



Medway Middle School's 2025 science fair participants.
Photo credit: Sofia Mercier

Medway Middle School hosts 17th annual Science Fair

BY SOFIA MERCIER
STUDENT WRITER

On Feb. 11, Medway Middle School hosted its 17th Annual Science Fair which included 41 participants and 23 different projects focused on a variety of natural and physical sciences, including neuroscience, biology, physics, aerospace, and more.

MMS's 7th and 8th graders participated in either a research

project or a scientific investigation.

Scientific investigators conducted an experiment of their own and recorded their procedures and test results, ultimately determining whether or not their hypothesis was correct. These projects featured lemon lights in

SCIENCE FAIR

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Millis School Committee selects Middle/High School renovation plan to present to state

BY THERESA KNAPP

At a joint meeting on Feb. 5, the Millis Select Board and Millis School Committee voted to endorse an addition and renovation plan for the Millis Middle/High School, as recommended by the Millis School Building Committee.

Millis Superintendent of Schools Robert Mullaney told the Select Board, "Based on our district's core values and beliefs about learning, our Vision of a Graduate, the Education Plan developed for the Middle/High School building project, and the Educational Visioning work done throughout 2024, it is our recommendation that addition/renovation option 'AR4a' is the only option, aside from a new school facility, that would meet the current and future needs of the Millis Public Schools."

The renovation/addition project includes a 94,200 gross square foot renovation and a 55,800 gsf addition that ultimately "creates two distinct schools with shared common



The Millis Select Board and Millis School Committee have endorsed a Middle/High School renovation/addition plan that would create two distinct schools with shared common space. Source: Millis Community Media

space at the center." The project includes:

- New dedicated middle school wing
- Direct first-floor access of new middle school wing to

STEAM [science, technology, engineering, art, mathematics], arts, music entrance

- New adequately-sized gym-

RENOVATIONS

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SCIENCE FAIR

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“Electrifying Lemons” by Matthew Willey, Caleb Taylor, and John Fasolino, as well as bacterial culturing in “Is It True? Investigating the 5-Second Rule” by Bennett Simon.

Research projects ranged from “Cancer: The Immortal Disease” by Abby Waugh to “Exploring the Quantum World” by Aarush Juluru to “Elephant Toothpaste by Krish Brahmhatt, Adrian Wilkey, and Michael Pelletier.

The research was conducted over the course of a four-month period, beginning in October and ending in late January. At the end of their exploration, a written paper and tri-fold board displayed their findings and included their question, hypothesis, method, results, and conclusion.

This year’s winners include:
1st Place (a two-way tie)

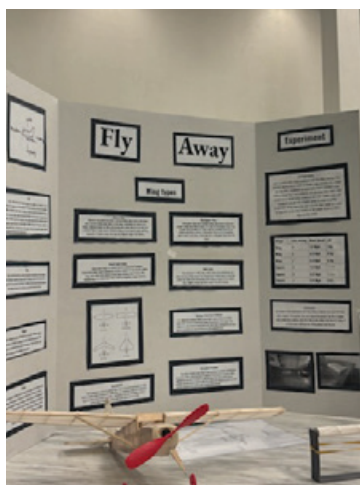
Bennett Simon with “Is It True? Investigating the 5-Second Rule” - Scientific Investigation

Nate Dorr with “Fly Away” - Research (Physical sciences and technology)

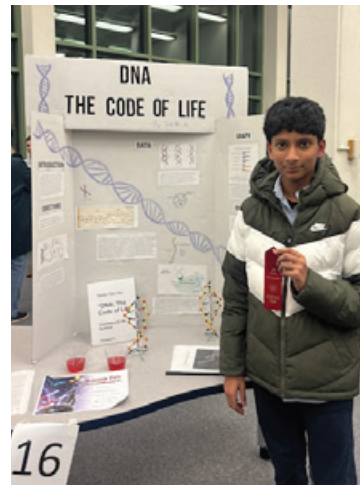
2nd Place:



Tanish Rao Asu with “DNA: The Code of Life” - Research (Chemistry and Life Science)
3rd Place (a two-way tie):
Pedro DaSilva, Lucas Healy,



and Jas Bandaru with “Archimedes: Inventor of the Solar Death Ray” - Research (Science Engineering and Technology)
James Cotsford and Jack Pat-



Clockwise from top left: Third Place Winners (from left), Jack Patterson and James Cotsford with their project “Ants Impact on the Environment;” 1st Place Winner, Nate Dorr’s project, “Fly Away (How Airplanes Fly);” Third Place Winners (from left), Jas Bandaru, Lucas Healy, and Pedro DaSilva strike a pose with their project “Archimedes: Inventor of a Solar Death Ray;” 1st Place Winner, Bennett Simon with his project, “Is It True? Investigating the 5-Second Rule.” Photos: Sofia Mercier

erson with “Ants Impact on the Environment” - Research (Life Science)

RENOVATIONS

continued from page 1

nasium

- New STEAM and multi-purpose space in existing renovated gym in center of school
- Redesign of the existing high school classrooms
- Possible dedicated entrances for separate schools

“This is the biggest ask ever in the history of Millis. We understand the impact that this is going to have on everybody.”

*Ellen Rosenfeld, Chair
Millis Select Board*

The cost of the project is estimated to be \$127.4 million with a cost to the town between \$71.2

RENOVATIONS

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RENOVATIONS

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million and \$82 million.

Millis Select Board member Craig Schultze said the town would fund this project through a debt exclusion which is a temporary tax increase to pay a debt service from bonding for a specific capital project. This method was previously used for Millis' library, fire station, police department, Veterans Memorial Building, and Clyde F. Brown Elementary School building projects.

"That lasts only for 30 years; after 30 years that money is paid off and it's gone," said Schultze, adding "A million dollars of borrowing works out to about \$16 a year, just ballpark, on an average house, a \$607,000 appraised house is about \$16 a year."

Schultze said the town is looking for value. "We're looking for something that's going to last 50 years, that we're not going to have to come back to, and it's going to meet all of our educational needs for the next 50 years."

Select Board Chair Ellen Rosenfeld said, "We all take this very seriously. This is the biggest ask ever in the history of Millis. We understand the impact that this is going to have on everybody...We do everything we can in this town to consider the financial impact on every single resident of this town...No town does more with less than we do, that's who we are and that is what we're doing here."

Rosenfeld said, "This is the final piece of the Millis puzzle: Renovate the Middle/High school to get another 50 years out of it, bring it up to code, separate the middle from the high, make it safe for today's world, and provide our students the best environment possible to accomplish their goals."

She also said town officials looked at school regionalization "knowing it wouldn't help

us for our immediate needs but we looked at it anyway" and they spoke with state representatives "imploing them to increase funding."

During the public comment portion of the meeting, Millis School Committee Chair Robyn Briggs addressed the board's mention of possible school regionalization. She said she had reached out to all school districts that touch Millis - King Philip, Dover-Sherborn, Holliston, Medway, Medfield - and there was no interest in regionalizing with Millis.

"And so we have nowhere to go for that," said Briggs. "I really



Millis School Committee Chair Robyn Briggs addressed the Millis Select Board at its Feb. 5 meeting regarding her talks with abutting school districts about possible regionalization.

Source: Millis Community Media

reached out to all these School Committee people and they said, 'Not right now, thank you.' This was very much out of left field for them, for us to come at them with this request, they were not prepared for that." She did say, however, that some districts were interested in working together regarding special education cost savings.

The next steps in the process include submitting the endorsed plan to the MSBA, conducting public forums and board presentations, and a vote at Town Meeting and at the ballot box.

For more information, visit www.millisschoolproject.com/

Holliston officially 'not interested in regionalizing' with Millis

Any possibility of a merger of the Millis Public Schools with the Holliston Public School District was put to rest in an email on Feb. 14 to Millis School Committee Chair Robyn Briggs from Holliston School Committee Chair Daniel Alfred.

In that email, reviewed by Local Town Pages, Alfred said, "I would like to definitely state that the HSC [Holliston School Committee] is not [emphasis] interested in regionalizing the Holliston Public Schools with the Millis Public Schools, either in its entirety or just at the high school level."

In the correspondence, Alfred said Briggs mentioned the idea of regionalization and he presented the idea to the HSC for discussion, especially since Millis had been accepted into the Massachusetts School Building Authority program for a possible renovation or replacement of its Middle/High school.

Alfred's letter continued, "Since then, however, we have learned that a new MSBA application would be required for a regional high school, making your current MSBA invitation inapplicable for this purpose. Additionally, Millis has experienced a second failed override in the span of six months, which raises significant concerns about whether your residents are prepared to finance such an endeavor."

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Medway Recycling Center to stop accepting solid waste as of March 3

By THERESA KNAPP

As of March 3, the Medway Recycling Center will no longer accept solid waste, including yellow bags, swap shop items, or bulk trash items.

“The moment that we accept anything that is trash-related there, or solid-waste related, we are in violation of state law.”

*Michael Boynton
Medway Town Manager*

The recycling center sits atop a former town landfill that was closed in 1982.

Medway Town Manager Michael Boynton addressed the issue in a community update

video posted on Facebook on Feb. 11 in which he said Medway has been running a ‘recycling center’ at 46 Broad Street since the late 1980s or early 1990s but it has recently come to light that the site is operating like a ‘transfer station’ for which it is not licensed.

Boynton said that, after an inspection last year, “It was determined that some of the material that we’re taking at the recycling center actually constitutes what’s called ‘municipal solid waste’ (MSW) [and] that municipal solid waste can only be disposed of at a transfer station, it cannot be disposed of at a recycling center.”

“So even though we’ve had years and years of inspections there, only now is it really coming to light that we are, in fact, essentially running a transfer station without authorization,” said Boynton. “The moment that we accept anything that is trash-related there, or solid-



waste related, we are in violation of state law.”

Boynton explained that transfer station licenses must be approved by the Department of Environmental Protection (DEP), and Medway has never received approval for a transfer station. In order to get that approval, the former landfill site has to have a DEP-approved “post-closure use plan” which

Medway does not have. In order to get that plan, the town must have submitted to DEP a certification from the original capping of the landfill (in the 1980s), but neither the town nor the state can locate that paperwork.

Boynton says the town continues to work with the state to address the situation but, “It is not a quick solution, there is not a quick turnaround... We’re working on a problem that’s 40 years in the making.” He thanked residents for their patience and cooperation as town officials work to solve the issue.

Going forward, recyclables will continue to be accepted at the recycling center. “Anything that would otherwise have to go to an incinerator, or be burned, or [go to] some other landfill, can no longer be disposed of or held over or swapped out at the recycling center,” Boynton said, adding yellow bags can be disposed of at the curb through Lawrence Waste Services.

For Boynton’s entire mes-

Medway, state seek certification landfill was properly capped in 1982

According to the Commonwealth’s June 2024 list of “Inactive & Closed Landfills & Dumping Grounds,” the 10-acre Medway Landfill is listed as a MSW [municipal solid waste] site that is “not lined” [no barrier between solid waste fill and the underlying soil], has an “inactive” status [not currently disposing of solid waste], and has an “incomplete” closure status. For the full report, visit bit.ly/MedwayLandfillDEPstatus

sage, visit <https://fb.watch/xMQP55JE3P/>. Lawrence Waste Services can be reached at 508-533-5200.

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Worcester State University announces Fall 2024 Dean's List

To qualify for the Dean's List at Worcester State University, full- and part-time students must earn a grade point average of 3.5 or better for the semester. Courses taken on a pass/fail basis are excluded from the GPA calculation.

Local students include Maia G Garofalo-Mckean and Ethel J Namuwaya of Medway; and Alina T Donoian and Emily C Themistocles of Millis.

For more information, visit www.worcester.edu

Medway students to participate in April music festival

Twenty-six students from Medway High School and Medway Middle School auditioned for the Massachusetts Music Educators Central District Junior Festival, open to students in grades 7-9.

The Medway Music Department is excited to announce that 11 Medway students have been chosen to participate in this year's festival scheduled for April.

A huge thank you to Erin Cronan, Medway Middle School band director, for her hard work assisting with registration and keeping families informed about this event. Thank you to both Ms. Cronan and Amanda Webster, Medway High School band director, for chaperoning students on audition day. Both of your efforts are truly appreciated!

We are excited to extend our congratulations to the following students for their achievement!

Choral

- Myla Campbell (Gr 8)
- Maeve Farley (Gr 9)
- Rishi Gupta (Gr 9)
- Evan Jackey (Gr 9)
- Emma Keavany (Gr 9)
- Kaitlyn McMahon (Gr 9)
- Teo Perez (Gr 8)
- Gabrielle Sewell (Gr 9)

Instrumental

- Sadie Baldner, Clarinet (Gr 9)
- Alenka Cook, Flute (Gr 9)
- Keira Lipman, Bass Clarinet (Gr 8)

Submitted on behalf of the Medway Music Department

Friends of the Millis Library Offer Scholarship

The Friends of the Millis Public Library are proud to once again offer our annual scholarship to a deserving high school senior. All graduating seniors residing in Millis who will be attending a college or university are eligible for this scholarship. Emphasis will be placed on library volunteerism and efforts to promote literacy/reading.

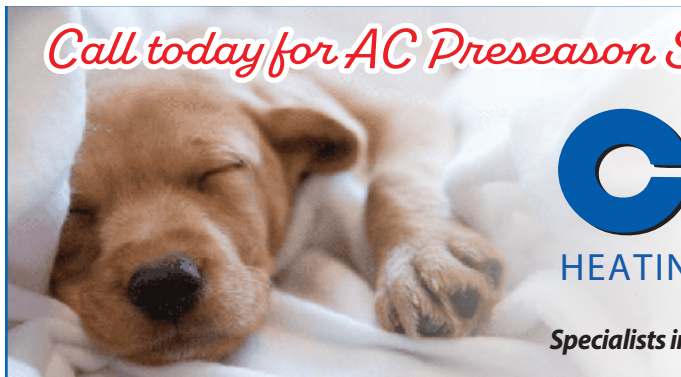
To apply for the scholarship, Millis High school seniors only should visit the Millis High School website: hs.millisps.org to access the scholarship link. Students from other schools should contact their Guidance Office for more information and to obtain an application. Millis High students can start using the scholarship website and students from

other schools can begin to apply for the scholarship through their schools on Friday, March 14 and deadline for applications is Sunday, April 27, 2025. The Friends of the Millis Public Library is a non-profit organization dedicated to supporting and enhancing library services.

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58 Tri-County seniors awarded John & Abigail Adams Scholarship

Tri-County Regional Vocational Technical High School honored 58 students from the graduating class of 2025 who have been awarded the prestigious John & Abigail Adams Scholarship. This honor not only celebrates these students' outstanding academic achievements, but also provides them

with incredible opportunities for their future education.

Local students include Medway residents Corey Ball, William Chenette, Madisyn Downs, Alicia Hall, Jonah Scott, and Cecilia Sprague; and Millis residents Ephraim Aday, Connor Girouard, Loatchwel Joseph, and Derek McGuire.

The John & Abigail Adams Scholarship is awarded to Massachusetts public high school students who have demonstrated exceptional performance on the Massachusetts Comprehensive Assessment System (MCAS) tests. To qualify, students must score at the Advanced level in either the Mathematics or Eng-

lish Language Arts section, and at least Proficient in the other section. Additionally, their combined MCAS scores must place them in the top 25% of their school district.

Recipients of the John & Abigail Adams Scholarship are eligible for an undergraduate tuition waiver at any Massachusetts state college or university. This scholarship is valid for up to eight consecutive semesters of undergraduate education at

a Massachusetts public college or university provided students maintain a GPA of 3.0 or higher during their college years.

For more information about the John & Abigail Adams Scholarship and its benefits, please visit the Massachusetts Department of Elementary and Secondary Education website at (<https://www.mass.gov/info-details/john-and-abigail-adams-scholarship>).



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Photographer and writer Barry Schneier to speak on March 6

Medway Public Library is pleased to host photographer and writer Barry Schneier on Thursday March 6 at 7 pm. He will speak on his newly released book *The Song Is Still Being Written: The Folk Music Portrait Project*



Mr. Schneier is a photographer and writer who began his career in the 1970s working with up and coming as well as established musicians in Boston, San Francisco and Los Angeles. In this newest project he captures singer-songwriters from Grammy winners to emerging artists. The common thread of this project is that all the artists began their careers at Harvard Square's Passim (originally Club 47) one of the most heralded performance spaces in folk music history.

Notez, and Kim Moberg, who are bringing new meaning to the definition of "folk" music.

Today Barry's work is housed in collections across the country; from Los Angeles' Paramount Pictures, to the Rock and Roll Hall of Fame, The GRAMMY Museum and The New England Folk Music Archives.

His photographs for the book include more than three dozen artists such as Tom Rush, Jim Rooney, Lori McKenna and fresh faces from the Folk Collective Initiative at Passim, including Naomi Westwater, Cliff

Books will be available for purchase and signing. Registration is preferred via the "Events" link on the library website medwaylib.org or call the library at 508-533-3217. Walk-ins are also welcome.



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Women caregivers face financial challenges



Mark Freeman, CEPA

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On March 8, we observe International Women’s Day. Although this event celebrates women’s achievements, it’s still true that women, especially caregivers, face significant financial hurdles. How can these challenges be met?

To begin with, let’s look at some concerning statistics connected to American women in the “sandwich generation” — those who care for children and

parents or other relatives — from a study by Edward Jones and research firms NEXT360 and Morning Consult:

- Nearly half of women report feeling financially strained.
- Almost two-thirds of women say caregiving duties have harmed their ability to save for their own financial goals.
- More than half of women have had to reduce their professional responsibilities due to caregiving, resulting in the loss of potential income.

So, if you’re a sandwich-generation woman, what can you do to improve your financial outlook?

Consider these suggestions:

- **Establish your own financial goals.** Depending on the length and complexity of your caregiving duties, your own financial goals could be affected. For example, you may need to change your retirement date from what you had originally intended, or else adjust the retirement lifestyle you had envisioned. However, this doesn’t mean

you shouldn’t try to establish your own short- and long-term financial goals and then create a strategy for achieving them. In doing so, you may find it helpful to work with a financial professional.

- **Contribute as much as you can to your retirement accounts.** Your caregiving obligations may be preventing you from working as many hours as you like, or perhaps even from accepting a higher-paying position. In either case, your ability to contribute to your retirement accounts may well be diminished. Nonetheless, each month try to put in as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. And if you do get salary increases, think about boosting your monthly contributions to your plan.
- **Don’t rush into taking Social Security.** You can start collecting Social Security as early as age 62, and you might be tempted to do so if you’re feeling some financial pres-

sure because of your caregiving responsibilities. But your monthly benefits can be bigger if you wait until your full retirement age, which will be age 67 if you were born in 1960 or later. So, if you can find other ways to bridge this gap — possibly through a spouse’s income or your own savings — it may well benefit you to wait as long as you can before collecting.

- **Maintain separate finances.** If your parents are concerned about falling behind on their bills, they might suggest combining their bank accounts with yours. This may not be a good idea — if your finances get tangled with those of your parents, you could end up paying for some of their expenses, even if they can afford to do so themselves. Consequently, try to keep your finances separate.
- **Create a financial power of attorney.** You may want to see whether your parents will agree to give you a financial power of attorney, so you

can make decisions on their behalf should they become incapacitated. Such an arrangement can help protect them and you.

There’s no sugar-coating it: Caregiving can be financially taxing on caregivers. But by taking the appropriate steps, you may be able to help reduce some of the stress involved.

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A Winning Addition – Dr. Kylee Eagles Brings Sports Medicine and Nutrition Expertise to Medway

By JENNIFER RUSSO

Business spotlight

If you have ever experienced muscle or joint pain, you know that it greatly impacts quality of life. It can limit mobility, make daily tasks seem almost impossible to complete, and cause an incredible amount of frustration and stress. Maybe it was a rotator cuff tear in a baseball game or a pulled hamstring while out on your morning jog. Perhaps it was a strained back muscle caused by shoveling snow, knee pain caused by something you aren't sure of, or a case of tendonitis or arthritis. Whatever the malady, it is important to seek the care of a specialist to analyze the root cause so that further damage is avoided.

Dr. Kylee Eagles, renowned for her expert and compassionate care on the South Shore, has recently moved her practice to Medway, offering a welcoming space nearby for

those looking to heal, regain their mobility, or achieve their personal health goals. She is looking forward to continuing along the path that she believes she was born to follow.

“I grew up in the healthcare world, with both of my parents being chiropractors. I remember when I was twelve, I was helping my dad over the summer and one of his high school patients had some shoulder pain during a personal training session. He took him aside and adjusted his rib since it had misaligned, and I remember looking at him and telling him that this was what I wanted to do. I thought it was awesome that the patient was able to continue with his workout and



not cause any additional injuries because of a doctor having that knowledge and fixing it right away. Every decision I have made since that moment has been toward becoming the best sports medicine doctor I can be,” shares Dr. Eagles.

And she truly loves what she does, believing that medicine isn't just about treatment, but building strong and mean-



ingful relationships with her patients. With everything she learned in school, her residency and fellowship, she still credits patients with teaching her new things every day.

“I believe in lifelong learning. You need to constantly learn new things in order to be great at what you do. In medicine, there are always advancements being innovated every day. Sometimes I will have patients come in with a unique issue and I'll investigate treatment options. If there is a new procedure that I think would be beneficial to them, I will do everything to learn that procedure so I can help. I want to fix their problem, that is my ultimate goal,” says Dr. Eagles.

Dr. Eagles is triple board certified in family medicine, sports medicine, and obesity medicine, and has an additional certification in sports nutrition, so comprehensive care is the main focus of her practice.

“If an athlete has an injury or finds that there are repetitive injuries, it is critical to get to the root cause of the problem. Sometimes there is a nutrition deficiency, or they are not fueling themselves properly, or another issue that needs to be addressed. So, factoring in the nutritional conversations are just as important,” shares Dr. Eagles.

As a runner, weightlifter, and former competitive swimmer herself, she genuinely strives to ensure that her patients have all the tools they

need to remain strong and healthy. Understanding what her patients are going through, she will try to find ways to help them (both athletes and non-athletes) stay active so that they don't become sedentary and find themselves injured again.

“We aren't meant to sit still. Not being active throughout our lives causes all of the side effects of that. Obesity, depression, diabetes, heart disease, joint pain, and even anxiety can all be caused by not moving our bodies. And injuries often happen when someone isn't being consistent in their movement,” says Dr. Eagles.

When might you seek treatment for pain? Here's what to pay attention to.

“Any sharp pains, stiffness, weakness or limitations to being able to move around easily are red flags,” she says. “Early care can ensure the ability to stay strong and active, enjoying all of life's moments as they come.”

Dr. Eagles is now accepting patients of all ages at her new office, located at 68A Main Street in Medway. The building also includes a lab, x-ray, and urgent care so patients don't need to travel to multiple locations for treatment. Call to schedule an appointment at 508-321-2844 or visit <https://www.milfordregionalphysicians.org/doctors/eagles-kylee-do> for more information.

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Your Money, Your Independence

Homebuying in March: A Smart Time to Make Your Move?



Glenn Brown, CFP

March signals the beginning of homebuying season as the weather improves and more sellers list homes after waiting through the slower winter months.

Some buyers will wait in hopes of aligning closing with the end of school year; thus, buyers in March may have less competition and more options.

Before scrolling Zillow, open houses, and finding a real estate agent, let's discuss things you need to implement.

Define Your Priorities.

Think about what you need in a home, make a list, and then prioritize #1-25, as not everything can be #1 or 1A. Consider factors like location, bedrooms, outdoor space, designated areas (i.e. office, kids' playroom),

open concept, amenities, etc. Also know your preferences: move-in ready v. fixer-upper, few neighbors v. neighborhood, and public v. private school. And whatever you do, don't let listing photos redefine your priorities.

Do Your Research.

Research the local market to understand pricing trends and gain an idea of what to expect when making offers. Learn what's going on with schools, public safety, property taxes, new ordinances, and city/town infrastructure. Also, if you don't want to live on a busy road, know the existing commercial and industrial zones.

Get Pre-Approved for a Mortgage.

This shows sellers that you're a serious buyer and can afford the property. Pre-approval also helps you understand how much you can borrow. Don't confuse pre-approval with ability to pay, as an underwriter is viewing your financial situation today - not what you have planned.

Explore Loan Options.

When buying a home, securing the right mortgage is critical. Here are some common types:

Conventional Loans - Not backed by the government, these are offered by banks or private lenders. Down payments are 5-20% with required credit scores higher than 620, best rates for scores 780+. Benefits

include competitive rates and flexible terms, however, there are limits on the amount borrowed.

FHA Loans - Government-backed Federal Housing Administration loans are designed to help first-time homebuyers or those with lower credit scores qualify for a mortgage. Down payments are as low as 3.5% for credit scores of 580 or higher. While lower down payment and easier to qualify, Private Mortgage Insurance (PMI) is required, which increases overall costs.

Jumbo Loans - A type of mortgage that exceeds the conforming loan limits set by the Federal Housing Finance Agency (FHFA). Down payments are often 20%+ with higher credit scores, incomes, and investment assets.

Adjustable-Rate Mortgages (ARMs) - Offer a lower initial interest rate for a fixed period, typically 5, 7, or 10 years, then adjusts based on market

conditions. Down payments are 5% or more with eligibility similar to conventional loan requirements. Ideal for those expecting to refinance or move again in 5-7 years. There's a risk of higher payments as rates adjust or if the refinancing or move doesn't (can't) occur.

Understand the Full Costs.

At closing you may need more than the down payment, this includes escrow (property taxes and insurance), prepaid interest, and other closing costs for \$5-15K additional. This can be rolled into the mortgage, so get a breakdown from your lender to avoid surprises.

About that Financial Plan.

As a CFP, I've helped many clients with their homebuying (and selling) process. What eases stress is knowing what happens AFTER moving into your new home. Knowns include a new monthly budget, adjusted cash flow expectations, spending timelines on renovations, and

any short-term lifestyle compromises. Additionally, we've run scenarios planning for the unexpected, family additions and/or desire to change jobs for greater work/life flexibility.

Through planning, you're confident in aligning your home with your financial independence.

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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HELP WANTED: A guide to getting your next job

You've landed an interview, now to prepare

BY THERESA KNAPP

Congratulations, the company has noticed your résumé and they've scheduled an interview with you. Now what?

Now you prepare. Getting a job is difficult and time-consuming. The more prepared you can be, the more confident you can be, and the more successful you can be.

For the employer, the purpose of the job interview is to assess the candidate's skills, their motivation, and to see if they are a good fit with the company's culture and mission.

For the candidate, the interview can help assess if the job description is accurate, if you're

- Have your elevator pitch ready

Your "elevator pitch" should be "u-nique"

An elevator pitch is your introduction. The pitch should be 30 to 60 seconds long and should address your professional history, accomplishments of which you're most proud of, and relevant career goals which tie in with the job for that you're applying.

The pitch should end with a fun fact about yourself, something that can help you stand out from the other candidates. It should be positive and not too personal.

Many employers receive hun-

view include:

- What past accomplishments are you most proud of?
- What three things do you want to get better at this year?
- What skills do you have that you've noticed differentiate you from your peers?
- What would your past or present colleagues say is the best thing about working with you?
- Where do you want to be in three or five years?

Take some time to think about your answers. An interview is the time to shine, to identify areas in which you are proud, and to share those accomplishments. Let the employer know what skills and energy you'll bring to their company.

If you're wondering how to highlight your strengths in an interview, Indeed [bit.ly/IndeedPersonalStrengths] says focus on quality not quantity, back up your strengths with examples, and provide original answers to routine questions – you want to provide the answers they're looking for while standing out from the competition.

10 common job interview questions and how to answer them

According to the *Harvard Business Review* [bit.ly/HBR10CommonInterviewQuestions], the following questions are often asked during a job interview:

- Could you tell me about yourself and briefly describe your background?
- How did you hear about the position?
- What kind of work environment do you prefer?
- How do you deal with pressure or stressful situations?
- Do you prefer working independently or on a team?
- How do you keep yourself organized when balancing multiple projects?
- What did you do in the last



year to improve your knowledge?

- What are your salary expectations?
- Are you applying for other jobs?
- Can you explain a time gap on your résumé?

Be prepared to respond to these questions with the answer and, when appropriate, why that is the answer.

For helpful detailed responses, visit bit.ly/HBR10CommonInterviewQuestions.

"What is your greatest weakness?"

Another often-asked and often-dreaded interview question is, "What is your greatest weakness?" The purpose of this question is to see if you're honest, self-aware, and open to self-improvement; it gauges your emotional intelligence.

According to themuse.com [bit.ly/MuseGreatestWeakness], there is a simple formula to answer this question:

- Clearly describe your weakness [ex. Delegating]
- Give a short example of a time your weakness affected your work [ex. The meeting started late because I did all the prep work myself, I should have delegated.]
- Talk about what you've done to improve your weakness. [ex. I now look to my team or coworkers to ask for assistance at the beginning of a project.]

When answering the question, be sure to answer concisely and focus on the solution, not the

weakness. And always leave the answer on a positive note.

"Do you have any questions for us?"

At the end of most interviews is one last question: "Do you have any questions for us?" Your answer should always be "yes" even if the employer has answered every question you had. It is important you ask at least one question, preferably 1-3 questions as time allows. Suggestions include:

- How would you define success in this role?
- How is success measured in this role?
- What is the most challenging aspect of this role or this team?
- What do you like about working here?
- How many other members are in this department?
- How would you define company culture?
- What opportunities do you offer for professional development?
- Questions related to information on their website, blog, or social media
- What are the next steps in the hiring process? [this should not be your only question]

It's always best to ask some of these questions during the interview but be sure to save one or two questions for the end.

For the "70 best questions to ask in an interview," visit bit.ly/Indeed51QuestionsToAsk.

This article includes original content and information from Indeed.com, the-

INTERVIEW PREP

continued on page 11

First impressions count

According to the American Psychological Association, first impressions can have a real impact on your professional success. Ways to strengthen your chances of making a good first impression include:

1. **Know your audience:** Know who you're interviewing with so you can speak to them directly
2. **Exude confidence:** Speak slowly and calmly, make eye contact
3. **Field questions gracefully:** Don't get defensive, you don't know an answer, it's okay to say so
4. **Prepare and practice:** You cannot overprepare
5. **Be a good listener:** Pay attention, make eye contact, nod, don't interrupt or finish their sentences

Source: www.apa.org/gradpsych/2012/11/first-impressions

comfortable with the "feel" of the company and its representatives, etc.

Preparation is key

- Read the job description thoroughly, research unfamiliar terms and acronyms
- Research the company through its website, blog, and LinkedIn page
- Search for company reviews on sites like GlassDoor, Indeed, Jobcase, etc.
- Search for the company in the news, is there anything about the culture, stock, etc., you should (or should not) discuss during the interview? A quick Google search could reveal important information
- Be familiar with the office location (even if it's a virtual position or interview)

dreds of applications for each job. It will help your chances if you have a memorable interview. What makes you "u-nique"? Employers often ask each candidate the same list of questions so they can make accurate comparisons, and they often hear similar answers from each applicant. By sharing something unique about you – that you can directly relate to the job responsibilities – your chances of standing out can increase. Do you speak several languages? Do you have a unique hobby? Did you audition for American Idol? Were you at the 2004 Red Sox World Series Game?

Five questions to ask yourself as you prepare

According to the job search engine Indeed.com [bit.ly/Indeed5questions], five questions to ask yourself before a job inter-

HELP WANTED: A guide to getting your next job

Digital footprints, yours and theirs

By Theresa Knapp

According to Business News Daily, "It's no longer that a great resume and a solid interview dictate whether you get a job offer. Your personal social media profiles can potentially seriously affect your professional life."

Business News Daily suggests the following tips for passing social media screenings:

1. Don't erase your profile: This can imply you have something to hide and does not guarantee the profile is com-

pletely deleted (but do remove inappropriate content)

2. Use social media to your benefit: Use your socials to promote content that shows your knowledge, professionalism, achievements, etc.
3. Google yourself to see what others will see when they do the same
4. Consider making your profile private: It is legal for employers to check public social media accounts, and be wary of hiring managers

requesting information beyond what's available online (this is similar to employers asking inappropriate questions during interviews and should raise a red flag)

Source: www.businessnewsdaily.com/2377-social-media-hiring.html

There are ways to make social media work to your advantage during the interview process, including updating your social media profiles with up-to-date information, this includes Facebook, Instagram, LinkedIn, Tik-

Tok, X – anywhere you have an active account; and like/follow companies that interest you and companies where you are interviewing.

LinkedIn.com offers the following tips to improve your LinkedIn profile:

1. Choose the right profile picture
2. Add a background photo
3. Make your headline more than just a job title
4. Record and display your name pronunciation

5. Grow your network
6. List your relevant skills
7. Request recommendations
8. Showcase your passion for learning
9. Add comments

Follow relevant influencers in your industry

Source: bit.ly/LinkedInProfileTips2024

This article includes original content and information from Business News Daily and LinkedIn.

INTERVIEW PREP

continued from page 10

muse.com, Harvard Business Review, and PositivePsychology.com

"What's your greatest weakness?" possible responses

When a potential employer asks this question, and they usually do, the following topics can be good answers as long as the 'weakness' is not directly related to the job you're seeking. For example, if you're applying to be a salesperson, you would not say your weakness is cold calling; and if you're applying to be an auditor, you would not say your weakness is math.

Other possible responses relate to:

- Public speaking
- Delegation

- Time management
- Writing
- Organization
- Attention to small details
- Cold calling
- Confidence
- Decision-making
- Explaining complex or technical topics
- Feedback, giving or receiving
- Grammar
- Math
- Patience
- Self-esteem
- Understanding when and how to say no

A full list can be found at bit.ly/MuseGreatestWeakness

What is emotional intelligence?

Questions like "What is your greatest weakness" test your emotional intelligence, to see how you would behave, engage, and react in certain situations. Other questions used to gauge emotional intelligence, and could easily be asked during an interview, include:

1. How do you de-stress after a bad day at work?
2. What's something you've achieved that you're most proud of and why?
3. Who are some of your top role models, why do they inspire you?
4. How do you celebrate success?
5. How do you respond when a co-worker challenges you?
6. Have you ever had to change your behavior, either at work or home, if so, why did you have to change, and how did you change?
7. How do you recover from failure?
8. When have you felt demotivated, and what did you do to overcome this?
9. How would some of your closest friends describe you?
10. What kind of behavior makes you angry/annoyed?

Source: positivepsychology.com/emotional-intelligence-interview-questions/

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HELP WANTED: A guide to getting your next job

Résumés, cover letters, and references

BY THERESA KNAPP

Résumés and cover letters are important because they help job seekers convey their qualifications, experiences, and skills to potential employers. Your resume and cover letter should be tailored to each specific job and should mention several of the qualifications listed in a job description.

Many companies use an Applicant Tracking System (ATS) so it is important to use as many keywords from the job description as possible as this will increase your chances to make it past the initial filter.

Résumés

Résumés provide a first impression to the employer and should put your best foot forward. The ideal resume is one page long, but two pages is common.

The layout should include your name, email address (be sure it is a professional email address), and phone number at the top of the page, your home address is not necessary. The next section can be a Professional Summary or Objective (optional), then Experience (in reverse chronological order) in paragraph or bulleted list form. Follow this with Education, and end with an optional Achievements or Skills section.

Do not include a Reference section on your resume. According to indeed.com, resume tips to help you land an interview include:

- Look for keywords in the job posting and include those on your resume
- Review resume examples for your industry
- Résumés should be simple and brief
- Include concrete achievements and metrics when possible
- Include only relevant information
- Use a professional font, 12 points, black font (unless your industry prefers color and creativity)
- Margins should be one inch (expand to 1.15 or 1.25 inches if you don't have a lot to fill the document)
- Call attention to important achievements within a job description or in a separate "Achievements" or "Skills" section at the bottom of the resume
- Proofread, proofread, proofread
- Make multiple versions of your resume

Source: www.indeed.com/career-advice/Résumés-cover-letters/10-resume-writing-tips

Coursera [www.coursera.org] suggests using action words such as *generated, reviewed, crafted, analyzed, developed, compiled, arranged, secured, collaborated, documented, presented, administered, refined, produced, accomplished, increased, grew, improved, managed, delivered, transformed, fulfilled, engaged, negotiated*, etc.

For 150 resume action words, visit www.coursera.org/articles/resume-action-words. According to Forbes.com, the top skills to put on your resume in 2025, if applicable, are:

- Data analysis and project management
- AI and machine learning
- Software engineering and IT infrastructure
- Critical and strategic thinking
- Problem-solving
- Adaptability and agility
- Collaboration and teamwork
- Communication skills

Source: www.forbes.com/sites/rachelwells/2025/01/10/top-skills-to-put-on-your-resume-in-2025/

Cover letters

If a job description says a cover letter is not required, you don't have to submit one. If it says a cover letter is optional, it's in your best interest to submit one.

A cover letter is a short letter that accompanies your resume and illustrates how your experi-

ence would directly relate to the specific position to which you're applying.

According to the Columbia University Center for Career Education, the goal of a cover letter is to highlight your qualifications, showcase your motivation, and reflect your voice and written communication skills. To write an effective cover letter, you should review the job description and research the company and its values and mission. The Columbia website says, "As you craft your cover letter, use examples that demonstrate your relevant skills, knowledge, and interests."

The standard format includes a heading that matches your resume (centered), the address of the company (against left margin), then a salutation (if no name is given use "Hiring Manager or the title mentioned in the job description). The first paragraph is the introduction where you say what job you're applying for and why; and the second paragraph (this could be two paragraphs, if need be) can highlight one or two skills or experiences and how they are relevant to the job for which you are applying. The last paragraph is a conclusion where you recap what you would bring to the organization and your interest in the position, and thank them for their consideration.

Source: <https://www.careereducation.columbia.edu/resources/how-and-why-write-great-cover-letter>

References

References are typically not requested until a job offer is pending, though some companies may request them up front.

Be sure to alert the people you are using as references so they are not surprised when they receive an email or phone call related to your application.

Carefully consider who in your current job you can use as a reference that will not compromise your current work situation.

When choosing your references, the American Association of University Women (AAUW) says you should find colleagues you can trust, pay attention to titles, be prepared (always keep an updated list of references, keep them updated with current information), follow up after they provide a reference with a thank you note and tell them if you got the job. And finally, never misrepresent your references or yourself.

Source: www.aauw.org/resources/career/boost-your-career/providing-references/

This article includes original content and information from the American Association of University Women, coursera.org, forbes.com, indeed.com, and Columbia University.

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HELP WANTED: A guide to getting your next job

Job search and technology, what you need to know about AI

BY VICTORIA RAYEL
CAREER COUNSELOR AND
LIFE COACH

If you're thinking about starting the new year with a new job, it's important to be clear about your job targets, ideal industry,

find top applicants and expedite the process.

To stand apart in this market, you need to know what to expect when it comes to technology in the job search. Three tips to ensure you don't get lost in the application 'black hole' include

application materials match the job for which you're going. You can use tools like Jobscan and free AI Chatbot's (ex. ChatGPT, Perplexity, Gemini) to help make sure you match the skills and experiences the job requires.

For example, upload your

skills this job is looking for and list where they come up on my résumé. Put this list in a grid"

Consider "Apply for me" Tools

Sites like Ladders and Lazy-Apply apply to jobs on your behalf for a fee. You will fill out a series of questions, select the jobs that are interesting, then the tools will submit your application. Job searching can be a tedious task, and technology can help you save time in applying. Now you can spend more time on important things like interview preparation, upskilling, and the next tip.

Networking

Roughly 15% of positions are filled through online applications, so it is suggested job seekers spend at least 50% of their job search time on reconnecting with

WHAT IS "ARTIFICIAL INTELLIGENCE"

According to NASA, citing the National Defense Authorization Act of 2019, "Artificial intelligence refers to computer systems that can perform complex tasks normally done by human-reasoning, decision making, creating, etc."

www.nasa.gov/what-is-artificial-intelligence

their existing networks and building new relationships. If online applications are not helping you get interviews, start having conversations. Coffee chats, phone calls, networking events, LinkedIn Group discussions, Discord, Facebook and any community groups you're involved in can be an amazing resource to connect to people.

Finally, don't let AI intimidate you. It's time to embrace the new normal and leverage technology to help you succeed.

location, pay, and have a résumé. With an increasing number of applicants due to a changing business environment, geopolitical landscape and overall economic changes, recruiters use tools like AI to help them quickly

using artificial intelligence (AI), helpful automatic tools, and networking.

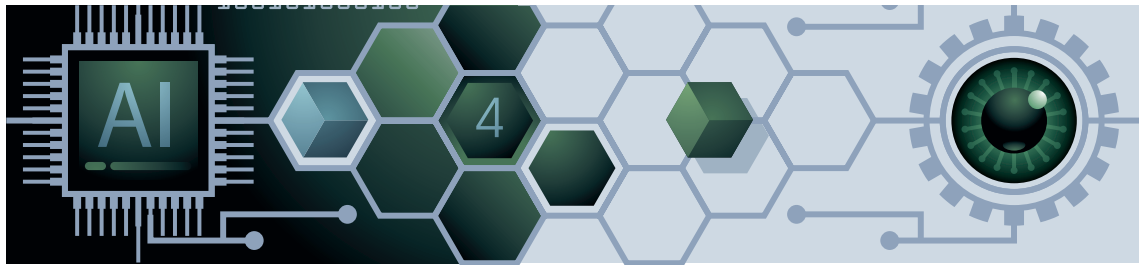
Use AI to Beat AI

When applying for a position, it's important to make sure your

résumé and the job description into ChatGPT, then try these prompts:

Type "Select three accomplishments from my résumé that match this job best" or

Type "Create a list of key



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The b.LUXE *beauty beat*

Confidence From The Top – Wigs & Toppers For Hair Loss

By GINA WOELFEL

Hair is a big part of how we express ourselves, and if it starts to thin or fall out, it can feel disheartening. But there's good news! At b.LUXE Hair and Makeup Studio in Medway, we're here to help with compassionate, personalized solutions designed to restore not just your hair but your confidence, too.

Last year, Heather Cohen, the owner of b.LUXE Hair and Makeup Studio expanded its services by introducing natural and synthetic wigs and toppers to help address hair loss and thinning. Many women face hair loss due to various factors such as stress, alopecia, medication side effects, and cancer treatments, often without an easy, non-medical solution for support.

Two years ago, Heather was diagnosed with rheumatoid arthritis, and the medication her doctors prescribed to help control her condition caused significant hair thinning. This experience gave her a deeper understanding of her client's struggles and a renewed passion for helping them feel beautiful.

"As a salon owner with access to the best hair care products in the business, I never imagined I would experience hair loss myself," Heather explained. "Over the years, I've worked with many clients dealing with this same issue, but I never had the right solutions to offer them."

Heather tried using extensions but found them uncomfortable due to her fragile hair and not as versatile as she had hoped.

"That's when I discovered wigs and hair toppers," Heather revealed. "They completely transformed my look and boosted my confidence! I knew I wanted to offer these options at my salon."

With a small team of her most experienced stylists, Heather set out to obtain the education and certification needed to provide exceptional hair replacement and supplemental services.

The b.LUXE Studio now offers a wide selection of high-quality human hair and synthetic wigs and toppers, all designed to look and feel completely natural. With a diverse range of styles, colors, and textures available, you can book a consultation with our wig specialists to try on samples and discuss your options. During the consultation, we carefully take scalp measurements to ensure your wig or topper fits perfectly and securely. Each piece can be custom-colored and styled for a flawless, natural blend. You'll feel both confident and comfortable with your new hairstyle.

Human Hair Wigs

Our human hair wigs offer a natural-looking and versatile solution for those seeking a realistic alternative to their own hair. These wigs are made from the highest quality human hair, closely resembling natural hair's texture, shine, and movement. They can be cut, colored, and styled just like your own. Advanced craftsmanship, such as lace fronts and monofilament tops, creates a lifelike hairline

Beauty is our Business!



HAIR LOSS SOLUTIONS

and scalp. A monofilament wig features a transparent mesh layer with each strand hand-tied, providing a more natural look and feel that allows for versatile parting. These wigs offer a secure, comfortable fit that stays in place without shifting. While they do require some upkeep, human hair wigs are durable and long-lasting and can be heat-styled to provide various styling possibilities.

Human Hair Wig Pricing: \$1000 - \$4000 | Includes cutting, coloring and styling

Human Hair Topper Pricing: \$400 - \$1800 | Includes cutting, coloring and styling

Synthetic Wigs

Modern synthetic wigs have transformed the hair loss experience by providing realistic, low-maintenance options that resemble natural hair. Advanced synthetic fibers now mimic real hair's texture, shine, and movement. Many of these wigs feature lace fronts and monofilament tops, which create a lifelike hairline and scalp appearance.

One advantage of pre-styled synthetic wigs is that they retain their shape even after washing, making them ideal for individuals seeking a quick and hassle-free solution. Additionally, they are lightweight and comfortable, and they hold their style well in various weather conditions, including humidity and rain. With proper care, synthetic wigs offer a convenient and affordable way to feel confident and polished every day.

Synthetic Wig Pricing: \$200 - \$700 | Includes cutting, coloring and styling



Toppers

Human hair toppers are non-permanent hair accessories designed to enhance a person's natural hair's volume, length, or coverage. These toppers are made from real human hair and blend seamlessly with existing hair to create a natural, fuller look. They are available in various styles, colors, and lengths, can be dyed or cut to match your desired style, and are typically secured with clips, tape, or integrated bands. Toppers are ideal for individuals experiencing hair thinning, patchy hair loss due to alopecia, or anyone looking to change their hairstyle without making a permanent commitment.

A Unique and Compassionate Approach

At b.LUXE, we take a unique and compassionate approach to hair loss, recognizing that each individual's journey is different. Heather's experience with hair loss due to rheumatoid arthritis medication has inspired the studio's commitment to providing realistic and empathetic solutions tailored to each client's needs. In addition to offering effective hair replacement options, b.LUXE embraces a holistic approach to beauty and well-being. We've designed our Scalp Spa Treatments to nourish and rejuvenate. They feature detoxifying scrubs, nutritive oil applications, and soothing massages to enhance scalp

health, calm the mind, and address issues such as dryness, itching, oiliness, clogged follicles, and hair thinning.

Prioritized Client Comfort

At b.LUXE, we genuinely care about supporting you throughout your journey, offering a warm, safe, and welcoming space where you can feel at ease and valued. Our experienced team is here to guide you every step of the way, providing personalized one-on-one services in a private setting. We're deeply committed to your comfort and well-being, ensuring you receive the utmost care and attention with solutions thoughtfully tailored to your unique needs.

For clients experiencing hair loss due to cancer treatments, we are proud to partner with The MGH Cancer Center at Newton-Wellesley Hospital to provide effective hair loss solutions.

You're never alone here—we're with you every step of the way, offering expertise and compassion at every turn.

For more information and to view our introductory consultation video, scan the QR code to visit our "Hair Loss Solutions" page. To schedule a consultation, you can book online or feel free to contact our team directly at (508) 321-1624.

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Medway High School welcomes new inductees into Innovation Career Pathway program

Medway High School has admitted new students into the Innovation Career Pathways (ICP) program. They are also pleased to share that a group of seniors participated in a field trip to a medical technology company as part of ICP programming.

The ICP program is designed to provide enrolled students with coursework and work-based learning experiences in specific high-demand industries. Through hands-on experiences, students are provided with opportunities to advance their knowledge and skills while exposing them to various professional paths and connecting them to future career options.

On Jan. 22, 32 freshmen students were admitted to the ICP program. An orientation will take place during the school day in the high school auditorium on Feb. 13 to officially welcome the students to the program and kick off their ICP journeys.

Accepted students are required to complete two tech-



MHS seniors learn about medical devices and their uses from Smith+Nephew Operations Business Unit Manager Paul Suprenard. (Photo courtesy Medway Public Schools)

nical courses, two advanced courses, and either the capstone course or an internship during their senior year. In addition to the coursework criteria, students participate in professional development seminars and are

provided with opportunities to learn more about possible career paths through guest speakers, certification opportunities, and field trips.

Medway High School seniors attended a field trip on Dec. 5 to

a global medical device company, Smith+Nephew. The students visited Smith+Nephew's Mansfield location to learn about the medical device industry and professions in engineering, manufacturing, and operations.

While at the office, students learned about the innovative process of product development and product lifecycle. They received product demos and site tours of the manufacturing production floor and the research & development building. The field trip concluded with a round table discussion, further connecting the students to the professionals while hearing more about potential education and career pathways in the engineering field.

"This program presents students with the vital opportunity to explore industries of their interest, and we see the value of this self-discovery," MHS Principal Dr. Murray said. "I am incredibly grateful that MHS can offer this incredible program and thank our community partners for giving our students space to learn."

Submitted by Medway Public Schools

Meet Revolutionary War Heroine Deborah Sampson at Medway Public Library

The only woman known to have disguised herself as a man and serve in George Washington's Army without getting caught will tell her story at the Medway Public Library on April 3. Massachusetts heroine Deborah Sampson will describe the victories, frustrations, and hair-raising moments she experienced as a poor Colonial farm girl who risked humiliation and imprisonment to serve her country as a soldier.

The portrayal commemorates the 250th anniversary of the firing of "The shot heard round the world", the start of the Revolutionary War. (April 19, 1775)

Janet Parnes, owner of Historical Portrayals by Lady J, Millis, will portray Corporal Sampson.

Guests ages 8-adult will dive into Deborah's deception strategies, victories, and trip-ups; Colonial constraints imposed upon

women and girls; a cave and its hidden stash; and Deborah's other "Firsts". Young audience members will be invited to come "on stage" and demonstrate period games. Guests will learn the story behind this principled deception and the character of the humble rebel who pulled it off.

Farm Girl on the Front Lines will take place on Thursday, April 3 at the Medway Public Library, 26 High, St. Medway, MA. The portrayal will run from 7:00 – 8:00pm.

The portrayal is suitable for audiences ages 8-adult. No registration required.

Questions? Call the Medway Public Library at 508-533-3217.

This program is supported in part by a grant from the Medway Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



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Living Healthy

The Blurry Truth: Understanding and Addressing the Rise of Refractive Errors

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

Have you noticed more people wearing glasses these days? It's not just a feeling. Refractive errors, those eye conditions that blur our vision, are becoming increasingly common, particularly nearsightedness (myopia). This article explores what these errors are, why they're on the rise, and what we can do about it.

What are Refractive Errors?

Our eyes are intricate organs, acting like sophisticated cameras. Light enters, is bent (refracted) by the cornea and lens, and ideally focuses perfectly on the retina, the light-sensitive tissue at the back of the eye. This focused image is then sent to the brain, allowing us to see clearly.

Refractive errors occur when

the eye's shape prevents light from focusing correctly on the retina, resulting in blurry vision. Common types include:

- **Myopia (Nearsightedness):** Close objects are clear, but distant objects are blurry. This happens when the eye is too long, or the cornea is too curved, causing light to focus *in front* of the retina.
- **Hyperopia (Farsightedness):** Distant objects are clear, but close objects are blurry. This occurs when the eye is too short, or the cornea isn't curved enough, causing light to focus *behind* the retina.
- **Astigmatism:** Vision is blurry or distorted at all distances. This happens when the cornea or lens is irregularly shaped, preventing proper light focus.

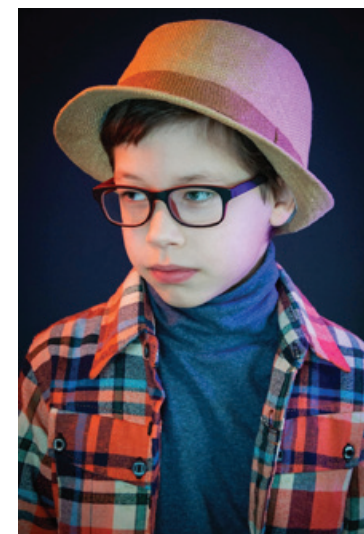
- **Presbyopia:** This age-related condition makes focusing on close objects difficult. As we age, the lens loses flexibility, hindering its ability to change shape and focus up close. This is why many over 40 need reading glasses.

Why the Rise?

The increasing prevalence of refractive errors, especially myopia, is a global concern. While the exact causes are still being researched, several factors are believed to contribute:

- **The Screen Time Surge:** Our modern lives involve significant screen time – smartphones, tablets, computers, and televisions. This constant close-up focus strains the eyes and may contribute to myopia development and progression.

- **The Great Indoors:** Studies suggest that spending time outdoors, especially in childhood, has a protective effect against myopia. The wider range of distances the eyes focus on outdoors, along with increased natural light exposure, may be beneficial.
- **The Genetic Factor:** Genetics play a significant role. If your parents or siblings have myopia, you're more likely to develop it.
- **The Urban Influence:** Urban environments often have limited green spaces and encourage indoor activities, potentially contributing to the myopia rise.
- **Lifestyle Shifts:** Changes in diet, like increased processed food consumption, and reduced physical activity may also play a role, though more research is needed.



- **Myopia Control:** For children with progressive myopia, doctors may recommend treatments like atropine eye drops, multifocal contact lenses, or orthokeratology.
- **Surgery:** Refractive surgery like LASIK or PRK may be an option for some, but consult with an eye doctor to discuss risks and benefits.

What Can We Do?

While we can't entirely eliminate the risk, we can take steps to minimize the impact and potentially slow myopia progression:

- **Limit Screen Time:** Encourage children and adults to take regular breaks. A helpful tool is the 20-20-20 rule: Every 20 minutes of screen time, take a 20-second break to look at something 20 feet away. This allows the eye muscles to relax and refocus, reducing strain.
- **Embrace the Outdoors:** Aim for at least 1-2 hours of daily outdoor activity, especially for children.
- **Maintain a Healthy Lifestyle:** A balanced diet and regular physical activity are crucial.
- **Regular Eye Exams:** Comprehensive eye exams are essential, especially for children. Early detection and treatment are key.
- **Corrective Lenses:** Glasses or contacts are the most common and effective correction.

The Future of Vision Care:

Researchers are actively exploring new prevention and treatment methods, investigating the roles of genetics, environment, and lifestyle. New technologies, such as advanced lens designs and drug therapies, are also being developed.

The increasing prevalence of refractive errors is a significant public health issue. By understanding the causes and taking proactive steps, we can protect our vision. Remember, regular eye exams are essential. If you have any concerns, consult an eye care professional.

Milford-Franklin Eye Center: Your Partner in Eye Health

At Milford-Franklin Eye Center, our dedicated team of ophthalmologists and optometrists, supported by highly trained staff, are available to treat various eye problems, including refractive errors. We offer a dedicated optical shop with a children's

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Medway Senior Center Events

Everyone Has A Story: March Weekly Class

Every person has a special life story worth telling. It could be climatic, strange, humorous, mysterious, or spiritual. It is a story that should be shared.

Join us at the Center to learn about the writing process and potentially begin a memoir. The once-a-week class will begin in March with a "Meet and Greet" planned for Monday, March 3rd at 1:00 PM. The instructor has over 50 years' experience in the public and private sector teaching remedial, language skills, and writing process. If you're interested in joining the class, call or stop by the Center to sign up. 508-533-3210

Birds of Spring March 10th at 1:00 PM

It's Spring. So, let's get together with fellow backyard birding enthusiasts. A three-part series of PowerPoint Birding Presentations is being offered during the months of

March, April and May. Spring birding season is here. Migratory birds are on their way. The birds that wintered over are beginning to show off their new colorful feathers. As we celebrate the migratory cycle, we can enjoy identifying the visitors to our yards, providing food, water, a habitat to rest along their migration routes and shelter for breeding. So join us and meet fellow backyard birders. Perhaps this might be the beginning of a new hobby for you to enjoy.

Benefits of Halotherapy March 12th at 9:30 AM

Come learn the benefits of Halotherapy from Laura Curley, Certified Halotherapist, MBA. If you're interested in joining the class, call or stop by the Center to sign up. 508-533-3210

Team Puzzle Palooza March 24th at 11:00 AM

Join us for an exciting Team Puzzle Palooza—brain-boosting challenge where teams race

to complete a jigsaw puzzle before the clock runs out! Gather your sharpest puzzle-loving friends and form a team of 3 to 4 people and join us for this fun competition. Please sign up at the Center by calling 508-533-3210

History of The Christmas Tree Shops March 26th 11:00 AM – Presented by Anthony M. Sammarco

The Christmas Tree Shops was not just an icon of New England, it was a destination with stores that boasted a diverse assortment of merchandise from seasonal decorations, home decor, houseware, food, giftware and just about everything else that the public just had to have. These were items you never thought you needed before stepping through the door, but who could resist a bargain? Founded in 1970 in Yarmouth port, it was "like walking into a closet full of surprise treasures." One never knew what he might find, but

the public, always on the hunt for bargains, began to find goods that not only pleased but stretched one's budget. The word-of-mouth advertising attracted customers to Cape Cod, who returned time and again, never sure what they might find. This was what made the shop popular and was to create a sensation on Cape Cod.

Fall Prevention & Home Safety Tips -April 1st at 1:00 PM presented by Advanced Home Care.

If you're interested in joining the class, call or stop by the Center to sign up. 508-533-3210

Paula Nedder Esq. April 7th 1:00 PM

Paula is both an estate planning and elder law attorney. Her practice areas include elder law, estate planning for all ages, probate and estate administration, Mass Health/Medicaid planning and long-term care planning. If you're interested in joining the class, call or stop by the Center to sign up. 508-533-3210

SAVE THE DATES: April 8th 1:00 PM

Tara Hammes (MCOA) - EATING WELL TALK

April 14th 12:00 PM

Brian Wotton from Costello Realty doing a presentation on downsizing your home.

April 28th 12:00 PM

Baystate Financial, Financial Advisor Justin Paradis will be in to explain the costs of long-term care & Medicaid

WEEKLY EXERCISE CLASSES

Monday
9:30 AM Dance Cardio \$5
11:00 AM Strength Exercise \$4
Tuesday
9:30 AM Walking Group Free!
10:00 AM Wii Bowling 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

Medway Garden Club to host "Creating a Pollinator Habitat Anywhere"

The members of the Medway Garden Club have enjoyed a winter of fun activities as we await the spring planting season. Our next meeting will be held on March 12 at 6 p.m. at the Medway Senior Center. This meeting is open to the public. Our guest speaker, Denise Guerin, will present "Cre-

ating a Pollinator Habitat Anywhere!" Join us and learn what pollinators are and why they are so important. This presentation will cover what pollinators need and how to create and maintain an inviting habitat for them in places as diverse as suburban gardens to apartment decks, small

urban yards, and patios to parking lot and sidewalk "hell strips".

Denise Guerin is a Certified Massachusetts Master Gardener. Her primary focus is growing native plants and creating habitats for native bees, birds, and insect pollinators.

Many species of pollinators

are experiencing dramatic declines. Native bees and other pollinators are threatened by climate change, pesticide exposure, habitat degradation, agricultural intensification, declining populations of native flowering plants, and introduced pathogens. Populations of three bumblebee species

in the eastern United States have declined by over 90% in the last 30 years.

So join the Medway Garden Club on March 12 for this timely topic! A \$5 donation is suggested.

Submitted by the Medway Garden Club

Fiddler on the Roof tickets on sale

Theatre Group of Millis presents, in conjunction with Millis Public Schools, the classic Broadway musical "Fiddler on the Roof" March 28, 29, April 4 and 5th at 7:00 pm at Millis High School, 245 Plain Street, Millis.

The musical is known for its popular songs, 'Matchmaker,

Matchmaker", "If I Were A Rich Man", "Sunrise, Sunset." Told with wit and humor, "Fiddler on the Roof" is a powerful statement about the evils of prejudice and the importance of maintaining a warm, caring, and family life in the midst of severe oppression. The story of Tevye and his family is concerned with

the lives of impoverished Jews in Czarist Russia, but it is built around universal themes which audiences of any age, ethnic and cultural background can understand.

The musical is directed by Marty Blackeagle, Music Director Lelia Viana, and Choreography Director Stephanie Copice.

Advance tickets are available online at www.millistheatre.com. Presale Adult tickets are \$23.00, and \$25.00 at the door. Presale senior and student tickets are \$13.00, and \$15.00 at the door.

Program ads for the playbill are also available online at www.millistheatre.com.

Fiddler On The Roof is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.mtishows.com

Submitted by Theatre Group of Millis

EYES

continued from page 16

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Sports

Medway Girls Quintet always ready for tourney

By KEN HAMWEY
STAFF SPORTS WRITER

The Medway High girls' basketball program is rock solid and much of the credit should go to Coach Joe Iannone.

Now in his 16th year at the helm, the 57-year-old Iannone has led the Mustangs to 13 tourney appearances in his previous 15 seasons and his squads have been to the Final Four three times. His formula for success is definitely linked to the goals he and his staff set.

"We stress to work hard and improve every day to maximize potential," he said. "We also emphasize the value of being a member of a successful team and the need to do their part to build a strong culture. And they learn that a strong culture breeds respect for their opponents, their coaches and the officials. If these objectives are reached, then winning will be the by-product that leads to a playoff berth."

Qualifying for the tourney and going on a deep run are definitely part of the Mustangs' goals. "We'll strive to get to the Final Four again, but it will take complete focus, good health and a little luck," Iannone said.

At Local Town Pages deadline, Medway had a 12-5 record and was No. 2 in the Division 3 power rankings. Last year, the Mustangs were ranked No. 3. Medway defeated Triton, Springfield International and Newburyport before bowing in the Final Four to Norwell.

"We're very excited about participating in the state tournament



The 2024-25 edition of Medway High's girls' basketball team is aiming for a fourth trip to the Final Four. Courtesy photo

once again," Iannone said. "One of our team strengths is our versatility. We can get offense in a variety of ways from many different players. It's always exciting to see who steps up each game."

Only two seniors graduated from last year's squad that compiled a 19-5 overall record, and 10 of its players are on this year's roster.

"Our other team strengths are experience, depth, athleticism and we're very skilled," Iannone said. "Our players are also flexible. The style we've relied on emphasizes an up-tempo offense, a defense that applies pressure when needed, and effective rebounding."

Medway's three captains — seniors Olivia Melanson (point guard), Victoria Bullard (power

forward) and junior Anna Freeman (center) — are supportive leaders who also can be vocal and lead by example. They also personify the team's strengths. Freeman is the team's top scorer and rebounder, averaging 11.8 points and 12.2 rebounds.

"Olivia works hard and always aims to improve," Iannone noted. "She's instinctive and quick and she's a natural scorer, able to shoot threes and drive to the hoop. She's the first to arrive to practice and the last to leave."

"Victoria has a high basketball IQ, is versatile, shooting either threes or powering inside, and she often watches film to improve. She has the qualities to be a coach someday. Anna is a 6-foot-1 center who gets lots of double-doubles. She had 12

rebounds in the first half against Medfield. A strong finisher at the rim, she's instinctive and gets good position."

Two guards — junior Regan Longval and freshman Alessandra Cautilli — are major contributors.

"Regan can also play forward," Iannone said. "She's our most complete player on offense and defense. She's a good shooter who can get to the hoop and she's a steady free-throw shooter. Her motor never stops and she's assigned to guard our opponents' top player. Alessandra has been a big surprise. A tremendous athlete, she handles the ball well and shoots effectively. She's strong going to the hoop and has great confidence."

Six-foot sophomore forward Maeve Kelly and senior forward Katie Anderson bring a variety of assets to the table.

"Maeve is smart and steady," Iannone said. "She's improving on offense and is one of our better offensive rebounders. On defense, she gets her share of steals and deflections. A second-year player, Katie is physical and has a positive attitude. One of our most improved players, she's extended her shooting range to the three-point arc."

Bella and Ava Cortis are triplets, both play forward and are juniors.

"Bella is 5-10, provides en-

ergy, and is super active on defense," Iannone noted. "She's also very good in transition. Ava has a high hoop IQ and understands all the defensive concepts. On offense, she continues to improve her shot."

Junior guard Eva Miranda has been labeled "the energizer bunny" by her coach. "She competes at a high energy level and is vocal on the bench and at practice," said Iannone. "That effort has earned her more playing time. Eva, along with Katie Anderson, serve an added role as members of the team's leadership council."

Two players who continue to improve are sophomore guard Brooke Parlon and freshman guard Sophia Nielsen.

"Brooke is in her second year of varsity play," Iannone said. "She's a tremendous shooter whose efforts on defense have improved greatly. Sophia is a strong competitor who can also play forward. She gets to the hoop and can shoot with either hand. She's improved her shooting every day."

A top-notch staff of assistants is important and Iannone has a trio that includes Bryan Connolly (varsity assistant), Connor Guiou (varsity assistant), and Katy Golden (javyee coach). "They're



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Sports

Long-term care insurance offers more than just nursing home coverage

Most of us want the ability to age at home, in a familiar setting surrounded by family and our favorite things. The fact is, 90 percent of adults who need long-term care services receive assistance at home or in another community setting.¹

If the level of care you need evolves over time, most long-term care insurance policies not only allow you to transition to a nursing home, but some may also provide you with support during the transition. Since you can't predict the care you might eventually need, it's important to have the flexibility to choose the setting that best fits your needs at any given time.

Many long-term care policies available today can provide you with a choice of where you want to receive care, either that be at home, in assisted living facilities or in a nursing home.

Each of these options provides a different level of care depending on how much assistance you need. Receiving care at home is the most popular and preferred

option, and some policies even provide benefits that allow you to make home modifications that can help you stay at home longer. Policies that provide home care allow you to receive care from a professional, or possibly a friend or family member if informal care is covered.

While most people hope they won't ever need to worry about long-term care, the reality is Americans have almost a 70 percent chance they will need some type of long-term care assistance after age 65.² Women are even more at risk, primarily because they tend to live longer. The thought of not being able to care for yourself can be difficult and creating a strategy for care can be daunting. However, it's best to not let long-term care preparation get pushed aside, because your age and health both factor into whether you'll qualify for insurance and how much you'll pay for coverage.

By including long-term care in your retirement strategy, you'll have the peace of mind that

you've taken the steps to help protect your family from the financial and emotional impact of a long-term care event. Take the time to research available options, decide how much coverage you need based on estimated costs, and create a strategy that will give you the flexibility to choose where and how you receive care. If you need additional information, contact a New York Life agent to find out more about our solutions.

¹ Edem Hado and Harriet



Komisar, "Long-Term Services and Supports Fact Sheet," AARP Public Policy Institute, August 2019.

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

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

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SPORTS

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indispensable," Iannone noted. "They maintain consistency and are key components to a positive culture."

A native of Paramus, N.J., Iannone has a competitive philosophy that's linked to the goals he sets. "I want our players to strive to reach their potentials and to enjoy their athletic endeavors," he emphasized. "Winning will follow if those two elements are in place."

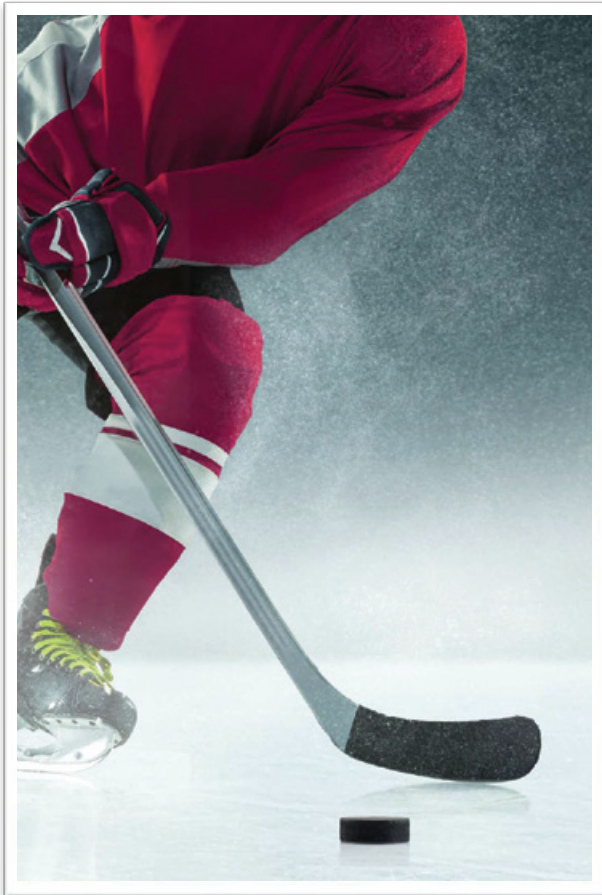
Life lessons learned from sports can be valuable and Ian-

none has some favorites. "It's important to learn how to overcome adversity and to be resilient," he noted. "Other key lessons are to be supportive teammates and to become effective leaders."

The Mustangs are gearing up for another tourney appearance that very likely could be a lengthy journey. They're a contingent that knows the value of teamwork and commitment. Desire, dedication and devotion to the task make the Mustangs a difficult matchup for any playoff opponent.

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Medway Cultural Council awards \$8,800 in grants

The Medway Cultural Council (MedCC) is pleased to announce new funding of \$8,800 from the Massachusetts Cultural Council

(MaCC) for the 2025 calendar year to include 16 Local Cultural Council grants and four council grants.

Grants include:

- Annual Movie License for Medway Library Events: The Medway Public Library, throughout the year
- Sense and Sound Robotics: FIRST Tech Challenge Robotics & STEM Awareness Program, Tom Kroon (after school program for grades 9-12, '24-'25 school year
- Live ARTS Concert Series, Michael Lewin, First Universalist Society in Franklin, 262 Chestnut St., Franklin, February 16 and April 6, 2025
- Hip Hop Chair Dance for Seniors, Medway Housing Authority Senior Apartments, Late Winter/Early Spring, TBA
- Community Culture Night at the Symphony, Clafin Hill Symphony Orchestra (contact Bernadette Stockwell), Grand Ballroom, Milford Town Hall, March 8, 2025.
- Kaye Kelly & Band, She Grooves: A Tribute to the Legendary Women of Music, Hopkinton Center for the Arts, March 16, 2025
- Lily Henley and Duncan Wickel in Concert, Temple Beth Torah, Holliston MA, 3 pm, March 23, 2025
- Janet Parnes in Farm Girl on the Front Lines: Deborah Sampson's Secret! at Medway Library, April 3, 2025
- Celeste Langlois, The Art of Pysanky – The Painting Easter

Eggs in the Ukrainian Form, Medway Library, April 10,

- Medway Family Community Concert, Medway Friends of Performing Arts), Medway High School Auditorium, April 13,
 - Banannies Live! With Elizabeth Silvia, Intergenerational children's concert steeped in developmental science, Medway Library, April, TBA.
 - Greater Milford Community Chorus, Grand Ballroom Milford Town Hall, May 4.
 - Musical Playground, An End of Summer Reading Kickoff with Music, David Maloof, Medway Library, June.
 - Amy Adams: Painting Venus, Medway Community Farms, Juneeteenth Event, mid-June, 2025.
 - Southeast Community Wind Symphony's Band Concert, John Crowley, Medway Senior Center/Oakland Park, June 30 at 6-8 pm.
 - Judith Kalora in Rendezvous with Rachael Revere, Medway Library, October 28, 7 pm.
- In addition, MaCC Festival and MedCC funds will also support four additional events (see our website below for additional information):
- High Tea, Thayer House, Sunday, April 27, 2-4 pm
 - The Pixie Festival, Choate Park, Saturday, July 26
 - The Medway 'Music' Porchfest, Saturday, September 27
 - The Diwali Festival, Medway High School, Saturday, October 18

Medway Cultural Council is one of 329 Local Cultural Councils serving all the Commonwealth. Annual funding is appropriated by the state legislature to the Mass Cultural Council which then allocated funds to each LCC to support community-based projects in the arts, sciences, and humanities.

Mission Statement

"The mission of the Medway Cultural Council is to support and cultivate the arts, humanities, and sciences for Medway residents. To accomplish this we offer grant funding, program development, and educational opportunities. Our goal is to provide our community with a wide range of cultural experiences including art, musical performance, scientific pursuit as well as traditions from around the world. We support and encourage local artists in a shared sense of community through cultural appreciation."

We welcome ideas, recommendations, and feedback for future programming. Medway residents are invited to attend meetings which are held at the Medway Library. Our Agenda is posted on the Town of Medway website. For more information about the Medway Cultural Council, please visit our website at <https://www.townofmedway.org/cultural-council> or email us at medwaycultural-council@gmail.com

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*data as of Jan 2025 MLSpin



Real Estate Corner

Words of Wisdom on Presidents' Day

SUBMITTED BY WILLIAM P. O'DONNELL, NORFOLK COUNTY REGISTER OF DEEDS

As residents of Norfolk County, we are fortunate to have four U.S. Presidents born here: John Adams

and John Quincy Adams (Brain-tree or Quincy, depending on what community you are from), John F. Kennedy (Brookline), and George H.W. Bush (Milton). Their words to the nation could be a soothing reassurance during times of uncertainty, a call to action to move the country to solve a national issue, or words of inspiration to motivate the United States of America to accomplish a goal. Their legacies remind us of the profound impact leadership can have on our community and the nation as a whole, shaping not only policy but also the values we hold dear.

This Presidents' Day as we reflect on the profound legacies of these distinguished leaders, their words continue to resonate with us today. Each of these presidents has left behind a wealth of wisdom that remains relevant today. Among them, John Adams, who in 1797 would become the second President of the United States, of-

fers a poignant reminder of the enduring value of liberty. In a letter to his wife Abigail Adams, he discussed the destruction and hardships caused by the Revolutionary War, particularly the burning of Charlestown, Mass., which had a personal impact on Abigail's family.

John Adams wrote in a letter to his wife Abigail Adams dated July 7, 1775: "Cities may be rebuilt, and a People reduced to Poverty, may acquire fresh Property: But a Constitution of Government once changed from Freedom, can never be restored. Liberty once lost is lost forever."

John Quincy Adams, son of John and Abigail Adams, was the sixth President of the United States. His dedication to public service and diplomacy left a lasting impact on the nation, and his eloquence and dedication to the principles of liberty and governance are evident in his words. In a speech delivered on July 4, 1821, while serving as Secretary of State, he said: "America, with the same voice which spoke herself into existence as a nation, proclaimed to mankind the inextinguishable rights of human nature, and the only lawful foundations of government."

John F. Kennedy became the 35th President of the United States in 1961. President Kennedy was known for his charisma

and ability to inspire change. His vision for a better world resonates with people of all backgrounds and continues to impact leaders today. In his inaugural speech on Jan. 20, 1961, he said: "And so, my fellow Americans: ask not what your country can do for you — ask what you can do for your country."

George H.W. Bush became the 41st President of the United States in 1989. President Bush was known for his diplomatic skills, his ability to navigate complex international relations, and his belief in community organizations. In his inaugural address on Jan. 20, 1989, he said: "We can find meaning and reward by serving some higher purpose than ourselves, a shining purpose, the illumination of a Thousand Points of Light... We all have something to give."

The words and actions of these four distinguished leaders from Norfolk County—John Adams, John Quincy Adams, John F. Kennedy, and George H.W. Bush—serve as enduring reminders of the profound impact that inspirational leadership can have on both a community and a nation. Their legacies, marked by their dedication to liberty, public service, and the greater good, continue to resonate today, offering guidance and inspiration.

Edited for space

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SOLD

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As a top ranked local real estate agent, I am here to help you through every step of the way. I'll work with you to ensure the home buying and selling process is seamless and successful. I assist first time home buyers, conservatorship, downsizing, life change situations - reach out to find out more! My goal is ensuring that buyers and sellers are situated perfectly with a strategic approach. As a thank you to my clients, upon transaction close, I make a donation to the local Food Pantry at Mahan Circle in Medway.



CENTURY 21
The Real Estate Group

Real Estate Corner

Recent Home Sales

Date	Medway	Amount
02/03/2025	23 Clark Street	\$390,000
01/22/2025	6 Pine Needle Drive	\$671,000
01/14/2025	278 Village Street	\$435,000
01/10/2025	14 Sanford Street #65	\$386,000
Date	Millis	Amount
02/14/2025	204 Orchard Street	\$625,000
02/11/2025	17 Brookview Road	\$850,000
01/31/2025	16 Helen Lane	\$835,000
01/31/2025	16 Key Street	\$345,000
01/31/2025	0/3 Causeway St. (1.72 acres)	\$260,000
01/30/2025	378-308 Exchange Street	\$760,000
01/23/2025	163 Exchange Street	\$674,000

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

Recent Home Sale



The 3-bed, 2-bath, 1,403-square-foot house at 278 Village Street in Medway recently sold for \$435,000. Image credit: www.zillow.com

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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>NEW CONSTRUCTION</p> <p>Millis - \$899,000</p>

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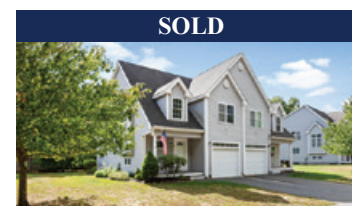
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Sue Kuphal



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SOLD
\$579,900
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SOLD
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25 Fairway Lane, Medway
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SOLD
\$1,000,000
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Laina Regan Kaplan



SOLD
\$630,000
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