home Sale



The 4-bed, 2-bath, 1,766 square foot house at 18 Milford Street in Medway recently sold for \$450,000. Image credit: www.zillow.com



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NEW LISTING



83 Eliot Street South Natick

SOLD



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



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<div>SOLD</div> <div></div> <div>\$705,000</div> <div>13 Liberty Road, Medway</div> <div>Laina Regan Kaplan</div>	<div>SOLD</div> <div></div> <div>\$540,000</div> <div>246 Plain St, Unit B, Millis</div> <div>Jennifer Colella McMahon</div>	<div>SOLD</div> <div></div> <div>\$605,000</div> <div>220 Orchard St., Millis</div> <div>Jennifer Colella McMahon</div>	<div>SALE PENDING</div> <div></div> <div>\$765,000</div> <div>135 Red Fox Run, Wrentham</div> <div>Laina Regan Kaplan</div>
<div>BUYER SALE</div> <div></div> <div>\$565,000</div> <div>26 Caryville Crossing, Bellingham</div> <div>Laina Regan Kaplan</div>	<div>SOLD</div> <div></div> <div>\$750,000</div> <div>190 Curve St, Millis</div> <div>Ana Gonzalez Salmeron</div>	<div>SOLD</div> <div></div> <div>\$950,000</div> <div>25 Bogastow Circle, Millis</div> <div>Jennifer Colella McMahon</div>	<div>BUYER SALE</div> <div></div> <div>\$477,000</div> <div>16 Little Tree, Bellingham</div> <div>Laina Regan Kaplan</div>
<div>SALE PENDING</div> <div></div> <div>\$ 529,900</div> <div>3 Ingrid Drive, Blackstone</div> <div>Jennifer Colella McMahon</div>	<div>SOLD</div> <div></div> <div>\$460,000</div> <div>59 Summer Street, Medway</div> <div>Laina Regan Kaplan</div>	<div>SOLD</div> <div></div> <div>\$430,000</div> <div>16 Country Village Way Millis</div> <div>Jennifer Colella McMahon</div>	<div>SOLD</div> <div></div> <div>\$575,000</div> <div>115 Farm St, Millis</div> <div>Jennifer Colella McMahon</div>

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