



Terpsichore brings a Christmas classic to Millis

By KAITLYN RICHARDS
STUDENT WRITER

The first weekend of December is always extremely special for the Millis community. Terpsichore, the Millis Middle and High School dance organization, graced the stage on Dec. 6-8 at Millis High School, performing its rendition of the classic Nutcracker written by Pyotr Ilyich Tchaikovsky.

Terpsichore, directed by MHS chemistry teacher Stephanie Copice, brings its special spin to the performance by using its rendition of the holiday classic through Duke Ellington's music to bring a more modernized interpretation to the show.

This year performances were extremely successful and had a record number of performers each night. On Friday, there were 97 dance performers, Saturday had 95 dance performers, and Sunday had 97 dance performers marking some of the highest attendance numbers in Terpsichore's history.



"Clara's family" from the Sunday performance of *The Nutcracker* featuring (L to R) Vincent Hinkley, Julianna Mcvey, Kaitlyn Richards, and Troy Wainwright. Courtesy of Terpsichore

sichore's history.

The dancers started their rehearsals in September and worked tirelessly until their performance was ready for the annual show in December. Some dancers prepare for multiple roles, and many of the older dancers collaborate with the younger students to ensure a successful show day for everyone.

"After rehearsing for months on end, it's so excit-

ing to put everything you've learned up till now, on the stage, for friends, family, and even strangers to see," said MHS freshman Jocelyn Bi-beau, the President of Terpsichore and one of the soloists from the final performance of this year.

"When the shows are over for the year, you finally know

TERPSICHORE

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Tutor Lisa Conley, second from right, was one of two Light the Spark Award recipients last week. She posed for a photo with her student, Colin McCarthy, Donna Danielewski and Director of Student Services Ryan Place, following the award ceremony on Dec. 5. (Photo courtesy Medway Public Schools)

Medway Public Schools Name 2024 Light the Spark Award Recipients

In December, Medway's Frank Angelo and Lisa Conley received the Light the Spark Award.

The award acknowledges community members who are

not professional educators or school staff but who see and cel-

AWARDS

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Letter to the Editor

At Berkshire Hathaway HS Page Realty, we were overwhelmed again this year by the generosity of the people in our communities. The Toys for Tots donations filled the front foyer of our office once again! We are truly grateful for your support of this charity to make sure that every child has a special holiday. From big wheels to beautiful new Bikes, you warm our hearts this Christmas Season.

THANK YOU, AL, ELLEN & CHRIS RAO



AWARDS

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celebrate the spark in children and families and help it to shine more brightly, benefiting the child, their family, their peers, and the Medway community. The nominators are families with students with exceptional needs, on an IEP or 504, who wish to recognize those individuals (non-educators) who have made a difference.

The award is in honor of Kathleen B. Thomsen, the late grandmother of three Medway students, who never failed to recognize and celebrate the spark in those around her and who, with what seemed the smallest of gestures, helped it shine more brightly for all to see.

The award was first given out in 2019 and is sponsored by the Danielewski-Thomsen family, whose children have been supported at Medway Public Schools.

Angelo and Conley were presented with the Light the Spark Award on Dec. 5.

“Congratulations to Frank Angelo and Lisa Conley on being this year’s Light the Spark Award recipients,” said Medway Public Schools Superintendent Armand Pires. “Both have demonstrated great care for our students and a true dedication to our school community and have made a lasting impact on the overall well-

being of our educational environment.”

“I think they really embody what this community is looking for,” said Director of Student Services Ryan Place. “People coming together, working together, making sure students have everything they need and achieving success to their highest ability. We look for our students to have these types of abilities; these are all the things we teach to our kids.”

Frank Angelo

Middle school soccer coach Frank Angelo was nominated by Shannon Hanegan.

“I am honored to nominate Frank Angelo for the Light the Spark award, which celebrates the rare ability to see, nurture, and amplify each child’s unique spark,” Hanegan wrote in her nomination letter. “Coach Frank is an extraordinary middle school soccer coach whose approach reaches into the hearts and minds of each player. He has an extraordinary gift for seeing beyond the game, touching lives in ways that extend far beyond the field.”

According to Hanegan, Coach Frank not only provides his players with soccer skills, “but also builds confidence, resilience, and self-worth in each player, honoring their individuality and creating an environment where everyone feels seen, understood, and valued.”

“From the first day of practice, Coach Frank goes out of his way to understand each player as an individual, taking the time to learn about their strengths, challenges, and personal goals,” Hanegan wrote. “He has a nat-

ural gift for recognizing when a child needs encouragement or a challenge, when they’re ready to lead or to take a step back. This approach builds confidence not only in the child’s athletic abilities, but in their self-worth and potential as a whole. Parents speak of Coach Frank as someone who ‘gets’ their child, who reaches across differences to understand and nurture the best in each player, leaving an indelible impact that extends beyond the soccer season.”

Coach Frank was a perfect candidate for the Light the Spark Award, according to Hanegan, because “he truly exemplifies what it means to see, celebrate, and amplify the unique light in each child.”

“Through every word of encouragement, every tailored approach, and every celebration of each child’s unique spark, Frank Angelo truly embodies what it means to honor and lift up our community’s children,” Hanegan wrote.

Lisa Conley

Tutor Lisa Conley was nominated by Kerry McCarthy.

According to McCarthy, Conley “has made an incredible difference” in her son Colin’s life since she joined them “through Club Z, a tutoring organization based in Massachusetts.”

“Though Lisa doesn’t have a special education background, she has approached her role with genuine care, openness, and ded-

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TERPSICHORE

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that it was all worth it," continued Bibeau. "Hours on end of rehearsal turns into an hour

and a half on stage that none of us would ever take back. Now that it's all over I can't wait to repeat it all next year!"

This marks the final year of performances for the four senior members of the group, Mollie Hatch, Bella Michaud-

Huang, Kaitlyn Richards, and Annie Rollag, but it is not their final performance. Terpsichore will be hosting its annual Spring Recital on Friday, May 9, 2025, and it is one to look forward to for Millis.



The Sunday cast of The Nutcracker performed by Terpsichore. Courtesy photo

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Medway Senior Center January Programs

HOT COCOA BAR!

The Senior Center warmly invites you to our Happy New Year Hot Cocoa Bar!

Tuesday, January 7, 2025
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Winter REminders

Winter is coming and the weather can be unpredictable. Please be aware that if the Medway schools are closed, the Center is closed, and the vans will not be operating. Also, during the

winter months the Center serves as a warming facility. If you are without heat and are in need of this service, please contact the Center.

VETERANS PROJECT EVENT

Are you a Veteran who would be willing to share your history with high school students? We are looking for volunteers for the 8th annual Veterans Project Event that will take place in May. Veterans will be interviewed by Medway High School students and their stories will be presented to family and friends at an event at the Senior Center.

If you would like more information or are interested in participating, please call the Center

at 508-533-3210.

INDOOR WALKING GROUP

While the weather outside is frightful, gather with us in the gym at 9:30 AM for some gentle walking exercise. Starting on Tuesday, January 14th, and every Tuesday thereafter, a walking video will be playing to keep you motivated. Please join us!

MOVIE THURSDAYS

Join us on the following Thursdays for a movie and some popcorn! Show time is at 1:00 PM, after lunch.

January 9th - JUDY - Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland (Renée Zell-

weger) arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans (Finn Wittrock), her soon-to-be fifth husband.

January 23rd - MY ALL AMERICAN - Awarded a scholarship to the University of Texas, small but scrappy Freddie Steinmark gets a chance to play football for coach Darrell Royal and the Longhorns in the late 1960s. Alongside old and new teammates, Steinmark helps the team find success. When he suffers an injury that leads to a shocking diagnosis, he must utilize his indomitable spirit and courage to rise to the challenge like a true

champion. The film stars Aaron Eckhart, Finn Wittrock, and Robin Tunney.

WEEKLY EXERCISE CLASSES

Monday
9:30 AM Dance Cardio \$5
11:00 AM Strength Exercise \$4
Tuesday
9:30 AM Walking Group Free!
11:00 AM Line Dancing \$4
12:30 PM Strength & Power \$5
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

AWARDS

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ication to learning," McCarthy wrote in her nomination letter. "As Colin's mother and 1:1 aide, I've had the privilege of working

closely with Lisa. Together, we've developed methods to maximize Colin's abilities, including assistive technology, sign language, and personalized strategies. Lisa's eagerness to learn has been remarkable; she's always willing to understand new approaches to connect with and support Colin."

Conley's efforts have reached beyond the classroom.

"Lisa stands out as more than a tutor," McCarthy wrote. "She has developed a robust, tailored program that includes life skills, arts and crafts, and academics, all of which help Colin retain what he learns, even as he faces the challenges of Down syndrome regression disorder. Despite the

repetition required for each session, Lisa brings energy, patience, and optimism, often reminding me to let Colin try on his own, reinforcing his independence and confidence. Witnessing Colin achieve small victories under Lisa's guidance has been deeply moving for us both."

As young Colin grew closer to his tutor, McCarthy said she witnessed something special unfold.

"Their bond has grown into something extraordinary," McCarthy wrote. "Lisa understands Colin's unique way of communicating, and it often seems like they have their own language. It's rare to find someone who connects so profoundly with a child



Middle school soccer coach Frank Angelo, second from right, was one of two Light the Spark Award recipients last week. He posed for a photo with his family, Donna Danielewski and Director of Student Services Ryan Place, following the award ceremony on Dec. 5. (Photo courtesy Medway Public Schools)

who is mostly nonverbal, and her compassion and commitment have become invaluable to Colin's progress and our family's journey." Submitted by Medway Public Schools

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Medway's new Treasure Box, a true 'mom and pop' shop

Treasure Box is a new "antique mini-mall" located at the Medway Plaza Shopping Center, right near the main entrance.

The shop opened in December and is owned by Sully and David Dang who live in Medfield.

"We are family-operated, and you'll often see our two little ones in the store," said Sully. "We're a true 'mom and pop' shop."

Between the two owners, they have more than 40 years of experience in collectibles and memorabilia, and they both have business backgrounds.

"We have been selling online for many years, then we decided to go brick-and-mortar because we think the best way to get people interested in an item is to get it into their hands," said Sully, noting the COVID-19 pandemic affected both her and David's previous employment so they decided to take on this new adventure.

"We both grew up antiquing and thrifting with our parents and digging for treasures," said David.

The shop includes over 30 individual vendors who feature antiques, art (from local artists), books, coins, collectibles, curios, jewelry, sports memorabilia, toys and games, trading cards, limited clothing items, and much more. All items are vintage or antique.

As you walk into the store, you encounter several glass display cabinets, items for sale on the walls, and traditional vendor booths. There is also a black bookcase that features various items Sully pulls from each vendor to create a temporary seasonal display.

After you pass the Customer Service desk (where you will often see Sully and her daughter chatting with customers), you enter the back area where there are more booths, display shelves, and wall art.

Since Treasure Box just opened a few weeks ago, there are still a few spaces left including a

Business spotlight



booth, individual shelves, locked display cabinets, and wall space to hang items.

"We get to know our vendors really well, and we're able to promote them through our social media," said David, noting that personal touch can be difficult for large antique mills and shops.

"And we are selective about the types of vendors and items we incorporate," said Sully. "We don't want to create competition between vendors within the store."

Treasure Box also accepts donated items, including most small housewares, collectibles, memorabilia, decor, vintage toys and accessories. They do not accept textiles/clothing, and are very selective on furniture given the space available in the shop.

Donated jewelry is bagged and put inside the "Treasure Box" and sold for \$4 per grab bag. "You never know what treasure you'll find in there, that's part of what makes it fun."

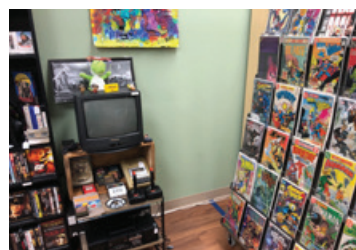
They also offer consignment.

"If people would like the freedom of mind from pricing, setting up and selling, consignment is a great idea. Sometimes people just have a few items and it's more economical to consign."

In general, Sully says prices at Treasure Box are very competi-



Treasure Box also accepts donated items. Donated jewelry is bagged and put inside the "Treasure Box" and sold for \$4 per grab bag. "You never know what treasure you'll find in there, that's part of what makes it fun."



Inventory changes often at Treasure Box. Spotted in mid-December were:

- Atari game system
- Books
- Boombox
- Botanical prints
- CDs and DVDs
- Comic Books
- Housewares
- Thomas the Tank Engine pillow
- Ken dolls
- Pez dispenser collection
- Military items
- Asian antiques
- Vintage jewelry



itive. "Because of the independent vendors, the pricing runs the gamut, we have something in every price range."

The store, located straight ahead as you drive into the main entrance to the Medway Shopping Center, is kid-friendly and ADA-friendly with wide uncluttered aisles that are easy to maneuver.

They accept all forms of payment (cash, check, credit cards, Venmo). They offer gift certificates, referral cards, and a loyalty program. They are also offering a free gift with purchase while supplies last.

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Hearts, Hugs & Hope: An Alzheimer's Support Group at Cornerstone at Milford

Jan. 14, 2025, 6 p.m. at Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch St., Milford. This group for caregivers meets in person. Dealing with Alzheimer's disease and related dementia isn't easy, so it is helpful to share your concerns and personal experiences with others who completely understand what you're going through. You will also learn about proven strategies to help you better care for your family member. Call 508-473-0035 to RSVP or contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com for more information.



Progress is being made at 1060 Main St. in Millis, at the corner of Main and Pleasant Streets, where a 24-unit apartment building – with six 'affordable' units - is being erected. There will also be one retail space available. Photo credit: Theresa Knapp

Correction: An article on page one of the December edition incorrectly stated that Medway VFW Post #1526 hosted the Nov. 11 commemoration of Veterans Day. While the event took place at the VFW, the event was organized and sponsored by the Medway Memorial Committee which also produces the town's Memorial Day parade and ceremony, and anything else related to Medway's memorials.



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21st annual Mirliss blood drive on Jan. 11

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When is a good time for a Roth conversion?



Mark Freeman, CEPA

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In life, you often get second chances — and the same is true with investing. To illustrate: You might not have been able to contribute to a Roth IRA during your working years due to your income level, but you may get that opportunity as you near retirement, or even when you are retired — through a Roth conversion.

Why is a Roth IRA desirable for some people? Here are the key benefits:

- **Tax-free withdrawals** — You put in after-tax dollars to a Roth IRA, so you can withdraw your contributions at any time, free of taxes and penalties. And if you've had your account for at least five years and you're at least 59½, you can also withdraw your earnings free of taxes.

- **No RMDs** — With a traditional IRA, you'll have to start taking withdrawals — called required minimum distributions, or RMDs — when you turn 73, or 75 if you were born in 1960 or later. But there's no RMD requirement with a Roth IRA — you can essentially leave the money intact as long as you like.

- **Tax-free legacy for your heirs** — When your heirs inherit your Roth IRA, they can withdraw the contributions without paying taxes or penalties, and if the account has been open

at least five years, they can also withdraw earnings tax free.

But even if you were aware of these advantages, you might not have been able to invest in a Roth IRA for much of your life. For one thing, you might have earned too much money — a Roth IRA, unlike a traditional IRA, has income limits. Also, a Roth IRA has only been around since 1998, so, in the previous years, you were limited to a traditional IRA.

As you approach retirement, though, you might start thinking of just how much you'd like to benefit from a Roth IRA. And you can do so by converting your traditional IRA to a Roth. While this sounds simple, there's a major caveat: taxes. You'll be taxed on the amount in pre-tax dollars you contributed to a traditional IRA and then converted to a Roth IRA. (If you have both pre- and after-tax dollars in your traditional IRA, the taxable amount is based on the percent-

age of pre-tax dollars.)

If you have large amounts in a traditional IRA, the tax bill on conversion can be significant. The key to potentially lowering this tax bill is timing. Generally speaking, the lower your income in a given year, the more favorable it is for you to convert to a Roth IRA. So, for example, if you have already retired, but have not started collecting RMDs, your income may be down.

Timing also comes into play with the financial markets. When the market is going through a decline, and the value of your traditional IRA drops, you could convert the same number of shares of the underlying investments and receive a lower tax bill or convert more shares of these investments for what would have been the same tax bill.

Finally, you could lower your tax bill in any given year by stretching out your Roth IRA conversions over several years,

rather than doing it all at once.

You'll want to consult with your tax advisor before embarking on this conversion — but if it's appropriate for your situation, you could find that owning a Roth IRA can benefit you and your family for years to come.

Contact Mark today to discuss this topic or any of your financial goals.

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Medway Historical Commission debuts new historical signs

The Medway Historical Commission is proud to announce two more historical signs that were recently installed. Thank you to our members Annmarie Fontecchio and Isabel Nulter for the content, Benjamin Phillips Design for our layout, and Stephen Malloy for his vast input on the history of the trains.

The signs relate to the West Medway train station and the High Street School.

The West Medway Train Station was located where our Medway Police Station now stands. The train station was on the site from 1885 until 1940. Special thanks to Chief William Kingsbury for his assistance in the placement of the sign.

The original High Street School (No. 4 Schoolhouse) was



From left: Annmarie Fontecchio, Isabel Nulter and Chief William Kingsbury pose with the West Medway train station historic sign. Courtesy photo

built in 1862 for approximately \$7n000. A new brick schoolhouse was built in 1940 in front of the original schoolhouse prior to it being demolished. In 1980, this High Street School was converted for use as the Medway Public Library. Special thanks to Director Margaret Perkins and to the Library Trustees for their assistance in the placement of the sign.

The Historical Commission would also like to thank the Select Board and Community Preservation Committee, who made the historic sign project possible using CPA funds.

Special gratitude to DPW for the installations and to Pete for all his assistance.

The Medway Historical Commission had previously in-



From left: Isabel Nulter Sheila Dubrawski Cher Hamilton Annmarie Fontecchio. Missing from the photo are Jeanne Johnson and Paul Russell. Courtesy photo

stalled two other signs as part of this project: one at the Rev. Jacob IDE House (Medway Historical Museum) at 158 Main Street near Choate Park, and one at the Henry Garnsey Homestead located on Village Street at the dog park.

The Medway Historical

Commission is also responsible for the beautiful historic utility boxes that decorate our Town.

We hope everyone enjoys learning about the great and rich history of Medway!

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Glenn Brown, CFP

Made New Year’s resolutions to improve your financial wellness in 2025?

Now is when many of us reflect on what we’ve accomplished and where we fell short. This introspection often leads to the creation of New Year’s resolutions, with financial goals ranking high on the list. Whether it’s paying down debt, saving more, or investing smarter, the start of the year feels like an ideal time for a fresh financial start.

Yet, people often struggle to make lasting changes to their financial habits. Understanding the reasons behind these challenges can help create more sustainable financial planning strategies for the year ahead.

Let’s examine 5 common challenges.

1. Unrealistic Expectations

- A common reason why New Year’s resolutions fail. Take someone who wants to save 50% of their income or pay off long-standing debt in a short period. While ambitious, these goals often don’t align with one’s current financial reality, thus frustration and discouragement occur when progress is slower than expected. Setting unattainable goals results in burnout and abandonment.

Resolution: Break goals into small, manageable steps. Instead of resolving to pay off a debt in one year, consider reducing the balance by 25% in 6 months. If you end up with more, great, but an incremental approach brings accomplishment and makes the goal feel more achievable.

2. Lack of a Clear Plan

- Vague goals like “save more money” or “get out of debt” lack actionable steps, making it difficult to execute. Without a structured plan and understanding your “why”, it’s easy to become distracted by day-to-day life, leading to stagnation.

Resolution: Develop an outline of specific considerations, steps and timelines. For example, if building an emergency fund is a goal, then create a budget, set up logistics like automatic transfers and monitor progress/spending to stay on track.

3. Failure to Track Progress

- An easy way to lose sight of financial goals is not having scheduled check-ins. It doesn’t need to be weekly or even monthly, but there needs to be consistency in times to review and identify where adjustments are needed. Without this, bad habits persist or worse, form, and now you’re battled to unwind new problems.

Resolution: Leverage technology and objective people that are unafraid to tell you much-needed truths. For many couples, an outside intermediary saying what needs to be said greatly benefits relationships. Also, make sure you celebrate milestones along the way.

4. Emotional Spending and Instant Gratification

- Many struggle with impulse spending or seek instant gratification, especially after a stressful day. Afraid to look at your Amazon spending history? This behavior derails the best-laid financial plans.

Resolution: Identify triggers and implement strategies to delay or review purchase decisions. Create a spending prioritization strategy by identifying where you want to spend your money, this helps shift focus from immediate desires to long-term financial goals.

5. Lack of Accountability

- Some are great at executing on their own, for others going it alone can make sticking to financial goals even more challenging. Without a support system or accountability partner, it’s easier to lose focus and fall back into old habits.

Resolution: It goes beyond someone telling you “No” when needed, as by sharing progress and/or changes along the way, an accountability partner can help reassure you’re on track and motivate you with confidence to keep pushing forward.

Conclusion

Financial resolutions are a powerful tool for creating long-

term financial security, but they require more than just wishful thinking.

Maybe it’s time to socialize your goals, set monthly action steps to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2025 resolutions happen.

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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Henry David Thoreau Foundation scholarship applications now available

Each year, the Henry David Thoreau Foundation awards scholarships to eight to ten top-ranking high school seniors from Massachusetts who demonstrate the potential for environmental leadership and intend to pursue interdisciplinary environmental studies in college.

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For more information, visit www.thoreauscholar.org. The deadline to apply is Feb. 1, 2025.

Source: www.thoreauscholar.org



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The b.LUXE *beauty beat*

Get to Know the b.LUXE Experience - 2.0

Many of you loved the original Beauty Beat article, “Get to Know The b.LUXE Experience,” from a few years ago. We’ve grown and evolved over the past two years, adding new services, talented team members, and more ways to enjoy your beauty experience. We’re excited to share what’s new and what’s been happening—there’s so much to update you on!

As the creative minds behind The Beauty Beat, the team at b.LUXE Hair and Makeup Studio loves sharing the latest trends, tips, and inspiration. But did you know many of our ideas and new service offerings are sparked directly from our conversations with our incredible clients? Your stories, challenges, and beauty goals motivate us to innovate, create, and seek services to meet your unique needs.

What’s New at b.LUXE?

- **Apprentice Services at Specially Discounted Prices:** Enjoy top-notch beauty services at a fraction of the cost while supporting our training stylists! In collaboration with the Massachusetts State Board of Cosmetology, b.LUXE is proud to introduce an apprenticeship program offering hands-on experience and high-quality, supervised services at specially discounted rates. This program provides our young talent with exceptional education and training, all while delivering great value to you.
- **Wig & Topper Hair Services:** We now offer compassionate, customized solutions for

clients experiencing hair loss or seeking hair-enhancing options. Our full range of human hair and synthetic wigs, toppers, and holistic scalp treatments restore your appearance, confidence, and well-being.

- **Expanded Beauty Services:** We’re excited to announce the addition of new treatments and services alongside our signature offerings! Our new Mind Body Facial is a holistic skincare treatment that combines the rejuvenating benefits of facial therapy with the healing energy of Reiki and aromatherapy, providing a complete mind-body experience.
- **The Saphira Defrizzing Treatment:** This hair treatment features Hyaluronic Acid with a formula enriched with 26 minerals from the Dead Sea, diamond powder, lily flower, and essential oils. It removes frizz and transforms dry, brittle hair into soft waves that enhance natural hair patterns and texture. Each treatment includes a full-sized Prep & Maintain Shampoo and Mineral Mist for you to take home.

Why Choose b.LUXE?

We’re excited to be recognized as Google’s highest-rated salon in Massachusetts, with over 800 five-star reviews! Additionally, we’re proud to be a two-time recipient of The Salon Today 200 Award, which honors the best beauty establishments in the country. Our bright and vibrant studio is home to passionate professionals who

genuinely care about our clients. Whether you’re visiting for a haircut, coloring, or a spa day, we strive to make every experience luxurious.

Our Specialties:

Hair Services: We offer a full range of expert hair services, including precision cutting, all aspects of hair coloring, foiling, balayage, smoothing treatments, and more. Our team specializes in curly haircuts, extensions, and gray-blending to help you achieve your perfect look.

Hair Loss Solutions: We offer fully customized human hair and synthetic wigs, toppers, and bangs designed to add volume and coverage. Our compassionate services support individuals experiencing hair loss or thinning due to conditions such as alopecia or the effects of cancer treatments, as well as those seeking easy options for added volume and variety. Customization and adjustments are also available, including cutting, coloring, and styling to ensure a perfect fit and look. Additionally, our Scalp Spa services provide a holistic approach to promote continued scalp health.

Superior Skincare and Spa Services: We offer a full line of luxurious spa services, including luxury facials, lash extensions, waxing, and dermaplaning.

Makeup Services: Ready for a beauty boost? We offer various makeup services, including special occasion, editorial, and wedding makeup, along with makeup lessons and our mature makeup makeovers. Our team of skilled makeup artists will work with you to craft a look that’s uniquely yours and perfect for any event!

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Community and Convenience

At b.LUXE, we operate as a team-based salon, ensuring you’re comfortable in the expert hands of your usual stylist or any of our talented professionals. There is no “my client” or “your client” at b.LUXE—only “Our Clients.”

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Visit Us in the Historic Medway Mills

Our studio isn’t just a place for beauty—it’s a vibrant community. Located in the historic Medway Mills, it’s a space where creativity thrives, along with many other local businesses. We treat our clients like valued friends, welcoming them with warmth and care at every visit.

Wishing you all a Happy New Year! We can’t wait to meet you and help you achieve your beauty goals—**after all, beauty is our business!**

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Charles River Bank delivers a Merry Christmas for 40 children with The Salvation Army Angel Tree Program in Milford

Charles River Bank once again shared in the spirit of Christmas this year through their partnership with The Salvation Army of Milford's Angel Tree Program. The bank adopted 40 children, and through the generosity of the bank's employees and customers, all 40 children received many items on their wish lists including games, scooters, dolls, toys, educational gifts, sneakers, and coats. Marketing and Customer Engagement Coordinator, Michael Comalli, organized the yearly tradition for the bank by getting the children's lists from The Salvation Army and making sure each child was adopted and received the items from their wish lists.

"This program is always so rewarding and fulfilling," Charles River Bank President and CEO Derek Plourde stated. "Seeing

the community come together to help local families and make sure children in our community have a happy holiday brings the true meaning of the season to life for us."

The Angel Tree program aims to help local families who are experiencing financial challenges make Christmas a special time for their children. Parents submit a wish-list for their children detailing their age, gender, clothing sizes and some games and toys they would like to receive. Local businesses and community groups adopt a certain number of children then donors select a wish-list and purchase the items requested.

Submitted by Charles River Bank



From left: The Salvation Army Captain Kevin Polito, Charles River Bank President & CEO Derek Plourde, and Charles River Bank Marketing & Customer Engagement Coordinator Michael Comalli can be seen with the toys and clothing donated by bank customers and employees to The Salvation Army of Milford's Angel Tree Program. Courtesy photo

Exsultet! auditions to be held Jan. 13

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 15-20 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 openings for Soprano and Alto singers for the remainder of our 2024-2025 season. Auditions will take place on Monday, Jan. 13, at 7 p.m. at First Congregational Church, 725 Washington St., Holliston.

Exsultet! rehearsals for the re-

mainder of our 2024-2025 Season will be on Monday nights from 7 p.m. to 9 p.m. in preparation for our Spring Concert in early April entitled "Around the World."

To audition, download the audition piece from our website, 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.

Please visit millismedwaynews.com to view the most recent Safety Logs

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Living Healthy

Decades of Service to the Community: Welcoming a New Provider and Exploring What's New in Eye Care for 2025

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

Milford-Franklin Eye Center has proudly delivered outstanding eye care to the community for decades. We are excited to announce that Dr. Mark Barsamian has joined our team as a vitreoretinal specialist and Chief of our Retina Service. Dr. Barsamian will see patients every Thursday in our Franklin office, enhancing access to advanced care for retinal disorders.

With locations in Milford, Franklin, and Millis, outreach services to Marlborough, and an award-winning surgery center in Milford, we are the leading provider of medical and surgical eye care in the region. Our dedicated team of 58 professionals, including experienced surgeons and four optometrists, is committed to providing comprehensive, high-quality care. As one of

the few ophthalmology practices in Massachusetts with a licensed surgical facility, we eliminate the need for patients to travel long distances for procedures like cataract surgery.

Dr. Roger Kaldawy, Medical Director of the Cataract Surgery Center of Milford, has completed over 30,000 cataract surgeries and introduced bladeless laser-assisted techniques to the area. He is among the first surgeons in New England to perform the iDose TR implant for glaucoma, an innovative drug delivery system recently featured on Boston's Channel 5. Dr. Kaldawy also holds distinctions in corneal transplantation and has trained numerous ophthalmologists in advanced surgical techniques.

Dr. Dan Liu, a fellowship-trained corneal specialist, brings expertise in cataract surgery with ORA technology, corneal transplants, keratoconus manage-

ment, and glaucoma procedures. She provides comprehensive care for conditions like macular degeneration, diabetic eye disease, and dry eye. Dr. Liu is board-certified and an active member of professional ophthalmology organizations.

Dr. Barsamian, a board-certified vitreoretinal specialist, focuses on the medical and surgical management of retinal disorders. He completed a two-year surgical fellowship at The Ohio State University and is an active member of organizations like the American Society of Retina Specialists. Outside of work, he enjoys cycling and family activities.

Our optometry team includes Dr. Shalin Zia, who specializes in routine eye care, contact lens fitting, and managing eye diseases; Dr. Michael Adams, with expertise in corneal pathology and specialty contact lenses; Dr. Donald Conn, who completed



his residency in Ocular Disease and Primary Care and provides comprehensive eye care for all ages; and Dr. Purvi Patel, a seasoned optometrist with experience in diabetes, glaucoma, and public health. Together, they offer exceptional care for patients of all ages.

What's New in the Eye World for 2025?

The year 2025 marks a pivotal moment in the realm of eye care and ophthalmology, with groundbreaking innovations poised to revolutionize the way we diagnose, treat, and prevent vision impairments. From cutting-edge technologies to pioneering research, the landscape

of eye care is undergoing a transformative shift.

Artificial Intelligence (AI) and Machine Learning (ML) continue to play a pivotal role in enhancing the precision and efficiency of eye care. AI-powered diagnostic tools are becoming increasingly sophisticated, capable of detecting subtle signs of eye diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration (AMD) at earlier stages. This early detection empowers healthcare providers to intervene promptly, significantly improving patient outcomes.

EYES

continued on page 13

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EYES

continued from page 12

In the realm of surgical procedures, minimally invasive techniques are gaining prominence. Femtosecond laser technology, for instance, is revolutionizing cataract and refractive surgeries, offering faster recovery times and enhanced precision. Additionally, robotic-assisted surgery is emerging as a game-changer, enabling surgeons to perform intricate procedures with unparalleled accuracy and dexterity.

Gene and stem cell therapies are also making significant strides in treating previously untreatable eye conditions. Researchers are exploring innovative ways to repair damaged retinal cells and restore vision in patients with inherited retinal diseases. While still in their early stages, these therapies hold the promise of transforming the lives of countless individuals.

The integration of telemedicine into eye care has accelerated, especially in the wake of the COVID-19 pandemic. Remote consultations and monitoring allow patients to access expert care from the comfort of their homes, particularly beneficial for those in rural or underserved areas. Telemedicine also facilitates the sharing of medical images and data, enabling specialists to collaborate seamlessly across geographic boundaries.

In the realm of contact lenses, advancements in material science and design have led to the development of more comfortable and durable lenses. Smart contact lenses, equipped with sensors and microelectronics, are on the horizon, offering the potential to monitor vital health parameters like glucose levels and eye pressure.

As we navigate the future of eye care, personalized medicine is gaining traction. By analyzing an individual's genetic makeup

and medical history, healthcare providers can tailor treatment plans to maximize efficacy and minimize side effects. This personalized approach is particularly relevant for complex eye conditions like glaucoma and AMD, where treatment options vary widely.

In conclusion, the year 2025 marks a period of extraordinary progress in the field of eye care and ophthalmology. From AI-powered diagnostics to revolutionary surgical techniques and groundbreaking therapies, the future holds immense promise for improving vision and quality of life for individuals worldwide. As technology continues to advance and research breakthroughs emerge, we can anticipate a brighter future for eye health.

Why Choose Milford-Franklin Eye Center in 2025?

Our commitment to excellence, advanced technology, and patient-centered care sets us apart. We provide world-class cataract surgery and advanced treatment options close to home, with results that rival major Boston centers. All surgeries are performed in our accredited surgical facility, never office-based, ensuring the highest standards of care and no additional out-of-pocket surgical fees. Our in-house optical shop crafts glasses while you wait, with new patients receiving a complimentary pair of select frames. We also offer after-hours, same-day emergency appointments, and Saturday availability to accommodate busy schedules.

With over four decades of dedicated service, Milford-Franklin Eye Center is proud to deliver advanced eye care, close to home. Welcome 2025!

For more details, see our ad on page 12.

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Millis Memory Café to meet Jan. 27

Join us in 2025 at the Millis Public Library for the Millis Memory Café, a welcoming setting for people with forgetfulness or other changes in their thinking, and for their family and friends.

The purpose of a Memory Café is to provide a supportive and accepting environment where people can enjoy a performance or learn something new, while also having the opportunity to socialize with others who are going through a similar experience. It is a place to put limitations aside and instead focus on strengths.

Each Café event features a guest performer or interactive activity as well as time for socializing. Coffee, tea, and light refreshments will be provided. This program is free of charge and does not require registration. All are welcome, there is no need to either have or disclose any sort of diagnosis.

The Millis Memory Café will be held at the Millis Public



At a previous Millis Memory Café, attendees were entertained by a harpist. Courtesy photo

Library in the Roche Brothers Community Room. It will generally be held the 4th Monday of each month from 10:30 am – 12:00 noon. Please visit millis-library.org/memorycafe for dates and times and to find out about guest performers and activities. Dates will also be posted on the Library's Calendar of Events.

Funding for this program is provided by the Friends of the Millis Public Library. Coffee donation provided by New England Coffee. Additional sponsorship opportunities are available. Anyone with questions should not hesitate to contact Kim Tolson at ktolson@minlib.net or 508-376-8282.

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Three Medway High School seniors recognized with academic awards from NESDEC, Massachusetts Association of School Superintendents

Two Medway High School seniors were recently awarded the annual New England School Development Council (NESDEC) Award for Academic Growth and Student Leadership, and a third senior was awarded the Massachusetts Association of School Superintendents Award for Academic Excellence.

At its Nov. 14 meeting, the Medway School Committee presented a certificate from NESDEC to Annabelle Hazell and Timothy Hazel; and at its Dec. 5 meeting, they presented the Massachusetts Association of School Superintendents award to Sofia Mercier.

"I would like to commend Annabelle, Sofia, and Timothy



Left: Medway High School Principal John Murray, center, poses with New England School Development Council (NESDEC) Award for Academic Growth and Student Leadership winners Annabelle Hazell, left, and Timothy Hurley. (Photo courtesy Medway Public Schools)

Right: The Massachusetts Association of School Superintendents Award for Academic Excellence was presented to Sofia Mercier, center, on Dec. 5. After receiving the award, she posed for a photo with Superintendent Armand Pires, left, and Principal John Murray. (Photo courtesy Medway Public Schools)

on being selected for these academic awards," said Armand Pires, Superintendent of Medway Public Schools. "Their hard work, dedication, and pursuit of excellence represent the

very best of our Medway High School community."

NESDEC Award

Annabelle Hazell is described as an intelligent, hardworking, and kind student who is committed to her education. She has consistently excelled in her classes, taking honors and Advanced Placement courses and achieving a 4.08 unweighted GPA. Hazell is also involved in extracurricular activities, including sports and leadership roles.

She has participated in the Project Lead The Way program and the National Student Leadership Conference, gaining valuable experience and skills. Hazell's passion for learning, leadership skills, and dedication to her education make her an exceptional candidate for this award.

Timothy Hurley is described as a driven, inquisitive, and intelligent student who demonstrates an innate desire to learn and a deep commitment to his interests and community. He has excelled academically, earning excellent grades while maintaining a rig-

orous course load.

Hurley is involved in various extracurricular activities, including founding and running the Dungeons & Dragons club at Medway High School, participating in the Writing Club and Debate Club, and volunteering at the Franklin Public Library. His dedication to social justice is evident in his involvement with the Tolerance, Acceptance, Diversity Alliance (TADA) and his participation in the World of Difference diversity training program. Hurley's leadership, creativity, and dedication make him an outstanding candidate for this award.

Massachusetts Association of School Superintendents Award

Sofia Mercier is described as an exceptional high school senior who has demonstrated outstanding academic achievements, a passion for learning, and exceptional character. She has consistently excelled in her classes, participated in honors and Advanced Placement courses, and achieved numerous awards, including the Biomedical Science Award and a Gold medal in the Science Olympiad.

Mercier is also actively involved in extracurricular activities, serving as the President of the National Honor Society and participating in the Biomedical Pathway program. Her dedication to community service and leadership roles demonstrate her exceptional organizational and communication skills. Mercier's academic achievements, passion for learning, leadership skills, and dedication to community service make her an exceptional young woman with a bright future.

Submitted by Medway Public Schools

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Millis Senior Center January 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. www.millisma.gov/council-aging

TECH TIME

Drop-In Help for computers and smartphones!

Esther Davis of the Millis Public Library will be here to help! Free.

Tuesday, January 7 at 12:00 Noon

3-WEEK WORKSHOP: HOW DO I USE MY PC?

Do you have a computer, but wish you understood more about how to use it? In these workshops, we'll review the functions of your PC and basics of email programs, and learn tips on safe internet browsing and shopping online. This is designed for computers and laptops that do not have the Apple logo. Free.

Thursdays, January 9, 16, 23 at 10:00 AM. Sign up: (508) 376-7051.

PIZZA AND PREVENTION with the MILLIS FIRE DEPT.

Join us for this informative and fun program about fire and

life safety. Pizza will be served. Free.

Monday, January 13 at 11:00 AM. Sign up: (508) 376-7051

ART with AMY ADAMS

Join us for an afternoon of creative winter-inspired painting on canvas. All materials provided. \$3.00

Tuesday, January 14 at 1:00 PM. Sign up: (508) 376-7051

LUNCH & LEARN: LIVE WELL with DIABETES in 2025

Tips for the New Year including: best food choices to manage blood sugars; exercise guidelines;

treatment of low blood sugars; demonstration of new devices. Presented by Barbara Luker RN, Certified Diabetes Educator, Beth Israel Deaconess Hospital. Free.

Tuesday, January 21 at 12:00 PM. Sign up for lunch: (508) 376-7051

WILL YOUR DRIVER'S LICENSE FLY?

Beginning May 7, 2025 you will need a REAL ID, or other acceptable ID like a valid passport to fly within the U.S. A representative from the Registry of Motor Vehicles will explain

about the documents needed for the REAL ID and how to apply.

Monday, January 27 at 10:00 AM

MILLIS MEMORY CAFÉ

Monthly social time for adults experiencing memory issues and their caregivers.

Monday, January 27 at 10:30 AM at the Millis Public Library

STAY WARM THIS WINTER

Contact Lisa Kirby, Senior Services/Outreach Coordinator at Millis Senior Center (508) 376-7051 for assistance with home heating, food resources, and housing.

Millis Garden Club plants 500 bulbs in gardens and veterans' memorials

Local company donates flower bulbs, tree, holiday lights

In November, the Millis Garden Club planted 500 daffodil bulbs around town including at the large evergreen tree at the Millis Memorial Building. Millis Garden Club and friends planted the bulbs in six gardens and at 18 memorials. The bulbs and tree were donated by Jennifer McPhee of Harrison/McFee Landscape along with her husband; they also donated the holiday lights (and the hanging of the lights) for the tree.



From left to right: Dale Bickford, Wendy Joseph, Jennifer McPhee, and Kathy Brink. Courtesy photo

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Sen. Markey says to USPS, 'shape up or ship out'

Lawmaker frustrated by Post Office issues, including Medway closure

Senator Edward J. Markey (D-Mass.) released a statement in December after the United States Postal Service (USPS) Inspector General Tammy Hull released audit reports on the operations of the Boston Processing and Distribution Center and postal facilities in Brookline, Fort Point, and Revere.

The audit can be found at bit.ly/USPSaudit_Dec2024.

“Daily mail delays are a major problem in greater

Boston, and [the Dec. 11] USPS Inspector General reports confirm what we already knew,” said Senator Markey. “For months, I and my colleagues have been calling for greater accountability and oversight of USPS service and now we are finally getting some answers. But this is only the beginning. I will continue to hold USPS management accountable until we get to the bottom of all my concerns, including a review of facility

suspensions, inadequate staffing, and consolidation of processing centers. Management must ultimately address all these concerns and shape up or ship out.”

In November, Senator Markey and members of the Massachusetts delegation sent a letter to USPS Inspector General Hull, calling for a review of postal operations in Massachusetts and decisions from management which have caused several pressing issues with daily mail delivery and closed postal facilities, including mail delivery delays in Boston; closed post offices

in Medway, Watertown, and Allston; lost mail in greater Boston; the proposed consolidation of the Brockton Processing and Distribution Center; and the USPS proposal for a rural mail delivery slowdown. The Office of the

Inspector General also confirmed in December that a larger systemic report on these issues across Massachusetts is underway.

Submitted by the Office of Senator Edward J. Markey

Millis Letter to the Editor

The Lions of Millis and the Millis High School Leos Club joined together to say ‘Thank you’ to our veterans this past Veteran’s Day with a “Field of Flags” displayed on the front lawn of Millis Town Hall. We thank the Lion volunteers who worked to make this happen.

All monies raised benefit the Fisher House Boston whose mission is to provide a home away from home where military families (active, guard, veteran, or retired) can stay, free of charge, while a loved one is receiving in-house treatment at any of our world-renowned medical cen-

ters in Boston.

This year, the Millis Lions Club was able to provide a check for \$1,300, as a result of flag(s) sponsored in honor of, or in memory of, a veteran for \$10 per flag.

For more information, visit fisherhouseboston.org and millislionsclub.org



In December, Millis Community Media honored its sports producer/announcer Brooks Corl for a decade of dedication and passion covering Mohawk Football. “We couldn’t have done it without you! Wishing you all the best as you move on to new endeavors Brooks.” Source: Facebook/Millis Community Media @MCM900

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Medway Middle School's "The Jungle Book" brings timeless tale to life

The students of Medway Middle School took to the stage to bring Rudyard Kipling's beloved classic, *The Jungle Book*, to life in a heartwarming performance that captivated audiences. The *Jungle Book* marks the third fall play performance by the middle school continuing a tradition of showcasing the impressive creativity and teamwork of its students. The play tells the adventurous tale of Mowgli, a young boy raised by wolves in the Indian jungle. Through his journey, Mowgli learns valuable lessons about the importance of community, respect for nature,

and the delicate balance between civilization and the wild.

Directed by Ms. Nori von Jena, the production featured a talented ensemble of over 20 7th and 8th graders bringing a jungle of entertaining personalities to life. Mya McDowell (Gr. 8, Baloo) says "Being in the *Jungle Book* is like having a second family. We work together, practice lines, laugh and by the end of the show have a community we never knew we built."

The performance also showcased the talents of students behind the scenes, who contributed to the production's success in



The Jungle Book. Photo credit: Tim Rice Photography

a variety of crucial roles. From building elaborate jungle sets to designing intricate costumes, every detail was crafted with care and dedication. Students also took on the challenging task of makeup artistry, transforming their peers into a diverse array of animal characters, including a fierce tiger, a wise bear, and a playful panther. Special guest Mr. Ari King, the school's Assistant Principal, made a memorable and entertaining appearance as a human trying to communicate with Mowgli.

Medway High School's "Alice in Wonderland" captivates audience



Alice in Wonderland. Photo credit: Tim Rice Photography

The Medway High School stage recently came alive with a delightful performance of *Alice in Wonderland*, bringing Lewis Carroll's timeless tale to life. Directed by Ms. Tetrault, the production not only captured the whimsy and eccentricity of the classic story, but also provided a platform for over 40 students to shine in various roles, both on-stage and behind the scenes.

The production featured an impressive array of talent, and their dedication was evident in every scene, from the Mad Hatter's tea party to the Queen of

Hearts' dramatic trials. The colorful costumes, intricate set design, and engaging performances made for an immersive experience, drawing audiences into the strange and whimsical world of *Wonderland*.

As *Alice in Wonderland* proved, Medway High School's theater department continues to impress with its dedication to bringing meaningful stories to the stage. Don't miss the chance to see *Newsies* this March, as the cast and crew prepare to make headlines once again with another unforgettable production.

Happy New Year!




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You Deserve Some TLC!

Sports

Medway boys quintet focusing on three goals

By KEN HAMWEY
STAFF SPORTS WRITER

Shane Jackson has begun his third year as the boys' basketball coach at Medway High and it's not surprising that one of his goals for the 2024-25 season is to qualify for the state tournament.

The 41-year-old coach led the Mustangs to playoff appearances in his first two seasons but this time there's a bit more emphasis on that objective.

"We've scheduled strong non-league teams, which will help in the power rankings," Jackson said. "They include Burncoat of Worcester and either Milford or Walpole in Milford High's Christmas tourney. Stoughton is another talented non-league foe. We also want to make the playoffs memorable for our players. We want to get a home game and make a run. Our staff wants the post-season to be a great athletic experience."

Jackson's No. 1 goal, however, is to win the Tri Valley League Small Division championship, which would be the Mustangs' second straight title. "Last year, we shared the crown with Dover-Sherborn," Jackson noted. "It'll be a challenge because Medfield is now

in the division. D-S and Medfield are both traditionally strong programs."

The personable Jackson, who was a three-sport athlete at King Philip Regional, has one other goal that will be a key factor for his other objectives to be reached. "We want to keep our competitive ability consistent," he emphasized.

All these goals are realistic because Medway, which lost eight seniors to graduation, has eight returnees, four of whom had significant playing time last year. Another reason for optimism is the Mustangs' overall strengths. They are impressive.

"We've got depth, our basketball IQs are high, and we're athletic," Jackson said. "Our instincts are good, especially on defense, we're cohesive and our skills and techniques are solid. Because we're a guard-heavy team, we'll have a presence on the perimeter."

The Mustangs also have the talent to employ Jackson's on-court style. He prefers to apply pressure on the defensive end and he values an up-tempo offense, using speed as an advantage.

Medway's captains personify many of the strengths Jackson noted and they lead in



Medway basketball coach Shane Jackson likes his team's talent and depth. Courtesy photo

a variety of ways. They include seniors Brady Girard (power forward) and Matt Parlon (two-way guard), and juniors Jacob White (point guard) and Logan Keaney (two-way guard).

"Brady is a vocal leader who communicates well," Jackson offered. "He's got a great competitive edge, always giving 100 percent. He's a good rebounder who finishes well and knows how to get open. Matt is

composed at guard and he's an elite shooter who can hit threes and get to the hoop. He leads by example.

"Jacob is our QB at point guard. He takes care of the ball and he passes and shoots effectively. Our No. 3 scorer (9-point average), he's able to create space for himself. Logan played in only three games last year after he fractured a finger. He's our best overall de-

fender. He has lots of energy and competes hard. Logan is fearless and he puts in plenty of work to become more of an offensive threat."

Three seniors who'll be counted on are Haven Miele (two-way guard), Colin Grimes (guard/forward), and Alex Me-nard (power forward).

"These players work hard to expand their roles," Jackson said. "They're looking to be prime contributors. Haven is a quality shooter who can also get to the rim and finish. Colin is a great shooter who's got a high hoop IQ off the ball. And Alex is a strong rebounder who's a factor on the defensive end."

Junior Christian Cautilli is a talented two-way guard. "An intense competitor, he's an excellent passer who creates space and separation from defenders," Jackson said. "He finds the open man and has very good court awareness."

Another junior guard, Grant Hetzel, is recovering from an injury and hopes to return this month. "Grant worked hard in the off-season and he's a fierce competitor with all-around skills," Jackson said.

Other players Jackson believes can contribute are junior forward Tommy Stotz, sophomore forward Bennett Defoyd, and freshmen guards Elias Kell and Liam Keaney.

SPORTS

continued on page 19

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The estate plan² may contain a will or living trust, the names of your beneficiaries, the appointment of an executor, a letter of intent that tells a beneficiary or executor what you wish to be done with specific assets, funeral details, and special requests. It should contain a healthcare directive with a power of attorney appointing a trusted person to make medical decisions for you when you can no longer voice

your opinion, and a durable power of attorney appointing a trusted friend or relative to make financial and legal decisions for you, if you become incapacitated. It may also contain a trust or trusts for passing on assets to your beneficiaries. Life insurance can be an important component in the overall estate plan.

You should update your estate plan whenever a major change occurs in your life, such as purchasing a home, moving in with a significant other, getting married, having or adopting a baby, selling your business, getting a divorce, retiring, or having a beneficiary die before you do. Review your plan when federal and state laws on estate taxes change.

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

Consult a professional financial advisor on tax and estate planning. Trusts can be com-

plicated to set up, so consult a professional trusts and estates attorney or certified public account before you begin.

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¹ Julie Garber, "5 Reasons You Need an Estate Plan," The Balance.com, Updated November 3,



2021. <https://www.thebalance.com/top-reasons-why-you-need-an-estate-plan-3505444>

² Glenn Curtis, "6 Estate Planning Must-Haves," Investopedia.com, Updated February 27, 2022. https://www.investopedia.com/articles/pf/07/estate_plan_checklist.asp

³ Julia Kagan, "Intestate," Investopedia.com, Updated November 23, 2022. <https://www.investopedia.com/terms/i/intestate.asp>

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SPORTS

continued from page 18

"They've shown an ability to compete at the varsity level and we're pleased with the work they've put in," Jackson said.

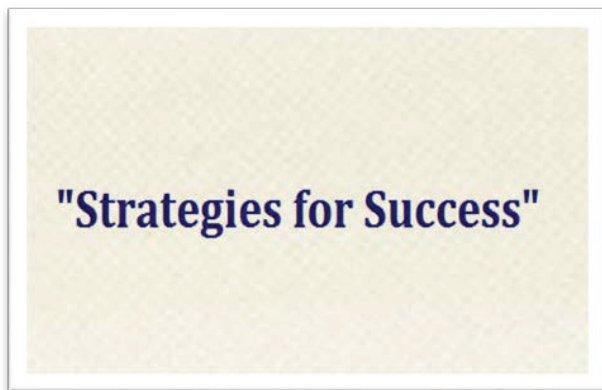
Jackson's staff has four capable assistants. They include Andrew Tiernan (freshmen), Ed Healey (javyees), and varsity assistants Tim Corcoran and Jacob Citron. "They not only have an expansive knowledge of the game but are also excellent in building relationships," Jackson said. "We also get lots of support from Athletic Director Jeff Parsells."

A very capable athlete at King Philip, Jackson was a defensive end and a tight end in football, a forward in basketball and a defender in lacrosse. During his senior year,

he was a captain in basketball and lacrosse and a Hockomock League all-star in lacrosse. Last year, he took the head coaching job on Medway's boys' lacrosse team.

A math teacher at Woodward Elementary in Milford, Jackson doesn't have to be a mathematical wizard to know that his Mustangs have lots of plusses to make this season enjoyable and successful.

The journey to the tourney began on Dec. 13 when Medway matched up against high-powered Medfield. The Mustangs lost, 68-56, but their team chemistry and talent, nevertheless, should mesh and earn them a date in post-season play.



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Medway Community Book Read concludes with panel discussion

Medway's Community Book Read concluded with a panel discussion on Dec. 4.

The initiative began at the start of the school year, when the district organized a community read of "The Anxious Generation" by Jonathan Haidt.

The community was invited to pick up the designated "community book" in September, read it, and ultimately participate in the December event. The books were purchased by Medway Public Schools' support partner, the Medway Foundation for Education (MFE), through a grant. The district purchased and distributed more than 200 books.

"The goal of the Community Book Read and the culminating event with Dr. Gray and panelists was to open a dialogue about how we can more effectively support students," said Armand Pires, Superintendent of Medway

Public Schools.

During this year's final Community Book Read activity, about 40 parents and guardians gathered to discuss "The Anxious Generation," which explains how a generational decrease in youth free play and an increase in mobile device use has sparked a child's mental health crisis.

The book also offers parents and guardians practical strategies to flip the script to improve youth mental well-being.

"I think the parents were really engaged," said Ryan Sherman, MPS' Director of Wellness. "They asked a lot of good questions and were invested in the topic."

Dr. Peter Gray, research professor at Boston College and author of "Free to Learn," led the panel discussion. Other panelists included Medway High School Principal John Murray, District Social Worker Joanna Cyr, and McGovern El-

ementary School Adjustment Counselor Angela Gallivan.

"Dr. Gray offered some practical tips for parents," said Sherman. "Like giving children independent tasks to promote self-efficacy and mental well-being. He also provided strategies beyond just letting kids play. Some of the parents I spoke to after felt validated, and some felt a greater sense of freedom to let kids spend more time independently, to let them make their own choices."

School officials included a note with each book that said, "Together, we can work to create an environment for our youth that promotes free play and less mobile device use. We believe that supporting student mental health goes hand in hand with helping students achieve academic success, which is why each leadership team member read the book this summer."

The schools also provided a list of steps the district has taken to increase opportunities for free play and decrease mobile device use. Since 2016, Medway Schools have been implementing the following policies in an effort to increase free play among students:

- 2016: Expanded elementary recess to 25 minutes
- 2019: Instituted middle school recess for all grades
- 2019: Built new elementary playgrounds
- 2020-2023: Expanded fields and outdoor play spaces at Memorial
- 2022: Hosted Peter Gray as a parent speaker to share his research on the benefits of free play
- 2022: Initiated before-school Free Play Clubs at McGovern and Memorial School
- 2023: Added a pirate ship play structure to McGovern playground
- 2017: Launched an elementary health program that expanded screen time & mental health education to students in grades K-12
- 2018: MPS blocked social media site access when students are using school-provided devices
- 2018: MMS initiated a policy that required cell phones to be kept in lockers
- 2023: Initiated a no-texting policy using wearable devices and phones in backpacks at Memorial
- 2024: MHS initiated a no phones in the classroom policy

Source: Medway Public Schools

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Medway Market Update

JAN 2024 through DEC 20, 2024*

15	106
AVG DAYS TO OFFER VS. 2023: 26 AVG DAYS TO OFFER	Total Sold Listings VS. 2023: 114 LISTINGS
\$1,400,000	\$798,743
Highest Sales Price VS. 2023: \$1,500,000	Average Sales Price VS. 2023: \$731,278

Millis Market Update

JAN 2024 through DEC 20, 2024*

15	74
AVG DAYS TO OFFER VS. 2023: 21 AVG DAYS TO OFFER	Total Sold Listings VS. 2023: 67 LISTINGS
\$1,500,000	\$737,700
Highest Sales Price VS. 2023: \$2,150,000	Average Sales Price VS. 2023: \$756,388

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Medway High Students Audition For Music Senior Districts

On November 16th, twenty-seven students from Medway High School auditioned for the Massachusetts Music Educators Association Central District Senior Districts. MMEA is committed to providing leadership in professional development, advocacy, student assessment, opportunities for students, and a comprehensive, quality music experience for all students. As part of this mission, they hold regional auditions for their ensemble performances. Students who auditioned prepared a solo piece of repertoire to perform before MMEA adjudicators. The following MHS students were accepted into

the ensembles based on their auditions and will be rehearsing under the direction of top-notch conductors, culminating in a performance at Mechanics Hall in Worcester on Saturday, January 18th.

Chorus:

- Aidan Christie*
- Amelia Dahlheimer
- Allyson Fagan*
- Riley Gallerani
- Meghan Kealey
- Nora Keavany*
- Nikolay Koltachev
- Zach Phillips

Band:

- Charlotte George - trumpet*
- Kelsey Jacobs - euphonium
- Winter Lafferty - trombone
- Caleb Martin - clarinet

Danny Pylee - alto saxophone

Jazz:

- Victor Chaudoir - jazz drums*

Additionally, students marked with an asterisk have also received a recommendation to audition for All State ensembles. Congratulations to these students on their amazing accomplishments!

Bishop Feehan announces first quarter honor roll

Bishop Feehan Vice Principal for Academics, Charlotte Lourenco, is proud to announce the Honor Roll students for the first quarter. Honor Roll is a recognition of high-performing students based on the student's overall average in any given quarter, regardless of the levels of their classes. Bishop Feehan has three levels of Honor Roll. First Honors is awarded to students whose overall average in that quarter is grade 93.00 or higher, Second Honors is grade 90.00 or higher, and Third Honors is 85.00 or higher, with no individual grade below 80.

Medway honor roll students include Camille McCurdy (grade 11), Elaria Cherubin (12), Shane Monaghan (9), Addison Hansbury (10), Dylan Taylor (10), Alexandra Buonaccorsi (12), Alicia MacRury (11).

Millis honor roll students include Logan Berube (grade 9), Liam Berube (10), Kyleigh Collette (9), Olivia Peterson (9), Greyson Perrone (10), Selina Dupuy (10), Jackson Kitchens (10), John Perrone (10).

For the full list, visit www.bishopfeehan.com

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Real Estate Corner

Recent Home Sales

Date	Medway	Amount
12/17/2024	36 Oakland St.	\$455,000
12/17/2024	246 Village St.	\$650,000
12/16/2024	18 Sycamore Way #35	\$922,350
12/13/2024	15 Cutler St.	\$490,000
12/06/2024	9 Kingston Lane #3	\$580,000
12/03/2024	8 Little Tree Road	\$1.40 mil
12/03/2024	21 Willow Pond Circle	\$732,839
12/02/2024	14 Sanford St. #22	\$521,000
11/26/2024	1 Winthrop St.	\$599,500
11/26/2024	22 Sycamore Way #37	\$1.16 mil
11/25/2024	8 Virginia Road	\$555,100
11/22/2024	8 Highland St.	\$650,000
11/21/2024	100 Loving St.	\$549,900
11/21/2024	14 Buttercup Lane	\$553,000
11/19/2024	8 Ohlson Circle	\$690,000
11/18/2024	76 Winthrop St.	\$450,971

Date	Millis	Amount
12/09/2024	245 Village St.	\$730,000
11/25/2024	33 Dover Road	\$575,000
11/19/2024	25 Bayberry Circle	\$430,000

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

Recent Home Sale



The 4-bed, 3-bath, 3,040-square-foot unit at 8 Highland Street in Medway recently sold for \$650,000. Image credit: www.zillow.com

Over 445 homes sold!

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<p>SOLD</p> <p>53 Wingate Road Holliston - \$799,900</p>	<p>NEW LISTING</p> <p>83 Eliot Street South Natick - \$1,900,000</p>	<p>SOLD</p> <p>6 Litchfield Way Walpole - \$1,700,000</p>

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SALE PENDING

\$659,900
136 Pleasant Street, Millis
Jennifer (McMahon) Colella



SALE PENDING

\$499,900
118 Lovering Street, Medway
Laina Regan Kaplan



SOLD

\$687,000
6 Independence Lane, Millis
Sue Kuphal



SALE PENDING

\$587,000
14 Tuckerdale Way, Millis
Jennifer (McMahon) Colella



SOLD

\$1,004,500
14 Paddock Lane, Millis
Jennifer (McMahon) Colella



SOLD

\$412,900
19 Country Village Way, Millis
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SOLD

\$1,150,000
88 Manthorne Road, West Roxbury
Laina Regan Kaplan



SOLD

\$562,000
24 Lexington Lane, Millis
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SOLD

\$1,070,000
25 Fairway Lane, Medway
Laina Regan Kaplan



SOLD

\$1,000,000
2 Catalpa Lane, Mendon
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SOLD

\$1,125,000
23 B Summer Street, Medway
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SOLD

\$784,400
118-120 Curve Street, Millis
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SOLD

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



SOLD

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



SOLD

\$1,100,000
91 Norfolk Street, Holliston
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SOLD

\$568,000
10 Rosenfeld Road, Millis
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SOLD

\$925,000
11 Liberty Road, Medway
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SALE PENDING

\$439,900
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SALE PENDING

\$659,900
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*Happy
New Year!*

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