

Meet Moose, Medway's own therapy dog



Medway therapy dog, Moose, on duty.
Source: Sutton Police Department Facebook page

Moose is Medway's therapy dog. He is a four-year-old English Cream Golden Retriever who was bred through Smithfield Goldens in Rhode Island. He and his owner, Medway Public Safety Communications Director Hannah Furno, spent six months working towards his therapy dog certification. The pair took three classes including AKC Star Puppy, Canine Good

Citizen, and Therapy Dog. Furno said, "We had to train everyday" in order to obtain their Therapy Dog Team certification.

Moose, who has been on the job since he was just one year old, provides therapy to anyone who is in need of it. He can often be found strolling through police and fire departments, schools, hospitals, nursing homes, senior centers, and summer camps, willing to let anyone give him a pat. He has also made cameos at the Medway High School's Challenge Day, the Special Olympics, and Medway High School's Mock Car Crash.

Furno said, "Therapy dogs provide a form of love and comfort that no human being could ever replicate. Moose is able to enter a room and feel who is the most anxious or sad, and goes right over to them and sits on their feet."

Moose's contributions to the community and beyond have earned him more than just one treat!

When he's off the clock, Moose enjoys playing with his brother, a black lab named Snoop Dogg, and cuddling with his moose Pillow Pet™. Additionally, after every therapy visit, Furno plays Moose's favorite movie, The Lion King, to help him wind down.

In the future, Medway's police department is likely to get another therapy dog, but it is uncertain when.

Millis Police Officer Angela Vongsavath lauded for helping save life at Stones concert

A 78-year-old Marblehead man went into cardiac arrest waiting for concert to start

By THERESA KNAPP

You may have heard the story about a woman who performed CPR on a man in distress at the Rolling Stones concert on May 30, but you may not know there were three women and one of them was an officer with the Millis Police Department.

According to a post on the @millispolice's Facebook page, "Millis Police Department Officer Angela Vongsavath was working a detail at Gillette Stadium for the Rolling Stones concert. During the event, Officer Vongsavath was flagged down by security for an unresponsive male party. Officer Vongsavath sprinted up the stairs, climbed over seats, quickly assessed the male party, and took over CPR from another patron."

Local Town Pages has since learned that patron was a nurse who, along with another nurse, had started CPR on the man. They were soon relieved by Officer Vongsavath.

The Facebook post continued, "The male party was not breathing and had no identifiable pulse. Officer Vongsavath continued CPR while EMS personnel rushed to get there through the crowd."

"Once on scene, EMS personnel from



Millis Police Officer Angela Vongsavath was awarded the Foxboro Police Department's Lifesaving Medal for her heroic efforts in performing CPR on a man in distress at the May 30 Rolling Stones concert at Gillette Stadium. The award was presented to Vongsavath (center) by Foxboro Police Lt. Adam Byrnes (L) and Foxboro Police Chief Mike Grace. Source: Facebook @ FoxboroughPD

Foxborough Fire Department and Coastal Ambulance, took over medical care. Med-

MILLIS POLICE

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CHANGES ARE COMING TO COMMISSIONS IN AUGUST





Halloran's leadership big plus for Millis grid team

Captain eyes playoff berth for Mohawks

By KEN HAMWEY
STAFF SPORTS WRITER

Pat Halloran is an impressive football player who's willing to take on all leadership responsibilities.

The 6-foot, 170-pound junior, a co-captain at Millis High, will play tight end, H-back and middle linebacker this fall. He's so versatile he'll also see action on special teams. When he was a freshman, Halloran's speed and quickness earned him a starting role at defensive end and last year he was utilized at middle linebacker.

"There's no doubt about it. Pat has evolved into our No. 1 leader," said Millis coach Bob Martellio. "Pat leads by example, by giving 100 percent in games and practice, he's vocal and supportive of his teammates and he's respected by our coaching staff. Our players all respect him, and he also leads in the classroom and off the field."

A native of Millis, Halloran was also a volleyball captain last

year, competing as a middle hitter.

An honor-roll student, he emphasized that his top thrill during his first two years on the gridiron was "being selected a captain as a junior."

What's admirable about the 16-year-old is his ability to adjust his leadership style to wherever the venue is.

"At practice, I stress how important workouts are, how to prepare for game action and to be passionate about football," he said. "When I rally the troops, I focus on elevating our energy and team spirit. At captains' practices, I try to get everyone on the same page and focus on fundamentals. Off the field, I'm positive, friendly and often get rides for players to get home after practice."

"In the classroom, I work to set an example with my grades and emphasize the importance of being a student-athlete. Academics come first. Overall, I strive to ensure that younger players fit in. It's a huge honor to be a junior captain and I love the responsibility."

ity."

Halloran, who led the Mohawks' defense in tackles last year (66), has all the attributes to excel as a tight end and at middle linebacker.

"Pat's strengths at tight end include good route-running, excellent blocking and an improving football IQ," said Martellio. "A student of the game, he thoroughly knows all the plays. At middle linebacker, he's got great lateral movement, good speed on blitzes, and he's instinctive, able to anticipate how a play will develop. He's our QB on defense."

A fan of playing on both sides of the ball, Halloran, nevertheless, gets excited when he's at linebacker. "I like pursuing, tackling, blitzing, getting sacks and stopping progress," he offered. "When I'm at tight end, I enjoy blocking and protecting the QB. Tight end offers a chance to be creative."

Labeling his overall style as "aggressive," Halloran says he likes to get motivated quickly and usually is the loudest player on defense.

Halloran's team goals for the

season, which gets underway on Sept. 13 at home against Sutton, include realistic objectives. "I want us to build solid team chemistry," he said. "I also want us to improve on last year's 3-8 record, play over .500, and become a playoff team. All the players are eager to compete in the playoffs. My personal goals include becoming a Tri Valley League all-star, to improve as a two-way player, and to help our offense score points."

For the Mohawks to achieve Halloran's team goals, he'll need help and he knows that senior co-captain Vin Sellers (running back/nose tackle) and junior Chuck Smith (guard/tackle) will compete intensely.

"Vin is a leader who's aggressive, has lots of energy, cares about football and plays with emotion," Halloran offered. "Chuck is a leader, the line captain who looks out for the younger players. He's tough and strong."

A fan of his coach, Halloran likes Martellio's motivating style.

"He's dedicated and has so much pride in our team and every player," said Halloran. "He



An honor-roll student, Pat Halloran says that "being selected a captain as a junior," is his top thrill in football. Courtesy photo.

wants the best for all of us. His pre-game and halftime speeches psyche us up and give us incredible energy."

Relying on a competitive philosophy that focuses on winning, reaching his potential and having fun, Halloran says that losing can be a valuable learning tool.

HALLORAN

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MILLIS POLICE

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ical personnel were able to utilize an AED while continuing CPR. Officer Vongsavath continued to assist, along with numerous other officers, fire/EMS, TeamOps, and patrons, in a coordinated effort to save the man's life. This was all done in the dark, and with the extremely loud noise of the concert and fans.

"Once stabilized, the patron was rushed to an awaiting ambulance where he had already regained consciousness and was speaking to medical personnel.

"Officer Vongsavath's quick response and immediately providing CPR contributed to the positive outcome and helped save the man's life."

In an interview with Boston 25 News in July, the man Officer Vongsavath helped save - Tony Palladino, 78, of Marblehead - said he was there to see the Stones for the 14th time, and after his collapse, he was taken to the hospital where he underwent double bypass heart surgery days later.

During the television interview, Palladino said he was hop-

ing to learn the identity of the woman who saved his life so he could give her a big hug. Little did he know, it was three women.

As of press time, Palladino had met in person with the two nurses, and talked by phone with Officer Vongsavath.

"I was very thankful to have played a part in saving Mr. Palladino's life," Officer Vongsavath told Local Town Pages, explaining she was alerted to the emergency by Gillette's TeamsOps staff. "The firefighters and paramedics who rushed to the scene were a pivotal factor in the outcome as well."

Officer Vongsavath stressed the importance of knowing CPR, noting it can be the distinguishing factor in saving someone's life. "I urge the public to take basic CPR courses in hopes that, if they are ever in this situation, they can help to the best of their ability."

For her actions that day, Officer Vongsavath was awarded the Foxborough Police Department's Lifesaving Medal.

To watch the full Boston 25 News interview with Mr. Palladino, visit <https://bit.ly/3zGXVUj>.

Sources Facebook @millispolice and boston25news.com

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Medway Middle School students share civics action projects with community

In May, Medway Middle School students shared their Civics Action projects with the Medway community.

In response to the [former] Gov. Charlie Baker administration signing into law An Act to Promote and Enhance Civic Engagement, which made civics projects required for all students in Massachusetts, Medway Middle School 8th grade students must complete a civics project by the end of the school year.

Throughout the school year, students learned about the branches of government at the federal, state and local levels. Once students became familiarized with the operations of government at the community level, they were tasked with carrying out a Civics Action project. The project is designed to be a student-led, process-focused and inquiry-based action project that empowers students to work towards making a positive change in their communities.

"We look forward to hearing feedback from students on what challenges they notice in their

communities, and encourage them to problem-solve solutions," Medway Public Schools Superintendent Armand Pires said.

Students were guided through the process of selecting a community issue that was meaningful to them and had to complete six stages as they worked to try to improve the issue they had identified.

Student project topics varied across many issues, including road improvement, wetlands preservation, recycling, adding a study block to the school day and free bussing to school.

In May, students met with a Community Advisory Panel of local leaders and government officials to discuss potential roadblocks and the best method of implementing their proposed changes. Advisory Panel members included School Committee members, State Representatives, Parks and Recreation Directors and Highway Supervisors, amongst other leaders.

Once students designed their plans, they presented their topics at Medway Middle School on

May 28 and invited the Community Advisory Panel and family members to view their work.

"Change starts at the local level," said Humanities Curriculum Instruction Leader Rachael Barton. "It's incredible to watch students transform into active participants working towards improving their communities during this project."

On June 3, the top two student projects were presented at the Massachusetts Civics Project Showcase at the DCU Center in Worcester with other student projects from across the region. The first-place winners at Medway Middle School, Natalie Anderson and Sofia Cooperman, presented their topic, "A Healthy Choice," about creating outdoor classrooms at Medway Middle School to help support student mental health. The second-place winner, Kathryn Bao, shared her project, "Radical Recycling," about increasing recycling practices and awareness at Medway Middle School.

Submitted by Medway Public Schools

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"There were lots of learning experiences from last year's 3-8 record," he said.

What occurred at the end of the schedule was extremely gratifying. The Mohawks won their last two games — a 43-31 triumph over Holbrook and a 14-0 shutout over Medway.

"My best was against Medway," he noted. "I felt comfortable, we beat our arch-rival, and everyone played well. I had 12 tackles in that game. That victory provided a positive outlook for the season ahead."

Martellio likes his team's experience and knows the expectations are high.

"We'll be a young squad again but we're more experienced," he emphasized. "We're excited, optimistic and have high expectations that we can surpass .500. But, we'll need to stay healthy and be in good shape because our kids have to go both ways. They take lack of numbers as a challenge."

Last year, the Mohawks started six freshmen and four sophomores. Now, they'll have 13 veteran returnees (three seniors, six sophomores and four juniors) and there'll be other candidates in the mix."

Calling his older brother (Jack) his role model, Halloran is thankful he could learn some key lessons from him.

"Jack was a captain in football at Millis and he inspired me early on," Halloran said. "At 12 years old, I went to his team's off-season workouts and liked the brotherhood, the team spirit and the energy of the players. I knew then that I wanted to be a part of that. Jack motivated me and I've adopted his leadership style."

The personable Halloran is a quick learner who knows that playing football is hard. He also knows that football teaches how one can deal with difficult life situations. "Overcoming adversity

and being resilient are life lessons that football teaches," he said. "I've also learned how to lead and how to be a good teammate."

Halloran has been working



A native of Millis, Pat Halloran was a volleyball captain last year, competing as a middle hitter. Courtesy photos

out diligently during the summer to prepare for the challenging task ahead. There've been captains' practices, seven-on-seven drills, individual strength and conditioning work, and time at camps.

"I'm eager to work and guide our younger players and see them bond with one another," he said. "This season can be one where our younger players help to elevate our program."

Halloran will effectively fulfill a variety of roles for the Mohawks. He's got lots of character but one attribute stands out vividly and he's quick to embrace it: Pat Halloran is a natural born leader.

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Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

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Business spotlight

or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

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

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If you don't want to be both-



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

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay

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

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

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

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

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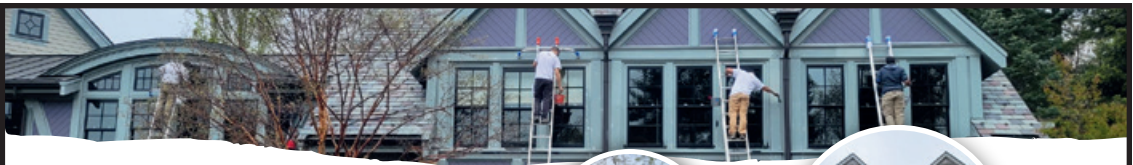
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Stolen car crashed into school bus in Medway in May

Pursuit included Wellesley, Medway, Holliston, Ashland, Framingham police

On May 24, around 3 p.m., the Medway Police Department was actively investigating an incident involving a stolen car and a school bus that had stopped to drop off students.

The Wellesley Police Department contacted the Medway Police Department a short time before 3 p.m. reporting that a stolen blue BMW was

ping in the Fisher Street Medway area.

Medway Officers Meghan Casey, Ryan Kahn, AJ Latosek and Maggie Schindler responded to the area. While checking the last known ping area, updated information put the car on Rockwood Road. As officers approached Rockwood Road, the BMW pulled



On May 24, around 3 p.m., a stolen car crashed into a Medway school bus that had stopped on Fisher Street to drop off students. Photo source: Facebook @MedwayPoliceDepartment

onto Fisher Street and drove directly at Officer Casey at a very high rate of speed. Officer Casey swerved and avoided being struck. The BMW continued on, striking a Medway school bus which had stopped at 74 Fisher to let students off at the bus stop.

Medway officers and responding Medway Fire/EMS found that no students were injured. The driver was also not injured. The Medway School Department was notified of the crash.

After hitting the Medway school bus, the BMW drove

into Holliston where it struck two cars, then into Ashland where Ashland Police attempted to stop it.

The BMW was eventually located by Framingham Police after it crashed in Framingham. Several suspects fled the crash scene and were not apprehended.

Anyone having information related to this incident is asked to contact the Medway Police Department at 508-533-3212.

Source: Facebook @MedwayPoliceDepartment

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Vendors needed for Millis farmers market

Millis has a new farmers market at the Church of Christ at 142 Exchange Street every Wednesday from 3 p.m. to 7 p.m. through Oct. 2.

Organizers are seeking additional vendors. For more information, contact millisfarmersmarket@gmail.com



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Mark Freeman

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Do you worry about running out of money during your retirement years? If so, how can you help prevent this from happening?

In the first place, if you have this type of fear, you're far from alone. Consider this:

58% of retirement savers from all age groups, including current retirees, say that outliving their assets is their greatest

retirement fear, according to a study by Cerulli Associates, a financial services research organization.

This type of fear can certainly affect your quality of life when you retire. Still, there's no need to panic – because you can take steps to help prevent the running-out-of-money scenario.

Here are a few to consider:

- **Know how much you'll need during retirement.** You need to get a clear picture, or at least as good an estimate as possible, of how much money you'll need to support your retirement lifestyle. Once you do retire, some costs, such as transportation or other work-related expenses, might go down, while others – medical expenses, in particular – will likely go up. The fear of running out of money, like many fears, is caused largely by what you don't know, so having a good sense of how much you'll need in retirement can help reduce your anxieties.

- **Build financial resources before retirement.** You're probably at your peak earning capacity in the years close to your retirement, so consider contributing as much as you can afford to your IRA and 401(k) or other employer-sponsored retirement plan.
- **Maximize your Social Security payments.** You can start collecting Social Security as early as 62, but your monthly benefits will be larger if you can afford to wait until your full retirement age, between 66 and 67. (Payments will "max out" at age 70.)
- **Re-enter the workforce.** Going back to work in some capacity is one way to possibly help build retirement resources and delay taking Social Security. If you have a particular area of expertise, and you enjoyed the work you did, you might be able to go back to it on a part-time basis or do some consulting. You could boost your cash flow, and poten-

tially extend your contributions to an IRA and to an employer's retirement plan.

- **Cut costs during retirement.** Possibly the biggest cost-cutting measure is downsizing – are you willing and able to move to a less expensive area or scale down your current living space? Of course, this is an emotional decision, as well as a financial one, and downsizing isn't for everyone, but it might be something to at least consider. As for the lesser ways of reducing expenses, take advantage of senior discounts, which are offered in many areas, including entertainment, public transportation, restaurants and retail establishments. And look for other opportunities, such as cutting out streaming services you don't use.
- **Look for more income from your investments.** As you get closer to retirement, and even when you do retire, you might want to adjust your

investment portfolio to provide you with more income-producing opportunities. However, even as a retiree, you'll want some growth potential in your investments to help keep you ahead of inflation.

Ultimately, the more you can bolster your financial security before and during retirement, the less fear you may have of outliving your money.

Contact Mark for assistance with your personal finances.

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By JANE LEBAK

Kristin Bates of Dolphin Tail Infant Aquatics guarantees that with six weeks of survival swim lessons, a child will learn the skills to save themselves from drowning.

These are not traditional lessons, which often take years to show results. Instead, “survival swim” lessons are intense but brief one-on-one sessions to train a child—from infancy to age six—to float and breathe for an indefinite period of time until help comes.

According to the CDC, “drowning is the number one cause of death for children 1-4 years old in the United States,” approximately 450 infants and toddlers per year. However, the Children’s Safety Network has determined that formal swim lessons reduce the risk of infant and toddler drownings by 88%.

“Too many parents don’t understand how quickly tragedy can happen,” says Bates. “They may trust in floaties or puddle jumpers, but children take them off. They can slip under the surface while their parents are taking care of another child. Drowning is a tragedy we can prevent.”

Survival swim lessons take place four days a week for six weeks. Each lesson is one-to-one, and it’s ten minutes long. This focused, high-intensity structure quickly hones a baby’s muscle memory.

“By the end of the first day, we’re going underwater, and they’re holding their breath,” says Bates. “Every lesson builds on what they learned the day before. We chain the skills together until they’ve learned to listen to their body so they can get to their float position to breathe.”

At the end of the six weeks, the baby takes a “clothing” test,



Business spotlight

simulating a water accident while fully clothed—even in a snow-suit. If they don’t pass, lessons continue until they can. Bates says, “In effect, survival skills are guaranteed.”

Years ago, a near-drowning accident in a private pool got Bates thinking about survival swim for her own children. “The closest instructor was two hours away,” she says. While the accident she witnessed had a good outcome (the child was fine,) she couldn’t stop thinking about the



possibilities. “To prevent other tragedies, I trained with Infant Aquatics.” Infant Aquatics has taught survival swim for five decades.

Bates is also CPR certified.

Lessons are not age-based, but skill-based. “I’ll start when a baby is able to sit unassisted for a minute and can roll from belly to back consistently.” This is younger than traditional infant swim classes. “At that age, they’re considered ‘floaters.’ The goal is, if they ever fall into a pool, they know how to flip over and get to their back, then stay that way until rescue.”

Goals are different for children who can walk. Bates says, “For walkers, we develop a swim-float-swim sequence. They identify a target—whether someone’s hand or the side of the pool—and make their way to safety.”

Children can take lessons with Dolphin Tail up to age six.

Once the child masters the basics, Bates creates controlled accident scenarios. She says, “If a baby falls in a pool, they’re alone. We re-create a scenario where they’re on the side and fall in, or a

scenario where they’re already in the water and flip upside-down.”

Infants and toddlers who tumble into a pool become disoriented. Bates says, “I help them figure out where is the air and how to get to it. They start in a wrong position, and I train them to correct it. That’s why one-to-one instruction is imperative.”

The effect can be lifesaving. Bates says, “Once they know how to get to their back and float, they know how to handle anything.”

A healthy respect for water, and how to work with it, is at the backbone of survival swim. “No child is drown-proof,” says Bates. “You can’t trust puddle jumpers to keep your child safe. There are so many variables with water, but we can teach them the skills to save themselves.”

Learn more about survival swim at <https://infantaquatics.com>. To sign up your child for survival swim lessons, contact Bates at dolphintailinfantaquatics@gmail.com, or call (774) 277-1222. Lessons are held in Milford.

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Your Money, Your Independence

Teaching Kids Financial Responsibility: Summer Jobs and Roth IRAs



Glenn Brown, CFP

Have a teenager working this summer? Did they earn money babysitting or mowing lawns? How about a W-2 from selling ice cream or as a camp counselor? You can open a Roth IRA for your child to evolve their financial knowledge while helping invest for retirement, a first house and/or qualified educational expenses.

Kids establishing Roth IRAs. There is no age minimum, as long as they earn income. It's up to the parent to document to IRS that their kids had income earned from work, either W-2 or self-employment taxable wages. If under 18, an adult opens

and maintains control of a Custodial Roth IRA with the child as beneficiary. Once an adult, usually 18 in most states, the account is transferred to a Roth IRA in their ownership.

After a Custodial Roth IRA is opened for 5 years, the advantages of tax-free earnings and withdrawals are same as Roth IRA. Recall a Roth IRA's tax treatment is most valuable when time horizons are long and current tax rates are low, both true for kids.

What if your teen spent all their earnings? After a talk about budgeting (i.e. 3 Jars - Spend, Save, Gift), a parent or grandparent could fund a Roth IRA up to the amount of the child's reported earned income on tax returns.

Some parents will make 'match' contributions based on money earned in a summer job. If a teen earned \$3,800 for 2024, a parent will fund \$3,800.

Remember, these contributions count against the \$18,000 tax-free gifts per individual for 2024. So, if you've funded \$18,000 for child's 529 Plan, find another individual (i.e. spouse, relative) who can make the Roth IRA contribution.

Introduction to personal investing. Have fun by letting your teen research an ETF or company to invest in, have them

explain reasoning behind their choice and teach how they can follow. The next year, have them choose a different investment with the new contribution. Over time, they have a mix of investments, outcomes and lessons learned. This hands-on experience lays a foundation for making informed financial decisions of greater magnitude later in life.

Taxation of withdrawals before age 59 ½. A Roth IRA allows for 100% of contributions to be taken out for any reason, with no taxes or penalties. Furthermore, if a Roth IRA withdrawal is for qualified education expenses, you avoid the 10% penalty on earnings but still pay income tax on the earnings at the kid's tax rate. Thus, Roth IRA could supplement educational savings. Later, they could also withdraw up to a \$10,000 to pay for a first-time home purchase.

Impact to financial aid? Yes, in a good way. The "expected family contribution" or "EFC" formula has student owned assets assessed at 20% with two notable exceptions. First is 529's owned by parent's is 5.6% and retirement accounts owned by parent or child counts as 0%. However, if a child takes money from a Roth IRA, even to pay for college, up to 50% of the withdrawal may be assessed.

In conclusion, opening a Roth IRA for kids is a proactive way for parents to teach financial responsibility and secure their children's financial future. It's not just about saving money; it's about cultivating a mindset of financial discipline and planning that will benefit them throughout their lives. By harnessing the power of investing, compounding and leveraging tax advantages, parents can give their children a head start towards financial independence and security.

Not all institutions offer Custodial Roth IRAs, but many do with no minimums and low fees. Consult your Certified Financial Planner to learn more.

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 Plan-Dynamic, 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

Work With The Best! b.LUXE

By GINA WOELFEL

Are you looking for an incredible beauty salon to start or advance your career? Work at b.LUXE Hair and Makeup Studio! With its exceptional reputation, highly talented team of professionals, and a full selection of hair, makeup, spa, and tanning services, we're dedicated to providing an outstanding experience for both clients and employees. b.LUXE is genuinely a great place to work! Below, hear from a few of our stylists and estheticians as we explore why b.LUXE is ideal for motivated hair, makeup, and skincare professionals to flourish and succeed.

"Early in my career, a well-known Boston salon owner took me under their wing and shared their talent. They taught me about the artistic side of the beauty industry and the business side. I received such well-rounded training. I love sharing what I know with the whole b.LUXE Team." - **Heather Cohen, Owner of b.LUXE Hair and Makeup Studio.**

Join us at b.LUXE, where our core values of teamwork, education, structure, optimism, and trust will skyrocket your success! You'll also enjoy competitive salaries, exceptional educational opportunities, travel, benefits + more!

"I really enjoy the team atmosphere at b.LUXE. There is always someone there to lend a helping hand." - **Morgan Courtright, Stylist**

b.LUXE Hair and Makeup takes pride in being Massachu-



setts's highest-rated salon on Google. Our team works together to take care of our clients and support the training and development of our staff. With over 750 reviews showcasing our commitment to high-quality service, we have established a luxurious beauty experience in a collaborative environment. Our goal is to empower our team members, foster self-confidence, enable career growth, and provide sustainable incomes

"I love working at b.LUXE! Not only do I get to work with my twin sister, Nicole, but the rest of the girls feel like family, too!" - **Sarah O'Connell, Senior Stylist**

Our senior staff enthusiastically share their experience and knowledge, providing unhindered access to their skills. We encourage the growth of our fellow artists and actively seek opportunities to help our co-workers grow and achieve great things.

"I love the city-loft feel of the salon! The culture at b.LUXE is a teamwork environment, with continuing education, great leadership, and complimentary 'LUXE for everyone' services like the keratin glove and BEFORE Oil treatments that the



clients love!" - **Sandra Wilkey, Senior Stylist**

One of the biggest motivators for joining our team is the exceptional educational opportunities we offer. Whether embarking on your cosmetology journey or looking to advance your skills, our education program is at the pinnacle of what the industry offers.

"The energetic, positive, and supportive vibe from this amazing group of women is how we're able to share our passion for hair with our guests. This is why I love being a part of this team!" - **Heidi McDade, Senior Stylist**

Our cutting, coloring, and event styling specialists hold Monday education sessions, allowing our junior stylists and assistants to learn techniques in a warm and supportive environment with the people they work with daily. In addition to our in-house education, b.LUXE regularly hosts Goldwell sponsored events with well-known educators like Jacob Kahn, Johnny

Kelly, and Kylie Bussing. Our aesthetics team attends seminars and collaborates with guest educators from our skincare line, G.M. Collin, an undisputed leader in dermo-corrective skincare solutions.

"The educational opportunities with G.M. Collin provide me with in-depth product knowledge that allows me to offer the best solutions for every skin concern. Whatever your goals are here, you will always have someone in your corner to support you and cheer you on."

- **Corinn Bradford, Esthetician**
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"We grow together. We grow as a team. The opportunities are endless." - **Senior Stylist, Dani Johnson**

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Living Healthy

Back to School Eye Health and Computer Vision Syndrome

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

As the back-to-school season approaches, parents are busy preparing their children for the academic year ahead. From buying new clothes to stocking up on school supplies, the checklist can seem endless. However, one crucial aspect that often gets overlooked is eye health. Ensuring that children have optimal vision is essential for their academic performance and overall well-being. Additionally, with the increasing use of digital devices in education, understanding and addressing Computer Vision Syndrome (CVS) is more important than ever.

The Importance of Regular Eye Exams

Regular vision screening using evidence-based tools and procedures is essential to iden-

tify children with possible vision impairments. These screenings educate parents and caregivers about the importance of vision care, ensure referrals to eye care professionals for comprehensive exams, and help parents understand the significance of following treatment plans.

However, the availability of appropriate vision screening varies depending on location and the specific schools or programs children attend. These discrepancies can lead to inequalities in children's vision care in the United States. Notably, 1 in 17 young children and 1 in 4 school-aged children have undetected and untreated vision disorders that can interfere with learning and development.

Untreated vision disorders can cause children to fall behind in school, exhibit behavioral problems, miss developmental milestones, and even suffer per-

manent vision loss. Therefore, a continuum of eye care that includes both vision screenings and comprehensive eye examinations is recommended. All children, even those with no signs of trouble, should have their eyes and vision screened at regular intervals.

Five Steps to Eye Health

- 1. Understanding the Importance:** Parents and caregivers need to understand the importance of vision screening and arrange eye exams if screening suggests a possible vision disorder.
- 2. Routine Screening:** Children should participate in routine vision screening conducted by trained and certified screeners using evidence-based tools and procedures.



- 3. Referral for Examination:** Children who do not pass vision screening should be referred to their medical home or an eye care professional for a comprehensive eye examination.
- 4. Eye Examination:** Eye exams should be conducted by eye doctors trained and experienced in treating young children.
- 5. Follow-up and Treatment:** Parents and caregivers should follow the treatment plan, ensure ongoing care, and share eye examination results with school nurses or other relevant personnel.

If any of these symptoms are present, it's essential to schedule an eye exam as soon as possible. As always..." Moms know better". In doubt, schedule a comprehensive eye exam.

The Rise of Digital Device Use in Education

In recent years, digital devices have become integral to the educational experience. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome (CVS).

Understanding Computer Vision Syndrome

Computer Vision Syndrome, also known as Digital Eye Strain, refers to a group of eye and vision-related problems resulting from prolonged use of digital devices. Symptoms of CVS include:

- Squinting or tilting the head to see better
- Complaints of headaches or eye strain
- Difficulty reading or doing close-up work
- Sitting too close to the television or holding digital devices close to the eyes
- Excessive tearing or sensitivity to light
- Decreased or blurred vision
- Burning or stinging eyes
- Sensitivity to light
- Headaches
- Neck and back pain

EYES

continued on page 13

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EYES

continued from page 12

CVS is more common if there are more than two hours of continuous computer screen time a day. The most common causes include improper viewing angle or distance from the screen, glare, extended use, staring without blinking, and uncorrected vision problems.

Preventing Computer Vision Syndrome

While it may not be possible to eliminate digital device use, these measures can help prevent CVS:

- **Adjust Viewing Angle:** The center of the monitor should be 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Position reference materials so they can be seen without moving your head.
- **Reduce Glare:** Position your screen to avoid glare from lights or windows. Use glare filters if necessary.
- **Rest Your Eyes:** Follow the 20-20-20 rule: every 20 minutes, look away from your screen at something 20 feet away for 20 seconds. After two hours of continuous screen use, rest your eyes for 15 minutes.
- **Blink Often:** Blink frequently and use lubricating eye drops to prevent dry eye.
- **Get Your Eyes Checked:** Ensure your prescription is correct, especially for computer use.

If symptoms persist, consult an ophthalmologist for a comprehensive evaluation and treatment plan.

Choosing the Right Eyewear

For children who need corrective lenses, selecting the right eyewear is crucial:

- **Durability:** Choose sturdy frames that can withstand daily activities.
- **Comfort:** Ensure the frames fit well and are comfortable.

- **UV Protection:** Consider lenses with UV protection for outdoor activities.
- **Blue Light Filters:** Several studies suggest that blue light-blocking glasses do not improve symptoms of digital eye strain. The American Academy of Ophthalmology does not recommend blue light-blocking glasses because of the lack of scientific evidence that blue light is damaging to the eyes.

Conclusion

As children head back to school, ensuring their eye health should be a top priority. Regular eye exams, attention to symptoms of vision problems, and strategies to prevent Computer Vision Syndrome can help safeguard their vision and support their academic success. By taking these steps, parents can ensure their children have the visual tools they need to thrive in and out of the classroom.

Computer Vision Syndrome is very common, and more eye strain can be expected as screen work increases. Our center and optometrists have state-of-the-art equipment to diagnose and treat many eye problems, including CVS. With in-house ophthalmologists available, there is no need to seek outside referrals. Our seven dedicated eye care providers across three state-of-the-art facilities in Franklin, Millis, and Millis offer convenient Saturday and after-hours appointments. This back-to-school season, all new patients, children, and adults, receive a new pair of select eyeglasses. Our quality in-house optical shop has its own lab and experienced opticians ready to help. From basic eye exams to high-tech surgeries, we provide comprehensive eye care for returning scholars and the entire family.

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Millis hosts another successful carnival and fireworks display

By Sofia Mercier
STUDENT WRITER

Millis Recreation hosted its annual Millis Summer Carnival over the weekend of June 28 to June 30.

Complete with games, fried dough, and rides, the carnival was a hit amongst teens and children who were celebrating the start of summer. Rides included a Ferris wheel, carousel, alpine slide, and several others. Many brave kids on these rocky rides exclaimed they were “only going to ride the Pharaoh’s Fury once” but often went back two or three times for the swing-boat style ride.

Fanelli Amusements provided Millis with the traditional carnival experience, and the Millis fire and police departments facilitated the event “making it all seem flawless” as stated by the Millis Recreation Department on Instagram @millisrec.



Clockwise from above: Braving rides at this year’s Millis carnival. Source: Instagram @millisrec; Girls wait to board the Ferris wheel at this year’s Millis carnival. Credit: Sofia Mercier; Millis Recreation’s fireworks seen over the cornfield at Tangerini’s Farm. Source: Facebook @tangerinifarm



Additionally, local sponsors including Middlesex Savings Bank, Charles River Bank, Tresca Brothers, Roche Brothers Supermarket, and John Corcoran made several significant donations allowing for a fireworks display on Saturday night. All of the funds raised by the event will be used to pay for carnival-related expenses and for future recreation programs within Millis such as Summer Concerts & Cornhole held behind Millis Town Hall each Wednesday in August at 6:30 p.m.

Exsultet! women’s choral group seeks two sopranos

Auditions to be held on Aug. 26

Do you love to sing? Then we would love to meet you! We are Exsultet!— a fun-loving, women’s choral group made up of 15 to 20 musicians. We love making music and challenging ourselves to present concerts which enlighten and entertain. Exsultet! sings a repertoire of choral literature spanning musical periods and cultures, and incorporates readings and poetry into our performances.

Exsultet! has two openings for Soprano 1 and 2 singers for the 2024-2025 season. Auditions will take place on Monday, Aug. 26, at 7 p.m. at First Congregational Church, 725 Washington St., Holliston.

Exsultet! rehearsals for the 2024-2025 season will be on Mon-

day nights from 7 to 9 p.m. in preparation for our two concert weekends this year. We typically perform our Holiday Concert in early December and our Spring Concert in early May.

To audition, download the audition piece at <https://exsultet.us/auditions/>, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!

Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a specific audition time.

Visit www.exsultet.us to learn more about the audition process.

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Royal Conservatory of Music Assessment Results Are In!

Another round of Royal Conservatory of Music (RCM) assessments has come and gone! At Encore Music Academy and Recording Studios, students of all ages and musical abilities come throughout the year to perform their exams in front of adjudicators who travel from all across Canada and the U.S. in order to administer the assessments.

In addition to academic assessments in music theory, harmony, analysis and history, students perform practical assessments on their instrument of choice. Instruments represented include piano, voice, classical guitar, flute, clarinet, saxophone, drums, violin, and viola. In May, students from all over the north-east traveled to Encore to take their assessments.

The Royal Conservatory of Music Certificate Program provides a recognized national standard of success in music study from beginner to advanced levels. It inspires excellence through individual student assessments that are central to the program, while also supporting teachers with high-quality and innovative resources. The RCM allows students to measure and celebrate accomplishment and track their progress throughout the country. All students and teachers across the United States are invited to participate, and Encore Music Academy is proud to offer these opportunities at the school and through outreach to the surrounding communities.

Levels of achievement are determined by the following scale:

- **First Class Honors with Distinction:** An assessment score of 90 to 100.
- **First Class Honors:** An assessment score of 80 to 89.

- **Honors:** An assessment score of 70 to 79.
- **Pass:** An assessment score of 60 to 69.

Students are graded on proficiency in the following areas: performance; technical requirements; aural skills; rhythm; and, sight-reading ability. This year, Encore is very proud to recognize the following Encore students for their outstanding achievement in Royal Conservatory of Music assessments in May:

First Class Honors with Distinction

- Arnav Gujjar, age 12, Hopkinton, PrepB piano
- Aagam Shah, age 11, Franklin, PrepB piano
- Ananya Sharma, age 11, Franklin, Level 1 voice
- Alice Val, age 9, Franklin, Preparatory Voice
- Sunehri Verma, age 16, Franklin, Level 7 voice
- Anisha Vipul, age 11, Hopkinton, Level 2 voice

First Class Honors

- Alexandra Courtright-Lim, age 13, Franklin, Level 7 piano
- Adrian Gonzalez, age 12, Franklin, Level 1 voice
- Michelle Gonzalez, age 9, Franklin, Level 1 piano
- Ananya Gorre, age 17, Franklin, Level 4 clarinet
- Mahathi Gorre, age 17, Franklin, Level 4 clarinet
- Nathaniel Hinds, age 9, Franklin, Level 2 piano
- Cora Jackson, age 10, Franklin, Level 3 piano
- Alyssa McGuirl, age 16, Millis, Level 7 voice
- Rishita Phanse, age 17, Mansfield, Level 6 voice
- Serene Sun, age 7, Hopkinton, Level 2 piano
- Sunehri Verma, age 16, Franklin, Level 6 piano
- Anisha Vipul, age 11, Hopkinton, Level 1 piano

Honors

- Anagha Balagurumoorthy, age 12, Franklin, Level 1 piano
- Grace O’Sullivan, age 13, Franklin, Level 3 piano
- Aneesha Pathangay, age 16, Hopkinton, Level 8 piano
- Ryan Qi, age 10, Franklin, Level 4 piano

To learn more about Encore Music Academy and Recording Studios and the Royal Conservatory of Music program, please visit: www.encoremusicacademy.net*

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Medway Council on Aging – August

Fall into Healthy Cooking: 3-part series

Join us at the Center on the 2nd Wednesday of the month for the 3-part series on healthy cooking.
9/11 at 12:00 PM – Mediter-

ranean Cooking
10/9 at 12:00 PM – Soup recipes
11/13 at 12:00 PM – Cooking on a budget
\$25.00 for all three sessions
sign up required.

Join Us for a Fun Talk on Classic Comedy TV Shows!

Are you a fan of classic comedy TV shows? Do you love reminiscing about the golden age of television? If so, you won't want

to miss our upcoming presentation!

Event Details:
Date: September 12th
Time: 1:00 PM
Location: The Center

We'll be exploring all your favorite classic comedy TV shows, from timeless sitcoms to groundbreaking sketches. Join us for a nostalgic journey through TV history and share some laughs along the way. Event Free but please sign up at Center 508-533-3210

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
Medway Senior Center Designated as Cooling Center During Heatwaves

With the arrival of summer and the accompanying heatwaves, the Medway Senior Center has been designated as a cooling center to provide relief for residents. If you have any questions please feel free to call the Center at 508 533-3210.

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Millis Safety Log, June 17 to July 15

According to safety logs, between June 17 and July 15, the Millis Police Department spent the majority of its time on calls related to motor vehicle stops and violations, general traffic control, burglar alarms, lost/found property, soliciting, and assisting citizens. They also provided assistance to Holliston and Medway. Other entries of note include:

June 17 at 1:06 a.m., Exchange St., suspicious activity
June 18 at 4:17 p.m., Lexington Lane, fire/other
June 19 at 10:10 a.m., Exchange St., fire/other
June 20 at 2:26 a.m., Exchange St., suspicious activity
June 20 at 7:05 p.m., Van Kleeck Road, disturbance
June 22 at 10:32 a.m., Main St., complaint
June 22 at 3:47 p.m., Main St., larceny/forgery/fraud
June 22 at 7:21 p.m., Cedar Square, disturbance
June 23 at 12:21 p.m., Exchange St., fire/other
June 23 at 2:09 p.m., Heritage Path, suspicious activity, gone on arrival
June 24 at 4:10 p.m., Union St., structure fire
June 25 at 11:36 a.m., Orchard St., serve warrant
June 26 at 3:18 p.m., Walnut Hill Road, larceny/forgery/fraud
June 27 at 8:53 a.m., Main St., motor vehicle stop, arrest made

June 27 at 9:46 a.m., Main St., larceny/forgery/fraud
June 28 at 12:26 p.m., Orchard St., serve warrant, unable to serve
June 29 at 10:59 a.m., Rolling Meadow Drive, larceny/forgery/fraud
June 29 at 6:26 p.m., Union St., missing person
July 1 at 12:24 p.m., Dover Road, suspicious activity
July 1 at 12:50 p.m., Spring St., suspicious activity
July 1 at 5:30 p.m., Plain & Spring Sts., motor vehicle stop, vehicle towed
July 2 at 6:51 p.m., Apple Rock Road, disturbance, report
July 3 at 11:22 a.m., Key St. and Oakview Ave., suspicious activity
July 3 at 7:01 p.m., Main St., disturbance
July 4 at 9:08 a.m., Orchard St., sudden death
July 4 at 10:34 a.m., Exchange St., suspicious activity
July 5 at 5:14 p.m., Union St., escort/transport
July 7 at 4:46 p.m., Main St., larceny/forgery/fraud
July 8 at 7:36 p.m., Van Kleeck Road, larceny/forgery/fraud
July 9 at 8:07 p.m., Dover Road, disturbance, transported to hospital
July 10 at 4:45 p.m., Main St., disturbance
July 11 at 2:35 p.m., Plain St., complaint
July 13 at 12:48 a.m., Village St., motor vehicle stop, arrest made
July 14 at 6:43 p.m., Pleasant St., suspicious activity
July 15 at 10:52 a.m., Union St., disturbance, de-escalated

Two Millis firefighters graduate from Fire Academy



 **Massachusetts Firefighting Academy**
Call/Volunteer Recruit Class #113 Graduation • June 27, 2024

Millis firefighters Damian Benitez (left) and Ryan Smith (right). Photo credit: Massachusetts Department of Fire Services

June Call/Volunteer Class #113 included 25 graduates from 18 communities

In June, State Fire Marshal Jon M. Davine and Massachusetts Firefighting Academy Director Eric S. Littmann announced the graduation of 25 recruits from the most recent Call/Volunteer Recruit Firefighter Training Program. The graduates included Millis firefighters Damian Benitez and Ryan Smith. Each

graduate received a certificate of completion at a ceremony held at the Department of Fire Services’ Stow campus. In addition to Millis, the graduating firefighters of Call/Volunteer Recruit Class #113 represent the fire departments of Boylston, Carlisle, Grafton, Haverhill, Holland, Hopedale, Lincoln, Millville,

Northbridge, Oakham, Paxton, Rutland, Shirley, Tyngsborough, Uxbridge, Wenham, and Weston. “Massachusetts firefighters are on the frontlines protecting their communities every day, and today’s graduates are needed now more than ever,” said State Fire Marshal Davine. “The hundreds of hours of foundational training they’ve received will provide them with the physical, mental, and technical skills to perform their jobs effectively and safely.” Video of the ceremony can be found at www.youtube.com/dfsosfm.

The Call/Volunteer Firefighter Recruit Training Program is unique in that it delivers a standard recruit training curriculum, meeting national standards, on nights and weekends to accommodate the schedule of firefighters in suburban and rural areas. Making the training more accessible means more firefighters can participate and allows them more time to practice training skills with instructors. The MFA, a division of the Department of Fire Services, has offered the program since 2003. More than 3,000 call

and volunteer recruits have graduated since then. Graduates have completed 240 hours of training on nights and weekends. Upon successful completion of this program, all students have met the standards of National Fire Protection Association 1001. In addition, they have the ability to become certified to the level of Firefighter I/II and Hazardous Materials First Responder Operations Level by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.

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Sports

Millis 8th grade track and fielders compete in nationals

During Millis Middle School's spring 2024 track season, Jayden Montero, Stone DeLuca, and Dillon FitzGerald qualified for the New Balance Nationals meet at UPenn's Franklin field in Philadelphia and attended the meet June 13 and 14.

Jayden competed in the 200m sprint and long jump. Stone competed in the long jump, and Dillon competed in the 400m sprint and shotput.

The boys are now rising freshmen. In 8th grade, they qualified throughout the regu-

team.

- Jayden was 1st in the state for the 200m, 2nd in the state for the long jump.
- Dillon was 1st in the state for shot put and 4th in the 400m.

Dillon was also 1st in the state, with a time of 3:57, as part of the 4x400 team that included Xander Hafford and Tyler Shepard.

The boys' middle school team won its first ever state championship earning a total of 59 points competing against 32 other teams.

During the New Balance Na-



Above, from left: Millis Middle School track members Dillon FitzGerald, Jayden Montero, Stone DeLuca. Below, from left: Jayden Montero, Dillon FitzGerald, Quincy Wilson (2024 Olympian), Stone DeLuca. Courtesy photos



From left: Some of the middle school championship team: John Abraham, Jayden Montero, Stone DeLuca, Dillon FitzGerald, Xander Hafford, Tyler Shepard, Andrew August. Courtesy photo

lar season meets and also during the D3 middle school state championship meet. The boys team won the D3 State Championship this year for the first time ever.

These three boys had big accomplishments at the state meet before heading to Nationals:

- Stone was 3rd in state for the long jump and 1st in the state as part of the 4x400m

nationals Meet, the boys met many future stars and future Olympians. One of the most amazing for them was meeting Quincy Wilson and getting some good advice from him. He is a 16-year-old national champion for the 400m and is now on the 2024 Olympics roster to compete in the 4x400m. He is the youngest Olympian to be on the roster for the 4x400m Olympics.





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Sports

Protecting your business and employees

If you have employees, you know firsthand that the loss of a key employee can have a profound impact on business operations. When an employee leaves, customers who dealt directly with that person may worry about receiving their goods or services in a timely manner; suppliers may be concerned about getting paid for their deliveries; and staff morale can also take a dip as remaining employees worry about assuming a heavier workload.

That's why it's important to make sure that your business is prepared to deal with the unexpected departure of a key employee which usually happens for one of three reasons: the employee chooses to resign, the employee becomes disabled, or he or she passes away.

While life insurance cannot protect against employees choosing to leave, it is often used as a tool to help incentivize them to stay; deferred compensation



plans are powerful vehicles for doing just this. Deferred compensation arrangements allow you to provide retirement income to select employees. The way it works is that you and the selected employee enter a contract that specifies the compensation you will pay out to him or her in the future. Since you may not set up a specific reserve fund in which a participant has a vested right, a life insurance policy is uniquely suited to informally finance a deferred compensation plan. The future of your business depends on attracting and retaining the right talent with the right tools.

It's also important to protect your business against the economic losses it may face as the result of a top employee's death with the use of key person insur-

ance. The way it works is that the business applies for and becomes the owner and beneficiary of a life insurance policy covering the key employee. If the insured employee dies, the business receives the policy proceeds.

Deferred compensation and key employee insurance are benefits that are related exclusively

to your top employees, but New York Life also has options that you can offer your entire team to help cultivate a rewarding work environment, such as life and disability insurance. These benefits can provide employees and their family's peace of mind and added financial security, which can go a long way toward attracting and retaining valuable employees.

As a business owner, you've worked hard to get where you are today. Having a contingency in place will allow you to focus

on making the best possible decisions for the future your business.

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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Medway High School Athletic Department recognizes spring 2024 season achievements

Medway Public Schools Athletic Director Jeff Parcels and Principal John Murray are pleased to announce that Medway High School's athletic teams recently completed a successful 2024 spring athletics season.

"I am incredibly proud of all of our teams and coaches for their outstanding achievements during the spring season," Athletic Director Parcels said. "I would like to congratulate all of our athletes for their work towards another successful school year, and on behalf of Medway High School, I thank our community for their support."

Baseball

Record: 4-12 Tri-Valley League, 4-14 overall

TVL All-Star: Garrett O'Mara
Honorable Mention All-Stars:

Jason Bedard, John Farrell, Matt Parlon, Aidan Tkowski

Boys Lacrosse

Record: 7-7 Tri-Valley League, 9-10 overall

20th in tournament ranking, competed through the Round of 32

Team Captains: Ryan Applebaum, Zach Arnpriester, Alex Dougenik, Shawn Fauton, Evan Sklar

TVL All-Star: Gavin Shipos

Honorable Mention All-Stars: Zachary Arnpriester, Justin Pillard, Evan Sklar

TVL Small Sportsmanship Award



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SPORTS

continued on page 20

SPORTS

continued from page 19

Girls Lacrosse

Record: 3-11 Tri-Valley League, 4-16 overall
31st in Tournament Ranking, competed through the Round of 32
Team Captains: Megan Keavanay, Olivia Melanson, Ella Taylor
TVL All-Star: Olivia Melanson
Honorable Mention All-Stars: Ella Hsieh, Ella Taylor

Softball

Record: 10-5 Tri-Valley League, 13-7 overall
21st in tournament ranking, competed through the Round of 32
Team Captains: Katie Anderson, Priya Bedard, Ava Fahey, Olivia Klaus, Nina Pacella
TVL All-Stars: Katie Anderson, Priya Bedard (Co-MVP)
Honorable Mention All-Stars: Allyson Fagan, Ava Fahey, Olivia Klaus, Nina Pacella

Boys Tennis

Record: 4-7 Tri-Valley League, 9-8 overall
25th in tournament ranking,

competed through the Round of 8
Team Captains: Victor Chaudoir, Alex Menard
TVL All-Star: Alex Menard, Tommy Stotz
Honorable Mention All-Star: Tommy Vallante
TVL Small Team Sportsmanship Award

Girls Tennis

Record: 6-8 Tri-Valley League, 8-11 overall
26th in tournament ranking, competed through the Round of 32
TVL All-Stars: Anna Freeman, Katie Miller

Boys Track and Field

Record: 2-3 Tri-Valley League
Eight members qualified for the MIAA Division 5 State Meet
Team Captains: Dalton Feeney, Sam Oldmixon, Keegan Shaw, Dan Smith
TVL All-Stars: Myles Hoffman, Nathaniel Hoffman, Jack Weintraub
Honorable Mention All-Stars: Dalton Feeney, Brian McGrath, Keegan Shaw, Dan Smith, Sean Souza, Luke Tunney



Top: The Medway High School Girls Softball team. (Photo Courtesy Medway Public Schools) Bottom: Boys Track and Field team members, from left, Davis Campbell (Grade 10), Brian McGrath (Grade 12), and Chase Barucci (Grade 10) (Photo Courtesy Medway Public Schools)

Girls Track and Field

Record: 4-1 Tri-Valley League
TVL Small Co-Champions
Nine athletes qualified for the MIAA Division State Meet
Five athletes qualified for MIAA Meet of Champions (All-States)
Five athletes qualified for the New England Championship
Team Captains: Jaina Campbell, Charity Johnson, Camellia Meredith, Brooke Scott
TVL All-Stars: Jaina Campbell, Charity Johnson (Division 5 State Champion in the Discus and Shot Put), Katelyn Maniero, Camellia Meredith, Brooke Scott
Honorable Mention All-Star: Cailyn DiMinico

Ultimate Frisbee

Record: 10-3 Overall
Team Captains: Logan Casanta, Cam Condlin, T.J. Davin

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-Dorie K. of Medway

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Millis High School 2023-24 Quarter Four Honor Roll

Congratulations to the following students for making the 2023-24 Millis High School Honor Roll for Quarter Four. Students earning High Honors carried all grades of A- or better, while students earning Honors carried all grades that were A's and B's.

Grade 12 High Honors

Bassett, Hailey Rose
Copice, Wilson Sydney
Kale, Manasi Amod
Rice, Kyra Evelyn
Ryan, Jack Joseph
Steiner, Emily Rose
Zarnofsky, Paige Alena

Grade 12 Honors

Banks, Gavin Nicholas
Barisano, Dominic Joseph
Blanchette, Troy David
Carr, Mia Dorothy
Caulfield, Riley
Cellitti, Sophia Mae
Chansky, Malachi Franklin Louis
Corcoran, Declan Van
Doherty, Isabella Frances
Ferzoco, Mark Richard
Gordon, Andrew James
Hastings, Lucian
Jehu, Cian
Jewett, Isabelle Rose
Johnson, Arijus Timothy
Legere, Ava Nanine
Leussis, Emelia Bianca
Ludwig, Aidan Joseph
Martone, Madilyn Nicole
Mathews, Olivia Florence-Jean

McCarthy, Benjamin Nathaniel
Oliveira, Rayssa Guimaraes
Roy, Julianne
Scolponeti, Jennifer Marie
Skerry, Emily Florence
Villacis, Adriana Michelle
Works, Julia Fay

Grade 11 High Honors

Briones, Isabella Marie
Conroy, Shealin Irene
Doherty, Maggie Elizabeth
Ferguson, William James
Fiala, Andrew Marc
Fong, Olivia Elizabeth
Gerasimov, Sasha Dmitrievich
Loer, Addison Campbell
Mahoney, Conor Jackson
Malaquias, Lauren Elizabeth
Manning, Logan Patrick
Medvedeva, Vera
Rollag, Anne Elizabeth
Stapels, Amelia Danielle

Grade 11 Honors

Adams, Madison Claire
Aten, Ashley Julia
Barber, Rian Paige
Breslau, Ramsey Leigh
Chandler, Emma Grace
Cyr, Macy T
Delaney, Daniel Kenneth Van
Delaney, Kiyra Rowena Ruth
DiSciullo, Chloe Nicole
Duggan, James Constantine
Fraulo, Anthony Dimitrios
Gallon, Zoe Elizabeth
Goldstein, Johanna Chihiro
Grattan, Lindsey Rose

Hohman, Nicholas James
Kiggen, Henry Joseph
Leach, Emilia Kelly
Lopes, Thaynara Silva
McGhee, Nathaniel David
Molinari, Tessa Jean
Molloy, Norene Elizabeth
Morse, Andrew John Lamb
Olivares, Mauricio Andres
Powers, Emma Jane
Richards, Kaitlyn Marie
Ruo, Emily Sophia-Eileen
Ryan, Declan Philip
Scolponeti, Nicholas Anthony
Shepardson, Talon Michael
Sparks, Daniel Joseph
Sugrue, Aidan James
Sullivan, Kevin Michael
Sullivan, Riley Elizabeth
Vasta, Michaela Patricia
Wallace, Abby Grace

Grade 10 High Honors

Cranton, David Brian
Ensminger, Rylee Marie
Ferguson, Mia Grace
Gregg, Liam Ryan
Kerstens, Simone
McGuire, Dylan Francis
Mulkern, Keara Ann
O'Connell, Chace Thomas
Parikh, Aaron Advait
Silvia, Rylee Shaye
Sparks, Zoe Elizabeth
Streck, Taryn Mackenzie
Young, Mia Dorothy

Grade 10 Honors

Arian, Marina H
DiIorio, Reagan Grace
Fournier, Jason Banks
Gordon, Alivia Lorraine
Halloran, Pat Christopher
Higgins, Grace Anne
Koronios, Nicoletta Savina
Kramer, Gabrielle Marie
Krauss, Timmy John
Krusz, Devan Paul
Lebak, David John-Paul
Mazenkofski, David
Ryerson, Lexie Emily Hunter
Scannell, Nora Sweet
Schaad, Isabella Rose
Smith, Charlie Wallace
Steiner, Madeline Paige

Grade 9 High Honors

Alan, Phoebe Beatrice
Calo-Tufts, Gabriel Joseph
Caulfield, Owen Michael
Connors, Anne Katherine
Doherty, Nora Grace
Galeon, Cassandra Roelene
Gallon, Kate Alexis
Glynn, Liyla Mae
Hohman, Olivia Rose
Ingoldsby, Braden Mark
Ingraham, Macy Maryanne
Kaye, Abigail Madeline
Kramer, Jessica Lynn
Leussis, William Joseph
Ludwig, Brendan Robert
Maher, Ella Marie
Malaquias, Sarah Rose
Martin, Sarah Amoroso
Martin, Taney Noble

O'Toole, Sydney Noel
Richards, Ethan James
Rollag, David Lester
Roman, Hannah Ellen
Roy, Nicholas Michel
Sieczkiewicz, Klara Grace
Termini, Liam Aiden
Vaccaro, Benjamin Rafael
Zammarchi, Juniper Ann

Grade 9 Honors

Barisano, Franco James
Brynczka, Kevin Jude
Carter, Jack Jackson
Donahue, James Gregory
Ellis, Alicia Rose
Ferreira, Flavio Miguel Oliveira
Fuentes, Lucy Marie
Gerrish, Layne David
Grattan, Thomas Paul
Hubbell, Avery Samantha
Jackson, Finn
Joe, Caden Brandon
Kitchens, Jackson Allen
Krabby, Liam Brian
Kruszewski, Devin Piotr
Leach, Hayden Phillips
Leussler, Nathan Samuel
Loer, Harrison Stockdale
Matti, Alyssa Marie
Miller, Lucy Celeste
Noonan, Matthew Elvis
Rand, Molly Elizabeth
Ryan, Noah Daniel
Skerry, Alexis Kinsey
Spies, Rio Amelia
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Date	Medway	Amount
07/16/2024	3 Independence Lane	\$915,000
07/15/2024	7 Rosewood Drive	\$984,900
07/11/2024	11 Liberty Road	\$925,000
07/10/2024	1 Farm Street	\$640,000
07/09/2024	101 Oakland St.	\$665,000
07/09/2024	23 Fairway Lane #B	\$1.22 mil
07/09/2024	20 Waterside Run	\$731,450
07/08/2024	6 Winthrop St.	\$695,000
07/01/2024	4 Saddle Hill Road	\$744,000
06/28/2024	7 Island Road	\$975,000
06/28/2024	7 Ledgewood Road	\$860,000
06/28/2024	5 Stanley Road	\$787,000
06/28/2024	14 Sanford St. #60	\$500,000
06/27/2024	4 Pine Ridge Drive #3	\$665,000

Date	Millis	Amount
07/17/2024	26 Middlesex St.	\$440,000
07/11/2024	50 Morse Ave.	\$870,000
07/11/2024	10 Rosenfeld Road	\$568,000
07/10/2024	18 Hattie Lane	\$855,000
07/08/2024	375 Orchard St.	\$640,000
07/08/2024	138 Island Road	\$684,900
07/03/2024	215 Causeway St.	\$729,900
07/02/2024	57 Heritage Path	\$618,000
07/01/2024	9 May Road	\$1.08 mil
06/28/2024	350 Orchard St.	\$660,000
06/28/2024	104 Glen Ellen Blvd. #55	\$1.25 mil
06/26/2024	23 Cedar Square	\$415,000
06/25/2024	21 Plimpton Farm Road #303	\$922,500
06/24/2024	30 Walnut St.	\$943,000
06/20/2024	20 Plimpton Farm Road #250	\$895,367
06/18/2024	25 Plimpton Farm Road #301	\$849,995

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



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AWARDS
Agent of the month
April 2022 & February 2023


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Real Estate Group

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Salesperson - REALTOR®
508-826-2398 - cell
cindy.owens-nix@c21regroup.com
Cynthiaowensnix.sites.c21.homes



Recent Home Sale



The 5-bed, 3-bath, 2,088 square foot house at 5 Stanley Road in Medway recently sold for \$787,000.
Image credit: www.zillow.com

Over 430 homes sold!

SOLD



375 Orchard Street
Millis - \$640,000

SOLD



50 Mayflower Lane
Stoughton - \$660,000

SOLD



6 May Road
New Construction - \$959,000

SOLD



45 Pleasant Street
Medfield - \$1,030,000

NEW LISTING



83 Eliot Street
South Natick

SOLD



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



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508-341-5446

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selling homes help you with your next move.

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Laina Regan Kaplan

Realtor®, CBR, Top Producer - Life long Resident of Medway

MedwayRealtor.com | Laina@TeamRegan.com

DIRECT: 508-577-3538



Jennifer (McMahon) Colella

Realtor®, Broker, ABR, SRS, CBR, LMC, CHS, CRB, BPOR, RENE

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Please Call to Schedule a Complimentary Valuation of Your Home.

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SOLD

\$1,050,000
25 Fairway Lane, Medway
Laina Regan Kaplan



BUILDER'S CUSTOM HOME

\$1,125,000
23 B Summer Street, Medway
Jennifer (McMahon) Colella



SOLD

\$925,000
11 Liberty Road, Medway
Laina Regan Kaplan



SOLD

\$810,000
135 Red Fox Run, Wrentham
Laina Regan Kaplan



SOLD

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



SOLD

\$540,000
246 Plain Street, Unit B, Millis
Jennifer (McMahon) Colella



SOLD

\$605,000
220 Orchard Street, Millis
Jennifer (McMahon) Colella



RENTED

\$6,000 per Month Rental
9 Hickory Drive, Medway
Laina Regan Kaplan



SOLD

\$520,000
26 Acorn Street, Millis
Jennifer (McMahon) Colella



SALE PENDING

\$1,050,000
2 Catalpa Lane, Mendon
Laina Regan Kaplan



SALE PENDING

\$389,900
3 Country Village Way, Millis
Jennifer (McMahon) Colella



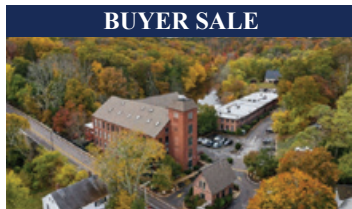
BUYER SALE

\$950,000
9 Crestview Avenue Medway
Jennifer (McMahon) Colella



BUYER SALE

\$565,000
26 Caryville Crossing, Bellingham
Laina Regan Kaplan



BUYER SALE

\$320,000
14 Sanford Street Unit 14, Medway
Laina Regan Kaplan



SOLD

\$550,000
3 Ingrid Drive, Blackstones
Jennifer (McMahon) Colella



FOR RENT

\$3,750 per Month
72 Spring Street, Millis
Team Signature

Client Testimonial for Laina Regan Kaplan:

"Selling our home was a significant decision, and we couldn't have asked for a better realtor to guide us through the process than Laina Regan Kaplan. From the very beginning, Laina's deep understanding of the housing market in Medway was evident. She provided us with a precise and strategic price recommendation for our listing, which proved to be spot-on. Throughout the entire process, Laina was in constant communication with us, ensuring we were informed and comfortable with each step. Her advice on preparing our house for sale was invaluable, and she kept us on track... Her encouragement and support were exactly what we needed during stressful moments. Laina's network of professionals was another major asset. She connected us with top-notch electricians, painters, granite countertop experts, and real estate attorneys, all of whom contributed to making our home sale as smooth and successful as possible. We are incredibly grateful for Laina's dedication, expertise, and personalized service. She truly went above and beyond to ensure our experience was positive and rewarding. We highly recommend Laina Regan Kaplan to anyone looking to sell their home!" - Paul & Kerry LaVerdiere, Medway

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