



Millis Theatre Group performers during the final act of the musical as they depart from their beloved town of Anatevka. Photo credit: Kaitlyn Richards

Millis Theatre Group shines in rendition of Fiddler on the Roof

By KAITLYN RICHARDS
STUDENT WRITER

The Millis Theatre Group recently presented its rendition of “Fiddler on the Roof” on the community stage at Millis High School.

Directed by Marty Black-Eagle, the cast included actors of all ages, from children to adults,

who poured their hearts into their performances, leaving a lasting impression on the audience.

The vibrant costumes and captivating music enhanced the performances and allowed the actors to tell the iconic story of a Jewish

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Medway High School celebrates second consecutive New England Championship for Cheerleading Team

The Medway High School Cheer team won the Division 3 title for the second consecutive year at the annual New England Interscholastic Spirit Championship held at Worcester State University in March. The Medway team outshined 11 competitors from across the region.

After the hard-fought victory, the team was presented a New England champion title banner and a trophy, before being ushered back home with an escort provided by the Medway Police Department and Medway Fire Department.

The title-winning performance caps off a dominant season for the Mustangs that also included winning the Tri-Valley League Championship, winning the South Regional Championship, and notching a second-place finish two weeks ago at the 2025 Winter Cheerleading State Championship.

Adrienne Hunter, in her first season as head coach, credited



The Medway High School Cheer team celebrates with the championship trophy and a title banner after winning Division 3 for the second consecutive year at the annual New England Interscholastic Spirit Championship held at Worcester State University on Saturday, March 22. (Photo Courtesy Medway High Schools)

her 15 Medway cheerleaders for huddling together, fixing mistakes and nailing down their routine in the lead-up to the New England Championship, in light of the bitter disappointment of a runner-up finish in the States.

“After a rough performance, leaving States and not accomplishing our goal, they came together, practicing every single

CHEERLEADING
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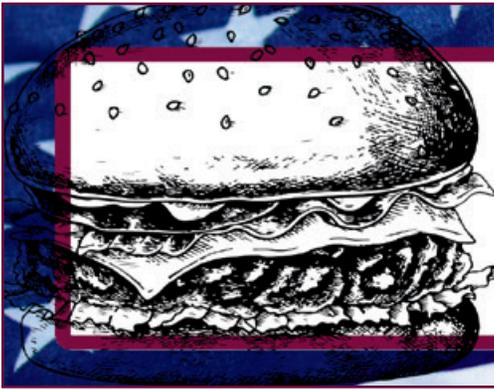

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THEATRE

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milkman's quest to find husbands for his daughters. This story follows the musical protagonist Tevye, played by Phillip Fougere, in the small fictional town of Anatevka, as he navigates a shift towards modern times, while trying to maintain traditions in the town as his three daughters

-- Tzeitel, played by Sylvia Paladino; Hodel, played by Aureja Johnson; and Chava, played by Kathryn Quilop -- search for love in an untraditional way.

The musical, featuring the iconic songs "Matchmaker, Matchmaker" and "If I Were a Rich Man," was extremely well-received by the Millis community.

"The play itself was impressive, with the props and musical talent being a live orchestra and

the actors themselves," said audience member Jocelyn Bibeau. "It was clear to see that the community came together and put on a magnificent play. I enjoyed watching, and I know many people did too."

Coming off the extreme success of this musical, the Millis Theatre Group will bring Neil Simon's comedy "Laughter on the 23rd Floor" to Millis High School in the fall of 2025.

Millis Senior Center to host 'First Lady Dolley Madison' on May 16

Enjoy a stroll through the social/political swirl of post-Revolution America! Your guide will be Dolley Madison, the Quaker girl who transformed into one of America's most powerful First Ladies.

On May 16, the Millis Senior Center will offer guests an opportunity to meet the wife of the country's fourth president Dolley Madison. Portrayed by Janet Parnes, founder of Historical Portrayals by Lady J, Mrs. Madison will take guests on a journey



"First Lady Dolley Madison" will speak at the Millis Senior Center on May 16. Courtesy photo

the nation's new capital.

Senior Center guests will enjoy sandwiches and sweets, as they explore topics such as Dolley's life as Quaker child, the tragedies and serendipities she faced in Philadelphia, her unlikely marriage to James Madison, prominent role in her husband's presidential-election victory 1809, transformation of the barren White House into a national treasure, strategies that united a fractured, contentious Congress and personal regrets as a mother.

The performance will take place on Friday, May 16 from 11-noon at the Millis Senior Center, 900 Main St. Millis. The event is free. As lunch will be served, registration is required. To register, call the Senior Center at 508-376-7051. Space is limited.

Submitted by Historical Portrayals by Lady

through the twists and turns of a life that took her from a quiet Quaker family life on a Virginia plantation to the political and social whirl of Washington City,

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CHEERLEADING

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day,” Coach Hunter said. “They made a decision that emotionally they would connect and give it everything they had. This was it, the last routine of the year. We left it all out there. And it was our best routine of the year. We were super happy about that. That was our goal.”

Many of the Medway cheerleaders have grown up together, starting as young children in Medway Colts Football and Cheer.

“They are very close. They are like sisters,” Coach Hunter said. “They connect on the mat in a different way than other teams. They have been together so long. That might be one of the biggest difference-makers with this team.”

The New England Champion Medway Cheer team includes juniors Jillian Bartell (captain), Eve Peristere, Adelle McLaughlin (captain), and Olivia Olynciw; along with sophomores Chloe Giallonardo (captain), Samantha Tovar, Nicole Oster, Grace McLaughlin, Willow Gowen, Laney Brynczka, Julia Holden



Members of the Medway High School cheer team celebrate with the New England Championship trophy. (Photo Courtesy Medway Public Schools)

and Grace Farrell; and freshmen Gianna Scotland, Madison Brynczka and Cassidy Cook. There were no seniors on the team this year.

In addition to Coach Hunter, the team was led by Assistant Coach Stephanie Rasmussen and Assistant Coache Michael Dovalle.

The team’s routines were crafted by choreographer Eric Bichao.

The music for the team’s championship routine, which lasts 2 minutes and 30 seconds, includes a voiceover that became a team motto for the team this season: “Humble and hungry.”

“This is not a cocky group

of kids,” Coach Hunter said. “Sometimes they don’t realize how talented they are. They’re confident, but very humble about it.”

High school cheerleading competitions, decided by a panel of judges, are scored based on five categories: stunting, tumbling, pyramids, motions and dance.

“This was one of the most difficult routines I’ve ever coached,” Coach Hunter said.

For Coach Hunter, a former Medway High School cheerleader from the Class of 1997, the championship victory meant coming full circle. Coach Hunter started her cheerleading coaching career with a season at Medway High School 20 years ago, coaching at several other schools

in the meantime.

The Medway High School Cheer team is now in the off season until tryouts in August.

“I’ll be excited for our returning seniors, who have been with this program all along,” Coach Hunter said. “I see a lot of big things happening next year.”

In addition to their special welcome back to town after the police-escorted ride back from Worcester, the Medway cheerleaders have also received congratulations from their teachers, Athletic Director Parcels, Principal Murray and Superintendent Pires.

“We’re thrilled to congratulate our exceptional student-

CHEERLEADING

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Medway Annual Town Meeting and Special Town Meeting set for May 12

The Town of Medway will hold its Annual Town Meeting on Mon., May 12, at 7:30 p.m. in the Medway High School auditorium. It will be preceded by a Special Town Meeting at 7 p.m.

The warrants were not available at press time but can be found at www.medwayma.gov.

Medway Town Election to take place on May 20

Medway will hold its Annual Town Election on Tues., May 20, from 7 a.m. to 8 p.m., at Medway

Middle School, 45 Holliston St., Door 8.

Voters can request an absentee ballot until 5 p.m. on Tues., May 13, and can absentee vote in person up until 12 p.m. on Mon., May 19.

The following seats will be on the ballot:

Town Moderator (3-year term, 1 seat)

Laura Mullen (Incumbent)

Christina Oster

Select Board (3-year term, 2

seats)

Maryjane White (Incumbent)

Todd Alessandri (Incumbent)

Board of Health (3 year term, 1 seat)

Caryn Metzger-Smith

School Committee (3-year term, 2 seats)

Lauren Nassiff (Incumbent)

Kailene Simon (Incumbent)

Parks Commission (3-year term, 1 seat)

Richard D'Innocenzo

Library Trustees (3-year term, 2

seats) and (2-year term, 1 seat)

Nicole Haberman (2-year term)

Naomi Price

Nutan Mathew (Incumbent)

Seth Kendall

Gregory Peverill-Conti (Incumbent)

Water Sewer Advisory Board (3-year term, 2 seats)

Leo O'Rourke (incumbent)

David Dwyer

Housing Authority - (3-year term, 1 seat)

Paul Yorkis

Linda Donahue

Planning and Economic Development Board (3-year terms, 2 seats) and (2-year term, 1 seat)

Sarah Raposa (Incumbent)

Tim Harris (Incumbent)

Janine Clifford (2-year term)

Kristen Salera (2-year term)

For more information, visit medwayma.gov/departments/town-clerk/available-seats/.

Source: www.medwayma.gov

Medway Lions Club Shred-It Event May 10

The Medway Lions Club is again pleased to bring a "no-cost" shredding event to Medway Middle School on Sat., May 10, from 9 am to noon (or until the truck is full) for Medway residents. Residents can either remain

in their vehicle, and someone will remove their items, or they can physically bring their bags/boxes to the truck. SHRED IT! Bring all sensitive paperwork that includes account numbers, birth dates, passwords, PINs, signatures, and Social Security and/or driver's license numbers. To protect your privacy, consider other items that include names, addresses, phone numbers, and email addresses. When in doubt, shred it! Please note: Only paper items can be shredded, BUT there is no need to remove staples or paperclips.

This event is for residential patrons only, with a limit of 8

boxes/bags per person. Your documents will be shredded on-site, and you will have peace of mind knowing you have taken an essential step in the fight against identity theft and fraud. Receptacles for returnable bottles and cans will also be available on-site.

Medway Lions thank those who participate in the club's monthly bottles & cans drive or shed drop off. The money gained from the bottles & cans collections help support town endeavors such as this shredding event.

Submitted by Medway Lions Club

Newly formed Medway Art Association to hold exhibit on May 15

The first art exhibit for the newly-formed Medway Art Association will take place on Thurs., May 15, from 6:30 p.m. to 9 p.m. at the Thayer Homestead, 2B Oak St, in Medway.

Enjoy a night out celebrating local art! The Medway Art Association is a nonprofit organization made up of local artists including painters, illustrators, sculptors and photographers. They are dedicated to supporting artists in their community by offering artist exhibits, critiques, and creative events for the community.

Each artist will have a Medway-inspired piece, along with



other works from their collection. Visitors have the opportunity to support these local artists by purchasing originals & prints to fundraise this newly established organization. Light refreshments will be served.

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Jen Schofield
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jenschofield@localtownpages.com

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Michelle McSherry
Kim Vasseur
Wendy Watkins

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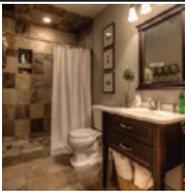


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'Millis Reads 2025' concludes with day trip to deCordova Sculpture Park

Tickets \$20 each, include transportation and admission

As a conclusion to the Millis Reads 2025 program on Digital Wellness, the Millis Public Library is planning a day trip to the Massachusetts Trustees of the Reservation site, the deCordova Sculpture Park, on Sat., May 17. One of the best ways to combat the detrimental effects of screen time is to get outdoors and disconnect.

Your \$20 ticket includes transportation (by Silver Fox Coach) to and from the deCordova Sculpture Park and admittance to the grounds. To view the grounds or learn more about the park, please visit <https://thetrustees.org/place/decordova/>. Please

bring your own picnic or plan on eating at the Twisted Tree Cafe on the museum grounds. Pickup and drop off will be at the Millis Public Library at 10am and 4pm, respectively. Tickets must be purchased in person at the Millis Library. We accept cash, check, or payment through PayPal at the desk. For adults and youth ages 12+ accompanied by an adult.

Note, this event is outdoors and will be held rain or shine. Please take weather into consideration when planning your visit.

Submitted by Millis Public Library



Medical student Meghan Reilly (center), a Medway native, celebrates Match Day at UMass Chan Medical School in March. Meghan will remain at UMass Chan where she will start her residency in the internal medicine pediatrics program. She is one of 28 soon-to-be UMass Chan graduates to match at UMass Chan. Photo credit: Faith Ninivaggi

CHEERLEADING

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athletes on the Medway High School Cheer team," Athletic Director Parcels said. "This second straight New England Championship title serves as a testament to the consistency, hard work, and dedication our cheerleaders and their coaching staff."

"I would like to congratulate the Medway High School cheerleading team on an extraordinary season, topped off by this New England Championship title," Principal Murray said. "What a fitting way to end the season.

This feat wouldn't have been possible without their hard work, talent and teamwork. I'd also like to congratulate all their parents, teachers and coaches. Go Mustangs!"

"I am so incredibly proud of our cheerleading team. They have made our entire school district and community proud," Superintendent Pires said. "I'd also like to offer a special congratulations to the parents, teachers and coaches who helped make this all possible."

Submitted by Medway Public Schools

Friends of the Medway Library Book Sales in May

If you are looking for a great deal on books, CDs and DVDs, puzzles and toys, head to the Friends of the Medway Library Book Sale. This highly anticipated Mega Spring Sale has always been a popular event. There are thousands of newly donated, gently used books and media representing a wide variety of interests, for adults and children.

The event begins with the "Friends-Only Sale" on Friday evening, May 9, from 6 p.m. to 8 p.m. Members get first chance to preview and buy books. Memberships can be

bought at the door or dues can be paid ahead of time at the library. A year's membership is only \$10 for individuals and \$15 for families.

The public sale is Sat., May 10, from 10 a.m. to 2 p.m. Books and media will be available at bargain prices, between 50 cents and \$2, along with a variety of specialty items.

The following Sat., May 17, from 10 a.m. to 2 p.m., is the Bag Sale in which buyers may fill up reusable grocery bags for only \$5 each.

This year's sale features a large collection of Puzzles,

DVDs and CDs as well as an expanded section of antiquarian books. Shoppers are bound to find something of interest.

The Friends accepts book donations year-round; a collection box is located at the bottom entrance of the library. For more information about donating, memberships, and volunteering, visit friendsofthemedwaylibrary.blogspot.com or email friendsofthemedwaylibrary@gmail.com.

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Jim Mazzuchelli, owner of WPC Pest Control

sion is to apply insect repellent before going outside,” said Jim Mazzuchelli, owner of WPC Pest Control.

Yet, many people don't make it a priority to protect against these biting pests by taking this simple action. Those who do may not realize that there is a correct way to use repellent for it to be effective.

To properly apply insect repellent for maximum protection against mosquitoes and ticks, follow this five-step method from the National Pest Management Association (NPMA):

1. Look for a product containing an active EPA-registered ingredient, such as DEET, picaridin, oil of lemon-eucalyptus or IR3535.
2. Read the product label and follow the instructions carefully. If sunscreen is also being worn, repellent should be used over top of sunscreen.

3. Shake the product well. Then, hold it about 6-8 inches away from exposed skin and spray evenly in a sweeping motion.
4. Spray the palms of hands to apply the repellent to the face and ears, being sure to avoid eye and nostril contact.
5. Apply the repellent over clothing, which should completely cover feet and ankles.

“Another great way to avoid contact with mosquitoes specifically is to remove any standing water around the yard to deter mosquito breeding,” said, Jim Mazzuchelli of WPC Pest Control.

A licensed pest control professional can work with a homeowner to help identify these hot spots. The ultimate protection would be to have your yard treated by a professional pest control operator. You will get the knowledge and protection needed to combat these dangerous threats. Your loved ones deserve it.

For more information, visit nobugsnopests.com to schedule a complete inspection and treatment.

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Mosquito and tick populations are on the rise again as the country transitions to the Spring season. While these pests are certainly nuisances, they can also transmit harmful diseases like Zika virus, West Nile virus, Lyme disease, and more, which is why WPC Pest Control is helping to advocate for increased awareness of mosquito and tick prevention this season.

“One of the best ways to fight off mosquito and tick bites and subsequent disease transmis-

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Charles River Bank Donates to Medway Community Farm

Charles River Bank presented a \$3,000 donation to Medway Community Farm as a

Steve Wettengel shared, “Medway Community Farm is thrilled to have Charles River

Bank partner with us for the second year in a row to make our golf tournament a huge success. It is because of the support of organizations like CRB that MCF can continue its mission of providing local produce to our community and expanding our educational programs for both youth and adults. We look forward to continuing our relationship for many years to come.”

Charles River Bank President & CEO Derek Plourde stated, “We all ben-



Charles River Bank President & CEO Derek Plourde (Front Left) presented a \$3,000 donation to Medway Community Farm (MCF) Treasurer & Golf Tournament Co-Chair Debi Rossi (Front Right) along with (Back Row Left to Right) MCF President Carol Collard, MCF Education Coordinator Marlee Blasenheim, MCF Golf Tournament Committee Member Gibb Phenegar, MCF Golf Committee Co-Chair Steve Wettengel, MCF Asst. Manager Laura Bonitatibus, and MCF Manager Todd Sandstrum. Courtesy photo

Gold Tier sponsor of the MCF Annual Golf Tournament at New England Country Club to be held on May 19, 2025. This is the second year that Medway Community Farm will host their Golf Tournament and golfer registration is now open on the Medway Community Farm website, medwaycommunityfarm.org.

Medway Community Farm Golf Committee Co-Chair

efit from Medway Community Farm's commitment to offering a wide variety of healthy, locally sourced food, delivering hands-on educational programs to our students, and serving as a vibrant center for community events and activities. The work done by the staff and volunteers of Medway Community Farm benefits families across our region and Charles River Bank is proud to support their efforts.”

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How to Cope With Market Volatility



Mark Freeman, CEPA

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The financial markets always go through periods of instability. And we may see more of that now, given concerns about tariffs, inflation and the economy. As an investor, how can you deal with this volatility?

Some investors try to take advantage of market ups and downs by attempting to follow the age-old advice to “buy low and sell high” — that is, they seek to buy stocks when they feel

prices have bottomed out and they sell stocks when they think the market has reached a high point. In theory, this is a great idea, but in practice, it’s essentially impossible, because no one can really predict market highs and lows.

Rather than trying to anticipate highs and lows, your best strategy for coping with the price fluctuations of the financial markets is to diversify your investment portfolio by owning a mix of stocks, bonds and other types of securities. Different types of financial assets can move in different directions at any given time — so, for example, stocks may be up while bonds are down, or vice versa. If you only owned one of these types of assets, and the market for that asset class was down, your portfolio could take a bigger hit than if you owned a variety of asset types.

And you can further diversify within individual asset categories. Stocks can be domestic or international, large-company

or small-company — and these groupings can also move in different directions at the same time, depending on various market forces. As for bonds, they too don’t always move in a uniform direction, or at least with the same intensity — for instance, when interest rates rise, bond prices tend to fall, but longer-term bonds may fall more than shorter-term ones, which are closer to maturity with fewer interest payments remaining. Conversely, when rates are falling, longer-term bonds may be more attractive because they lock in higher yields for a longer time. Consequently, one diversification technique for bonds is to build a “ladder” containing bonds of varying maturities.

Some investments, by their nature, are already somewhat diversified. A mutual fund can contain dozens, or even hundreds, of stocks, or a mixture of stocks and bonds. And different mutual funds may have different investment objectives — some focus more on growth, while

others are more income-oriented — so, further diversification can be achieved by owning a mix of funds.

Furthermore, some investors achieve even greater diversification by owning alternative investments, such as real estate, commodities and cryptocurrencies, although these vehicles themselves are often more volatile than those in more traditional investment categories.

While a diversified portfolio is important for every investor, your exact level of diversification — the percentages of your portfolio devoted to stocks, bonds and other securities — will depend on your individual risk tolerance, time horizon and financial goals. You may want to consult with a financial professional about creating the diversified investment mix that’s right for your needs.

Ultimately, while diversification can’t guarantee profits or protect against all losses, it can help you reduce some of the

risks associated with investing and better prepare you to deal with the inevitable volatility of the financial markets — two key benefits that can help you over the many years you’ll spend as an investor.

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

Mark Freeman, CEPA
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THIS ARTICLE WAS WRITTEN BY EDWARD JONES FOR USE BY YOUR LOCAL EDWARD JONES FINANCIAL ADVISOR.

You must evaluate whether a bond or CD ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances. Including callable bonds may increase the interest rate risk of a bond ladder. Bonds may be called prior to maturity, which could result in lower yields with new investments.

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Medway Garden Club Annual Spring Plant Sale

The busy Spring season is upon us, and as we are all cleaning up and preparing our yards for the warm summer months, the members of the Medway Garden Club are getting ready for our Annual Spring Plant Sale.

The sale will be held on Sat., May 17, at the Medway Recycling Center on Broad Street. The sale starts at 9 a.m. All the plants for the sale are harvested and do-

nated from members' yards, cultivated and cared for over many seasons. A few plants to look forward to seeing are Bea balm, Dusty Miller, Lilac shoots, Hostas, Money Plant, and Lily-of-the-Valley, among many others.

This plant sale is the only fundraiser the Garden Club holds. The proceeds are used to beautify areas around Medway, including the police and fire stations, the Library, the



planters at 176 Main St., and the Main Street/Holliston Street intersection.

The club's March meeting featured speaker Denise Guerin, a certified Massachusetts Master Gardener, who gave a spirited talk, "Creating a Pollinator Habitat Anywhere!" It was an enjoyable and informative meeting.

The Medway Garden Club is a community organization that brings together gardening enthusiasts of all skill levels. The club's mission is to provide a social and educational experience for all members and support garden-related civic development in Medway. New members are always welcome.

To learn more, visit @medwaygardenclub on Facebook.

Submitted by Medway Garden Club

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Alzheimer's Support Group at Cornerstone at Milford

On May 13, at 6 p.m., the Cornerstone at Milford Assisted Living and Memory Support Community (11 Birch St., Mil-

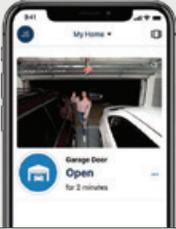
ford) will host a meeting of the Hearts, Hugs & Hope: An Alzheimer's Support Group.

This group for caregivers meets in person. Dealing with Alzheimer's disease and related dementia isn't easy, so it is helpful to share your concerns and personal experiences with others who completely understand what you're going through. You will also learn about proven strategies to help you better care for

your family member. Our guest this month will be Jay Marsden, of Marsden Law, P.C. who will present on the topic of "Elder Law."

Call 508-473-0035 to RSVP or contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com for more information.

This group meets on the second Tuesday of the month.


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Millis Safety Log

Structure fires, suspicious activity, disturbances

According to safety logs, between March 16 and April 15, the Millis Police Department spent the majority of its time on calls related to motor vehicle stops and violations, general traffic control, alarms (burglar, master box), suspicious activity, lost/found property, larceny/forgery/fraud, general complaints, disturbances, and assisting citizens. They also provided assistance to Medway.

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

- March 21 at 3:23 p.m., Crestview Dr., larceny/forgery/fraud
- March 22 at 3:46 p.m., Acorn St., brush fire
- April 1 at 8:57 p.m., Village St., serve warrant
- April 2 at 7:12 p.m., Bridge St., structure fire
- April 3 at 3:08 a.m., Stoney Book Dr., disturbance
- April 7 at 2:14 a.m., Village St., suspicious activity
- April 7 at 6:21 p.m., Milliston Rd., vandalism
- April 12 at 1 p.m., Milliston Rd., structure fire

Source: Millis Police Department

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Your Money, Your Independence

Battle of The Ages: Wealth Effect vs. Experience Spending



Glenn Brown, CFP

Saving money to invest is smart.

Planning for the future is essential.

But there's a fine line between being financially responsible and letting portfolio values drive your decisions.

One of the most subtle yet impactful traps in financial planning is the negative wealth effect.

This occurs when a sudden drop in your perceived net worth (like a dip in your 401k or home value) causes you to feel poorer, even if your actual income and financial stability haven't changed. This psychological shift often leads people to cut back on spending—not just on luxuries, but on the very experiences that bring meaning, connection, and joy to their lives.

And that's when internal and external conflicts begin.

The First To Go, But Should It?

When people react to a market downturn or economic uncertainty, one of the first things they scale back on is experience spending—travel, events, concerts, dining out, hobbies, and other non-essential but fulfilling activities.

For many, these aren't reckless purchases; they're often the things that create memories, deepen relationships, and improve well-being. Yet the negative wealth effect convinces people that now isn't the time.

"We'll go next year."

"Let's wait and host a big celebration on your ___th birthday".

"I'll take that art class when things feel more stable."

Here's the rub: markets are never stable but do come back, while specific opportunities don't.

Timing of Experiences Are Critical

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus their late teens.

Or the family trip with your HS senior you're planning to do. What's their availability (and de-

sire) once in college to go on a family trip with mom and dad? That window's closing.

You might delay a trip only to find your health, schedule, or relationships have changed.

A Psychological Toll

There's a hidden cost to delaying experience spending, and it's not just about missing out on fun. It can lead to a sense of stagnation, disconnection, and even regret. As humans, we are wired for novelty, connection, and purpose. When we constantly suppress those desires due to financial fear, even when we can afford it, we shrink our lives unnecessarily.

Over time, this pattern will increase stress and negativity which creeps into your work and relationships. What's worse, these delays rarely improve your financial picture meaningfully. Even after skipping a few celebrations or delaying a vacation, it's not going to make your 401k come back.

Don't Let Perception Steal Reality

The key is recognizing that the negative wealth effect is largely psychological. Your net worth on paper will fluctuate, but if your income, emergency savings, and long-term plans are still intact, then cutting off all experience-based spending will do more harm than good.

Ask yourself: "Is my fear based on the actual numbers—or how I feel about them?"

If it's the numbers, then review your historical net worth data and if it's close to 12-24 months ago, know this happens and will happen again. Move on.

Now if it's how you feel, then consider the sources driving your fear. If you're doomscrolling politics, maybe it's time to put the phone down, go for a walk, listen to some music and think how to move forward with your planned experience spending.

Now if your budget doesn't have planned experience spending, that's another topic for another day.

miss it". Spending mindfully on experiences that matter isn't wasteful—it's often the best investment you can make. Oh Yeeeah!

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

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

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Medway High School Choir Director Ashley Nelson-Oneschuk Inducted into MICCA Hall of Fame

Nelson-Oneschuk was presented with the MICCA Paul Smith Hall of Fame Award during the Festival Preview Concert held at Medway High School in

March. She was presented with the award again at the MICCA Paul Smith Hall induction during the Massachusetts Music Educators Association (MMEA)

In-Service Conference at the DCU Center in Worcester in late March.

This award celebrates Massachusetts music conductors who



(L to R) Medway High School Performing Arts Teacher Amanda Webster, MICCA Past President Marie Forte, Medway High School Choir Director Ashley Nelson-Oneschuk, MICCA Representative Steven Conant and MICCA President Ryan DeWolfe. (Photo Courtesy Medway Public Schools)

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serve as an inspiration to students, the community, and fellow educators.

The MICCA Paul Smith Hall of Fame recognizes Massachusetts music educators who have made a lasting impact on students, communities, and fellow educators through their dedication and excellence in music education. Inductees must have at least 10 years of conducting experience, demonstrate a variety of conducting experiences

across ensembles, actively promote music education at the local and state levels, prioritize professional development, and serve as models of professionalism while supporting MICCA's mission.

The MICCA Paul Smith Hall of Fame Award is named after the late Paul Smith, former director of bands at Abington High School, who was widely respected for his musicianship, professionalism, and integrity. Nelson-Oneschuk joins a distinguished group of past honorees, including Walter Chesnut, George Parks, Frank Battisti, and Malcolm Rowell.

Nelson-Oneschuk has been a music educator in Massachusetts for over 20 years, currently leading the choir program at Medway High School and serving as the artistic director of the Charles River Chorale, a community ensemble of more than 100 voices. Her career has included positions at Hopkinton Middle School, Norwood High School, and King Philip Regional High School, where her choral groups have consistently achieved high levels of musicianship.

On top of that, Nelson-Oneschuk has played an active role in statewide music education initiatives. She served as Choral Festival Chairperson for MICCA from 2004-2015, cultivating relationships among music educators across Massachusetts. She also held leadership positions with

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CHOIR

continued on page 11

Medway Public Library events in May

The Medway Public Library has a jam-packed May schedule! We have programs for all ages of children, teens and tweens, families, and adults. Find your group, create something new, and make fascinating discoveries about our world!

The Friends of the Medway

Public Library are holding their spring book sale this month! Friday, May 9 is the Friends preview sale from 6-8. Get first dibs on all the great items! Join or renew at the door. May 10 from 10-2 is the General Public sale. May 17 from 10-2 is the \$5 bag sale.

CHOIR

continued from page 10

the Massachusetts chapter of the American Choral Directors Association and has managed the MMEA All-State Choirs. Nelson-Oneschuk has served as a guest conductor for honor ensembles, including the 2017 Massachusetts Music Educators Association Central District Senior Festival Choir, and she will conduct the 2026 Rhode Island All-State Junior Treble Choir.

Beyond her work in the classroom, Nelson-Oneschuk is a composer and arranger of choral music, with several of her works listed under Santa Barbara Music Publishing as recommended repertoire for state festivals. Nelson-Oneschuk, who holds a master's degree in music education from Boston University's College of Fine Arts, resides in Holliston with her husband Joe, and their daughters, Cadence and Skylar.

Medway Public Schools Superintendent Armand Pires and Principal John Murray each congratulated Nelson-Oneschuk on her induction into the MICCA

Paul Smith Hall of Fame and thanked her for all her contributions to music education.

"There isn't a teacher who is a more deserving recipient of this Hall of Fame honor. Mrs. Nelson-Oneschuk is an exceptional educator who has cultivated a love of singing and music in countless students over the years," said Principal Murray. "She not only teaches students how to sing, but she also inspires a lifelong appreciation for music. We are so proud to see her honored by this induction into the MICCA Hall of Fame. Bravo!"

"Mrs. Nelson-Oneschuk's dedication to music education and her impact on young musicians at Medway High School has been profound," said Superintendent Pires. "She has done such a great job throughout her career as a music teacher and choir director for so many of our students. Mrs. Nelson-Oneschuk's induction into the MICCA Paul Smith Hall of Fame is a most well-deserved recognition of her professionalism, ability, and commitment to fostering a love of music among our Medway students."

Young children are invited to join us for Toddler Jam on Mondays and Tuesdays at 11, Storytimes on Wednesdays and Thursdays at 11, and our Move, Groove, and Learn movement program on Fridays at 11.

Elementary-aged children can join our weekly chess club on Mondays from 5-6 pm. Our monthly STEAM workshop is on May 27 at 4 pm. Sign up your child to read to a dog

on May 14, starting at 6 pm. Children and families can stop in for a family yoga session on Saturdays at 11.

Teens and tweens can join us on Tuesdays and Thursdays in the Makerspace for hangouts from 2:30-3:30. Read the Rainbow book club is May 27 from 4-5. Out Metrowest Satellite night at the Medway Public Library is May 2 starting at 6pm.

Adult programs include the

Medway Library Book Discussion Group that meets on May 1 at 1 pm, the Oh Shoot Photography Club that meets on May 1 at 7 pm, the Medway Fiber Arts Group that meets on May 13 and 27 at 6, and Adult Game Nights that meet on May 1 and May 29 at 6 pm.

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MEDWAY LIBRARY

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Bateman to serve as Grand Marshall at Medway Memorial Day Parade



Sarah Bateman will serve as this year's Grand Marshall of the Medway Memorial Day Parade.

Bateman has worked for MetroWest Veterans Services District, serving Medway, Hopkinton, Holliston and Ashland, for most of the last 10 years. She will serve as this year's Grand Marshall of the Medway Memorial Day Parade.

Bateman worked as Director of Worcester Veterans Services from 2016-2017, and then returned to the District as the Director.

Recently, she accepted an appointment by Senate President

Karen Spilka to serve on the HERO Act Veterans Quality of Life Committee for the state.

Bateman served in the U.S. Air Force and military service runs in her family. Her father was a Marine, her grandfather was a doctor in the Army during WWII, her father-in-law was a helicopter repairman during the Korean War, and both her husband and brother-in-law had lifelong careers in the Army.

Veterans Services was certainly a departure from her prior career path. What first led her to this veterans work was when

she was trying to help her father navigate health problems and his veterans' benefits.

Before working in the veterans' services arena, Sarah earned her degree in electrical engineering from Florida Atlantic University in Boca Raton. She worked primarily in the wireless communications field as an RF (radio frequency) engineer consultant designing a cellular system throughout South Carolina and Georgia.

Born and raised in Belmont, MA, she attended some college before joining the U.S. Air Force. She studied electronics and RF communications at Biloxi AFB in Mississippi for almost a year before being stationed at Homestead Air Force Base south of Miami, FL. At age 10, she visited Miami with her grandparents, came home and told her mother she was moving to Miami. Need-

less to say, Sarah was quite happy to get her first choice assignment as Wideband troop near Miami. However, it wasn't all beaches and sunshine. As part of the 726th Tactical Control Squadron, there were a lot of tent deployments throughout the southeastern U.S., many at Avon Park bombing range in central Florida. Not exactly South Beach, but she managed to have some fun watching the bombing runs at night.

Bateman says her last 10 years serving veterans have been by far the most rewarding. She has met so many wonderful people in the District and can't think of anything better than helping veterans and their families navigate federal, state and local veterans' benefits with the highest level of customer service.

Submitted by Medway Memorial Committee



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Medway Memorial Day Parade begins at 10:30 a.m. on May 26

The Medway Memorial Parade will begin promptly at 10:30 a.m., on May 26, 2025, leaving from the Medway VFW on Holliston Street to Matondi Square in the village.

Participants will include the Medway High School Band and the Worcester Kiltie Band, the Medway Fire Department and Police Department, local clergy, Boy Scouts, Girl Scouts, Medway Lions, other civic groups, and service members of the U.S. military.

A contingent of Naval Sea Bees of the Naval Mobile Construction Battalion 27 will also be participants.

Floats and vehicles will be available for U.S. veterans to ride, as they choose. Veterans and active service personnel are encouraged to attend and participate.

Ceremonies will occur at Matondi Square. In case of inclement weather, ceremonies will be held in the Medway Village Church.

All participants are urged to arrive at the VFW at 9 a.m. on the 26th.

MEDWAY LIBRARY

continued from page 11

Bring it by the Morning Mend in the Makerspace on May 3 at 10:30.

Learn about Enchanted Plants in Folklore and Magic on May 22 at 7 pm, and explore the world with Reflections of a Travel Addict with Matt Davis on May 27 at 7. Virtual programs include Inspired Garden Design Lessons on May 13 at 7

pm, a look at the life of Aretha Franklin on May 20 at 7 pm, and finally, explore the Fight for Equality and the Early Women's Movement on May 27th at 7 pm.

See our calendar at <https://www.medwaylib.org/calendar/> to stay updated on all our events.

Submitted by Medway Public Library

Millis Cultural Council's Annual Art Festival to take place on June 14

Millis artists encouraged to show work

The Millis Cultural Council is inviting Millis artists to exhibit their work in the 2025 Millis Cultural Council Annual Art Festival: Art Building Community, scheduled at the Millis Public Library from 12-3 p.m. on Sat., June 14.

In addition to the gallery, the

free annual festival will include a Broadway review, face painting, chalk art, crafts, dance lessons, improv games, a photo booth and more!

The Millis Cultural Council, our local chapter of the Massachusetts Cultural Council, is seeking new members! The

MCC gives small grants to local artists and hosts an annual art festival showcasing local artists and performers. This volunteer opportunity is a wonderful way to get involved in our community and make new friends!

For more information, please contact millisculturalcouncil@gmail.com.

Millis Annual Town Meeting on May 5, Election on May 12

The Town of Millis will hold its Spring Annual Town Meeting on Mon., May 5, at 7:30p.m. at the Middle/High School Auditorium at 245 Plain Street.

The warrant can be found at www.millisma.gov or bit.ly/MillisATMwarrant2025.

Note, the meeting will only be live-streamed and will not be broadcast live on cable; however, it will be recorded

for later broadcast and posting on MCM's YouTube channel, Facebook page, and website (www.millismedia.org). To watch the livestream of the meeting, go to <https://youtube.com/live/ZZ9NMIcN8>

Millis Town Election

Millis will hold its Annual Town Election on Mon., May 12, from 7 a.m. to 8 p.m., at

the Veterans Memorial Building gymnasium, 900 Main St.

Positions available are:
Moderator, 1-year term
Town Clerk, 1-year
Select Board, 1-year
School Committee, 3-year
Board of Health, 3-year
Library Trustee, 3-year
Planning Board, 5-year
Housing Authority, 5-year

Source: www.millisma.gov



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The b.LUXE *beauty beat*

Tame the Mane—We’ve Got The Secret to Smooth Summer Hair

BY GINA WOELFEL

Has your frizzy hair gone rogue with a mind of its own? Don't sweat it! When the humidity hits, **The Saphira Mineral DeFrizz Treatment** will have you smooth sailing all summer long.

Frizz and lack of definition are common struggles, especially in the summer heat for people with curly, wavy and textured hair. But now, you can say “Buh-bye” to frizz and hello to the most smooth, defined curls with the Saphira Mineral DeFrizz Treatment, **available at b.LUXE Hair and Makeup Studio in Medway, MA.** “My curls have never looked this good—soft, defined, and totally frizz-free,” says one happy b.LUXE client, Linda Picard. “It’s a total game-changer for summer.

Beach days and warm summer nights are calling—and we’re here to help you look your best—effortlessly. Managing frizzy hair can feel like a full-time job, but what if we told you that you could say goodbye to frizz without losing your hair’s natural texture or integrity? Imagine a summer where your hair stays smooth and hydrated—even in the muggy heat. We’re talking about a **quick, easy, and effective solution** for everyone—from those with tough curls to

fine, damaged hair.

Ready to learn more? Let’s dive into why the Saphira Treatment is the must-have summer service for you!

Frizz-Free Hair Without the Fuss

The magic behind this treatment is in the ingredients! Its mineral-based DeFrizz technology is composed of **26 Dead Sea Minerals, Lily Flower and Essential Oils.** These ingredients work together to soothe and refresh your scalp, promoting a healthy foundation for your hair. The treatment also includes **hyaluronic acid**, which is a humectant that helps seal in moisture to keep your hair hydrated, preventing dryness and minimizing frizz. It’s like a spa day for your hair!

And did we mention the diamond powder? We’re talking the fancy stuff here, folks—because diamonds are a girl’s best friend, right? The Saphira Mineral Treatment infuses your hair with **diamond powder** for an extra dose of luxe, leaving it smoother, more radiant, and shining with a healthy, head-turning glow.

The Difference is in the Texture

Love your waves, curls and coils? Keep them! Not to be con-

fused with traditional smoothing or keratin treatments that relax and straighten the hair. The Saphira Mineral DeFrizz Treatment retains your natural texture while eliminating frizz, healing the hair and adding strength. A thermodynamic process occurs when the treatment is applied. One of the key ingredients, **Hyaluronic Acid** is a humectant which hydrates the hair and seals in moisture, eliminating protein bonds that create frizz. This new technology is unlike anything else on the market.

Quick, No-Hassle Treatment

One of the best things about the Saphira Mineral DeFrizz Treatment is how easy and fast it is—no hours spent in the salon or sitting under a hooded dryer. In fact, this treatment can be done in under **60 minutes**, with **no processing time required.** So, you can get an effortless, frizz-free look during your lunch break and be ready to take on the rest of your day! Plus, it’s **formulated without harsh chemicals**, so no strong smells or waiting for the treatment to “process.” Another bonus! Air drying and blowouts are so much easier! By reducing frizz, your curls and waves dry smoother and sleeker.

Lasting Results That Will Keep You Frizz-Free for Months

Now, let’s talk about longevity. After just one treatment, the Saphira Mineral DeFrizz Treatment will leave your hair **smooth, hydrated, and frizz-free for up to five months.** That means you can enjoy beautiful hair all summer long!



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Medway safety log

Missing child, brush fire, OUI arrests, drone deployment

Between Feb. 18 and April 12, the Medway Police Department responded to hundreds of calls, many related to general traffic enforcement, suspicious and disabled motor vehicles, motor vehicle violations and accidents, parking violations, erratic motor vehicle operators, various alarms, 911 calls, road hazards, radar requests, various disturbances, lockouts, funeral escorts, animal issues (lost/found/barking/aggressive dogs, coyote, skunk, cat, deer, rabbit, opossum, raccoon), suspicious persons, identity fraud, larceny, shoplifting, bylaw violations (noise, solicitor), keeping the peace, car seat inspections, and warrant service. Medway also assisted other departments, including Abington (drone), Bellingham, Franklin, Holliston, Hopedale, Milford, and Millis.

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

- Feb. 18 at 1:36 p.m., Harmony Way, neighbor dispute
- Feb. 18 at 4:20 p.m., Holliston St., larceny (\$70,000 from bank account)
- Feb. 18 at 9:04 p.m., Maple Lane, larceny (Amazon package)
- Feb. 20 at 12:39 a.m., Virginia Road,

- breaking & entering motor vehicle
- Feb. 20 at 7:34 a.m., Virginia Road, breaking & entering motor vehicle
- Feb. 20 at 1:33 p.m., Main St., unwanted party
- Feb. 20 at 5:27 p.m., Holliston St., assault/assault & battery
- Feb. 21 at 7:39 a.m., Winthrop St., unwanted party
- Feb. 22 at 2:22 a.m., Oakland St., disturbance
- Feb. 24 at 10:15 a.m., Cottage St., suspicious person. Caller reported a man opened their mailbox, closed it, walked away; he was wearing a hat and a multi-colored overcoat. Gone on arrival.
- Feb. 28 at 6:03 a.m., Marc Road, disturbance. Landscaper in violation of noise ordinance; will resume at 7 a.m.
- Feb. 28 at 8:12 p.m., Main St., OUI arrest. A 28-year-old Woonsocket male was charged with failure to stop/yield, unlicensed operation of a motor vehicle, negligent operation of motor vehicle, OUI liquor.

- March 1 at 12:56 p.m., Main St., warrant arrest. A 45-year-old Gloucester male was arrested.
- March 1 at 2:38 p.m., Cole Ave., illegal dumping
- March 1 at 10:25 p.m., Main St., OUI arrest. A 62-year-old Mendon male was charged with a marked lanes violation, negligent operation of a motor vehicle, OUI liquor.

- March 2 at 9:37 p.m., Royal Heights Dr., structure fire/heavy smoke
- March 3 at 2:15 p.m., Granite St., brush fire
- March 4 at 10:51 a.m., Main St., arrest. A 43-year-old Uxbridge male was charged with speeding, operating with a license suspended for OUI, child without seat belt.
- March 5 at 2:09 a.m., Partridge St., assault/assault & battery. A 29-year-old Medway male was charged with assault & battery with a dangerous weapon, assault & battery, aggravated assault & battery.
- March 6 at 4:53 p.m., Holliston St., missing child located in Framingham. Apparent mix-up with transportation company
- March 7 at 2:08 p.m., Winthrop St., wires down and burning in middle of street

- March 7 at 7:42 p.m., Village St., animal control. Caller reports he is in possession of a rabbit that may be ill
- March 9 at 6:50 p.m., disinvasion
- March 10 at 7:04 p.m., Main St., disorderly person
- March 11 at 11:02 p.m., Shamrock Ln., keep peace
- March 14 at 6:30 p.m., Village St., threatening. Male reports threatening calls from an unknown number
- March 15 at 10:48 a.m., Oak St., missing person located
- March 15 at 3:17 p.m., Sanford St., neighbor dispute
- March 20 at 8:52 a.m., Main St., illegal dumping
- March 20 at 1:53 p.m., Holliston St., illegal dumping
- March 24 at 10:14 a.m., Main St., il-

- legal dumping
- March 27 at 12:21 a.m., Milford St., ambulance hit a deer
- March 27 at 8:29 a.m., East Main St., missing child, drone deployment
- March 30 at 5:21 p.m., Lincoln St., arrest. A 26-year-old Medway female was served a warrant.
- March 31 at 6:20 p.m., Franklin St., arrest. A 34-year-old Medway male was arrested and charged with being a fugitive from justice on court warrant, resisting arrest.
- March 31 at 8:23 p.m., Main St., arrest. A juvenile was arrested and charged with assault with a dangerous weapon, and disorderly conduct.
- April 1 at 3:21 p.m., Holliston St., vandalism



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Living Healthy

Introducing the PanOptix® Pro IOL: A Breakthrough in Cataract Surgery – and a First for Massachusetts

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

Cataract surgery has evolved dramatically over the past few decades, moving from a simple removal of the clouded natural lens to a transformative procedure that can restore full-spectrum vision. The introduction of advanced intraocular lenses (IOLs) has redefined the standard of care, allowing many patients to regain sharp vision at multiple distances without the ongoing need for glasses.

Now, a new generation of lens technology is poised to elevate outcomes even further: the Clareon® PanOptix® Pro Trifocal IOL. Alcon recently announced the official U.S. launch of this lens, with commercial availability starting in May 2025. I'm honored to share that I will be performing the first PanOptix

Pro implantation in Massachusetts, bringing this groundbreaking innovation to our community.

What Is the Clareon® PanOptix® Pro IOL?

The Clareon PanOptix Pro is Alcon's latest trifocal intraocular lens designed for use during cataract surgery. It builds on the success of the original PanOptix® IOL, which was the first trifocal lens approved by the FDA in the United States. This new version offers enhanced optics, improved light management, and a more seamless range of vision.

This lens features ENLIGHTEN® NXT optical technology, a refinement that allows for 94% light utilization — the highest reported light transmission of any trifocal IOL on the market today. Compared to its predecessor, PanOptix Pro also

boasts a 16% increase in contrast between intermediate and distance vision, delivering a sharper, more comfortable visual experience across the entire range.

Additionally, targeted diffractive refinements help redirect 50% of light previously lost to scatter toward useful focal points, greatly enhancing image clarity and reducing glare.

Why It's Better Than the Original PanOptix

The original PanOptix lens already offered excellent outcomes, allowing patients to see clearly at near (reading), intermediate (computer), and distance (driving) ranges. However, some patients experienced visual disturbances like halos or glare, especially in low-light settings. The Clareon PanOptix Pro addresses these concerns with:



- Improved contrast sensitivity
- Reduced light scatter
- More uninterrupted light distribution
- Enhanced optical image sharpness

These refinements translate to better night vision, clearer contrast, and greater patient satisfaction, especially in visually demanding environments.

Another major improvement is the Clareon AutonoMe® pre-loaded delivery system, which allows for more precise, consistent lens placement during surgery — a benefit for both surgeons and patients.

Key Benefits for Patients

- Seamless vision across distances — from reading a phone to driving at night
- Reduced dependence on glasses
- Brighter, sharper vision
- Low-light confidence, such as in restaurants or while driving at night
- Built-in UV and blue light filtering for retinal protection

Risks and Considerations

While the PanOptix Pro IOL offers impressive advantages, it's important to remember that no intraocular lens is perfect for every patient. Some individuals may still experience mild visual disturbances such as glare or halos, particularly in the first weeks after surgery. The brain also requires time to adapt to trifocal optics, and some patients may need a short adjustment period.

The lens is not recommended for those with significant macular disease, irregular astigmatism,

or certain other ocular conditions. A comprehensive preoperative consultation is critical to determine candidacy.

Alternatives to the PanOptix Pro

For patients not suited to trifocal lenses, several other IOL options exist:

- Monofocal IOLs: Provide clear vision at one distance, typically requiring glasses for near or intermediate tasks
- Multifocal IOLs: Offer multiple focal points, though with a more limited range than trifocals
- Extended Depth of Focus (EDOF) IOLs: Improve intermediate and distance vision with reduced halos, though near vision may still need support

Choosing the right IOL is highly individualized and should be guided by lifestyle, eye health, and visual expectations.

A First for Massachusetts

Bringing the Clareon PanOptix Pro to Massachusetts is a milestone I'm proud to be part of. Our practice has always embraced cutting-edge technology to enhance patient outcomes, and this next-generation lens is no exception. Performing the first PanOptix Pro implant in the Commonwealth underscores our ongoing commitment to innovation, excellence, and personalized care.

We believe our patients deserve access to the latest proven technologies — not just to restore vision, but to improve how they live, work, and experience the world.

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Millis Council on Aging May 2025

Millis COA newsletters can be found at www.millisma.gov/council-aging or at the Millis Council on Aging, Millis Public Library, and Millis Town Hall. (508) 376-7051

Celebrating Mothers Event

Join us for lunch in celebration of mothers and women, with special guest speaker Dr. Randi Lebar, who returns to share an update with us on her and her mother's heartwarming journey with dementia and how music continues to inspire her mother's days.

Tuesday, May 13 at 12:00 PM. Sign up: (508) 376-7051

Painting with Amy Adams

A fun afternoon of inspired painting on canvas. Sponsored by the Millis Cultural Council, a member of the MA Cultural Councils. Free

Tuesday, May 20 at 1:00 PM. Sign up (508) 376-7051

EYES

continued from page 16

Why Milford Franklin Eye Center?

Cataract surgery is all about better precision, more safety, and excellent outcomes. At Milford Franklin Eye Center, I am proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser-assisted cataract surgery — and the first in Greater Boston to implant the original PanOptix lens. We are now excited to bring the PanOptix Pro to our community.

The top five teaching hospitals in the nation offer bladeless laser cataract surgery — and so do we. All surgeries are performed at our state-of-the-art surgery center in Milford using advanced laser technology and premium lenses that correct for distance, near, and everything in between. Many cases of astigmatism are now fully correctable with these modern lens implants.

Our complication rates are among the lowest in the nation. One hundred percent of surgeries are performed under topical anesthesia — meaning no needles, no shots around or behind the eye, no stitches, and no scalps. It's truly no knife, no shots,

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Meet Dolley Madison with Janet Parnes

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ences will discover how Dolley used her charm and resourcefulness to fuel James' ascendancy to the Presidency, influence Washington socially as well as politically, and shape the evolution of our country. Friday, May 16 at 11:00 AM Sign up for lunch: (508) 376-7051 by May 12

no stitch surgery. We have anesthesiologists present for all cases and we never perform surgery in an office space, unlike some other practices. We also do not charge additional fees for use of the operating room — another key difference. There is no longer any need to travel hours for your cataract surgery. The most advanced care is already here, close to home.

It's Time to Be Pro Panoptimistic!

The Clareon PanOptix Pro IOL is more than just an upgrade — it's a significant leap forward in cataract surgery outcomes. With its groundbreaking light utilization, refined optics, and proven range of vision, it stands to become the new gold standard for patients seeking independence from glasses and sharp, vibrant vision at all distances. Experience cataract surgery results second to none — here, closer to home, at the Milford Franklin Eye Center.

For more details, see our ad on page 16.

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Millis Memory Cafe at the Senior Center

Join Jane Simpson and learn more about her ukelele and its beautiful music at Millis' monthly Memory Café held at the Senior Center in May. The Memory Café is a welcoming place for individuals and families living with memory changes, but all are invited to attend. Call the Senior Center at (508) 376-7051 for more information.

Monday, May 19 at 10:30 AM. Senior Center. Free

Monthly Book Talk with Sandra and Patsy

Join Patsy Divver and Sandra Scott of the Millis Public Library to discuss new authors!

Tuesday, May 27 at 11:00 AM. Sign up (508) 376-7051

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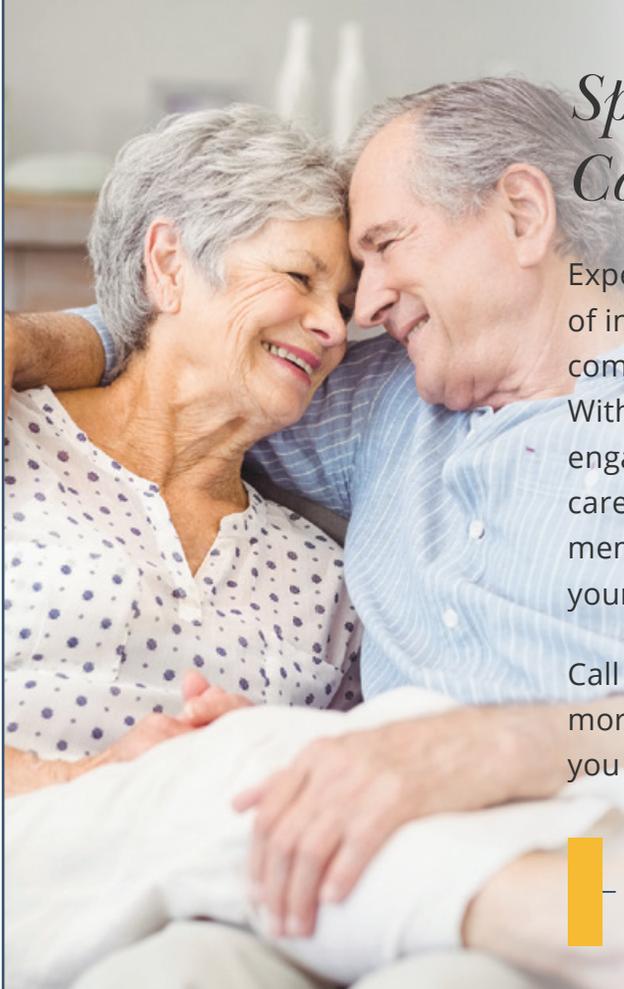
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Sports

Medway Nine aims for return to D-3 tournament

BY KEN HAMWEY
STAFF SPORTS WRITER

One of the goals the Medway High baseball team is striving to achieve this season is a return to the Division 3 state tournament.

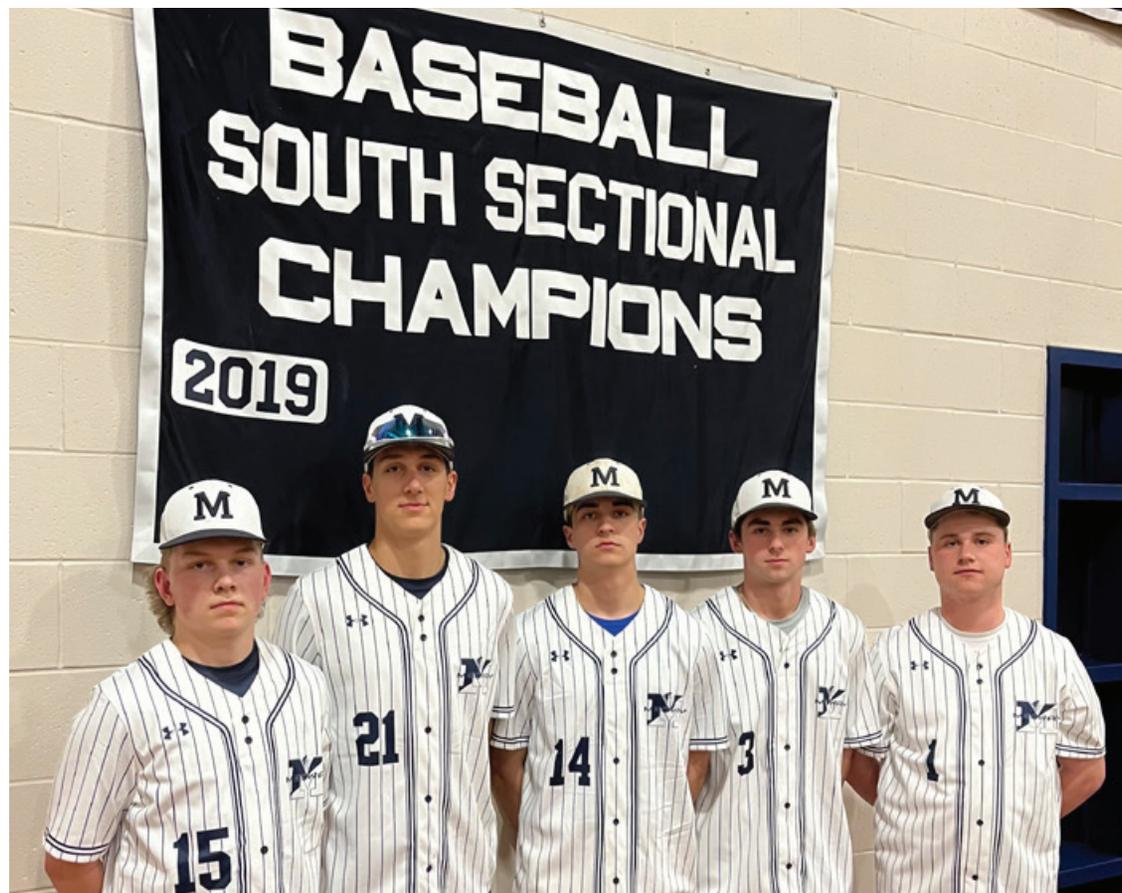
Last year, after five straight trips to the playoffs, the Mustangs failed to qualify after finishing with a 4-14 record. Coach Mike Coppinger has guided his squad into post-season play seven times in nine years, and his 2019 contingent advanced to the state final where it lost to Taconic Regional.

“Our goals this season are to be competitive in all games, to go .500 or better and to return to the tourney,” said Coppinger. “Ten of our 15 returnees are seniors, and we’ll go as far as they take us. Our senior group has experience, and all of our returnees are hard-working.”

So far, Medway is off to a good start, going 4-2 and 4-0 in the Tri-Valley League at Local Town Pages deadline. Those numbers make Coppinger smile. “We’ve been competitive in every game and we’ve already tied our win total of last year,” he said.

The Mustangs have a variety of strengths that should lead to a playoff berth. “Besides experience, we’ve got depth and players who are coachable and have high baseball IQs,” Coppinger emphasized. “Our technical skills still need improving but our pitching is deep. Our hitting and defense, however, have to improve.”

Personifying many of the team’s strengths are Medway’s captains — seniors Garrett O’Mara (pitcher/outfielder), Jason Bedard (catcher), John Farrell (pitcher/infielder), Matt Olynciw (catcher/pitcher/infielder), and junior Aidan



Medway High’s baseball captains are, from left, Matt Olynciw, Garrett O’Mara, Jason Bedard, Aidan Tkowski, and John Farrell. Courtesy photo

Tkowski (pitcher/infielder).

“Garrett is one of our best hitters,” Coppinger said. “Last year he hit .327, hit three triples and had two home runs. He also led the team in RBIs and tied for the lead in runs and hits. A Tri-Valley League all-star, He throws in the mid-80s and relies on a fastball, curve and change-up. He also has speed.”

Bedard is a catcher who is versatile enough to play other infield positions. “Jason was an honorable-mention all-star last year,” Coppinger said. “A vocal leader, he’s a calming influence when dealing with pitchers and he’s mentally and physically tough.”

Farrell was the Mustangs’ top hurler last year, compiling a 3-4

record with an earned-run average of 2.21. He’s begun this season by hurling two complete games, is 2-0 and his E.R.A. is 1.75. “Able to throw in the mid-80s, John relies on a fastball, curve and change-up and has good command of his pitches,” Coppinger said. “He also was a TVL honorable-mention choice.”

Tkowski had a 1-0 record last year and an E.R.A. of 4.37. He hit .320 and tied for the team lead in hits and runs. During the first week of this season, he was 9-for-13 at the plate, had a .692 batting average, scored 3 runs, knocked in 2 and stole 2 bases. He also had a save.

“Aidan had a phenomenal first week and he’s one of our best hitters,” Coppinger noted. “He relies on a curve, fastball and change-up. A strong defensive infielder, he’s now in his third varsity season.”

Olynciw plays baseball year-round and will be competing in college next year at the University of Maine-Farmington. “Matt works hard and is very coachable,” Coppinger said. “Relying on a fastball, curve and change-up, he was second on the team in

innings pitched (18).”

Senior Matt Parlon, who also was a TVL honorable-mention choice, is an all-around talent. “Matt hit .270 last year and had one home run,” Coppinger said. “A good athlete, he’s a left-handed pitcher who’s a strong competitor. He also plays solid defense. Last year, he suffered a fractured finger and missed eight games.”

Senior Matt Wilde plays third base and hit .267 last year. “Matt is a spray hitter who’s tough, works hard, and grinds out at-bats,” Coppinger offered. “He was an all-star linebacker in football.”

Senior centerfielder Kevin McMahan is labeled “a defensive specialist” by Coppinger. “Kevin works hard, is coachable, has speed and very good range,” he said. “He was the goalie for the soccer team.”

Outfielder Brendan Mey, pitcher/infielder Zach Nielsen, and infielder Anthony Noe round out the list of seniors. “Brendan has decent speed and plays solid defense,” Coppinger said. “He was a steady reserve in the outfield and did a good

job when Parlon got hurt. Zach didn’t play a lot last year but likely will see action this year as a relief pitcher. Anthony has worked hard and will be called on when needed.”

Junior Jackson DuGuay will pitch and also play first base. “Jackson is a big strong kid who has the potential to be a power hitter,” Coppinger noted. “We’re hoping he improves.”

Medway’s trio of sophomores includes Trevor Smith (pitcher/outfielder/second base), Jack Heavner (third base) and Charlie Hosmer (utility player).

“Trevor relies on a curve and change-up and throws in the low 80-mph range,” Coppinger said. “He played in all 18 games as a freshman last year. A year-round player, he’s got power, throws effectively and is versatile on defense. Jack is one of the toughest players we have. A good fielder, he’s a right-hander who can also pitch. Charlie can pitch, play the outfield or second base. He’s a very versatile athlete.”

Coppinger has two assistants — varsity aide Jim Patelis and jayvee coach Kevin Treggeri. “Jim played at Framingham High and at Eastern Connecticut State,” Coppinger noted. “Kevin has been with us for four years and does a great job.”

Four non-league games that could help Medway in the power rankings include Canton, Dartmouth, Nipmuc and Millbury.

Coppinger relies on a coaching philosophy that focuses on his players reaching their potential and having fun. “If those things occur, then winning follows,” he said. “

A native of Medway, the 39-year-old Coppinger, who’s in his 11th year at Medway, hopes his players learn valuable life lessons from baseball. “Overcoming adversity and developing resilience are two important lessons,” he emphasized. “Sports also help kids to set goals, be strong leaders and good teammates. Accountability is another life lesson that can be learned.”

Mike Coppinger no doubt wants his players to be accountable. He also wants them to strive to reach the goals he’s set and return to the state tourney.



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Sports

5 Tips For Finding Your Second Career.

Contrary to popular belief, life does have second acts. And if you're nearing retirement and want—or need—to continue working, there's some good news: You can leverage the knowledge and experience of your first career into a new one that can generate the income you need, and be personally fulfilling at the same time.

Here are five tips to help you find and prepare for the right second career.

- 1. Start thinking about your second career now.** No matter when you plan to retire from your current job, it's never too early to start thinking about your life "2.0." In fact, the longer time frame you have to plan, the better. If you're serious about a specific area, take a class, volunteer, or offer to help out for free to get exposure to that business or industry.
- 2. Take stock of your goals and objectives.** Take some time to step back from the rat race and really think about what you want to do in the future. What is important to you? What are you naturally gifted at? Do you want to work for yourself? Do you want to make a positive difference with your work? Your second career should be strongly connected to your inner desires and goals. Even if you don't have the experience in that area yet, don't despair. As the saying goes, if you want something badly enough, you'll make it happen.
- 3. Start cleaning up the clutter.** When it comes time to segue to a second career, it will be a lot easier if your life is in order. Start paying down debt, and make sure your



credit score is strong. Consider small lifestyle changes that will reduce stress and increase peace and organization in your life.

- 4. Get and stay healthy.** It's true: When you are physically fit, you have more energy and are mentally sharper to face the challenges ahead. Starting a second career will take an incredible amount of energy, both mental and physical. Start getting in shape now for your future career.
- 5. Get out there and network.** The best way to find your second career—the one that's right for you—is to start networking, meeting people, asking questions, and getting exposure to the fields that interest you. If floral design is your thing, offer to volunteer on Saturdays at a flower shop to learn the trade. Take advantage of social networking pages that focus on your fields of choice. Read books on it. Take one small action every day toward your goal.

Consider a career as a life insurance agent.

As you stand poised to experience new opportunities, consider this: Why not choose a second career that will positively impact not only you, but those people in your community as well?

A career as a life insurance agent can offer many benefits, including the potential to make a significant income, the chance to build your own practice, a

flexible schedule, and the opportunity to learn and grow from other experienced and successful professionals.

In addition to the financial rewards you may receive, as a life insurance agent you can take pride in the fact that you are making a difference in the lives of others by helping your clients

build a more secure future for their families, while helping them protect what matters most—the ones they love. That can impact families in your community for generations to come. And you don't need previous sales experience or a college degree—just the commitment and desire to succeed.

This educational third-party article is being provided as a courtesy by Michael Damon, Agent and the NYL Boston General Office.

For additional information on the information or topic(s) dis-

cussed, please contact New York Life Insurance Company Recruiter, Tara Boudreault at (508) 321-2105 or Tara@DamonFinancial.com.

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Medway High School Athletic Department recognizes winter 2024-25 season achievements

Medway school officials have recognized Medway High School student-athletes who recently completed a successful 2024-25 winter athletics season.

“Our winter athletics teams had an extraordinary season, and all of our athletes should be commended for all of their efforts,” said Medway Public Schools Athletic Director Parcells. “Teamwork, great coaching and countless hours of practice have all paid off. This winter season was a success, and we look forward to keeping up this momentum with spring sports. We are very proud to recognize all of these accomplishments. Congratulations to all of our student-athletes and kudos to all the parents and coaches who helped make this all possible.”

Boys Basketball

- Tri-Valley League (TVL) Small Champions
- Record 15-8 overall (13-3 TVL)
- 31st in tournament ranking, competed through the Round of 32
- Team Captains: Brady Girard, Logan Keaney, Matthew Parlon, Jacob

- White
- TVL All-Star: Jacob White
- Honorable Mention All-Stars: Christian Cautilli, Brady Girard, Logan Keaney, Haven Miele, Matthew Parlon
- TVL Small Coach of the Year: Shane Jackson (3rd season)

Girls Basketball

- Record: 17-6 overall (13-3 TVL)
- 4th in tournament ranking, competed through the Round of 16
- Team Captains: Victoria Bullard, Anna Freeman, Olivia Melanson
- TVL All-Stars: Alessandra Cautilli, Anna Freeman
- Honorable Mention All-Stars: Victoria Bullard, Regan Longval, Olivia Melanson
- Head Coach: Joe Iannone (16th season)

Cheer

- TVL Champions, South Regional Champions, Division 3 State Runner-Up, New England Champions
- Team Captains: Jillian

- Bartel, Chloe Giallonardo, Adelle McLaughlin
- TVL All-Stars: Chloe Giallonardo, Nicole Oster
- Head Coach: Adrienne Hunter (1st season)

Boys Hockey

- Record: 11-10-1 overall (5-7-1 TVL)
- 7th in tournament ranking, completed through the Round of 16
- Team Captains: Jason Bedard, Colin Towle
- TVL All-Star: Jason Drake
- Honorable Mention All-Stars: Jason Bedard, Michael Damon, Shawn Fraiton, Colin Towle
- Head Coach: Jeff Drake (2nd season)

Co-op Gymnastics

- TVL Champions, 9th place at South Sectionals
- Record: 7-0 overall
- Team Captains: Elizabeth Simmons, Greta Wolfgang
- TVL All-Stars: Caroline Griffith, Jayden Kudrikow, Julia Morcos, Greta Wolfgang
- Honorable Mention All-Star: Elizabeth Simmons

- Massachusetts Senior Gymnast of the Year: Greta Wolfgang
- Individual Honor: Greta Wolfgang qualified for the New England Championship
- TVL Coach of the Year: Bre Vacca (11th season)

Boys Indoor Track

- Record: 2-3 overall
- Finished 7th at the MIAA Division 5 State Championship
- Team Captains: Dylan Costa, Matthew Montana, Eshaan Potnis
- TVL All-Stars: Zachary Arnpriester, Davis Campbell, Dylan Costa, Myles Hoffman, Jack Weintraub
- Honorable Mention All-Stars: Chase Barucci, Anthony Bonarrigo, Matthew Montana
- Individual Honor: Jack Weintraub qualified for the New England Championship in the 600 Meter
- Head Coach: Sara Caton (2nd season)

Girls Indoor Track

- Record: 2-3, finished 22nd at the MIAA Division 5 State Championship
- Team Captains: Cailyn DiMinico, Sophie Heiden, Katelyn Maniero
- TVL All-Stars: Alexandra Chleboski, Annabelle Hazell, Katelyn Maniero, Nadja McNaney
- Honorable Mention All-Stars: Cailyn DiMinico, Sophie Heiden, Winter Lafferty, Lillian von der Heyde, Jenna Westervelt
- Head Coach: Andrew Nasiff (16th season)

- making them Central Mass Conference Ski League (CMCSL) Champions; and finished in 3rd place at the State Championships
- Boys finished in 9th place in CMCSL
- Team Captains: Kayla Freedman, Kyle Hultstrom
- CMCSL All-Stars: Keira Davis, Elle Heiden, Margaret Morton, Charlotte Richmond, Honorable Mention All-Stars: Kayla Freedman, Kyle Hultstrom, Tucker Lafferty
- Individual State Championship Participants: Keira Davis, Elle Heiden, Margaret Morton, Charlotte Richmond
- Head Coach: Jeff Rozak (11th season)

Co-op Boys Swim (via Holliston)

- Record: 6-1, finished 12th at Sectionals, finished 10th in the Division 2 State Championship Team Captain: Michael Webb
- TVL All-Stars: Devin Bird, Charlie LaMonica, Michael Webb
- Head Coach: Samantha Nasson (2nd season)

Girls Co-op Hockey (via Ashland)

- Record: 3-12-3 overall (1-8-1 TVL)
- Honorable Mention All-Star: Ainsley Callahan
- Head Coach: Lynn Pecci (1st season)

Co-op Wrestling (via Bellingham)

- Record: 4-6-1

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Alpine Ski

- Girls finished in 1st place,

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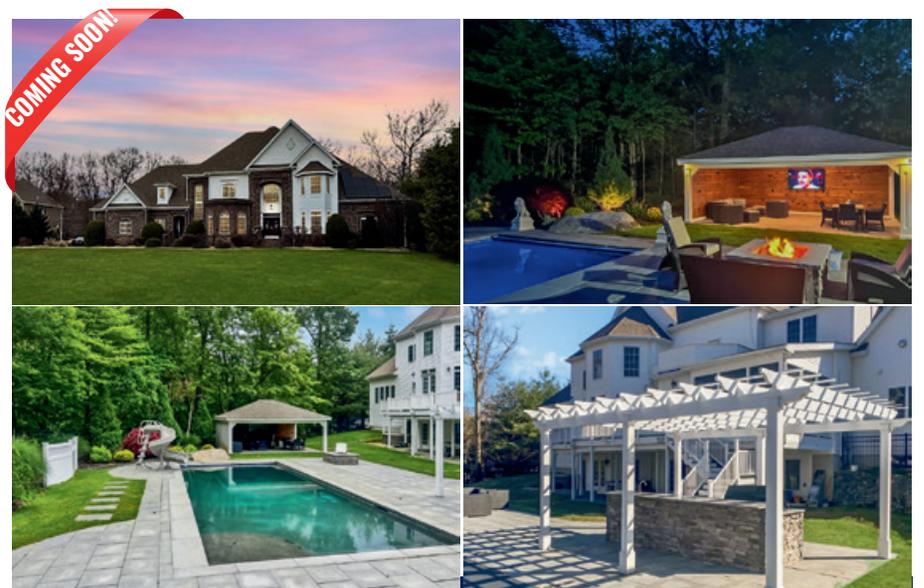
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The 4-bed, 3-bath, 3,200-square-foot house at 268 Main Street in Millis recently sold for \$750,000. Image credit: www.zillow.com

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04/15/2025	4 Causeway St.	\$685,000
04/14/2025	148 Holliston St.	\$800,000
04/14/2025	31 Willow Pond Circle	\$718,067
04/03/2025	4 Cottonwood Lane #27	\$921,756
03/31/2025	16 Tulip Way	\$1.16 mil
03/28/2025	4 Pine St.	\$567,000
03/28/2025	14 Holbrook St.	\$1.05 mil
03/28/2025	33 Willow Pond Circle	\$699,900
03/27/2025	20 Sycamore Way #36	\$1.0 mil
03/26/2025	14 Florence Circle	\$865,000
Date	Millis	Amount
04/04/2025	17 Lansing Way	\$925,000
03/31/2025	145 Dover Road	\$410,000
03/31/2025	31 Jameson Drive #225	\$1.25 mil
03/31/2025	113 Glen Ellen Blvd.	\$900,000
03/28/2025	268 Main St.	\$750,000
03/28/2025	9 Hemlock Circle	\$440,000
03/28/2025	32 Spencer St.	\$610,000
03/25/2025	147 Plain St.	\$615,000

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

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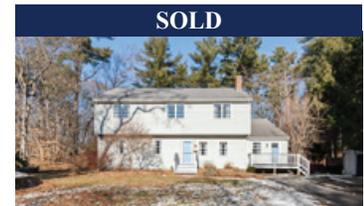
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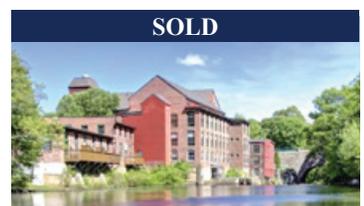
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