

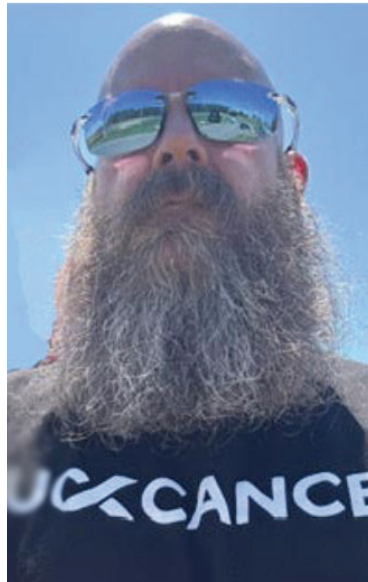
Scott Oliver of Millis to walk for Jimmy Fund

Millis resident Scott Oliver has registered for the Boston Marathon® Jimmy Fund Walk to raise awareness for healthy living, cancer research, and community connection.

Scott began his cancer fighting journey a few years ago when he joined the Relay for Life in honor of his friend's father who had been battling cancer. Once Scott was on the course, he was amazed by the community of people who were all walking under one common goal—to defy cancer.

“Being a part of that community and hearing everyone’s stories was a life-changing experience,” Scott says. “I learned so much that night about not only myself, but the importance of community. By sharing our stories that night, a bond and connection was formed. Something changed me.”

After being inspired by the Relay for Life, Scott knew he wanted to continue the fight just a little bit closer to home with this year’s Jimmy Fund



Walk. “I grew up here in Boston and I’m very familiar with the Jimmy Fund, the Red Sox, and all the work Dana-Farber does,” Scott explains. “I have lost some family and friends to cancer and I thought joining the Walk would be good way to get involved and raise a little

JIMMY FUND
continued on page 2



Troop 67257 held a ceremony to present 50 birthday bags to Mahan Food Pantry director Paul Galante. Courtesy photo

Medway Girl Scouts earn Bronze Award

Service project was “birthday bags” for Medway Food Pantry

Medway 5th Grade Junior Troop 67257 completed their Bronze Award this past June. The Bronze Award is the highest award that a 4th or 5th grade Girl Scout can earn. The

Bronze Award is a project intended to improve the scouts’ local community. After a troop-led brainstorming session at the beginning of the school year, the girls decided to create “birthday

bags” to donate to the Medway Food Pantry at Mahan Circle. The project was inspired by previous work the girls had done at the food pantry with director Paul Galante. Birthday bags are intended for patrons

GIRL SCOUTS
continued on page 2



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JIMMY FUND

continued from page 1

bit of awareness.”

Scott is excited to challenge himself to the full marathon route this October. “I want to see if I can do it,” he jokes. “But you may have to bring a shovel to get my butt off of the pavement somewhere in Wellesley.”

In order to get prepared, Scott goes on two mile walks each weekday and five-to-six-mile walks on the weekend. He has met some cool people during his routine walks and has enjoyed seeing the Millis community. He hopes that his involvement in the Jimmy Fund Walk can help others see a path forward in their health journey. He has lost over 50 pounds through walking and loves to stay active and promote healthy living. “I walk for those who can’t,” he explains.

The 2024 Jimmy Fund Walk will take place on Sunday, Oct. 6, and raises funds to support all forms of adult and pediatric patient care and cancer research at the nation’s premier

cancer center, Dana-Farber Cancer Institute. Whether participating for themselves, loved ones, neighbors, or co-workers, each walker shares a common purpose: to defy cancer and support breakthroughs that will benefit cancer patients around the world.

Participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber Cancer Institute); 10K walk (from Newton); Half Marathon walk (from Wellesley); or Marathon walk (from Hopkinton). Walkers can participate virtually, as well.

The Jimmy Fund Walk is presented by Hyundai and has raised more than \$176 million for Dana-Farber Cancer in its 35-year history, raising a record-breaking \$9.4 million in 2023. To register for the Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255.

Submitted by The Jimmy Fund Walk

GIRL SCOUTS

continued from page 1

of the food pantry with children ages 12 and under. The bags provide all of the items a child would need to have a celebration on his or her birthday and contain cake mix, frosting, candles, festive plates and napkins, streamers, and balloons. With guidance from the troop’s co-leaders Dara Bartosiewicz and Jennifer Digiacomio, the girls gained many important life skills such as brainstorming, planning, budgeting, fundraising, decision-making, and teamwork. To fund the project, the girls used money from their fall product sales, cookie booth sales, and a donation from the Medway Lions Club. Troop members split into small groups to shop for

items and assemble the birthday bags. The project culminated on June 1st when the troop delivered 50 birthday bags to Mr. Galante at the food pantry. A small ceremony was held with the troop members’ parents in attendance to drop off the bags as well as to thank Mr. Galante and the Medway Lions for their support in making the project a success. Mr. Galante has since reached out to the troop leaders to report that the food pantry patrons are very appreciative of the birthday bags. Troop 67257 has been scouting together since kindergarten, and the girls are looking forward to

continuing to serve their community for many years in the future.

The girls who completed the Bronze Award include:

- Emma Bailey
- Ava Bartosiewicz
- Caroline Dean
- Julianne Digiacomio
- Kayla Irish
- Alina Kothe
- Evelyn Pavlov
- Abigail Roman
- Clara Scansen
- Hannah Soto
- Harper Uhe



Left: Harper Uhe, Evelyn Pavlov, Julianne Digiacomio, Kayla Irish, members of Medway Troop 67257 shopping for items for the birthday bags. Right: (Back to front) Abby Roman, Ava Bartosiewicz, Clara Scansen, Alina Kothe, Emma Bailey, and Caroline Dean, shopping for items for the birthday bags. Courtesy photos.

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Medway Community Farm to hold End of Summer Farm Fest on Sept. 7

Event to feature inaugural hay bale toss competition

Get ready for a day of unforgettable memories as Medway Community Farm (MCF) proudly presents its End of Summer Farm Fest on Sat., Sept. 7, from noon to 4 p.m. at 50 Winthrop St. in Medway. This festive

As you enjoy the festivities, let the rhythm of live music and our DJ sweep you away. Don't forget to pack your chairs and blankets—find the perfect spot to relax, soak in the vibrant atmosphere, and enjoy the day.



gathering promises family fun, laughter, and community spirit as we bid farewell to summer!

Bring the whole family for an exciting array of activities that cater to all ages! Dive into the joy of the day with a bouncy house, hayrides, creative face painting, touch-a-truck, and hands-on arts and crafts projects.

Food lovers can enjoy selections from local food trucks and the Farm Fest Beer Tent, showcasing the finest flavors from local breweries and cideries. There's something to please every palate, from savory bites to refreshing beverages!

This year, we're thrilled to introduce the inaugural Hay Bale

Toss Competition. Challenge your friends and family in two competitive age classes (1) ages 14-18, and (2) ages 19 and up. You could be the champion taking home a piece of the 50/50 split prize. Registration fees apply.

Explore the creativity of our community as local vendors display their handcrafted treasures and unique wares in our vibrant vendor yard. It's the perfect opportunity to support local artisans while finding that one-of-a-kind item to take home.

Join us for a day filled with fun, frolic, and community connections, as we celebrate the transition from summer to fall at Medway Community Farm. We can't wait to see you there!

For more information and to purchase tickets, visit our website at www.medwaycommunity-farm.org.

Photo credit: Sue Rorke

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Millis Senior Center September 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.

RHUMBA, SAMBA, TANGO, MAMBO!

John Clark will present his upbeat, high energy Great American Music Experience program about the influence of Latin American music on popular music & movies from the 1920s through the '60s.

Wednesday, September 4 at 11:00 AM

DOWNSIZING & DECLUTTERING

You can't take it with you! Join as we explore actionable and practical tips for living with less with the AARP MA Speakers Bureau. Learn how to get started

and meet your goals.

Tuesday, September 10 at 11:00 AM. RSVP (508) 376-7051

TECH TIME Drop-In

Drop in with your smartphone, laptop or tablet device and bring your questions! Esther Davis of the Millis Public Library will be here to help! Free.

Tuesday, September 10 at 12:00 PM

EXPLORE WITH SUSAN: Forensics

Do you enjoy a good mystery or a tv crime show? Join us as we follow the trails of evidence and explore how the science works.

Wednesdays starting September 11 at 11:00 AM

ART WITH AMY ADAMS

Amy returns for another session of guided, creative painting. All materials provided. Call (508) 376-7051 to register. \$3.00

Tuesday, September 17 at 1:00 PM

SHINE Presents MEDICARE 101

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Wednesday, September 18 at 9:00 AM. RSVP (508) 376-7051

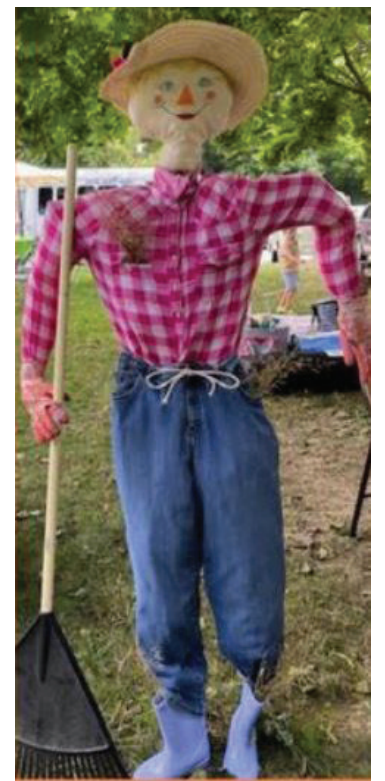
Medway community scarecrow kits available in September

The Medway Cultural Council will hold a Build a Scarecrow fundraiser this year.

Residents are invited to pick up a Scarecrow Kit at the Medway Cultural Council table during Community Farm Fest on Sept. 7 between noon and 4 p.m. or in the Medway Library parking lot on Sept. 14 and Sept. 15 between 10 a.m. and noon. Once assembled, residents and businesses are asked to display their creation in their front yard.

Kits are \$25 each. Money raised will support MCC grant requests not fully supported by the town's allocation from the Massachusetts Cultural Council.

Source: Medway Cultural Council



Millis Cultural Council call for applications, due Oct. 16

The Millis Cultural Council has issued a call for applications. Submissions are due by Oct. 16 to <https://www.mass-culture.org/millis>.

Priority will be given to proposals for programs that are (1) free and open to the public to benefit the Millis community; and (2) first-time submissions.

Applicants are encouraged to include a sample of their work for consideration.

Proposal requirements include:

A no-cost component for either participants and/or attendees (or some subset thereof)

Proposed time frame of when the program will run

If the program has received funding in the last three years, an explanation of actions to build the program's sustainability

Confirmation activity will take place within the town of Millis in the form of a letter from the organization or venue hosting (e.g., Millis Public Library, Millis Senior Center, Millis High

School

Special note: Millis High School Seniors may apply for funding to support their senior project requirement.

Please see the submission website above for FY2024 recipients for examples of successful applications.

The Millis Cultural Council is dedicated to promoting excellence, access, and diversity in the arts, humanities, and interpretive sciences in our community.

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E. L. Holbrook pipe organ concert on Sept. 22

Featuring Holbrook pipe organ, historic bell, and St. Mary's choir

On Sept. 22, the Medway Historical Society and Medway Village Church will present "Music Through the Ages," an 1861 E.L. Holbrook Pipe Organ Concert.

Sunday, Sept. 22, at 3 p.m. at the Medway Village Church.

Tickets are available online at medwayhistoricalsociety.org. The cost is \$12 for adults or \$15 at the door. No admission charge



Photo credit: Gary Krist

The Medway Village Church still has a Holbrook organ plus a historic bell. Don't miss this rare opportunity to hear the sweet sounds of the organ and bell from the 1860s along with the St. Mary's of Franklin choir singing. The event will be held on

for children.

Anyone wishing to make an additional donation at the door will have a chance to be chosen to ring the historic bell at the beginning of the program.

Holbrook historical facts:

In an 1867 circular, E. L. Holbrook advertised, "The village of East Medway is situated on the line of the New York and Boston Air Line Railroad, about twenty miles from Boston. Said railroad passes within three hundred feet of my Manufactory, which will enable me to transport Lumber and Organs quite cheaply."

E. L. Holbrook's factory was located about where the Millis Police Station stands now. He was the son of Col. George Handel Holbrook, who succeed his father George Holbrook in the manufacture of bells. Hundreds of Holbrook organs and bells were delivered all around the country and to Canada, few still remain.

George Holbrook, the father, was apprentice to, and learned his trade from, Paul Revere.

Source: *Medway Historical Society*



In 1861, at a cost of \$1,000, Milton H. Sanford presented the Medway Village Church with an organ made by Edwin L. Holbrook of East Medway (now Millis). E. L. Holbrook succeeded his father Col. George Handel Holbrook in the organ manufacturing business. E. L. Holbrook's son, Edwin Handel Holbrook, was a successful bell manufacturer in East Medway. The Medway Village Church still has a Holbrook organ. Source: Medway Historical Society

Medway schools get helping hand during Deloitte Impact Day

Medway Public Schools Superintendent Armand Pires recently announced the district once again benefited from Deloitte's annual Impact Day this year.

District staff worked with a group of Deloitte employees to clear out multiple areas in the district's Middle School that had become storage areas for pieces of broken furniture and other debris.

The group helped fill three 30-yard roll-off dumpsters with refuse providing the district with additional programmatic space it can use for the coming school year. The discarded items were separated by materials to help with processing and increase recycling.

"The Deloitte team provided us with an incredible amount of labor and resources that the district does not have available to accomplish a project like this in such a short period of time," Superintendent Pires said. "Although it was just one day of

their time, Medway Schools will benefit from their efforts for years to come. Thank you to those at Deloitte for their wonderful support."

Impact Day is Deloitte's annual day of service that celebrates a year-round commitment to collectively making an impact that matters in communities, and exemplifies the strength

and value of coming together to build connections. Deloitte leaders and professionals engage in more than 1,000 in-person and virtual volunteer opportunities across the country on Impact Day.

Submitted by Medway Public Schools



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Medway Public Schools hosted Summer of Discovery program

Medway Public Schools Superintendent Armand Pires is pleased to announce that the district once again hosted its Summer of Discovery program to help students get ready for the upcoming school year.

Now in its fourth year, Summer of Discovery aims to help students reconnect with peers and the school community, re-engage with the academic and social tools necessary to support classroom success and create positive memories.

“It is our goal to provide a safe, joyful and engaging classroom environment that allows participants to focus on skills such as cooperation, responsibility, empathy, and perseverance,” said Superintendent Pires.

The program, which is for students entering kindergarten through grade 8, resembles a typical school day with students working on projects in their main class, but also attending specialists such as art, music and wellness. At the start of the day,



Students participated in Medway Public Schools’ Summer of Discovery program. (Photo Courtesy Medway Public Schools)

students go over the day’s expectations. Outdoor time is built into the schedules. Students entering kindergarten, and Grades 2 and 5, also participated in special bridge activities to help them get acclimated into their new school buildings.

The program was staffed by educators from within the district and offered at no cost to partici-

pating students. “By helping students get a running start into September, we can set them on a course of success that lasts all year long,” said Shawn Thompson, the Assistant Director of Community Education at Medway Public Schools

Submitted by Medway Public Schools

Patrick Nash named Interim Principal at Millis High School

Patrick Nash has been appointed as Interim Principal for Millis High School and began work on August 6, 2024. Nash, a Franklin resident, comes to Millis after serving as Assistant Principal at Hopkinton Middle School. Nash was selected from a pool of over 25 candidates to lead the school. Prior to his work in Hopkinton, Nash was Assistant Principal at Gibbons Middle School in Westborough, a Math and Engineering teacher at Foxborough High School, and a 5-12 Special Education teacher at Bi-County Collaborative. He holds a Bachelor’s degree from Bridgewater State University, and a Master’s degree in Educational Leadership from Endicott College.

“We were very impressed with the pool of candidates for this position, and throughout the process, Patrick Nash stood

out as an educator whose core values aligned with those of the Millis Public Schools,” said Millis Superintendent, Bob Mullaney.



“Pat brings great experience, energy, and skill to his role in Millis. We are excited to have Pat leading Millis High School.”

School begins at Millis Public Schools and Millis High School on August 28.

Source: Millis Public Schools

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How should you respond to market cycles?



Mark Freeman

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The movement of the financial markets can seem mysterious — and yet, if we look back over long periods, we can see definite patterns that consistently repeat themselves. As an investor, how should you respond to these market cycles?

To begin with, it's useful to know something about the nature of a market cycle and its connection to the business or economic cycle, which describes the fluctuations of the economy between periods of growth and contraction. Issues such as employment, consumer spending, interest rates and inflation can determine the stage of the business cycle. On the other hand, the market cycle refers to what's happening in the financial markets — that is, the performance of all the different types of investments.

The market cycle often anticipates the business cycle. In other words, the stock market may peak, or hit bottom, before the business cycle does the same. That's partially because the financial markets are always looking ahead. If they foresee an event that could boost the business cycle and help the economy, such as the Federal Reserve lowering interest rates, they may become more "bullish" on stocks,

thus driving the market up. Conversely, if the markets think the business cycle will slow down and the economy will contract, they may project a decline in corporate earnings and become more "bearish" on stocks, leading to a market drop.

Once you're familiar with the nature of market cycles, you won't be surprised when they occur. But does that mean you should base your investment strategy on these cycles?

Some people do. If they believe the market cycle is moving through a downward phase, they may try to cut their perceived losses by selling stocks — even those with strong fundamentals and good prospects — and buying lower-risk investments. While these "safer" investments may offer more price stability and a greater degree of preservation of principal, they also won't provide much in the way of growth potential. And you'll need this growth capacity to

help reach your long-term goals, including a comfortable retirement.

On the other hand, when investors think the market cycle is moving upward, they may keep investing in stocks that have become overpriced. In extreme cases, unwarranted investor enthusiasm can lead to events such as the dotcom bubble, which led to a sharp market decline from 2000 through 2002.

Rather than trying to "time" the market, you may well be better off by looking past its cycles and following a long-term, "all-weather" strategy that's appropriate for your goals, risk tolerance, time horizon and need for liquidity. And it's also a good idea to build a diversified portfolio containing U.S. and foreign stocks, mutual funds, corporate bonds, U.S. Treasury securities and other investments. While diversification can't protect against all losses, it can help protect you from market volatility

that might primarily affect just one asset class.

Market cycles often draw a lot of attention, and they are relevant to investors in the sense that they can explain what's happening in the markets. Yet, when it comes to investing, it's best not to think of cycles but rather of a long journey — one that, when traveled carefully, can lead to the destinations you seek.

Contact Mark for assistance with your personal finances.

Mark Freeman
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Medway Public Schools welcomes two new assistant principals

New middle and high school leaders are veteran educators

Medway Public Schools Superintendent Armand Pires, Medway High School Principal John Murray and Medway Middle School Principal Amanda Luizzi recently announced the appointment of two veteran educators to leadership roles in the district's middle and high schools.

Kim Fitzgerald has been appointed Assistant Principal at Medway High School and will work closely with Principal Murray as well as Assistant Principal Ryan Augusta. Marcia Cullinane has been appointed Assistant Principal at Medway Middle School and will work alongside

Principal Luizzi and Assistant Principal Ari King.

Fitzgerald, who started July 22, has 17 years of classroom experience, serving most recently as a Social Studies teacher at Shrewsbury High School. She also taught at Marshfield High School.

"Assistant Principal Fitzgerald has a demonstrated commitment to both the educational success of her students as well as the professional growth of her colleagues," Principal Murray said. "I believe she is going to bring a collaborative spirit that will benefit our students, staff and wider

school community."

Fitzgerald holds a Bachelor's degree in History and Secondary Education from Westfield State University, and a Master's degree in Education from Framingham State University. She also received her Certificate of Advanced Graduate Studies (CAGS) from the University of New England. While at Shrewsbury High, Fitzgerald led an instructional strategies study group for teachers, organized professional development opportunities for staff and served as the school's activities coordinator.

Marcia Cullinane, who started on July 29, brings more than 20 years of classroom experience to her new role as Middle School Assistant Principal, having taught in

Boston, Abington, West Bridgewater, and most recently New Bedford. She has been a Title I instructor for reading and math, as well as a teaching and learning specialist.

"Assistant Principal Cullinane has a demonstrated ability to build a supportive community within the learning environment," said Principal Luizzi. "Her experience developing professional development opportunities and curriculum-based literacy initiatives for different student populations, including ELL, will help benefit all learners."



Medway High School Assistant Principal Kim Fitzgerald (left) and Medway Middle School Principal Marcia Cullinane. Photo courtesy Medway Public Schools

Cullinane holds a Bachelor's degree in Psychology from the University of Hartford, as well as a Master's degree in Education from Bridgewater State University. She also received her CAGS and a Certificate of Study in Education Leadership from Bridgewater State.

Provided by Medway Public Schools

Medway Garden Club to host pruning expert on Sept. 11

The Medway Garden Club will be kicking off an exciting new year on Wed., Sept. 11, with guest Speaker Gretel Anspach on

the basics of pruning. Gretel is a member of the Master Gardner Association and has produced numerous You-

Tube videos on her techniques. The meeting will start at 6 p.m. at the Medway Senior Center. The public is encouraged to

attend and a \$5.00 donation is requested.

Current activities for the new calendar year include attending a cactus and succulent show, a hypertufa project, and a floral design workshop.

The mission of the Medway Garden Club is to support fellow gardeners from beginners to the seasoned. The Club provides members with a social and educational experience and garden-related civic development in the Town. Currently, in cooperation with the Town, the

Club plants and maintains areas at the Library, the Police and Fire stations, and the islands at the intersections of 109 and Holliston Streets. New members are always welcome and need not be a resident of Medway. For more information visit the Medway Garden Club Facebook page or email MedwayMaGardenClub@gmail.com.

Submitted by the Medway Garden Club



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Mastering the College Admissions Process



Glenn Brown, CFP

Navigating the college admissions process can be a complex and stressful experience for both students and parents.

Understanding nuances of early action and early decision, exploring merit-based aid, and utilizing 529 plans and loans effectively can impact this journey. Here's a guide to help clarify these crucial financial aspects.

Early Action vs. Early Decision

When it comes to college applications, Early Action (EA) and Early Decision (ED) are two options usually due November 1st, but they have distinct differences.

Early Action (EA) allows students to apply earlier than the regular deadline and receive a decision sooner, but they do not

have to commit immediately. This means students can apply to multiple schools under EA and weigh their options.

Early Decision (ED) is a binding commitment as students agree to attend that college if admitted. Applying ED can enhance acceptance chances because admissions committees view ED applicants as highly motivated. However, it is crucial to request any needed merit aid in the application process, as later requests of needing aid to attend can jeopardize the acceptance.

Focus on Merit-Based Aid

Merit-based aid is financial assistance awarded based on a student's academic, athletic, or artistic achievements rather than financial need. To maximize merit-based aid:

Take The Road Less Traveled: The "trophy schools" aren't giving a lot of merit, because they receive many applications and don't need to incentivize top students. Therefore, look for niche colleges and/or programs in big schools that excite your student and align to their strengths.

Build Student/Recruiter Relationships: Merit is a relationship business, where personal interactions influence rewards. Encourage students to proactively connect with local recruiters and express their interest in specific programs. Ongoing

communication leads to sharing campus visit plans, allowing the recruiter to set up meetings with professor(s) and admissions. Upon applying EA or ED, your student shares with the recruiter and admissions personnel their enthusiasm, application, and calculation of merit needed to attend. Now admissions has a personality with a name and need, plus the local recruiter is making your student's case.

Students must lead these communications, as recruiters are turned off when parents are writing, editing, and/or speaking for the student.

Using 529 Funds

Contributions to a 529 plan grow tax-free, and withdrawals for qualified education expenses are tax-free. To use funds from a 529 plan effectively:

Adjust Investment Strategies: If your child is only a couple of years from starting college, then shift a portion of future expenditures into more stable investments, such as bond funds

or money markets, to help minimize future volatility and potential losses.

Qualified Expenses: Ensure that withdrawals are used for qualified expenses like tuition, fees, books, and room and board. Using funds for non-qualified expenses can result in penalties and taxation at the parent's AGI rate.

Exploring Loan Options

Understanding the different types of loans can help in managing student debt:

Federal Student Loans: Typically offer lower interest rates and more flexible repayment terms compared to private loans. They include Direct Subsidized Loans, where the government covers interest while the student is in school, and Direct Unsubsidized Loans, where interest accrues immediately.

Parent PLUS Loans: These are federal loans parents can take out. They have a fixed interest rate and offer flexible repayment terms but place the financial burden on parents.

Private Loans: Offered by banks or private lenders, have higher interest rates and fewer repayment protections than federal loans, so they should be the last resort.

In conclusion, informed parents and proactive students can achieve better financial outcomes and a smoother transition to college life. To learn more, talk with your Certified Financial Planner.

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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The b.LUXE *beauty beat*

Unlock Your Best Look: Must-Know Haircut Trends for Fall 2024

BY GINA WOELFEL

We're unpacking the hottest trends for the autumn/winter 2024 season with the most sought-after hairstyles. After a mostly minimalist summer with styles that seemed to style themselves, we're seeing a return to bold, highly personalized looks that emphasize definition and texture and are poised to turn heads this season! Bangs are back, shorter and more voluminous bobs are adopting new angles, and there's a noticeable nod to the past with a resurgence of retro-inspired cuts like the mullet, the shag, and even "The Rachel."

One noticeable trend emerging in the salon industry is the increased customization of haircuts for both women and men. Clients want to express their individuality in a unique way instead of simply following what they see on social media. There's more freedom to mix and match looks and showcase inventive ideas; this departure from the norm reflects a deeper ownership of individual style.

Get Ahead of the Curve with This Season's Hottest Style Trends!

THE MODERN SHAG AND WOLF CUT:

These styles appear similar but are actually different haircuts with similar elements. The **modern shag cut** combines long layers with shorter layers

to frame the face, creating volume and lift. One key element to a great shag cut is bangs! For longer shag cuts, curtain bangs (see below) flow effortlessly into the shag's side layers. The popular butterfly cut is also another name for a longer shag. Its shorter, softer, chin-length side layers and long layers at the back create the illusion of butterfly wings, from which it derives its name.

The **wolf cut** is a popular haircut that combines the fringe of a shag and a mullet's statement style. It's known for its slightly edgy look with choppy bangs, shorter layers on the crown, and longer layers on the back. The style is said to resemble a wolf's wild and unkempt coat. The wolf cut has no exact, definitive shape. It can be long or short, with hair gradually layered thicker around the back and longer base layers that intentionally give a mullet effect.

BANGS:

Bangs are back, adding a fresh and stylish update to our hairstyles this fall season. The most significant trend we're seeing is all about the fringe that frames our faces. From the effortlessly chic **curtain bangs** that soften your facial features and blend beautifully into longer layers to the iconic **Birkin bangs** (inspired by Jane Birkin) that exude vintage charm, there's a perfect style for everyone! **Wispy bangs** add a touch of romantic softness, while **bold baby bangs** can be chunky



and well-defined, with separated strands for a daring statement. For an edgier look, **choppy short bangs** work great with cuts like the wolf cut and French bob haircut, while **layered bangs** are less committal with various lengths that blend into your hair. Whether you prefer a polished center part or the glamorous vibe of vintage **bombshell bangs**, this season's trend invites you to experiment and express your inner glam.

THE RACHEL 2.0:

The **Rachel 2.0** is a modern take on the iconic hairstyle made famous by Jennifer Aniston's character, Rachel Green, on the popular TV show Friends. We all sported this haircut in the mid-90s, even if it didn't quite suit our style. However, the modern version showcases a shaggy, layered, shoulder-length look with plenty of texture and movement and can be tailored to accentuate your best features. It's a versatile and stylish haircut that has



gained popularity for its fresh, effortless vibe. The Rachel 2.0 is a great option for those looking for a trendy yet timeless haircut.

ASYMMETRICAL BOB:

The **asymmetrical bob** is set to be a standout style for fall 2024. This modern twist on the classic bob haircut features a distinctive angled cut, adding edgy elegance and timeless sophistication. With a shorter back and longer front, this versatile haircut complements various hair textures and face shapes, making it a trendy choice for those looking to embrace individuality and defy symmetry. This variation of the bob haircut can be short, medium, or long and can vary in the sharpness of its angle.

These are just a few of this season's most popular hairstyles.

We're also seeing significant demand for high-end men's haircuts, hair extensions, toppers, and faux bangs, as well as no-heat natural styling solutions and layers for all hair lengths. We'll be discussing these in our upcoming Beauty Beats. Scan the QR code to follow along and read our full blog each month, where we share photo inspiration, promotions, and a more in-depth dive into the Beauty Beat.

With so many ways to personalize your style, embrace this season and make it your own.

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September events at Medway Council on Aging

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 Thursday
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grams, aid in the search for services, and act as an advocate to support individuals in need.

Examples of what the department can help with include but are not limited to:

- SNAP (food stamps) applications
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This class will be held on Tuesdays at 12:30 PM starting on September 10th. It will be taught by Shawn, the instructor for our Dance Cardio class. The cost for this class is \$5.00.

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!

September 12th at 1:00 PM in 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

FEATHERS & FLIGHT: A JOURNEY INTO BIRD LIFE

It's September and birds are in our yards. Join us on Monday, September 16th at 12:00 PM, to learn why we enjoy watching

birds at play. Stop by or call the Center to sign up!

We will have a few facts to share about what happened behind the scenes of Hitchcock's movie "The Birds". We will also have a few trivia facts about our backyard birds. Historically, the Mayflower left England in September. What birds did the Mayflower encounter when they arrived? Finally, do you know how to talk with the squirrels in your yard?

ACTIVE AGERS DAY

Please join us at 10:00 AM on Wednesday, September 25th at the Medway Council on Aging to celebrate our participation in the Massachusetts Councils On Aging's ActiveAgers!

There will be a Healthy Aging presentation, nutritious snacks, a chance to win prizes, a celebration of our exercise programs. Event is free but please sign up at Center for planning purposes.

FOOD PANTRY DONATIONS

We continue to accept donations for the Food Pantry at Mahan Circle. You can leave your contribution on the table in the lobby of the Council on Aging.

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Yankee Quilters welcomes members new and old to fall events

(FRANKLIN) Yankee Quilters, a local guild of dedicated quilters, will begin its program year on Tuesday, September 10th at 7:00 p.m. at Emma's Quilt Cupboard in the Horace Mann Plaza in Franklin. Quilters from new to experienced are wel-

come to join throughout the year. Yankee's Comfort Quilts team of dedicated members work together to create beautiful quilts for Dana Farber cancer patients, homeless/displaced children and for international aid groups through the "Wrap the World

in Quilts" organization. Yankee members also contribute quilt blocks for Quilts of Valor for veterans. Each of these charity projects is a great opportunity for learning and practicing quilt skills with friendly volunteers using fabric provided by

the guild. Comfort Quilts meets Mondays 10-2 at Emma's Quilt Cupboard in Franklin.

Newcomers are encouraged to come and help get beautiful quilts into the hands of people who truly appreciate the gift. The nurses at Dana Farber - Milford recently sent a thank you note to the Yankee volunteers with confirmation that the quilts bring much joy. One nurse wrote "Our patients treasure them and feel the love. You all are making a difference."

In addition to monthly meetings on the second Tuesday, the group offers speaker programs, member "show and tell" demonstrations and opportunities to sew together throughout the year including a four-day sewing vacation in the spring. Updates are posted on the group's Facebook page.

In October, Yankee will collect used clothing, "soft goods" such as sheets and blankets, and books to raise funds for guild activities. Members use mostly donated materials to make these quilts; however, funds are needed for batting which adds warmth and texture to the quilt. This fundraiser also helps pay for lectures to improve members' skills. The collection day will be Saturday, October 5th from 9 am to 12 Noon at Prime Storage, Route 126, in Bellingham. Details are available by writing to Yankeequilters11@gmail.com for drop-off or pick-up.

The regular Guild meeting

on Tuesday, October 8th, will include a potluck supper, and a presentation on quilts that Yankee volunteers have donated for children. The first meeting for newcomers is free; annual dues for new members are \$40.00; returning members \$30.

This year's Fall Staycation will be Friday October 18th to Sunday October 20th at Christ the King Lutheran Church, 600 Central Street, Holliston. Three different craft techniques will be offered include a Scrappy Log Cabin pattern, Barn Quilt Painting on wood, and Glass Etching. Prices, food and signup information are posted on Yankee's page.

In November, a clinic on how to fix problem quilts will be given. Speakers Lynn Thibault of Leominster and Nancy Sullivan of Phillipston encourage members to bring quilts that need help, rulers that are difficult to use and questions about patterns.


For more information about any of these events, please contact YankeeQuilters11@gmail.com.

Yankee Quilters Guild is a 501-c-3 charitable organization based in Franklin with members throughout the region. The Guild meets on the second Tuesday each month at Emma's Quilt Cupboard in Franklin, Horace Mann Plaza, East Central Street, Franklin in space generously donated by the store. Donations to the Guild are tax-deductible to the extent allowed by current law.


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Charles River Chorale still singing strong after 40 years

By DAVID DUNBAR

Over the past four decades, the Charles River Chorale has been providing widely acclaimed performances for members and



Charles River Chorale members gather to discuss their organization's 40th Anniversary. Seated, from left, are Jean Lynch (20+ year member); Jeanne Johnson (30+ year member); and top row, from left, Anne Czarnowski; Meaghan Quilop, board member; and board chair Robert Archibald. Photo credit: David Dunbar

attendees in area towns including Bellingham, Franklin, Holliston, Millis, Medway, Norfolk, and Wrentham. The group is based in Millis.

The Charles River Chorale is celebrating its 40 years and currently has more than 90 members. It's a non-profit organization, led by Board Chair Robert Archibald, Director Ashley Nelson-Oneschuk, Assistant Director Susan Fortin, and a board of directors.

"It has been an amazing 40 years," notes Archibald. "We are bound together by a love of singing."

And that they are. There are two major performances each year, one in December with a holiday theme; and one in the spring. This past May, the concert entitled "Road Trip Across America" offered songs and styles from many regions of the country.

To prepare, there will be 13 rehearsals between Sept. 17 and Dec. 6 on Tuesdays at 7:30 p.m. The first three are "open" and folks who want to know more

about the Charles River Chorale, or perhaps want to join it, can get better acquainted. [see sidebar for more information]

"It is an honor to be the director of this amazing organization, especially on a milestone anniversary," explains Nelson-Oneschuk. "Congratulations to every member and supporter, past and present."

She continues, "Whether I'm working with 10 singers or 100, I always strive to keep everyone engaged, challenged, successful, and laughing. Happy people have a much better chance at creating beautiful music and wonderful experiences."

Current members range in age from 15 to 83 (Jeanne Johnson cheerfully admits to being the oldest).

Jean Lynch, a 20-year member and singer, says, "Ashley is extremely talented, super organized, beautiful, young mother and has a super-human ability with music."

"We have members from nearly 20 communities in the Charles River valley and be-

yond," according to Board Chair Archibald. "We have been rehearsing and singing at the Church of Christ, Congregational, in Millis for all of our 40 years." The winter and spring concerts are held at Medway High School. Tickets for adults are \$20 each; seniors and students are \$15; and five years and under are free.

"The Millis Chorale began in 1975 as the Bicentennial Chorus with concerts in Millis, Washington D.C., and at the Eastern States Expo in Springfield," according to Jeanne Seyfarth, an original member.

Archibald adds, "The group disbanded after the Bicentennial and continued to sing as a church choir at Church of Christ in Millis. In 1985, the group was revived under Roy Kelley to draw in members from Millis who were not members of the church. That group became the Millis Community Chorale in 1985. As we chose to expand beyond Mil-

CHORALE

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CHORALE

continued from page 13

lis to the Charles River Basin in 2000, we changed our name to the Charles River Chorale.”

Roy has been described as a “showman,” and has since passed away. Ashley, who took over as director 10 years ago, has been described as a “storyteller.”

Seyfarth continues, “All of the music that has been chosen for us has been challenging. I plan to continue singing until I am unable to sing anymore!”

There were moments during the COVID pandemic when many thought they would be unable to sing anymore. Some concerts and rehearsals were cancelled, and some were moved to a virtual presentation “so we could continue to perform,” says Archibald.

“We finished the pandemic with zero dollars in the bank and 22 members,” recalls Meg Quilop, a 13-year member. Membership and attendance have continued to grow post-pandemic with 350 people at-

tending the last concert, 90+ members now, and the bank account is no longer at zero.

Quilop also mentioned some relatively new programs including a Children’s Choir, scholarships for music students, and the “Sunshine Committee” that promotes a feeling of closeness among members and organizes birthday celebrations.

Lynch observes that “many people are looking to do something for themselves. Singing can help people become friends.”

One dictionary defines music as “an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony, and color.” It should have included a picture of the Charles River Chorale next to it.

Discover more at www.charlesriverchorale.com



Charles River Chorale to hold open rehearsals in September

The Charles River Chorale will begin its 40th season with three open rehearsals in September.

The non-audition chorale meets on Tuesday evenings from 7:30 p.m. to 9:30 p.m. at the Church of Christ, 142 Exchange Street, in Millis. The open rehearsals (Sept. 17 and 24, and Oct. 1) allow those interested to explore the possibility of joining the Chorale. New members are always welcome.

Under the leadership of Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a non-profit 501 (c) 3 chorale. Nelson-Oneschuk, a music professional in her 10th year with the Chorale, is also the choral director for Medway High School. Her goal for the chorale is “focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this.”

Chorale members hail from many surrounding towns and range in age from teenagers to octogenarians. The group presents two concerts each year, in December and May. “Let It Snow!” is the theme of this year’s winter concert, which will be held the first weekend in December. The program will feature traditional and modern songs all related to snow.

Membership dues for the Chorale support operating costs. There are no dues for high school students and scholarships are available based on need. The Charles River Chorale also supports the Charles River Children’s Choir as part of its outreach mission.

For more information about the organization and the upcoming open rehearsals, visit www.charlesriverchorale.com. Those who are interested in joining the chorale for the start of the season on Sept. 17 are asked to complete a short signup document via the attached QR code or via this link: <https://forms.gle/VLG3EoxvoeeeHBcV9>. Sponsorships and advertising opportunities are also available

Medfield Public Schools Offers Meals at No Cost for All Students

Medfield Public Schools participates in the National School Lunch Program and the School Breakfast Program. As part of this program, the Medfield School District offers healthy meals every school day. The Commonwealth is supplementing National School Lunch Program funds to ensure all students have access to healthy school meals in Massachusetts, regardless of household income. We ask that families complete a Meal Benefit Application as this provides data for school funding and community resources. The results from each Meal Benefit Application is used to ensure sustainability for this program.

Qualifications for children to receive free or reduced price meals include: belonging to a household whose income is at or below the Federal Income Eligibility Guidelines, belonging to a household that receives public assistance, or if the child is homeless, migrant, runaway, foster, or participates in a Head Start or Even Start pre-K program.

Household size and income criteria are used to determine eligibility for free and reduced-price benefits if the household does not receive assistance or the children are not in the other categories mentioned above. Children can get free or reduced price meals if the household's gross income falls at or below the limits on the Federal Income Eligibility Guideline chart.

FEDERAL ELIGIBILITY INCOME CHART For School Year 2024-2025						
Household size	Maximum Household Income Eligible for Free Meals			Maximum Household Income Eligible for Reduced Price Meals		
	Yearly	Monthly	Weekly	Yearly	Monthly	Weekly
1	\$19,578	\$1,632	\$377	\$27,861	\$2,322	\$536
2	\$26,572	\$2,215	\$511	\$37,814	\$3,152	\$728
3	\$33,566	\$2,798	\$646	\$47,767	\$3,981	\$919
4	\$40,560	\$3,380	\$780	\$57,720	\$4,810	\$1,110
5	\$47,554	\$3,963	\$915	\$67,673	\$5,640	\$1,302
6	\$54,548	\$4,546	\$1,049	\$77,626	\$6,469	\$1,493
7	\$61,542	\$5,129	\$1,184	\$87,579	\$7,299	\$1,685
8	\$68,536	\$5,712	\$1,318	\$97,532	\$8,128	\$1,876
Each additional person:	\$6,994	\$583	\$135	\$9,953	\$830	\$192

To apply for free or reduced-price meals, households can fill out the application and return it to the school unless the household has already received notification that their children are approved for free meals this year. Application forms are being distributed to all households with a letter informing households of the availability of free and reduced-price meals for their children and what is required to complete on the application. Applications also are available in the main office at each school and on the school's website.

Only one application is required for all children in the household and the information provided will be used for the purpose of determining eligibility and verification of data. Applications may be verified at any time during the school year by the school or other program officials. An application for free or reduced-price benefits cannot be approved unless it contains complete eligibility information as indicated on the application and instructions. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability.

Families can apply for benefits at any time. If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Guidelines. Contact Karen Markowski at any time to request an application.

Under the provisions of the free and reduced price policy, the Food Service Director will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the determining official on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Jeffrey Marsden, 459 Main Street, Medfield, MA or jmarsden@email.medfield.net or 508-359-2302.

When known to Medfield Public Schools, households will be notified of their children's eligibility for free meals if they are members of households receiving assistance from the:

- Supplemental Nutrition Assistance Program (SNAP);
- Food Distribution Program on Indian Reservations (FDPIR); or
- Temporary Assistance for Needy Families (TANF), if the State program meets Federal standards.

An application is not required for free meal benefits for Assistance Program participants and all the children in the household are eligible for free meal benefits. If any children were not listed on the notice of eligibility, or if a household does not receive a notice of eligibility, the household should contact the school to have free meal benefits extended to them. Participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) may be eligible for free or reduced-price meals, but they will need to turn in an application including household size and total income.

When known to Medfield, Public Schools, households will also be notified of any child's eligibility for free meals if the individual child is considered "Other Source Categorically Eligible", because the child is categorized, as defined by law as:

- Foster
- Homeless,
- Migrant,
- Runaway,
- Enrolled in an eligible Head Start, or
- Enrolled in an eligible pre-kindergarten class.

If any children were not listed on the notice of eligibility, the household should contact the school about their eligibility through the list above, or should submit an income application.

Households notified of their children's eligibility must contact the school if the household chooses to decline the benefits.

For more information, you may call Karen Markowski at 508-242-8700 or e-mail at kmarkowski@email.medfield.net.

Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
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Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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Living Healthy

Debunking Common Myths in Eye Care

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

When it comes to eye health, myths and misconceptions abound, often leading people to adopt unnecessary or even harmful habits. From the belief that carrots significantly improve vision to the notion that sitting too close to the TV damages eyes, it's time to set the record straight. Here, we debunk some of the most common myths in eye care and provide evidence-based advice to help you maintain optimal eye health.

Myth 1: Carrots Improve Your Vision

One of the most persistent myths is that eating carrots can vastly improve your vision. While carrots are indeed rich in vitamin A, which is essential for eye health, they do not possess magical vision-enhancing properties. Vitamin A helps maintain healthy vision, especially in low light conditions, but it won't correct vision problems such as

myopia or hyperopia. A balanced diet with a variety of fruits and vegetables is more beneficial for overall eye health.

Myth 2: Reading in Dim Light Damages Your Eyes

Many of us were warned as children that reading in dim light would harm our eyes. However, this is not true. While reading in low light can cause eye strain and temporary discomfort, it does not cause any long-term damage to your eyes. To reduce eye strain, ensure that your reading area is well-lit and take regular breaks.

Myth 3: Sitting Too Close to the TV Will Ruin Your Eyes

Another common myth is that sitting too close to the television can damage your eyes. While it might cause temporary eye strain or fatigue, there is no evidence to suggest that it leads to permanent eye damage. Modern televisions emit less radiation than older models, making this concern even less relevant today.

However, it's always a good idea to maintain a comfortable viewing distance to avoid eye strain.

Myth 4: Wearing Glasses or Contacts Will Weaken Your Eyes

Some people believe that wearing glasses or contact lenses will cause their eyes to become dependent on them and weaken over time. This is not true. Corrective lenses improve vision by compensating for refractive errors, and they do not affect the physical health of your eyes. In fact, wearing the correct prescription can help prevent headaches and eye strain.

Myth 5: Blue Light from Screens Is Dangerous for Your Eyes

With the rise of digital device usage, many products have emerged claiming to protect your eyes from the harmful effects of blue light emitted by screens. However, the evidence supporting the effectiveness of blue light-blocking glasses is lacking. Several studies suggest that blue



light-blocking glasses do not significantly improve symptoms of digital eye strain. The American Academy of Ophthalmology does not recommend any special blue light-blocking eyewear for computer use. Instead, focus on taking regular breaks, practicing the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds), and adjusting your screen's brightness to reduce eye strain.

Myth 6: Eye Exercises Can Cure Vision Problems

Various eye exercises are often touted as remedies for conditions like nearsightedness or astigmatism. However, there is no scientific evidence to support the claim that eye exercises can correct these refractive errors. These conditions are caused by the shape of the eyeball or the cornea and cannot be altered through exercises. If you have vision problems, consult an eye care professional for appropriate corrective measures such as glasses, contact lenses, or surgery.

Myth 7: You Don't Need an Eye Exam If You Have Perfect Vision

Even if you have perfect vision, regular eye exams are cru-

cial. Eye exams can detect early signs of diseases like glaucoma, macular degeneration, and diabetic retinopathy, which may not present symptoms until significant damage has occurred. Regular check-ups can help prevent vision loss and ensure early treatment if necessary.

Myth 8: Only Older Adults Need to Worry About Eye Health

While it is true that the risk of many eye diseases increases with age, eye health is important at every stage of life. Conditions such as digital eye strain, dry eye, and even cataracts can affect younger individuals. Protecting your eyes from UV rays, maintaining a healthy diet, and having regular eye exams are important habits for people of all ages.

Myth 9: Sunglasses Are Only for Sunny Days

Sunglasses are often viewed as a summer accessory, but they are important year-round. UV rays from the sun can damage your eyes even on cloudy days. Wearing sunglasses that block 100%

EYES

continued on page 17

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EYES

continued from page 16

of UV rays can help protect your eyes from harmful effects such as cataracts and macular degeneration. Choose sunglasses that offer full protection and wear them whenever you are outdoors.

Myth 10: A Cataract Must Be 'Ripe' Before It Is Removed

False. With older surgical techniques, it was thought to be safer to remove a cataract when it was "ripe." With today's modern surgical procedures, a cataract can be removed whenever it begins to interfere with a person's vision and activities.

Myth 11: Eyes Can Be Transplanted

False. Medical science has no way to transplant whole eyes. Our eyes are connected to the brain by the optic nerve. Because of this, the eye is never removed from its socket during surgery. The cornea, the clear front part of the eye, has been successfully transplanted for many years. Corneal transplant is sometimes confused with an eye transplant.

Myth 12: Laser-Assisted Cataract Surgery Is the Same as Traditional Cataract Surgery

False. The five best-ranked eye hospitals in America offer bladeless laser-assisted cataract surgery. We do too. Bladeless cataract surgery aims for better precision, more safety, and excellent outcomes. The laser's

advanced precision and ability to correct astigmatism translate into a better likelihood of seeing well without glasses following cataract surgery. The same laser breaks up and softens the cloudy cataract, so less ultrasound is needed to remove it. Less ultrasound translates into less energy used inside the eye and clearer corneas, which helps produce better vision on the first day after surgery. This becomes even more critical if you have a weak cornea or a small eye with a dense cataract.

Dispelling eye care myths is crucial for maintaining good eye health. Instead of relying on hearsay, base your eye care practices on scientific evidence and professional advice. Regular eye exams, a balanced diet, proper eyewear, and good screen habits are the cornerstones of healthy vision. By understanding and debunking these common myths, you can take better care of your eyes and enjoy clear vision for years to come.

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Millis Recreation rounded out summer with goat yoga

Yogis of all ages enjoy "cutest 'kids' you'll ever meet"

By THERESA KNAPP

Tim Barnard had not done yoga for over 40 years until last month when his wife convinced him to try ... goat yoga.

The program was offered through Millis Recreation and took place outdoors in the courtyard of the Veterans Memorial Building.

Barnard said he learned of the program through the newspaper, and he and his wife decided to try it. "I'm very glad I did...I have

done yoga before but not with goats and not outside."

He said, "The setting and the instructor were wonderful, and it was a lot of fun. And they were nice enough to let us



Tim Barnard of Millis participated in goat yoga last month through Millis Recreation. Barnard's grandchildren (far left) also attended goat yoga. Courtesy photos

Join us for a gentle, 60-minute vinyasa yoga class with some of the cutest 'kids' you'll ever meet - little Nigerian goats. A certified yoga instructor will guide you through a relaxing class while little goats play on your mat, say hello, and help you forget your worries...Please bring your mat, your water, and your sense of humor."

Millis Recreation Director Kris Fogarty said the program was a huge success. They had planned just one session in June but added a second, in August, due to high demand.

"Goats of Dover is who we used with the amazing 'goat herder' John Bennett; John grew up in Millis so it was nice to have him bring these special little animals," said Fogarty. "When I tell you that you cannot help but smile and just feel absolute joy around the goats while trying to do yoga. It is truly a great experience."

For more photos of the event, visit @millis.recreation-dept on Facebook.

bring our three grandchildren who, by chance, were staying with us for the weekend and we all had fun and enjoyed it very much."

The program was offered at the beginning of June and again at the end of August. The Millis Rec program description said, "Enjoy an experience that will warm your heart and make you laugh.

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Millis safety log, July 16 to Aug. 15

According to safety logs, between July 16 to Aug. 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, general complaints, and assisting citizens. Other entries of note include:



July 16 at 12:18 a.m., Exchange St., motor vehicle stop, arrest made

July 17 at 5:03 p.m., Dover Rd., fire/other

July 19 at 7:49 a.m., Plain St., serve warrant

July 19 at 5:29 p.m., Acorn St., disturbance, de-escalated

July 21 at 2:12 p.m., Main and Village Sts., disturbance, de-escalated

July 21 at 6:42 p.m., Baltimore St., assist citizen, taken to family/guardian/other

July 26 at 12:02 a.m., Stoney Brook Dr., suspicious activity, transported to hospital

July 28 at 11:34 a.m., Milliston Rd., lost/found property

July 30 at 9:10 a.m., Stoney Brook Dr., suspicious activity

July 30 at 4:32 p.m., Main St., disturbance

July 31 at 3:20 p.m., Pine House Rd., suspicious activity

July 31 at 7:17 p.m., Walnut Hill Rd., soliciting

Aug 1 at 10:41 a.m., Main and Plain Sts., lost/found property

Aug. 3 at 1:58 p.m., Orchard St., breaking and entering past

Aug. 5 at 6:20 p.m., Main St., assist citizen, de-escalated

Aug. 8 at 3:26 p.m., Dick's Sporting Goods in Needham, larceny/forgery/fraud, report

Aug. 9 at 10:51 a.m., Main St., found/lost property

Aug. 9 at 8:18 p.m., Main St., larceny/forgery/fraud

Aug. 11 at 1:30 p.m., Acorn St., protective custody

Aug. 12 at 9:45 a.m., Kennedy Ter., suspicious activity, arrest made

Aug. 12 at 6:52 p.m., Milliston Rd., suspicious activity

Aug. 12 at 7:32 p.m., Main St., suspicious activity

Aug. 14 at 10:00 a.m., Exchange St. and Van Kleeck Rd., motor vehicle accident with injuries, transported to hospital

Aug. 15 at 8:14 p.m., assistant Medway at Industrial Park Rd.

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Medway safety log

Faulty appliances, snakes in yards, tipped porta-potties, more

Between July 14 and Aug. 10, the Medway Police Department responded to hundreds of calls, many related to general traffic enforcement, suspicious and disabled motor vehicles, motor vehicle violations and accidents, parking violations, fire alarms, 911 hang ups, lockouts, radar requests, road hazards, bylaw violations, neighbor issues, warrants served/recalled, reports of fraud and scams, and animal control calls related to deer, cats, lost/found/barking dogs, and unnamed rodents.

Medway also provided assistance to Bellingham, Framingham, Franklin, Holliston, Millis, and Norfolk.

Other entries of note include:

July 14 at 11:58 a.m., Main St., Norfolk, fire

July 14 at 12:58 p.m., Summer St., structure fire

July 14 at 2:00 p.m., Gorwin Dr., unwanted party

July 14 at 6:02 p.m., Stallbrook Rd., fire alarm, burned out motor in refrigerator

July 15 at 10:31 a.m., Koyview

Pl., warrant recalled

July 15 at 6:59 p.m., Lovering St., disturbance

July 15 at 7:38 p.m., Milford St., animal control; small white dog found running in roadway, police put dog back in its backyard

July 16 at 5:48 a.m., Sanford St., disturbance

July 16 at 4:15 p.m., Oakland St., larceny; caller had an appliance delivered this morning and believes delivery crew may have taken their cat

July 17 at 3:57 p.m., Hill St., threatening; an employee of a pest control company made threats

July 18 at 9:51 a.m., Main St., natural gas leak, resolved

July 18 at 5:37 p.m., Diane Dr., larceny

July 19 at 8:52 a.m., Main St., suspicious person; caller reports a man in a red suit talking to an engine hoist

July 19 at 9:57 a.m., Glen Brook Way, fire alarm; a dryer vent was disconnected

July 19 at 5:07 p.m., Main St., threatening; walk-in report of threats at work

July 20 at 6:36 p.m., Oak St., municipal property damage; caller reports youths tearing down fencing on trail at high school and Choate Park, police installed caution tape

July 20 at 9:08 p.m., Holliston St., fire alarm, set off by vaping

July 21 at 8:26 a.m., Village St., animal control. Caller reported a baby deer that is scared and running into a fence and gate, animal control responded, deer ran off into the woods

July 21 at 10:53 a.m., Summer St., suspicious person. Caller reported a male party laying on the ground on the path in the area between the baseball fields and tennis courts; "party checks ok, was resting"

July 21 at 3:03 p.m., Laurelwood Ln., fire investigation. Caller reported water running from second floor into outlets in the basement; very little water infiltrating the basement, breakers were shut off, no electrical equipment was affected

July 22 at 1:48 a.m., Maple Ln., disturbance, advised. Caller reported kids outside playing basketball and making noise

July 22 at 11:22 a.m., Iarussi Way, animal control; caller reported a deceased skunk in her yard that appeared to be foaming from the mouth

July 22 at 1:59 p.m., Maple Ln., disturbance. Caller reported loud fighting in the area, it was a verbal argument between siblings

July 24 at 11:14 a.m., Main St., civil complaint regarding harassment

July 24 at 4:08 p.m., Lincoln St., keep peace

July 24 at 4:59 p.m., Village St., fire investigation; small contained fire was extinguished

July 25 at 8:19 a.m., Milford St., animal control; caller reported a snake in the yard of their business

July 27 at 9:14 a.m., Lovering St., property damage; caller reported damage by a hammer to

the side of their pool

July 27 at 9:47 a.m., Mechanic St., property damage; caller reported damage to flags on their property

July 28 at 10:26 p.m., Kimberly Dr., disturbance. Caller reported a group of youths making noise in the area; police discovered a porta-potty tipped over and three bikes left behind, police confiscated the bikes, no further information on the porta-potty

July 29 at 4:50 a.m., Main St., breaking and entering. Business owner reported people inside their business; police discovered a cleaning service

July 31 at 6:47 a.m., Kings Ln., natural gas leak; caller reported inside odor of gas, Fire Dept. discovered a burner was left on overnight, building was self-ventilated

Aug. 1 at 3:49 p.m., Kelley St., property damage; caller reported a rock was thrown through a home window

Aug. 1 at 8:18 p.m., Bayberry Ln., fire investigation; caller reported oven sparking, small fire was found inside oven which was removed to the driveway

Aug. 2 at 10:36 a.m., High St., animal control; assistance needed to keep the peace while addressing a dog issue

Aug. 2 at 4:32 p.m., Main St., warrant service leading to arrest

Aug. 3 at 3:00 p.m., Milford St., safety hazard; caller reported drug paraphernalia found in restroom

Aug. 5 at 12:06 p.m., Winthrop St., unwanted party, arrest made

Aug. 5 at 3:36 p.m., Main St., well-being check

Aug. 5 at 5:51 p.m., Main St., natural gas leak; caller reported odor of gas, faulty appliance

Aug. 6 at 1:57 a.m., Iroquois Rd., fire investigation for gas water heater that was overheating, hissing and steaming, plumber will repair

Aug. 6 at 6:52 p.m., Main St., disturbance; 911 caller said someone was trying to murder their friend, report to follow

Aug. 9 at 2:25 p.m., North St., fire investigation; caller reported hydraulic fluid spill coming from a trash truck, cleanup company on scene

Aug. 10 at 1:17 p.m., Charles St., brush fire, homeowner advised

Source: www.townofmedway.org

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Sports

Applebaum, Medway gridgers aim for fresh start

Mustangs had only three wins in last two seasons

BY KEN HAMWEY
STAFF SPORTS WRITER

Ryan Applebaum is a firm believer that valuable life lessons can be learned from football. Two of those lessons include overcoming adversity and being resilient.

The Medway High senior, who will start his third varsity season at guard and defensive end when the Mustangs visit Dighton-Rehoboth on Sept. 13, is a two-time captain and a Tri Valley League honorable-mention all-star. An honor-roll student, he's also a leader on the academic front.

The 17-year-old Applebaum and his teammates have endured their share of adversity during Medway's last two seasons. Adversity arrived in big doses.

As a sophomore, Applebaum experienced a 2-9 campaign and last year the Mustangs finished at 1-10. Three victories in 22 games during a two-year span are painful numbers.

What was perhaps more challenging was competing for two different head coaches who were replaced in mid-season in 2022 and 2023. For the remainder of those campaigns, Medway had an acting head coach in 2022 and a coach-by-committee format in 2023.

Before the new season gets underway, Applebaum offered some salient thoughts on the effects of the losing and the turn-

over that he and his teammates dealt with.

"It was difficult," Applebaum said. "This season we'll be working with our fourth playbook. We've had to continually acclimate to new systems, do our best



Ryan Applebaum gets ready to defend on a Medway kickoff attempt against Westwood. Courtesy photo

and go with the flow. Last year, we provided effort, never gave up and strived to be resilient."

The 6-foot-2, 190-pound Applebaum said that having so many coaches in a short period

of time "created a lot of confusion."

Now, with new coach Ted Rigney taking the Mustangs' reins, Applebaum and his teammates will be competing for their fifth coach in three years. Rigney has links to five Super Bowl champions, four as an assistant with Bellingham and one with Uxbridge, Applebaum senses that Ri-

and he's been a leader on and off the field. He sets the tone for a positive atmosphere."

To hear Applebaum's goals for the 2024 season is refreshing. They're lofty and positive "and very realistic," he emphasizes. "My team goals are to win the TVL Small Division title and qualify for the playoffs," he said. "I also want us to beat Millis on Thanksgiving and for the players to become a closer family and build trust. Building trust leads to reliance. These objectives are realistic because we're more experienced this year and we've got a group of very talented players."

Applebaum's personal goals include selection as a TVL all-star again and leading his team in tackles. He also wants to be effective in his role as a captain. "I'll lead by example and by being vocal, communicative and supportive," he said. "The key is to do what you say."

Applebaum prefers playing defensive end, but he works diligently to be flexible at guard.

"I enjoy hitting and tackling at defensive end," he noted. "Playing guard involves a more disciplined approach. My style on defense is to be aggressive when pursuing the QB or running back. I rely more on finesse at guard because it's a size thing. I have to be effective in how I move at guard."

A native of Medway, Applebaum has a plethora of strengths that enable him to be relentless on both sides of the ball. He's got a high football IQ and he's well-skilled. "My speed and quickness are okay, I've got athleticism, I like to lead and can adjust to changes on and off the field," he said.

Three teammates Applebaum admires and is sure will be top-notch contributors this season are the other senior captains — Garrett O'Mara (quarterback/safety), Ryan Hoyer (guard/defensive end), and Evan Sklar (receiver/cornerback).

"They're great leaders and they're determined to win" he emphasized. "They're also talented, skilled and very capable at their positions. Their work ethic is truly super."



Ryan Applebaum's goals for the season are to win the TVL Small Division and qualify for the playoffs. Courtesy photo

Applebaum rates a clash against Norton as a sophomore as his best game so far. "I got the first sack of my career and we won," he recalled. "I blocked well at guard, but the sack got me all amped up and excited. I dropped the QB for a three-yard loss. Overall, I had a good, all-around effort."

When top thrills are up for discussion, Applebaum lists two. "Being chosen as a two-time-captain rates highly because the coaches and players voted," he said. "That shows they have confidence in me. Another was being able to play on Thanksgiving Day as a freshman when my brother Jack competed as a two-way lineman his senior year."

Calling his parents (Matthew and Nicole) role models for their support and encouragement, Applebaum hopes to play college football and major in business. Active in his town, he assists at the community farm and volunteers at youth football and lacrosse practices. He also volunteers with "Medway Bags Hunger," a program that provides food for families in need.

Relying on an athletic philosophy that focuses on reaching his potential and having fun competing, Applebaum believes that if those situations

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Sports

Why you need life insurance — even with no dependents

You may think you don't need to worry about life insurance until, or if, you have children. After all, there's no one who relies on you to feed, clothe, and educate them.

Remaining uninsured, however, could prove to be a big financial mistake, even without dependents. Here's why.

Life insurance can shield your surviving loved ones from financial hardships they may face if you pass away unexpectedly. This could apply to anyone who relies on your ability to provide for them financially, including aging parents or a spouse who doesn't work outside the home.

Even if your spouse has a full- or part-time job, consider what would happen if the income you

bring in was permanently lost. Would your spouse be able to handle all living expenses — including large bills like mortgage payments? Would he or she be able to continue paying off any debts you share?

Many partners would not be able to cover the expenses of their current lifestyles without two incomes. So considering life insurance to protect each other is a critical financial planning step.

If you decide to look into life insurance, you will have to decide how much you and your spouse need to protect each other.

There are several ways to determine how much coverage you will need. One method is to

multiply your salary by five or 10.2 This may make the most sense, however, when you have minor dependents who will need financial help to see them through college and early adulthood.

If you and your partner simply want to protect each other, you may need coverage that will cover only one to two years of expenses.

Perhaps the most accurate way to measure how much you will



require is to consider the amount your surviving spouse would need to handle his or her actual financial needs, whether it's paying off the mortgage, satisfying debts, or providing care to aging parents.

Life insurance can provide you with peace of mind and the knowledge that your surviving loved ones won't face serious financial hardship after you're gone.

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SPORTS

continued from page 22

occur, then winning should follow. "Life lessons that sports teach, besides overcoming adversity and being resilient, are how to lead and how to be a good teammate," he said.

Applebaum is acutely aware that winning is predicated on stability and it's that quality that he hopes will be present

this season. He said,

"It'll take commitment and dedication, and it'll take a willingness to be versatile and flexible so the coach can build depth. This season is all about turning Medway's football program around."

That chore no doubt will be viewed as a Herculean task by many. But Ryan Applebaum and his teammates appear to be ready, willing and able to get back on track.



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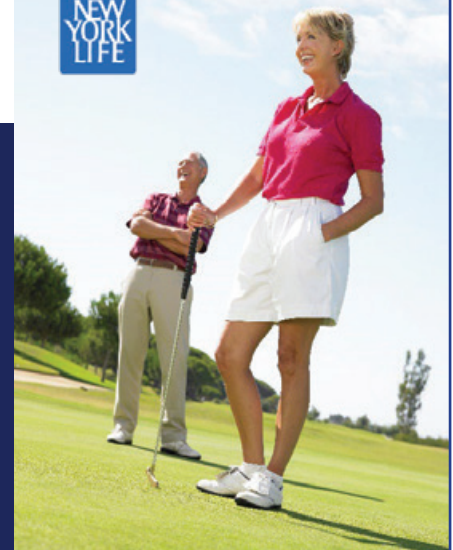
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Senator Markey Celebrates \$1 Billion for Cape Cod Bridges Project

Boston (July 16, 2024) - Senator Edward J. Markey, member of the Commerce, Science, and Transportation Committee, along with Senator Elizabeth Warren (D-Mass.), Congressman Bill Keating (MA-09), and Governor Maura Healey today celebrated the U.S. Department of Transportation (DOT) awarding the Massachusetts Department of Transportation (MassDOT) and Army Corps of Engineers a \$993 million grant for the replacement of the Sagamore Bridge under the Bipartisan Infrastructure Law's Bridge Investment Program. In total, \$1.7 billion in federal funding will go toward replacing the Sagamore Bridge, as part of the broader Cape Cod Bridges Replacement Program.

Below is an excerpt of the Senator's remarks:

"Over a decade of work has delivered us to this moment: the funding has landed. Thanks to dozens and dozens of meetings,

countless letters, and close partnership with the Biden administration and Army Corps of Engineers, we will ensure that residents and visitors can access the beauty, opportunity, and



community of Cape Cod and the Islands for generations to come. This funding is truly a bridge to a greener, brighter, and prosperous future.

"\$1.7 billion in funding for the bridges is a testament to the power of all levels of government working together to provide real, concrete benefits for the people of Massachusetts. It builds on a remarkable streak of investment by the Biden-Harris administra-

tion in the biggest infrastructure projects in our Commonwealth."

In 2020, the Army Corps released its report concluding that constructing new bridges would improve travel, safety, and accessibility to and from the Cape. Following this report, the lawmakers worked to pass the Bipartisan Infrastructure Law to provide additional funds to replace the Bridges, including \$5 billion for the Mega program, \$11 billion in new funding for the Corps, and more than \$9 billion in formula funds for Massachusetts. The lawmakers then convened meetings with key federal, state, and local leaders in January and April 2022 to coordinate efforts to replace the Bridges.

Learn more about Senator Markey's efforts in support of Cape Cod bridges replacement at www.markey.senate.gov/cape-codbridges.

Press release submitted by Sen. Markey's office

Medway firefighter Volz graduates from academy

In July, Medway firefighter Nicholas Volz graduated from the 50-day Career Recruit Firefighting Training Program through the Massachusetts Firefighting Academy in Stowe.

He was one of a class of 33 firefighters from 23 fire departments.

"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 Jon M. 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."

"Massachusetts Firefight-

ing Academy instructors draw on decades of experience in the fire service to train new recruits," said Massachusetts Firefighting Academy Director



Eric Littmann. "Through consistent classroom instruction and practical exercises, today's graduates have developed the tools they'll need to work seamlessly with veteran firefighters in their home departments and in neighboring communities as mutual aid."

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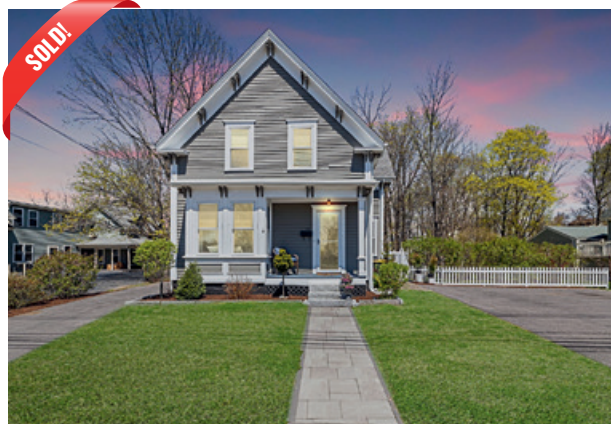
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Fairfield University spring Dean's List, local graduates

The following local students graduated from Fairfield University in May: Aidan Gray, Rory Keating, and Michael Parrinello from Medway; and Grace Magilligan from Millis.

At the time of graduation, students must have earned a minimum of 120 credits and completed at least 38 three- or four-credit courses, depending on the course of study, and have an overall grade point average of 2.0 or better at the

conclusion of the senior year.

The following Fairfield University student(s) received Dean's List Honors for the Spring 2024 semester.

From Medway: Lauren E. Beach, Aidan E. Gray, Joseph

D. Palmieri

From Millis: Leah H. Abraham, Dana A. Galloway, Grace A. Magilligan

In order to be placed on the Dean's List, students must have completed a minimum of

12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

Submitted by Fairfield University

Real Estate Corner

Register O'Donnell Reveals the County's Top Real Estate Sales of 2024's 2nd Quarter

Dedham, MA – Norfolk County Register of Deeds William P. O'Donnell reported that during the second quarter of 2024, ten properties, a mix of commercial and residential, sold for more than \$16,000,000, with an average price of \$31,044,300.

The prices on the properties to follow concern real estate sales from April 1, 2024, through June 30, 2024.

The ten properties were:

- 34-50 Central Street, Wellesley, a collection of three boutique mixed-use retail units with a total area of 40,860 square feet, was sold in May for \$16,000,000;
- Braintree Manor, a 177-bed senior living facility located at 1102 & 1106

Washington Street, sold for \$22,000,000 in April;

- 715-795 Bridge Street, Weymouth, known as Riverway Plaza, a 250,000-square-foot retail center, sold in June for \$23,000,000;
- 65 Walnut Street, Wellesley, a five-floor, 67,500-square-foot, multi-clinic medical outpatient building sold in June for \$24,300,000;
- 1400 Providence Highway, Norwood, the three-building, 155,912-square-foot mixed-use office space, and research and development facility known as the Norwood Business Center, sold in June for \$24,500,000;
- The Southfield Redevelopment Authority purchased property on Memorial

Grove Avenue, Weymouth, 368,270 square feet of land on the site of the former South Weymouth Naval Air Station in June for \$25,000,000;

- 1 Richard A Stratton Way, Quincy, the five-floor, 89,507-square-foot Holiday Inn hotel, sold in May for \$30,498,000;
- 1280-1300 & 1330 Boylston Street, Brookline, a 5.34-acre office park comprised of four commercial buildings totaling nearly 120,000 square feet, sold in May for \$41,000,000;
- 122 & 130-132 Granite Street, Quincy, the 100,000-square-foot retail shopping plaza known as Granite Place, sold in May for \$41,500,000;
- 655 Washington Street,

Weymouth, the 4-story, 160-unit luxury apartment complex known as Helix Apartments, sold in May for \$62,645,000.

The top sales appear to have been a combination of apartment complexes, retail, and office space. Excise taxes from these 10 sales totaled more than \$1,415,620 for the state and county.

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

To learn more about these

and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at @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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08/20/2024	28 Broken Tree Road	\$1.10 mil
08/16/2024	4 Kingston Lane #6	\$625,000
08/13/2024	2 Curtis Lane	\$675,000
08/12/2024	1 Kingson Lane #2	\$590,000
08/09/2024	48 Main Street	\$585,000
08/08/2024	9 Rosewood Drive	\$950,000
08/05/2024	4 Stephanie Road	\$883,000
07/31/2024	30 Oakland Street	\$610,000
07/31/2024	17 Cutler Street	\$455,000
07/30/2024	5 Flagstone Drive #47	\$815,000
07/29/2024	90 Milford Street	\$700,000
07/26/2024	9 Karen Avenue	\$190,000
07/26/2024	33 Ellis Street	\$795,000
07/26/2024	57 Ellis Street	\$1.11 mil
07/26/2024	1-1A Flintlocke Lane	\$1.17 mil
07/23/2024	116 Winthrop Street	\$525,000
07/19/2024	14 Sanford Street #17	\$320,000
07/19/2024	3 Willow Crest Way	\$815,000
07/18/2024	84 Oakland Street	\$550,000
Date	Millis	Amount
08/21/2024	40 Crestview Drive	\$900,000
08/15/2024	8 Woodlawn Drive	\$520,000
08/08/2024	29 Plain Street	\$345,000
08/08/2024	26 Pine View	\$382,500
07/29/2024	26 Acorn Street	\$520,000
07/26/2024	24 Lexington Lane	\$562,000
07/25/2024	410 Village Street	\$680,000
07/22/2024	29 Bridge Street	\$545,000
07/22/2024	57 Daniels Street #1	\$280,000

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The 3-bed, 1-bath, 1,595 square foot house at 29 Bridge Street in Millis recently sold for \$545,000. Image credit: www.zillow.com

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375 Orchard Street
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SOLD




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SOLD



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SOLD
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SOLD
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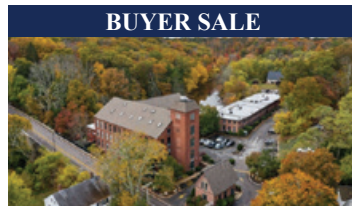
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