

Medway Co-op Gymnastics Coach Breanna Vacca Named 2023-2024 State Gymnastics Coach of the Year

Team includes student-athletes from
Medway, Millis, Holliston, Milford



Medway High School Co-op
Gymnastics Coach Breanna
Vacca received the 2023-2024
MIAA Gymnastics Coach of the
Year Award at a ceremony in
December. (Photo courtesy
Medway Public Schools)

Medway High School Co-op
Gymnastics Coach Breanna
Vacca was named the 2023-24
Massachusetts Interscholastic
Athletics Association (MIAA)
Gymnastics Coach of the Year.

In December, she received her
recognition alongside athletics
instructors from all over the state
during a ceremony at the Double
Tree Hotel in Milford.

Coach Vacca is in her 11th
year as the head coach of the
Medway Co-op Gymnastics
Team, which also includes stu-
dent-athletes from Holliston, Mil-

COACH

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Millis Lions Club Celebrates 8 Decades of Service to Others

Celebration dinner planned for spring

For 80 years, the Millis Lions
Club has been helping those in
need in Millis and around the
globe.

It all began in the late fall
of 1944, when a few men

to their community and help-
ing those in need. Among these
Millis gentlemen were Clyde F.
Brown, the namesake of the
Millis elementary school, doc-
tors Bob Grandfield, Murdock

Millis Lions Club was officially
formed.

The original founding (char-
ter) members of the Millis Lions
Club were James E. Ackroyd,
Clyde F. Brown, Loring A.
Brown, J. Wendell Burt, Rich-
ard F. Clancy, Charles S. Duke-
low, Stephen Dmytryck, Robert
D. Frink, Howard W. Gould,
Dr. Robert F. Grandfield, Rus-
sell Keough, John F. Kilmain,
Charles Lipsett, Lloyd Lipsett,
Robert W. McDonough, Edgar
H. Main, Abraham Margolis,
Harold E. Olson, Wilbur A.
Powers, Lawrence J. Reardon,
Dr. Murdock J. Sampson, John F.
Sawyer, Dr. Jacob Siegel, Ivan R.
Tate, Harold V. Voye, Harry N.
Walker, Ralph H. Welch, Curtis
H. White and Edward Winiker.

The charitable work and fun-
draising of the Millis Lions is
unmatched, with involvement
in many local and international
initiatives. Through the Millis
Lions' 80 years, they have done
amazing things to help those
in need by making significant
donations to fund cutting-edge

LIONS CLUB

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Lions Michael O'Shaugnessy and Richard Tararra marching in the
Memorial Day Parade in 1987. Courtesy photo

from the Medfield Lions Club
(formed earlier in 1944) met
with a small group of Millis
gentlemen over beverages to
discuss the ideals of Lionism,
the importance of giving back

Sampson and Jacob Siegel,
and musician and teacher, Ed-
ward Winiker. Just a few short
months later, on February 21,
1945, under the sponsorship of
the Medfield Lions Club, the



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COACH

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ford, and Millis.

She boasts an impressive record as the gymnastics coach, closing the 2023-24 season with a team record of 7-1. This season, she led the team through the MIAA South Sectionals placing 2nd, MIAA State Championships placing 4th, and the New England Championships, placing 4th. A team member also competed at the National High School Gymnastics Association Senior Invitational, where Team Massachusetts took first place.

She centers her successful philosophy on creating a positive and inclusive environment where athletes can develop their

gymnastics skills and character. "I believe in prioritizing individual growth alongside teamwork, and encouraging each gymnast to set personal goals while supporting one another in a shared pursuit of excellence," Coach Vacca said. "I aim to inspire them not only to be proficient gymnasts but also confident young adults, valuing open communication and celebrating achievements both big and small, while also viewing challenges as opportunities for learning. My ultimate goal is to inspire a lifelong love for the sport and leave my athletes with the tools they need to succeed both in and out of the gym."

In letters nominating Coach Vacca for the award, current and former students raved

about her commitment to the sport, noting her extra hours spent making sure that athletes feel confident before stepping onto the floor. One student letter discussed a finger injury and how Coach Vacca was able to create a routine that allowed the individual to compete successfully without the use of the finger.

"Her way of developing unique routines to fit her gymnasts, instead of setting specific formulas and requirements for our routines, allows each of us to individually succeed in the way that works best for us," read one of the student letters that nominated Coach Vacca for the MIAA recognition. "Our routines are all so different, and this is because Coach

Vacca puts so much effort into knowing exactly how each of us can reach our potential."

A Medway High School alumna, Coach Vacca is a proud member of the Massachusetts High School Gymnastics Coaches Association (MAHSGC), a USA Gymnastics coach, and a certified Physical Therapist Assistant.

Coach Vacca was also named the Tri-Valley League Coach of the Year in 2023, the 2016 Wicked Local Coach of the Year, the 2023 Metrowest Daily News Coach of the Year, and has been named an MAHSGC Coach of the Year finalist four times.

"We are incredibly lucky to have such a successful individual lead our gymnastics team, who not only encourages members to achieve accomplishments in the sport but also interpersonal growth," Medway Public Schools Athletic Director Jeff Parcels said. "I congratulate Coach Vacca on her well-deserved award and thank her for her commitment to the sport."

"On behalf of the entire Medway Public Schools, I would like to congratulate Coach Breanna Vacca on being named the Gymnastics Coach of the Year," Medway Public Schools Superintendent Dr. Armand Pires said. "This well-deserved honor highlights her dedication, leadership, and passion for her student-athletes."

Submitted by Medway Public Schools

During her tenure as coach, Coach Vacca has also led the team through the following highlights:

2015: 8th Place Finish at MIAA South Sectionals

2016: 3rd Place Finish MIAA South Sectionals

2016: 2nd Place Finish MIAA State Tournament

2016: 3rd Place Finish New England Championships

2017: 4th Place Finish MIAA South Sectionals

2018: 4th Place Finish MIAA South Sectionals

2018: 6th Place - State Championship

2022: 8th Place Finish MIAA South Sectional

2023: 4th Place Finish MIAA South Sectional

2023: 7th Place Finish MIAA State Championships

2024: 2nd Place Finish MIAA South Sectional

2024: 4th Place Finish MIAA State Championships

2024: 4th Place Finish New England Championships

Source: Medway Public Schools



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LIONS CLUB

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vision research through the Massachusetts Lions Eye Research Fund (www.mlerfi.com), donating to the Millis Food Pantry and Millis Fund, collecting bottles and cans at their trailer at the Millis Transfer Station (no sticker needed to drop off recyclables), collecting eyeglasses and hearing aids, offering scholarships for high school seniors, supporting the Boy Scouts and Girl Scouts and all Millis youth sports teams. They support NEADS Dogs, the Carroll Center for the Blind, the Perkins School for the Blind, National Braille Press (Boston), and The Barton Center for diabetic children.

The Millis Lions have hosted public speaking contests for high school students, Peace Poster drawing contests for middle school students, Halloween parties for elementary school students, and sponsored the Millis High School Leos Club which is the youth arm of the Lions. There have been comedy nights, 5-Ks, brew-fests, Polar Plunges, canoe races on the Charles, trivia contests, senior citizen holiday dinners, golf tournaments, auctions, holiday craft fairs and participation in Millis Pride Day, battle re-enactments and town parades. They have volunteered an untold number of hours to help build handicap ramps and stair lifts, build playgrounds, plant trees, plant flags to support our veterans, screen children and adults for vision impairment and hearing loss, serve meals to senior

citizens, and beautify parks and thoroughfares throughout the town.

Through the Lions Clubs International Foundation (LCIF - www.lcif.org), the Millis Lions have helped those who have lost everything from natural disasters, most recently, they worked with other Lions Clubs in Massachusetts to send seven very large box trucks packed with supplies to those affected by the torrential rains in western North Carolina, and are working with LCIF to

The Millis Lions are planning an 80th Celebration Dinner event in the spring.

support those that have been affected by the devastating wildfires in California.

The Millis Lions Club is best known for its annual Super Bowl Breakfast, which takes place on Super Bowl Sunday every February, this year marks its 44th year.

“Joining the Millis Lions Club was the best decision I ever made,” said past president and “chef”, Robert “Bob” Braman, a member of the Millis Lion for more than 50 years. “As a business owner in Millis for many, many years (Braman Screw Machine Company), being part of the Millis Lions afforded me the opportunity to get out into our community and meet amazing individuals while helping those in need. I have been very fortunate to form lifelong friendships with people I met in this Club.

“The Lions are like our family.

The husbands were friends with each other and the wives were friends with each other, and the children of our members grew up together in the town. We all would come together to help with fundraisers, breakfasts, parades and town-wide events. We were families helping families.”

Millis Lion and past Massachusetts Lions District 33K Governor, Debbie Hayes says, “It is the dedication the citizens of Millis, the respect and camaraderie the members have for each other and the fun we have working together, that makes the Millis Lions Club such a wonderful group.

“Of course, we wouldn’t be able to do things we do in our community without the incredible support of our neighbors and friends, and all of the terrific business owners. Their support of our fundraisers and projects have made it possible for the Lions of Millis to help our citizens in times of need and to help beautify our community.”

Millis Lions Club President Dan White said, “We have a

LIONS CLUB

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wonderful organization. The Millis Lions are very accepting of anyone who wants to join and serve. It really comes down to an open heart and a willingness to give back. It is the joining of people in our community to help others.”

Millis Lion and Club Secretary Mike O’Shaughnessy said, “There are over a million Lions around the world, no matter where you travel, be it in the US or Europe or Australia, you will always be welcome by a fellow Lion... There is a bond that unites us and that is service to others.”

Lions Clubs International (LCI) was established in June of 1917 by a Chicago businessman named Melvin Jones who encouraged other business leaders to come together to help families in need during World War I.

It wasn’t long after its formation that Helen Keller charged the Lions to become the “Knights of the Blind” in

her speech at the 1925 Lions Club International Convention in Cedar Point, Ohio. “This is the opportunity I offer you, Lions—to foster and spon-

for Mass Lions Eye Research Fund, Lake Pearl, Wrentham April 6, 2019. The Millis Mice team (Lions) Ed Perry, Shelbe Doliner, Shefali Desai, Keith

being done at some of Massachusetts most prestigious hospitals and academic institutions. This research has brought about many medical advancements and medical devices that have helped those with vision impairment. It is my (our) sincere hope that we will be able to eradicate blindness and vision impairment in the next 20 years.”

Said Paulo, “We hope that the community of Millis will continue to donate their bottles and cans to help fund this very important research that might one day help them or a loved one.”

First Vice President Allison LeBel-Lubin said, “I am so proud to be part of this wonderful organization. ‘We Serve’ is

International, the largest international service organization in the world. From its humble beginnings in Chicago, Illinois in 1917, LCI has expanded into more than 240 countries and territories and every club has the same mission... to improve the health and well-being of everyone, strengthen communities, and support those who are suffering and in need through humanitarian service and grants that impact and change lives, and encourage peace and international understanding.

Second Vice President Tom Downs said, “The Millis Lions Club does have annual dues, but we do not have a ‘lodge’ or ‘clubhouse’ like some other organizations. We meet once a month for a social hour and dinner, and if you can make it, that’s great, and if you can’t, that’s okay too. We come together to conduct business, share a meal, and laugh a lot. It’s a great group.”

The Millis Lions are planning an 80th Celebration Dinner event in the spring.

The Millis Lions Club is currently accepting and welcoming new members. As a Lion, you will have the opportunity to help others, meet new people, and use your talents to make an impact in the community. For more information, visit www.millislionsclub.org.

Submitted by the Millis Lions Club



Tree planting in front of the American Legion in Millis in 2014.
Courtesy photo

sor the work of the American Foundation for the Blind. Will you not help me hasten the day when there shall be no preventable blindness, no little deaf blind child untaught, no blind man or woman unaided? I appeal to you, Lions—you who have your sight, your hearing, you who are strong and brave and kind—will you not constitute yourselves ‘Knights of the Blind’ in my crusade against darkness?” (www.afb.org/about-afb/history/helen-keller/books-essays-speeches/afb/address-lions-clubs-international).

blue t-shirts - Polar Plunge

Gagne, Carol Baker and Allison LeBel Lubin. Courtesy photo

For the last 100 years, it has been the number one mission of Lions around the globe to end blindness, and the Millis Lions have been actively supporting this mission since their inception.

“Tens of thousands of dollars have been raised through our bottle and can collection efforts and every cent is donated to the Massachusetts Lions Eye Research Fund,” said Bottle & Can committee chair and immediate past president, Ron Paulo. “This Fund provides grants for conceptual research

In a speech to the Lions Club International Conference in 1925, Helen Keller charged the Lions to become the ‘Knights of the Blind.’

our motto, and the Millis Lions Club members have proudly ‘served’ this community and left an indelible mark on the Town of Millis for the last 80 years. I look forward to working side-by-side with our great members for many, many years to come.

The Millis Lions Club is one of more than 49,000 individual clubs around the world. Together, these 1.4 million members make up Lions Clubs

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Medway High School celebrates student-athletes in Collegiate Commitment Ceremony

Medway Public Schools hosted a Commitment Ceremony to recognize student-athletes who will continue their athletic journeys at the collegiate level.

The event occurred on Nov. 27 on Hanlon Field at the conclusion of MHS' annual pep rally. Four senior athletes were recognized for their acceptance into their colleges of choice and their commitment to continue their sports at the collegiate level.

The seniors recognized included Priya Bedard, who will play softball at the University of Hartford; John Farrell, who will play baseball at Husson University; Shae O'Neill, who will play field hockey at Roger Williams University; and Ella Taylor, who will play women's lacrosse at Salve Regina University.

"I want to congratulate these four seniors on their acceptance to these schools and on their commitment to continue playing their sports,"



From left to right, Medway High School student-athletes John Farrell, Priya Bedard, Ella Taylor and Shae O'Neill were recognized at a Commitment Ceremony on Nov. 27. John Farrell will play baseball at Husson University; Priya Bedard will play softball at the University of Hartford; Ella Taylor has committed to play women's lacrosse at Salve Regina University; Shea O'Neill will continue playing field hockey at Roger Williams University. (Photo courtesy Medway Public Schools)

Principal Murray said. "They have shown dedication to their academics and athletics during their time at Medway High School, and I know they will continue to thrive as they make the transition into college."

"I am proud of these students for choosing to continue their sports at the collegiate level and excited to see them grow as athletes and individuals as they enter college," Athletic Director Parcels said. "I believe Medway High School has prepared them with the skills they need to succeed beyond our school community, and I wish them the best of luck in their future endeavors."

Submitted by Medway Public Schools

Additional photos at www.millismedwaynews.com

Millis Cultural Council announces 2025 grant awards, seeks new members

The Millis Cultural Council congratulates the following 2025 award recipients and their project titles.

- Amy Adams: Painting Venus
- Charles River Chorale, Inc.: 40th Anniversary Commission Choir Song
- Charles River Sinfonietta, Inc.: Chamber Concerts in Millis
- David and Associates: Sustaining Creativity: Financial Empowerment for Creative Entrepreneurs
- Friends of Niagara Firehouse, Inc.: Niagara Coffee Haus
- Jay Mankita: Chain Reactions & Creative Contraptions
- Millis Public Library: Millis Reads 2025
- MUSIC Dance.edu: Hip Hop Chair Dance for Seniors!
- Jennifer Powell: Sculpture

"You are here"
 Jaime Staraitis: Latin Dance for Everyone
 Summer Concert Series "Concerts & Cornhole"
 Robert Zammarchi: Elijah T. Grasshopper & Friends
 The Millis Cultural Council, our local chapter of the Massachusetts Cultural Council, is also seeking new members! The MCC, which meets once a month, gives small grants to local artists and hosts an annual art festival showcasing local artists and performers.
 This volunteer opportunity is a wonderful way to get involved in our community and make new friends. For more information, contact millisculturalcouncil@gmail.com.



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Medway Public Schools Recognize 2025 Memorial School Plaque Honorees

Heidi Cross, Kathy Hickey, James Tremble recognized

The Medway School Committee recently recognized three community members as the 2025 Memorial Plaque Honorees: Kathy Hickey, Heidi Cross, and James Tremble.

Burke-Memorial Elementary School fourth-graders conducted interviews with the nominated community members and prepared speeches that they presented during the ceremony to introduce their chosen honoree.

The Memorial Plaque was placed in Burke-Memorial when it was built in 1997 to honor individuals who have given selflessly and made a significant or memorable contribution to the Town and/or school community. Through service, volunteerism or dedication, the honorees make Medway Schools or the Town of Medway life better for those who follow. Nominations are submitted each spring and are voted on by the Medway School Committee each summer.

Kathy Hickey

Hickey was introduced by her neighbor, fourth-grader Ame-

lia Barstow, and nominated by Medway resident and Burke Memorial teacher, Jayne Butler.

Hickey, a dedicated Medway native, obtained her master's de-

gree in special education from Framingham State University. She returned to her hometown and taught in the district for 28 years before her retirement in June 2017. After retirement, she continued her work for Medway

by serving as a substitute teacher for an additional seven years. She was known for being able to bring her classroom together, providing a loving, caring environment for each of her students.

“She was a true advocate for the children of Medway in

special, and improving their self-esteem.”

Heidi Cross

Cross was introduced by fourth-grader Addison Halus and nominated by Medway resident Kate Fennyery.

“Teaching is something she

Tremble, he told me his job is much more than just delivering food, it's about making connections and supporting people,” Patel said.

Tremble has been a Medway resident for over 56 years and has had the privilege of raising



From left, Honoree Heidi Cross and fourth-grader Addison Halus; Honoree Kathy Hickey and fourth-grader Amelia Barstow; James Tremble and fourth-grader Krishna Patel. (Photos courtesy Medway Public Schools)

gree in special education from Framingham State University. She returned to her hometown and taught in the district for 28 years before her retirement in June 2017. After retirement, she continued her work for Medway

many ways,” Butler said. “Her special talent was taking perhaps a lonely child, or a child with a tough start in life, or an unhappy child, and with her gift of love and inclusion making them feel

feels she was meant to do and wanted to make sure that she could be the teacher she wanted to have for her own children,” Halus said.

Cross has served the Medway Community for over 22 years out of her 40 years as an educator. Having taught at Burke Middle School and Memorial School, she has the unique gift of motivating and inspiring each of her students and encouraging them to be their best by building strong connections with them. Through her creative and engaging learning activities, she fostered a fun, welcoming classroom environment.

his three children in the community. As a former Staff Sergeant in the Air National Guard, he has a strong inclination toward directly impacting the well-being of his community. He has been dedicated to helping fight hunger in Medway through his commitment to volunteering for the Food Pantry and Meals on Wheels. He has also been involved in the Medway Lions Club by serving as president, secretary, and, most recently, treasurer for 20 years. He has led numerous activities and fundraisers and built up the youth soccer program as its former director. He is often regarded as a “doer” and a selfless and giving people-person, evident through his strong involvement in the Medway community.

James Tremble

Tremble was introduced by fourth-grader Krishna Patel and nominated by Medway resident Kathy Gaudreau.

“When I interviewed Mr.

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Key decisions for retired couples



Mark Freeman, CEPA

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Once you and your spouse retire, you'll have some decisions to make — decisions that could affect your quality of life in your retirement years. What are these choices?

Here a few of the most important ones:

- **How much should you withdraw from your retirement accounts?** By the time you retire, you may have contributed for decades to an IRA and a 401(k)

or similar employer-sponsored retirement plan. But once you retire, you'll probably need to draw on these accounts to help pay your living expenses. Consequently, both of you will need to be sure that you don't withdraw so much each year that you risk running out of money later in your retirement. One common guideline is to aim for an annual withdrawal rate of 4%, but everyone's situation is different based on age, pre-retirement income, lifestyle, health, travel plans and other factors. (Once you turn 73, or 75 if you were born in 1960 or later, you will have to take certain amounts, based on your age and account balance, from your traditional IRA and traditional 401(k) each year.)

- **When should you take Social Security?** The answer to this question depends on many factors, such as your age and other sources of income. You can take Social Security as early as age 62,

but your monthly payments will typically be bigger if you wait until your full retirement age, which will be age 67 if you were born in 1960 or later. And if you can afford to wait even longer, your payments will "max out" when you reach age 70. Your decision on when to take Social Security can affect your spouse — and vice versa. If the lower-earning spouse claims Social Security before their full retirement age — again, age 67 — their own retirement benefit and any potential spousal benefit will be reduced. (Spousal benefits are given to the lower-earning spouse if their full retirement benefit is less than half the other spouse's full retirement benefit.)

- **Should you downsize?** If you live in a big home and your children are grown, you may find it economical to downsize. Of course, this is also an emotional decision, but you may find that you can save money by moving into a smaller home.

- **Where should you live?** Some states are far more expensive to live in than others. You'll want to weigh your decision carefully, considering the cost of housing, food, income and real estate taxes, transportation and health care in whatever state you choose.

- **Have you finished your estate plans?** If not, now is the time. You'll want to work with your legal professional to create whatever documents are needed — a will, living trust, power of attorney — to help ensure your assets go where you want them to go, and that your financial and health care choices will be protected if you become physically or mentally incapacitated.

Of course, many of these same issues will apply if you are single, divorced or widowed. But if you are married, you and your spouse will want to discuss all your choices and then decide which steps to take. Once you've

got your plans in place, you may well find that you can fully enjoy your retirement years.

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

Mark Freeman, CEPA
 Edward Jones Financial Advisor
 77 West Main Street,
 Hopkinton, MA
 508-293-4017
 Mark.Freeman@edwardjones.com

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Start the New Year with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Perhaps, after the cheerful festivities of the holiday season, navigating your basement or venturing into the attic has become a bit more challenging. Maybe you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

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

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic,

Business spotlight

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything.



They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

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

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

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

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

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

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

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at www.affordablejunkremoval.com.

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Your Money, Your Independence

Marriage & Finances: What's Love Got To Do With It?



Glenn Brown, CFP

Valentine's Day is a time to celebrate love, but also an opportunity to reflect on how love influences every part of your relationship—even finances.

Financial planning for married couples is not just about managing money; it's about working together toward shared goals with trust, understanding, and united purpose.

Yet, it's surprising the rising number of married couples entering financial planning engagements with separate finances and desire to keep it that way. Blame pre-existing debt (i.e. student loans), divorce rates and desired autonomy to continue not having to answer for

personal spending habits.

By combining finances and collaborating on financial goals, couples can set themselves up for long-term wealth. Here's how to work together as one effectively.

1. Financial Values and Habits

Before combining finances, it's essential to understand each other's financial habits, values, and experiences. Are you a spender or a saver? Do you prioritize security or investment?

Sharing how you were raised to think about money, past financial experiences, and your attitudes toward spending and investing can avoid future misunderstandings.

2. Combining Finances

Couples must decide whether to share everything, keep things separate, or take a hybrid approach. While some CFPs say there is no right answer, I don't encounter \$5M+ married households where finances are separate. Sure, a small discretionary account may exist, but so does transparency of it and across the household.

When couples feel they're underachieving, I'll see evidence of divided assets, funky income-

based ratios to cover expenses and opportunities missed due to each spouse having several unknowns of the other. In summary, a lack of trust prohibits taking calculated risks to generate wealth.

The way you manage assets, liabilities and spending should reflect values and shared vision of where your household is in 3, 5 and 10+ year increments.

- If one enters marriage with 6-figure student loan debt, you both work to pay it down.
- If one comes from family money, accept offers of assistance that align with your household's vision.
- If one makes more than the other, spending and payments are balanced.
- If making a large purchase requiring a loan and/or investments, details are discussed and are to fit into the household's vision.

3. Setting Shared Financial Goals

Once finances are combined, it's time to set shared financial goals. These range from short-term goals (saving for a vacation

or building an emergency fund) to long-term goals (buying a house or saving for retirement). Start by discussing your personal aspirations and then find ways to align them into a unified plan. Prioritize these goals based on timelines and importance and be prepared to compromise.

It's essential both partners feel involved and heard when setting goals. This shared vision will make the process of working together more fulfilling and successful.

4. Budget & Prioritize Spending Together

A budget helps couples allocate income, control spending, and save for shared goals. Start by listing all monthly expenses, debt repayments and automatic savings (i.e. 401k). Separately list one-time expenses expected in coming 1-3 years, such as home improvements, travel, auto, etc.

If cash flow is positive, then monitor your budget and adjust as necessary. For some it's monthly, others it's revisited when expected results don't occur.

5. Transparency and Communication

Just as love requires ongoing

communication and transparency, so does financial planning. Working together as a team with check-ins and honest conversations ensures you stay on track, discuss progress toward your goals, and adjust when necessary.

Make sure to celebrate milestones together. Besides keeping each other motivated, it recognizes your power of working together and strengthens your emotional bond.

So, "What's love got to do with it?"—the answer is simple: everything.

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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Rockland Trust Launches its 21st Annual Scholarship Program

Rockland Trust is pleased to announce the launch of its 21st Annual Scholarship Program. This program is open to students who are enrolling in part-time or full-time post-secondary studies for the first time at an accredited two—or four-year college, university, or vocational-technical school for the entire upcoming academic year (2025-2026). Rockland Trust will award up to sixteen \$3,000 renewable scholarships this year. Applications are available online at RocklandTrust.com/Scholarship.

"It's an honor that for 21 years Rockland Trust has been able to provide scholarships for students across our service area. It reaffirms our commitment to

individuals through the power of education," said Andrea Borowiecki, Vice President of Charitable Giving & Community Engagement. "By providing these opportunities to advance post-secondary learning, we continue to invest in the potential of our communities and the bright futures of those we serve."

Applications will be considered based on financial need, academic performance, and unusual personal or family circumstances. Applicants must reside in a county Rockland Trust serves. To learn more about guidelines, and eligibility criteria, and access the application, please visit RocklandTrust.com/Scholarship.

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The b.LUXE *beauty beat*

Curls Just Wanna Have Fun!

By GINA WOELFEL

The b.LUXE Curly Cut

At b.LUXE, we're all about celebrating texture, and our curly hair specialists love working with every curl, wave, and coil to bring out their unique style. Our professionals focus on unlocking your curl's full potential with a new level of curl confidence you didn't know was possible! With extensive training, a passion for precision, and a deep understanding of curly hair, our specialists consult with you to craft a look that's uniquely your own. Their expert cuts, tailored treatments, and creative styling tips help you achieve a look you love.

The Specialists:

Meet Sandra Wilkey, Emily Mateo, and Donna Guadagno, the b.LUXE Curly Haired Specialists who are revolutionizing curly hair styling in Boston's Metrowest. With their extensive training and passion for natural textures, they offer innovative styling techniques that celebrate curly hair's individuality.

They also offer essential education on maintaining curls at home, product recommendations, tips for heat-free styling, and deep conditioning treatments. By helping clients understand their unique curl patterns and teaching them the proper way to care for them, they can achieve beautiful, healthy hair and wave goodbye to "bad hair days" faster than you

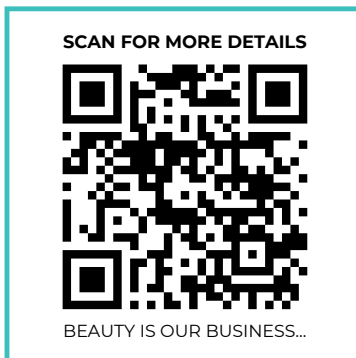
can say, "Not today, frizz!"

What's a "Curly Cut"

A "curly cut" is a specialized haircut tailored to enhance curly hair's natural pattern and texture. This technique involves cutting the hair while it is dry, allowing the stylist to see how each curl behaves. Clients are encouraged to arrive with clean, dry hair styled in their usual way. The stylist sculpts the hair during the appointment, cutting each curl individually. This method maximizes definition and reduces frizz by considering the unique characteristics of the client's curl type and density.

Understanding Your Curls, Coils & Waves

Did you know that the shape of your hair follicle where your hair grows determines the shape of your curls? Hair follicles that are flatter or more oval-shaped produce curlier hair, while rounder follicles produce straighter hair. The shape of your curls determines your curl pattern. Many individuals have multiple curl types on their heads, with different curl patterns in various sections of their hair. This phenomenon is known as "multi-textured hair." Hair width can be coarse, medium, or fine. Curly hair is generally more porous and fragile than straight, thus making it more susceptible to humidity.



Every curl is unique with a full spectrum of textures:

- **Wavy:** Loose, beachy waves that need lightweight products for definition and hold.
- **Curly:** Spirals and ringlets that benefit from moisture and frizz control.
- **Coily:** Tight, densely packed curls that thrive with deep hydration and gentle handling.

To effectively manage your curly hair, it's essential to identify your curl patterns and follow your curly hair specialist's product and styling recommendations.

Key Features of The b.LUXE Curly Cut:

- **Dry Cutting:** The stylist cuts the hair dry to observe how the curls naturally fall and shape the cut accordingly.
- **Curl-by-Curl Sculpting:** Each curl is carefully cut to enhance its natural shape and definition.
- **Focus on Shape and Volume:** The goal is to create a balanced cut that, de-bulks, adds volume and movement while maintaining curl definition.
- **Reduced Frizz Potential:** Working with the natural curl pattern helps define and separate the natural curls, allowing each curl to "stack" on top of one another. This minimizes the exposed hair cuticle surface that contributes to frizz while also removing split ends, which can exacerbate frizziness. A good curly cut helps the curls naturally hold their shape and reduces flyaways and uneven strands. You can also combat frizz and restore moisture with targeted treatments. At b.LUXE we use premium



styling products that deeply nourish curls, lock in hydration, and leave your hair feeling soft, shiny, and manageable. For extreme cases, we also offer "The Saphira De-Frizzing Treatment," which eliminates frizz and smooths dry, brittle hair into soft waves that enhance your natural hair pattern and texture. This treatment includes a full-sized Prep & Maintain Shampoo and Mineral Mist for you to take home.

- **Styling Education:** At-Home Education: Sandra, Emily, and Donna are more than just hairstylists; they're your curly hair confidantes! During a comprehensive consultation, they will assess your needs, customize your haircut, and provide essential tips for washing, condition-

ing, and styling your curls. You'll leave the salon looking fabulous and equipped with the knowledge to keep your curls thriving between visits!

Book Your Curly Cut Today!

Are you ready to fall in love with your curls again? Look no further than the experts at b.LUXE. With their specialized curly hair services, Sandra, Emily, and Donna are here to help you achieve the best curls of your life!

For more information, go to bluxe.com or scan the QR code to visit our "Curly Hair" webpage. When booking, be sure to select the "b.LUXE Curly Cut" to experience the difference this cut can make.

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Medway Senior Center February Programs

Warm Apple Cider Bar. Feb. 11 at 10 a.m. Our Hot Coco bar was such a hit, we are doing it again. Join us for cider with delicious toppings, and great company. Event is free but please sign up at the Center 508-533-3210.

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.

Indoor Walking Group. While the weather outside is frightful, gather with us in the gym on Tuesdays at 9:30 AM for some gentle walking exercise.

Volunteers Needed. Got a talent to share? The Medway Senior Center is seeking enthusiastic volunteers to lead exciting programs and classes! Whether it's art, music, discussion group, or a unique skill, we'd love to hear from you! Please call the Center at 508-533-3210

Weekly Exercise Classes

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

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

Outreach Department. Did you know that the Senior Center has two part-time Outreach workers? The Outreach Department can meet with seniors, families, or any individual. We can explain community programs and benefits, assist with applications for designated programs, 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, Fuel assistance applications, Referrals for Home Care Services, Internet Discount, Mass Health applications, and more. If you need assistance, call the Center and ask for Sue O'Connor or Cathy Carvalho.

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

Feb. 6, Notting Hill. A chance encounter brings together reserved bookstore owner William Thacker and Hollywood icon Anna Scott, who forge an improbable romance.

Feb. 20, The Six Triple Eight.

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Living Healthy

Macular Degeneration:

What It Is and How to Treat It

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

Macular degeneration is one of the leading causes of vision loss, particularly among older adults, significantly impacting the quality of life for millions worldwide. This article examines macular degeneration, its symptoms and signs, diagnostic methods, current treatments, recent therapeutic advancements, and available care options.

What is Macular Degeneration?

Macular degeneration, often called age-related macular degeneration (AMD), is a progressive eye condition affecting the macula, the small central area of the retina responsible for sharp, detailed central vision. AMD is categorized into two primary types: dry (atrophic)

and wet (neovascular).

- **Dry AMD:** The more common form, comprising 85–90% of cases. It occurs due to gradual thinning of the macula and the accumulation of drusen, yellow deposits under the retina. Vision loss progresses slowly in most cases.
- **Wet AMD:** Though less common, it is more severe, responsible for most advanced vision loss cases. It results from abnormal blood vessel growth under the retina, causing leakage, bleeding, and scarring, often leading to rapid vision loss without treatment.

Symptoms and Signs

Symptoms of macular degeneration vary by type and stage. Common signs include:

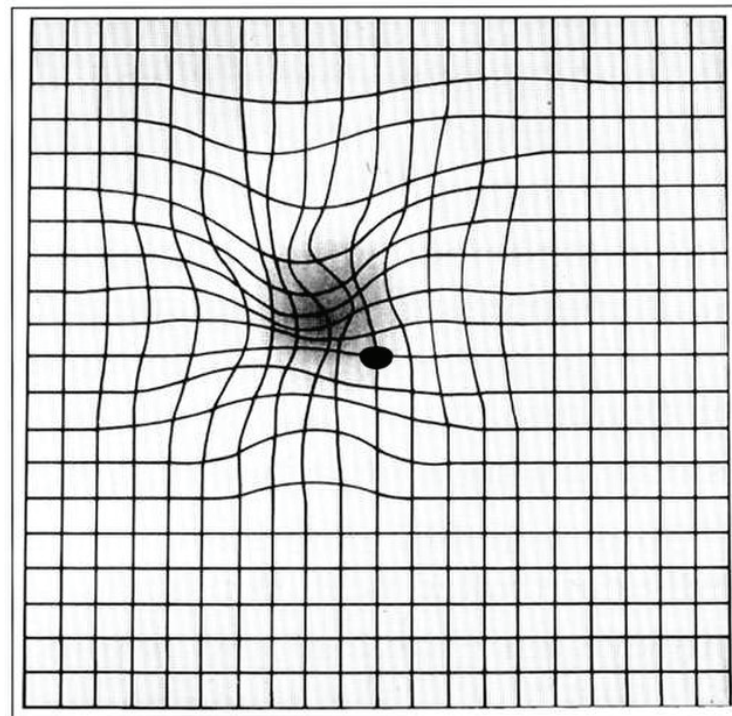
- **Blurred central vision:** Early signs may include difficulty reading or recognizing faces.

- **Distorted vision (metamorphopsia):** Straight lines may appear wavy or distorted.
- **Difficulty adapting to low light:** Challenges in transitioning from bright to dim environments.
- **Central blind spots (scotomas):** Dark or empty areas in the central field of vision.
- **Reduced color perception:** Colors may seem less vibrant over time.

Diagnostic Testing

Accurate diagnosis is vital for managing AMD effectively. Key diagnostic tools include:

- **Comprehensive eye exam:** Identifies early signs such as drusen or retinal changes.
- **Amsler grid test:** Detects distortions or blind spots in central vision.
- **Optical coherence tomography (OCT):** Offers detailed cross-sectional imaging of the retina, highlighting thin-



ning or fluid accumulation.

- **Fluorescein angiography:** Highlights abnormal blood vessel growth and leakage in wet AMD.
- **Fundus photography:** Captures high-resolution retinal images to monitor changes over time.

brolucizumab (Beovu) inhibit vascular endothelial growth factor (VEGF), reducing abnormal vessel formation.

– **Photodynamic therapy (PDT):** Combines a light-sensitive drug with laser activation to target abnormal vessels.

– **Laser therapy:** Less commonly used, this destroys abnormal blood vessels with laser energy.

Current Treatment Options

Treatment depends on the type and severity of AMD:

• **Dry AMD:**

While no definitive cure exists, lifestyle modifications and supportive care can slow progression:

- **Nutritional supplements:** The AREDS2 formula (antioxidants, zinc, and copper) reduces the risk of advanced AMD.
- **Lifestyle changes:** A healthy diet rich in leafy greens, omega-3 fatty acids, avoiding smoking, and UV protection are essential.

• **Wet AMD:**

Treatment focuses on halting abnormal blood vessel growth:

- **Anti-VEGF therapy:** Medications like ranibizumab (Lucentis), aflibercept (Eylea), and

New Therapeutic Advancements

Advancements in AMD research are offering improved outcomes:

- **Gene therapy:** Experimental approaches aim to deliver protective genes to the retina, reducing the need for frequent anti-VEGF injections.
- **Long-lasting drug delivery systems:** Innovations like the Port Delivery System (PDS) with ranibizumab provide sustained medication release, minimizing injection frequency.
- **Stem cell therapy:** Re-

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EYES

continued from page 12

search explores using stem cell-derived retinal pigment epithelial (RPE) cells to replace damaged macular cells.

- **New pharmacological agents:** Drugs like complement inhibitors (e.g., pegcetacoplan) target previously untreatable stages of dry AMD and geographic atrophy.

Living with Macular Degeneration

Managing AMD extends beyond medical treatment and includes:

- **Low vision aids:** Magnifiers, special glasses, and electronic devices maintain independence.
- **Support networks:** Connecting with groups and counseling provides emotional and practical support.
- **Routine monitoring:** Regular follow-ups ensure timely interventions and manage-

ment adjustments.

Macular degeneration presents significant challenges, but early detection and proactive management can preserve vision and improve quality of life. If you experience symptoms or have risk factors, schedule a comprehensive eye exam with an eye care professional.

At Milford Franklin Eye Center, we use state-of-the-art technology to address a variety of eye conditions, including macular degeneration. Our dedicated retina specialist focuses on treating retinal eye diseases and AMD, utilizing the most recent treatment modalities discussed in this article. With advanced equipment rivaling the best teaching eye hospitals, we proudly offer world-class eye care close to home.

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Sports

Millis Boys Five aiming for 11th straight playoff berth

By KEN HAMWEY
STAFF SPORTS WRITER

Coach Paul Adams has guided the Millis boys' basketball team to 10 consecutive playoff berths and it seems likely that No. 11 will arrive soon — in spite of a slow start.

The Mohawks were 3-4 and ranked No. 18 in Division 4 at Local Town Pages' deadline. The top 32 teams are awarded invitations.

Five seniors graduated from last year's squad which finished at 9-11 and split a pair of games in the tournament. But Millis has seven players who've returned and that group has a variety of strengths.

Experience and depth might not be considered as assets on a 13-man roster that has three seniors, two juniors, and eight sophomores, but they are. Seven of the 13 players have AAU experience.

"We've got some work to do but we're starting to jell, and our team chemistry has improved," Adams said. "We can go nine deep and although we're still young, we've got talent. Our kids are very coachable, well-skilled and athletic. Other strengths include a high basketball IQ, solid team chemistry and good instincts."

The goals Adams listed at the start of the season were to qualify



The 2024-25 Millis High Boys' Basketball Team is aiming for the program's 11th straight playoff invitation. Courtesy photo

for the playoffs, compete for the Tri Valley League Small Division title, and to play at a high level in practice and games.

"Our objectives are realistic," said the 55-year-old Adams who previously was the Mohawks' girls' coach for 10 years. "We've got the talent and ability to take the next step. That step includes the division title and a deep run in the tourney. We've lost three games in the division, but we can still make a run for that title."

Three players in key roles for the Mohawks are the captains — senior Andrew Fiala (center), junior Sean Ryan (forward), and sophomore Franco Barisano (point guard).

"Andrew is tall (6-4) so he provides rebounding and a defensive presence," Adams offered. "A

three-year veteran, he can do it all — score, pass, and rebound. He works hard, is coachable, has a high hoop IQ and is always in the right position. He leads by example."

Ryan, a 6-foot quick forward, averaged 10 points a game last year and at Local Town Pages' deadline, he was averaging 14 points and five rebounds this season. "Ryan, who also leads by example, is a great shooter who can hit threes," Adams said. "He's also a good mid-range shooter. A capable rebounder who's strong and physical, he drives to the hoop effectively."

As a freshman last year, Barisano averaged nine points and six assists at the point. "Franco is a vocal leader who's an all-around player," Adams empha-

sized. "A good passer who can also shoot threes, he's a very instinctive player who makes everyone better."

Sophomores aren't often viewed as focal points on an experienced team but 6-foot-4 forward Jack Carter, who was chosen as a TVL all-star as a freshman, is a key cog for the Mohawks. He averaged 15 points and 10 rebounds last year. Through seven games this season he's averaging 20 points and 12 rebounds.

"Jack is a big-time competitor," Adams said. "He's a really good athlete who does it all. He can rebound, shoot threes, pass, and slash and drive to the hoop."

Two seniors who effectively contribute are off-guard Nick Hohman and power forward Henry Kiggen.

"Nick is athletic, runs the floor well and defends tenaciously," Adams noted. "He's a key when we press because of his quick hands. Henry is 6-1 and he fits in nicely with our overall style of up-tempo offense and pressure defense. He runs the floor well, is a hard worker and he hustles all the time."

Junior Jason Fornier is a versatile 5-foot-8 guard who is physically strong and very athletic. "Jason might be our most athletic player," Adams said. "He can jump, he's quick and he's got great instincts and court awareness. He's improved his game and we use him as our backup point guard."

Sophomore Liam Kraby, Millis' quarterback in football, is a very athletic, 5-foot-10 forward.

"Liam is a good athlete who can shoot threes and rebound," Adams said. "He's tough and strong and can definitely develop into our defensive stopper."

A native of Millis, Adams is pleased with his staff of assistants. His jayvee coach is Dan Donovan and his middle-school coach is Sagar Desai. His varsity assistants include Paul Zonfrelli, Kevin Laduke and Mark Maguire. "They're all dedicated to the kids and the program and they're all well-respected," Adams said.

A Millis police officer for almost 33 years, Adams retired three years ago but continues to operate his landscaping business. Coaching, however, is a passion that he's devoted to.

"My philosophy of coaching is all about working hard to become a strong competitor," he said. "I want our players to reach their potential and have fun in whatever sport they play. If those two things occur, then winning likely will follow."

Valuable life lessons so often are learned in sports venues and Adams is acutely aware of that. "I rate overcoming adversity as a great takeaway from sports," he emphasized. "When an athlete conquers an adverse situation, what comes next is resiliency. Both are great lessons to be learned through athletics. Other key lessons are how to become strong leaders and good teammates, and to always hold yourself accountable."

Before a tourney date is solidified, the Mohawks are focused on trying to win the school's first TVL Small Division championship.

"Dover-Sherborn is the defending champ and remains a traditionally strong program," Adams offered. "Norton has talent and its team chemistry is always good. And Medway is a consistent team. It's a balanced division and no team can be taken lightly."

Both Adams and his Millis players know that talent and experience are key attributes for success. If his squad is going to take what he calls "the next step," then those two ingredients must surface at all times and be sustainable.

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Sports

The basics of long-term care

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Aging is a fact of life and it comes with certain realities. While most of us probably don't want to picture ourselves eventually needing help with daily activities, Americans turning 65 today have almost a 70 percent chance they will need some type of long-term care during their remaining years.¹ As this type of care is not generally covered by private health insurance or Medicare, it's important to create a strategy to help protect yourself and your family from the financial and emotional impact of a possible long-term care event.

What is long-term care?

Long-term care encompasses a variety of services that assist those who can no longer perform everyday activities on their own. These activities, known as activities of daily living (ADLs), include dressing, eating, and bathing. A chronic illness or a physical impairment can lead to a need for long-term care, but it's most commonly needed as the result of a cognitive issue, such as Alzheimer's disease. Care services can be provided in the home, a community setting, or a facility such as a nursing home.

How much does long-term care cost?

On average, women need about 3.7 years of long-term care and men an average of 2.2 years.² The national average for a home health aide is \$29.12 per hour (so for example, 20 hours of care per week would cost more than \$30,000 per year), while a private room in a nursing home averages \$116,577.35 per year.³

Long-term care costs can quickly add up and can have a significant impact on your retirement and the assets you've worked so hard to accumulate. Understanding the various long-term care options available is critical to helping you create a strategy to ensure you have access to the type of care you prefer while protecting your finances.

How to prepare for long-term care

Depending on your age,

health, means and needs, there are several ways to address long-term care.

Long-term care options:

- Standalone or traditional long-term care insurance solutions generally provide the most robust long-term care coverage based on the premiums paid, can be customized to suit your needs, and offer the option to receive care at home, in an assisted living facility, or a nursing home.
- Linked-benefit or hybrid solutions combine long-term care insurance with life insurance, providing broader coverage and greater flexibility usually at a slightly higher price point since you are insuring multiple risks.
- Riders, such as chronic care riders on life policies, offer the most basic coverage, allowing a portion of the policy's death benefit to be accessible should you become chronically ill.
- You may be able to pay for long-term care out-of-pocket (self-fund) if you have significant assets. While this may be an option for some, it's often valuable to weigh the benefits of private insurance versus self-funding as there are additional advantages that come with private insurance including care management and risk sharing, which can benefit you in the event of a catastrophic long-term care event.
- Medicaid does cover some long-term care services (unlike Medicare, which most people are surprised to learn does not cover long-term care) but you need to spend down most of your assets to qualify and you need to receive care in an approved facility.

When to start preparing for long-term care

Health and age are key factors used in determining eligibility and rates for private long-term

care solutions, so it's best to explore these options when you are in your 40s and 50s.

It's never too soon to start preparing for long-term care. The peace of mind you'll have knowing you're protecting your family and retirement can be an important benefit of creating a strategy, even if you elect to just protect part of your risk with a smaller amount of coverage. Take the first step and contact a New York Life agent to help you find a solution that best suits your needs.

This educational, third-party article is provided as a courtesy



by Michael T. Damon, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Damon Financial at (508) 321-2101.

¹ "How much care will you need?" U.S. Department of Health and Human Services, February 2020.

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

³ "Cost of Care," New York Life Insurance Company, 2023.

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Millis Safety Log

Structure fire, vandalism, assisting citizens

According to safety logs, between Dec. 16 and Jan. 15, the Millis Police Department spent the majority of its time on calls related to motor vehicle stops and violations, general traffic control, security alarms, suspicious activity, lost/found property, larceny/

forgery/fraud, and assisting citizens. They also provided assistance to Medway and Norfolk.

This is not meant to be an exhaustive list. Entries of note include:

Dec. 16 at 11:19 am, Exchange St, suspicious

activity

Dec. 17 at 8:32 am, Orchard St, suspicious activity

Dec. 20 at 3:17 am, Village St, suspicious activity

Dec. 21 at 4:18 pm, Acorn St, suspicious activity, building checked

Dec. 23 at 9:32 am, Village St, larceny/forgery/fraud

Dec. 24 at 2:58 am, Exchange St, carbon

monoxide alarm

Dec. 25 at 9:28 pm, Stoney Brook Dr, missing person, checked and spoken with

Dec. 26 at 5:11 am, Village St, disturbance

Dec. 27 at 1:49 pm, Orchard St, larceny/forgery/fraud

Dec. 29 at 1:52 pm, Middlesex St, found/lost property

Dec. 31 at 12:09 pm, Main St, larceny/forgery/fraud

Jan. 1 at 11:29 pm, Windcrest Ln, disturbance

Jan. 2 at 7:30 am, Main St, vandalism

Jan. 6 at 3:59 pm, Pleasant St, larceny/forgery/fraud

Jan. 7 at 12:16 am, Village St, structure fire

Jan. 8 at 3:27 am, Stoney Brook Dr, disturbance, arrest made

Jan. 10 at 1:48 pm, Heritage Path, suspicious activity

Bucknell University Dean's list

Pat Quinlivan of Medway has been named to Bucknell University's Dean's List for the fall semester of the 2024-2025 academic year. His major is computer science and he will graduate in 2025.

To receive Dean's List recognition, a student must earn a grade point average of 3.5 or higher on a scale of 4.0.

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Millis receives no-interest loan from Massachusetts Clean Water Trust Board of Trustees

The Massachusetts Clean Water Trust's (the Trust) Board of Trustees approved \$73,733,811 in new low-interest loans and grants at its meeting on Jan. 8, which included \$3,615,499 for the Town of Millis for PFAS upgrades at the Village Street Water Treatment Plant.

The Millis loan has a zero percent interest rate.

The Trust, in collaboration with the Massachusetts Depart-

ment of Environmental Protection, helps communities build or replace water infrastructure that enhances ground and surface water resources, ensures the safety of drinking water, protects public health and develops resilient communities. It accomplishes these objectives by providing low-interest loans and grants to cities, towns and water utilities through the Massachusetts State Revolving Funds

(SRFs). The SRF programs are partnerships between the United States Environmental Protection Agency and the Commonwealth of Massachusetts.

SRFs function like an environmental infrastructure bank by financing water infrastructure projects in cities and towns across the Commonwealth.

Press release submitted by the Massachusetts State Treasury

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Medway Market Update

JAN 1 2024 through DEC 31 2024*

16	112
AVG DAYS TO OFFER VS. 2023: 26 AVG DAYS TO OFFER	Total Sold Listings VS. 2023: 115 LISTINGS
\$1,400,000	\$795,660
Highest Sales Price VS. 2023: \$1,500,000	Average Sales Price VS. 2023: \$729,683

Millis Market Update

JAN 1 2024 through DEC 31 2024*

15	78
AVG DAYS TO OFFER VS. 2023: 21 AVG DAYS TO OFFER	Total Sold Listings VS. 2023: 67 LISTINGS
\$1,500,000	\$724,945
Highest Sales Price VS. 2023: \$2,150,000	Average Sales Price VS. 2023: \$756,388

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*data as of 1-22-2025 MLSpin

42 students from Medway High School Class of 2025 receive John and Abigail Adams Scholarship

Forty-two students in the Medway High School Class of 2025 are among those statewide to receive a John and Abigail Adams Scholarship this year.

The John and Abigail Adams Scholarship is a merit-based program that provides a credit toward tuition for up to eight semesters of undergraduate education at a Massachusetts state college or university. The award amount differs based on the student's chosen school.

This scholarship is available

to students whose MCAS performance puts them in the top 25% of their district. To be eligible, students must score in the Advanced category on one of three high school state assessment tests (English Language Arts, Mathematics, or Science and Technology/Engineering) and score in the Proficient or Advanced category on the remaining two high school state assessment tests. Students take the MCAS tests in the spring of their sophomore year.

Principal Murray congratulated the students for receiving the scholarship at Medway High School on Nov. 25.

“Congratulations to all our students who have earned the distinguished John and Abigail Adams Scholarship,” Principal Dr. Murray said. “This incredible achievement is a testament to their unwavering dedication, hard work, and commitment to academic excellence. They have made our entire school community proud.”

The following Medway High School Class of 2025 students have earned a John and Abigail Adams Scholarship:

Annabelle Hazell, AnnMarie Schmitt, Brendan Mey, Caleb Martin, Christina Harrahy, Devin DeAngelis, Duncan Graves, Dimitri Markovich, Es-haan Potnis, Gavin Shipos, Jules Antonino, Jeffrey Kelly, Julia Morcos, Jenna Westervelt, Katherine Jordan, Katie Tarkowski, Leah Crespi, Lauren Monteiro, Mason Diaz, Michael Webb, Madalyn Marks, Matthew Mon-

tana, Matthew Rose, Nicholas Pierangeli, Olivia Klaus, Orla Mann, Olivia Melanson, Riley Ashok, Reilly Guilmartin, Ryan Hoye, Ryan Lawes, Ryan Logan, Sean Souza, Sophie Heiden, Sasha McNaney, Sofia Mercier, Timothy Hurley, Tom MacLeod, Victor Chaudoir, Willem Khoo, Zachary Phillips, Zachary Nielsen.

Medway safety log

Aggressive customers, leafblower, unfounded iPhone alert for vehicle crash

Between Dec. 15, 2024 and Jan. 15, 2025, 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, erratic motor vehicle operators, various alarms, 911 calls, road hazards, various disturbances, lockouts, property damage, drone deployment, blasting detail, animal issues (dogs, cats,

deer, cows), suspicious persons, identity fraud, larceny, shoplifting, and warrants issued/recalled. Medway also assisted other departments including Holliston, Millis and Needham.

This is not meant to be an exhaustive list. Entries of note include:

- Dec. 15 at 10:21 am, Hunter Ln, injured deer in backyard
- Dec. 15 at 11:40 pm, Country Ln, injured cat
- Dec. 16 at 5:35 am, Trotter Dr, fire investiga-

tion. Strong odor of burnt plastic or rubber, skid marks on road but no trucks in area. No hazards found.

Dec. 16 at 3:26 pm, Winthrop St, assault and battery, tenant issue

Dec. 16 at 6:11 pm, Fisher St, loose cow

Dec. 18 at 3:19 pm, Oakland St, report of individual "harshly walking his dog on a leash"

Dec. 20 at 10:16 am, Main St, motor vehicle violation. A 63-year-old East Sandwich man was arrested.

Jan. 1 at 4:08 am, Village St, assault/assault and battery. Caller reported party knocked on her door and started fighting her husband when he answered the door.

Jan. 3 at 1:50 am, Neelon Ln, drone deployment.

Jan. 3 at 1:12 pm, Winthrop St, identity fraud

Jan. 4 at 1:17 am, Main St, unwanted party. Caller reports party sleeping in restaurant.

Jan. 4 at 10:06 am, Sanford St, break and enter. Petsitter reports a broken window and someone sleeping in the bed of the listed resident.

Jan. 7 at 1:55 pm, Main St, lost or stolen. Walk-in from a customer who said her wallet was taken out of her purse when she was shopping at a local store.

Jan. 9 at 10:21 am, Village St. 911 caller reports a lost or stolen firearm but doesn't know where it came from.

Jan. 9 at 11:39 am, Oakland St, suspicious person. Caller reports a male knocked on their door and appeared to be looking in

windows.

Jan. 10 at 9:26 am, Holliston St, assault/assault and battery

Jan. 10 at 3:26 pm, North St, animal control, dog bite

Jan. 11 at 12:14 am, Milford St, accident, unfounded. "Automated iPhone message from listed location alerting to a crash... Officers report check of the area, driveways and side streets, unable to locate any vehicle involved in an accident."

Jan. 11 at 4:41 am, Meadow Rd, disturbance, leaf blower

Jan. 14 at 7:13 pm, Main St, disturbance. 911 caller reports a customer being verbally aggressive and refuses to leave.

Jan. 15 at 10:46 am, West St, larceny, Venmo was hacked

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Real Estate Corner

Recent Home Sales

Date	Medway	Amount
01/30/2025	8 Vernon Road	\$505,000
12/30/2024	15 High Street	\$580,000
12/30/2024	11 Spruce Road	\$805,000
12/23/2024	118 Lovering Street	\$489,000
12/23/2024	21 Sycamore Way #39	\$1.15 mil
12/20/2024	4 Curtis Lane	\$853,059
12/20/2024	28 Causeway Street	\$574,900

Date	Millis	Amount
01/17/2025	14 Tuckerdale Way	\$579,900
01/09/2025	344 Orchard Street	\$745,000
01/06/2025	136 Pleasant Street	\$630,000
01/02/2025	29 Plain Street	\$587,500
01/02/2025	153 Dover Road	\$462,500
12/31/2024	201 Farm Street	\$399,900
12/30/2024	23 Helen Lane	\$905,000
12/24/2024	147 Plain Street	\$415,000
12/20/2024	26 Middlesex Street	\$725,000
12/19/2024	43 Hilltop Drive	\$416,000
12/16/2024	19 Country Village Way	\$412,900

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

Recent Home Sale



The 4-bed, 3-bath, 2,671-square-foot house at 4 Curtis Lane in Medway recently sold for \$853,059. Image credit: www.zillow.com

Over 445 homes sold!

SOLD  36 Lakin Street Needham - \$2,300,000	NEW CONSTRUCTION  Lake Front, 3 living levels, 3400sf Norfolk - \$1.175M	SOLD  11-13 Pleasant Street Medfield - \$850,000
SOLD  53 Wingate Road Holliston - \$799,900	NEW LISTING  83 Eliot Street South Natick - \$1,900,000	NEW CONSTRUCTION  Millis - \$899,000

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



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



SOLD
\$630,000
136 Pleasant Street, Millis
Jennifer (McMahon) Colella



SOLD - BUYER CLIENT
\$416,000
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