

Medway High School student-athletes Addie Lynn, Matt Olynciw and Zachary Arnpriester signed their college commitment letters on May 8. (Photo Courtesy Medway High School) Courtesy photo

## Medway High School Student-Athletes Sign Commitment Letters

*Zachary Arnpriester, Matthew Olynciw, and Addie Lynn will continue at the NCAA Division III level*

MEDWAY - Three Medway High School student-athletes recently signed their commitment letters to play college sports during a Spring Athletic Com-

**ATHLETES**  
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## Tri-County students build new gazebo for Millis Senior Housing



Shown are Tri-County carpentry students, residents, management and members of the board of Millis Housing Authority as well as guest, MA State Rep. James Arena-DeRosa in front of a new gazebo the students built for residents.

BY JUDITH DORATO O'GARA

On Friday, May 9, Millis Housing Authority celebrated the construction of a new gazebo in the senior housing courtyard at King Terrace. The structure was designed

and constructed by carpentry students at Tri-County Regional Technical Vocational High School. Millis Housing Authority management and board provided lunch and an ice cream social for the residents and students, who

were joined by MA State Rep. James Arena-DeRosa.

“The residents had wanted a gazebo for ages, for a very long time, a place where they

**GAZEBO**  
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### ATHLETES

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mitment Ceremony held at Medway High School in May. Their families joined them as they signed their commitment letters.

The three student-athletes will continue their academic and athletic journeys at the NCAA Division III level.

Zachary Arnpriester signed his commitment letters to play lacrosse for Mass Maritime Academy, where he plans to study marine transportation and join the U.S. Navy Reserves.

Matthew Olynciw signed his commitment letters to play baseball at the University of Maine at Farmington. Olynciw

is currently undecided about his field of study.

Addie Lynn signed her commitment letters to play volleyball at Framingham State University, where she will study nutrition.

Medway Public Schools Athletic Director Jeff Parcels served as emcee for the ceremony, wishing the students well as they prepare to move onto college.

“We are all truly proud to celebrate these exciting milestones in the lives of three of our outstanding Medway High School student-athletes,” said Parcels. “We honor their hard work, dedication, and passion, which have not only made them leaders on the field but also in our school community. Zachary, Matthew and Addie will undoubtedly continue to represent our school with pride, excellence, and sportsmanship. Please join me in congratulating these remarkable individuals as they take this next step in their athletic and academic careers.”

The signing ceremony for Zachary, Matthew and Addie follows another held in November 2024 for Medway High School’s Priya Bedard, Shae O’Neill and Ella Taylor. Priya will play softball at the University of Hartford; Shae will play field hockey at Roger Williams University; and Ella will play women’s lacrosse at Salve Regina University.

Principal John Murray also congratulated Zachary, Matthew and Addie for making their commitments and wished them well as they move onto collegiate sports.

“I want to congratulate these three graduating seniors for all they have accomplished at Medway High School and for signing their acceptance letters, making their commitment to continue playing their sports at the college level,” said Murray. “They have each shown dedication to their academics and athletics during their time at Medway High School, and I know they will continue to succeed as they make the transition into the next phase of their lives. We are all excited to see them grow as athletes and individuals. We wish them all the best as they move onto the next level.”

Submitted by Medway Public Schools

### GAZEBO

continued from page 1

could gather and sit and be outside even when there’s inclement weather,” said Candace Avery, Millis Housing Authority Executive Director, “And so we reached out to

Her neighbor, John Curran, added, “It was good to see the youth in action, doing a good deed. They were happy people. They brought joy to us, and I wish them well in life.”

The project, which included a ramp and seating inside the gazebo, was a great one for students, said Tri-County carpenter



In addition to the gazebo, this table and chair set was donated to the Millis Housing Authority by Rocky’s ACE Hardware of Millis.

Tri-County. They’ve also done projects for us in Medfield and here. They were more than happy and willing to come out. The students do all the layout, the design, and the building. It was wonderful, from start to finish.”

Residents were pleased with the outcome.

“I think it’s great,” said resident Jodi Frawley, “Those kids did a wonderful job, they really did.”

try teacher Tim Croteau, who advised students along with teacher Jeremy Barstow. “It’s our chance to help the community,” said Croteau, adding, “Any chance we have to get out of the school is better for the kids; they have real-life job experience. The octagon was a very different design for them to tackle, I’m glad it worked out this year. The kids had a blast interacting with all the people around.”

Tri-County junior Connor Boudreau-Rapp estimated the group spent about 200 hours since October building the structure.

“It was fun. The ramps were hard,” said Boudreau-Rapp, who hopes to pursue furniture-making.

At the event, Carol Baker, Chair of the Millis Housing Authority, told students, “We can’t express to you enough the appreciation we have for the effort and love you put into the gazebo for our residents. It truly is so meaningful to us and to them.”

Maintenance Supervisor John Milani worked with the

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**GAZEBO**

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group from Tri-County, and he also reached out to Rocky's Ace Hardware in Millis, which generously donated an outdoor table and chair set for the area.

"I thought it was a great idea for the people to have somewhere outside to sit and communicate with each other, because they always sit inside the house all the time and when their families don't come to visit them, that's the best thing for them," said Milani, adding that one resident, Jay Sundin, is a DJ who "comes and plays music outside. It's really very enjoyable for all the people who live here."

Nine-year resident Scott Fuzy used the term "awesome" to describe the job the students did. "They worked together as a team," he added.

**Students designed the octagonal gazebo to have seating inside, with enough room and a ramp to accommodate wheelchairs.**



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# SAFE Gala Highlights Group's Reach to 55 Communities

By Judith Dorato O'Gara

"This night is incredible. It is a highlight of the year for us at the SAFE Coalition, and we know that so many community members have been impacted by substance abuse, and tonight we get to honor those we have lost and celebrate the opportunity our community has to honor (them) and provide education and recovery," said Jennifer Knight-Levine, co-founder and CEO of the SAFE Coalition, which held its third annual fundraising gala on Thursday, May 8, 2025 at the Lakeview Pavilion in Foxboro. The event, which included a live auction emceed by Ken Cosco, met its fundraising goal of \$200,000

"We're pleased so many people are here to support such an incredible cause," said Dr. Anne Bergen, President of the SAFE board of directors, prior to the dinner, "SAFE is such an important organization in our community. We really have to do something about the mental health epidemic. It's not going away, and



**Roberta Trahan, Sue Rohrbach, and Anne Bergen mingle before dinner at the SAFE Gala. Dr. Bergen, President of SAFE's Board of Directors, opened the evening's event, welcoming guests and introducing speakers.**

SAFE is on the front lines."

Many attended from the local community to support the cause.

"I'm here because of what this organization is doing and has done since its inception," said Rep. Jeff Roy at the event, present years ago when Jennifer Knight and Jim Levine were pondering how to tackle substance use disorder in the Franklin community. "To think that that small group of people turned into what we are seeing here tonight, 400 people coming, and all the lives they've saved and the support they've provided to the community ... and now SAFE is supporting 55 communities," said Roy.

Norfolk County Commissioner Richard Staiti was also

among supporters at the SAFE Gala. "They do a great job in Franklin and surrounding communities in the county, and I always want to try to support them any way I can," said Staiti, who added that the Norfolk County Commissioner's office recently was able to give SAFE a \$1,500 award as part of the opioid settlement.

Dr. Anne Bergen opened the event, honoring the memories of those who struggled with mental health issues and substance abuse disorder who have passed on and introducing SAFE COO Carrie Asprinio, who told her personal story, addressing the need to reduce stigma surrounding sexual and physical abuse even among those in the recovery.

Jim Derick followed, pointing out that, "We at SAFE know that when an individual or a family is impacted by substance abuse or mental health challenges, the entire family is impacted." Derick then awarded the Jeffrey N. Roy Excellence in Community Service Award to Bill Fox.

Keynote speaker Jacob Haendel, co-creator of the podcast Blink, and sole survivor of a rare brain disease usually caused by inhaling the fumes from heroin heated on aluminum foil, moved the audience with his account of his experience, which included 18 months of Locked-in Syndrome, which, he said,

caused him to shift perspective.

"I'm speaking to you as a guy who is in chronic pain in a wheelchair, and I'm so much happier than I was back then..." said Haendel, who now appreciates "little things" he took for granted.

After an impact video focusing on teen Sarah Bakas, Knight-Levine explained how SAFE now reaches 55 communities, with diversion programs in 19 schools and communities, Narcan training sessions in 44 communities and public presentations in 31 communities. She highlighted SAFE's many offerings, among them 1:1 peer support, clinical support, and support groups. Prior to the speaking portion of the program, Knight-Levine told Local Town Pages about a recent grant from Community Health Systems and upcoming plans for that funding. "That means we can close off the space and create a real teen center. We'll run after-school programs and weekend programs, and this will be peer-to-peer support," she said.

SAFE publicly thanks its major gala sponsors, listed here: Champion Sponsors: Direct Federal Credit Union, Healthy KP Substance Use Prevention Coalition, Lampasona Concrete; Advocate Sponsors: Eversource Energy, Plainridge Park Casino, The Sacchetti Family, Sentient Jet; Ally Sponsors: 1776 Financial Services, Arbella Insurance



**Bill Fox was presented with this SAFE's Jeffrey N. Roy Excellence in Community Service Award for his outstanding commitment and follow-up to each person who asks him for help, any time of day.**

**GALA**

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# Celtic Strength Returns to Milford for Historic 5th Year — Bigger, Bolder!

Brace yourself for the 5th Annual Celtic Strength Festival, Saturday June 21st, as it storms back onto Fino Field with a day of kilts, courage, and community. Formerly known as the Scottish Highland Games, this expanded celebration now embraces the full breadth of Celtic warrior traditions—including stone lifting, Irish wrestling, and the iconic Scottish Heavy Athletics.

Over the past four years, world records have fallen and legends have risen. With 120+ athletes flying in from Scotland, Ireland, Canada, and across the U.S., 2025 is shaping up to be our boldest year yet!

Celtic Strength blends adrenaline-pumping competition with cultural pride and family-friendly fun. Highlights include:

- **Highland Games Heavies** — Caber Toss, Weight for Height, Sheaf Toss, and more with athletes from the USA, Czech Republic, Belgium, Holland, and Canada.
- **Team Highlander Showdown** — Barbell clubs, firehouses, and gyms face off in events like the 550 lb Wagon Wheel Deadlift, U-Haul Pull, and Caber Relay.



- **Celtic Wrestling Revival** — Live matches and workshops in Irish Collar & Elbow and Scottish Backhold, featuring expert Tom “Headhunter” Higgins from Chicago.
- **Stonelifting Showcase** — World-class lifters including Martin “The Stoneman” Jancsics from Scotland and David “Indiana Stones” Keohan from Ireland will demonstrate historic feats of raw power. Try-it stations open to all ages.

### Celebrate with the Whole Clan

Join us for Opening Ceremonies with bagpipes and awards, a Kids Tug-of-War vs. Team Highlander Captains at noon, Celtic heritage booths, food trucks, epic merch, and activities for all ages.

**Tickets:** \$10 adults, \$5 kids (5-18), under 5 free.

**Location:** Fino Field, Milford, MA - lawn chairs encouraged.

**More Info:** [www.nofamegames.com](http://www.nofamegames.com)

Thanks to Milford Parks & Recreation, Sports Illustrated Tickets, Cerberus Strength USA, Bosse Pickledom, Premier Fence, Celtic New England, USMMA, and others for supporting this unforgettable day of strength and unity.

**Ní neart go cur le chéile** — *There is no strength without unity.*

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Hannah Linzay, (above) professional strongwoman from AL throwing the Sheaf Toss. Steve Laser (left) of FL mid-spin with the Heavyweight for Distance.

## GALA

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For information on the SAFE Coalition, visit <https://www.safe-coalitionma.org>.

## Millis Pride Bazaar on June 22

The Millis Pride Bazaar will take place on Sun., June 22, from 12 p.m. to 5 p.m. This is a vibrant community event celebrating love, diversity, and inclusion, and it's completely free to attend.

Join us at the Church of Christ, Congregational in Millis for joy, entertainment, and connection as local vendors showcase their unique offer-

ings. Come and experience the welcoming spirit of Millis while supporting local businesses and enjoying a fun-filled day with family and friends.

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# Friends of the Millis Public Library Seek Clothing Donations



Cleaning out your closets? You can now bring used clothing donations to the Millis Public Library at 961 Main St. in Millis where the Friends of the Millis Public Library (Friends) have partnered with St. Pauly Textile Inc. to provide a wood-frame clothing drop-off shed for community use (see pictures).

This shed is designed to give community members a uniquely clean, convenient, and well-cared-for option to donate their used clothing to. St. Pauly Textile Inc. partners with businesses and various organizations to distribute donated items both



here in the US. and worldwide, where they're ultimately re-worn by people who need them. The Friends receive funding for donated clothing, and additionally has the option to use donations to serve community needs.

Support Library programs and services in Millis while decluttering at the same time! The shed is located in the parking lot behind the Library building.

Accepted items: clothing, shoes, belts, purses, blankets, sheets, curtains, pillowcases, and stuffed animals.

Submitted by the Millis Public Library



## OBITUARY

**Hannelore Amelia Pacheco (Kuhlmann), 95**, formerly of Holbrook, known affectionately as Hanna to her friends and family, passed away peacefully of natural causes on May 1, 2025, in Raynham, Massachusetts. Born on December 8, 1929, in Mecklenburg, Germany, she was a beacon of adventurous spirit, generosity, and captivating charm throughout her 95 years.

Hanna's early years in Germany were marked by an appreciation for the great outdoors, a passion that only grew as she did. Her love for ice skating, skiing, and hiking was matched by her talent in each, and became an integral part of her life. Her melodious voice found a home at The Boylston Schul-Verein, Walpole, a German Club, where she joined the singing choir, and she sang with gusto and joy, sharing her culture and zest for life with all those around her.

A master of the garden, Hanna cultivated beauty and life in the soil of her home in Holbrook, creating an oasis that reflected the care and attention she gave to every aspect of her life. Her gardens were a symbol of her nurturing soul, a

trait that extended into her relationships with her loved ones.

She is reunited in eternity with her husband, Manuel Costa Pacheco, her mother Dora Becker, and her sister, Ursula Clark, whom she cherished deeply. Hannelore leaves behind a legacy of love carried on by her children Bruce Pacheco and wife Beth, Mark Pacheco and wife Linda, and Michelle McSherry and husband George, her grandchildren Jonathan, Lauren, Emily, Hannah, Katelyn, Shane and Joshua and her great-grandchildren Evelyn and Kellan. Each family member carries forward a piece of Hanna's extraordinary legacy through their own lives.

Those who knew Hanna will remember her as a woman who embraced life's challenges with a remarkable blend of strength and grace. Her generous nature knew no bounds, and she was always the first to offer help to anyone in need. Her life was a tapestry of experiences that made her one of the most interesting and engaging individuals to be around.

Hanna's passing leaves a void in the hearts of all



who loved her, but her spirit remains a guiding light. Her adventurous tales, her laughter in the chorus, and the beauty of her gardens will continue to inspire and comfort her family and friends. Hannelore Amelia Pacheco's life was one well-lived, full of passion and kindness, and she will be dearly missed by all who had the privilege of knowing her.

A private memorial service honoring her life was held at Cartwright funeral followed by her burial at Blue Hills cemetery.

The family would like to thank Old Colony Hospice of West Bridgewater for their compassionate care. Memorial contributions may be sent in lieu of flowers to Old Colony Hospice, 321 Manley St. West Bridgewater, MA 02379.

www.oldcolonyhospice.org

## Millis Reads 2025: Digital Wellbeing

Millis Reads is an effort to strengthen ties throughout the Millis community by encouraging everyone in town to read and discuss the same book. The mission of Millis Reads is to promote literacy, to foster community dialog, to increase engagement, and to broaden understanding and tolerance of differing points of view. Participants are encouraged to read or listen to the book selection and attended a variety programs that tie in to the themes of the books. For more information, visit [www.millislibrary.org/millis-reads](http://www.millislibrary.org/millis-reads).

Millis Reads is sponsored in part by the Millis Cultural Council. Funding is also generously provided by the Friends of the Millis Public Library.



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# Steps to Take Before — and After — a Divorce



Mark Freeman, CEPA

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Not necessarily. You can help yourself greatly by making a series of moves. Here are some to consider:

### Before the divorce is final ...

- *Determine how you'll cover the cost of the divorce.* To meet the costs of a divorce, which can be tens of thousands dollars, you may need to tap in to

your income stream and savings accounts, or even explore alternative options, such as borrowing from your retirement plan, if it's allowed by a divorce court judge.

- *Create a budget.* You may want to build a temporary budget. Your divorce attorney can advise you on how long your separation period may last in a contested case.
- *Start building separate bank and brokerage accounts.* Consult with your divorce attorney on ways to establish independent bank and brokerage accounts without harming your spouse.
- *Understand your retirement benefits.* Know the value of your and your spouse's 401(k) or similar plans, IRAs, pensions, stock options and other employer benefits. Also, you might need to negotiate the splitting of retirement benefits through a qualified domestic relations order (QDRO). A tax professional and a financial advisor can help you understand how different QDRO proposals can affect your retirement goals.

### After the divorce is final ...

- *Finish building your separate financial accounts.* You may want to close any joint accounts or credit cards, change online access to financial accounts, remove your name from bills for which you are no longer responsible and complete any agreed-upon asset transfers, such as dividing retirement assets.
- *Create a new budget.* You can now create a longer-term budget, incorporating any spouse or child support you receive as income. You may also need to adjust your spending to reflect items in the divorce agreement, such as expenses now covered by your former spouse and court-ordered responsibilities for paying college education expenses for dependent children and possibly the attorneys' fees for a former spouse.
- *Review your protection plans.* You may need to review your life, homeowners and auto insurance policies. And if you were covered under your spouse's

health insurance plan, you may want to apply for COBRA to stay on that plan up to 36 months or switch to your own employer's plan, if available. If you don't have access to an employer's health insurance, you may want to explore a marketplace plan from the Affordable Care Act or contact a health insurance broker.

- *Review your estate plans.* To reflect your new marital status, you may need to work with your legal professional to change some of your estate-planning documents, such as a will, living trust, advanced health care directive or power of attorney. Also, review the beneficiary designations on life insurance policies, IRAs, annuities and investment accounts, as these designations can likely supersede instructions on your will or trust.
- *See your tax professional.* You may need to consult with your tax professional on issues such as changing your tax return filing status, claiming a child as

a dependent and dealing with tax implications of assets received in the divorce.

Going through a divorce is not easy — but by taking the appropriate steps before and after the divorce is finalized, you can at least help put yourself in a more secure and stable financial position to begin the next phase of your life.

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

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# What Does Support Look Like For You?

SUPPORT. We all need it, many times throughout our lives. What makes asking for help so hard when needing support is such a universal experience? Perhaps one of the barriers to getting help is that one person's needs may look very different than what another person needs. Others may not be sure where to turn.

In this Medway-Millis region, there are a variety of supports, in many different forms. As a drug prevention coalition, 'SUP Medway has been curating a list of all types of resources from programs to hotlines, support groups to treatment centers. As a free service, this ever-growing list has now been transformed into an interactive support finder with all of the resources either local to this region or available online or by phone. At WWW.SUPMEDWAY.COM you can narrow the local resources with filters such as "online" vs "in person", or "one-on-one" vs "group". There are even free, anonymous text or chat options.

Here are just some a few reasons you may want to look into the services and supports available:

- Are your coping strategies no longer working for you?
- Have you lost a loved one to substance use?
- Do you care for a teen hooked on nicotine?
- Are you ready to learn how to respond to an opioid overdose?
- Are you curious if your drinking is becoming a problem?
- Are you looking for an anonymous way to reduce overdose risk?
- Do you want to see what's available so you can share if someone is in need?

Find the resources that match your needs and preferences - for you or a loved one - at www.SUPMedway.com. If there are additional resources not listed here that we should consider, or if a link is no longer working, please email us at info@supmedway.com.

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*If you know of a resource or service in the area that is not listed or something looks outdated, please email us at [info@supmedway.com](mailto:info@supmedway.com).*

Answer a few questions to have local supports filtered to your preferences:

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Your Money, Your Independence

# Mid-Year Review: Five Financial Metrics To Evaluate



Glenn Brown, CFP

As the year reaches its midpoint, June is a great time to reflect on your financial progress.

Whether your goals include building savings, paying off debt, and/or preparing for retirement - evaluating key financial metrics this month gives you the opportunity to make strategic changes to complete a strong year. Here are five essential financial indicators to assess this month and how to act on what you find.

## 1. Net Worth

Your net worth provides a clear snapshot of your overall financial health. It's calculated by subtracting your total liabilities (debts) from your total assets (cash, investments, real estate, etc.).

Why it matters in June: Reviewing net worth mid-year helps you evaluate growth of wealth over time. If it's stagnant

or declining, it may signal overspending, increased debt, and/or underperforming investments.

Action step: List all assets and liabilities using a spreadsheet or financial planning software, like eMoney. Compare with your end of December figures to track progress and use this insight to adjust the following items.

## 2. Savings Rate

Your savings rate is the percentage of your income that you're saving — including contributions to retirement accounts, HSAs, 529s, emergency funds, brokerage accounts, etc.

Why it matters now: If you're not close to 50% of your annual savings target, consider increasing contributions to accounts where funds are accessible this year without penalty. This usually means taxable accounts and not 401k or 529 plans, because if a shortfall is created, you'll need ease of access to funds to cover.

How to calculate: Divide your total savings to date by your gross income (pre-tax) for the same period. A 15% savings rate is a solid target, but if you wish to be above-average there are only two ways - save more and/or invest beyond median returns of the population.

## 3. Monthly Cash Flow

Cash flow reflects your day-

to-day financial reality by measuring the difference between your monthly income and expenses. Positive cash flow means you're living a sustainable lifestyle and have money left to save and invest.

How to check: Track all income and expenses for the past one or two months. Subtract total expenses from total income. If you're consistently negative, you need to trim spending, increase income, or both.

Action step: Use budgeting apps or spreadsheets to monitor cash flow. Small leaks — like unused subscriptions, frequent takeout, impulse purchases — can erode your financial health over time.

## 4. Emergency Fund Coverage

An emergency fund should cover 3-6 months of essential living expenses to defend against financial surprises.

Why June matters: If you've had unexpected costs this year, your emergency fund may be lower than it should be. Summer

travel and seasonal expenses can also drain savings if you're not careful.

Action step: Calculate the last 3 months of essential expenses, compare to your current cash balance, and plan to replenish if needed.

## 5. Investment Portfolio Allocation

June is a great time to check investment returns and asset allocation. Market changes or personal milestones (like a job change, large purchase or desired earlier retirement) may require a strategy shift.

Why it matters: If your portfolio has drifted from your target allocation (e.g., too much in stocks, not enough in bonds or real assets), it can affect risk exposure, volatility and long-term results.

Action step: After confirming monthly cash flows and emergency funds are aligned and no additional funds need to be raised, review your portfolio allocation and rebalance accordingly.

## Final Thoughts

A mid-year financial check-up gives you clarity, control, and the chance to recalibrate while sitting outside with your laptop sipping morning coffee or lazing on a sunny afternoon in the summertime.

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](http://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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# Millis exploring ways to make Town Center a more vibrant destination, survey responses due June 2

The Town of Millis has received a legislative earmark as part of the Mass Leads Act Economic Development Bond Bill (2024) to work with a consultant team to create a permitting and zoning guide for businesses and to identify community priorities that will inform a written blueprint for a future Town Center district management organization.

Business Improvement Districts and District Management Organizations are public/private partnerships that serve to deliver supplemental programs

and services beyond what the Town or any single business may provide. Together, these partnership organizations can help meet broader goals including marketing the Town Center, organizing public event programming, directly supporting small businesses with technical assistance and broader advocacy. Successful Town Centers and commercial areas are actively managed hubs of activities that make a Town Center a more vibrant destination.

The consultant team interviewed key business owners and

property owners as part of the public planning process to explore community priorities and a possible future Town Center district management organization.

The team is currently soliciting input in a variety of ways including the recent release of two separate surveys, one for business owners, and one for anyone who lives, works or visits the Town Center. The surveys are now open and will take approximately 5 minutes to complete. Surveys are available at the links below and are in English, Span-

ish and Portuguese. Select your preferred language in the top right corner of the survey. The surveys will close on Mon., June 2.

To access the Business Owner Survey, visit [www.surveymonkey.com/r/MillisBusinessSurvey](http://www.surveymonkey.com/r/MillisBusinessSurvey)

To access the Town Center/General Survey, visit [www.surveymonkey.com/r/MillisTownCenter](http://www.surveymonkey.com/r/MillisTownCenter)

The team is also hosting an upcoming Summer Social on Wed., June 11 from 6 p.m. to 7:45 p.m. at the Millis Public Library. This event is a fun, free, casual event to hear from you about what you think would

help Millis Town Center be a more vibrant destination. A guest from the award-winning Town of Hudson, MA BID, and a representative from a Main Streets organization, will also be in attendance to speak about recent organizational accomplishments and the benefits of having a Town Center district management organization. Refreshments will be served and all are welcome to attend. If you would like to request interpretive services, please make a request no later than May 30 to Robert Weiss, Millis Planning Director, at [rweiss@millisma.gov](mailto:rweiss@millisma.gov).



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## Medway Town Election Results

There were four contested races in this year's election. According to the town website, on May 20, Medway voters elected the following people into office:

- Moderator: Christina Oster
- Housing Authority: Linda Donahue
- Library Trustees: Nutan Mathew and Naomi Price
- Planning & Economic Development Board: Janine Clifford

For more information, visit <https://bit.ly/43FNf4I>



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# Spring Cleaning is Greener with Affordable Junk Removal

## Business spotlight

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

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

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

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

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled

away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

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



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

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

Affordable Junk Removal is

fully licensed and fully insured, and they'll treat your property with care and respect.

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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon

for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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

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# Medway Public Schools hires new Director of Finance and Operations

Patrick McIntyre has been hired by Medway Public Schools as the district's new Director of Finance and Operations. He will start on July 1.

"I am truly honored and excited to join Medway Public Schools as the Director of Finance and Operations," McIntyre said. "Medway's commitment to fostering academic excellence, supporting its students, and engaging the community aligns directly with my values, and I look forward to being a part of this incredible team led by Superintendent Pires."

McIntyre currently serves as

the Business Manager for Acushnet Public Schools, where he plays a pivotal role in managing the district's annual budget, overseeing expenditures, and ensuring compliance with financial regulations. His leadership in the development and management of financial operations helped Acushnet meet its strategic goals while maintaining fiscal responsibility.

"I am eager to work alongside the administration, staff, and community to help ensure that we continue to provide a high-quality education while effectively managing resources for the benefit of all students," McIntyre said. "I

will aim to provide support and to collaborate with all, in order to help the district continue to build a future of success and opportunity for the Medway community."

With a background in public accounting, McIntyre has worked extensively with nonprofit organizations, developing a strong foundation in budgeting, financial risk assessment, and audit preparation. His expertise also includes managing procurement processes, overseeing payroll and accounting staff, and ensuring the smooth operation of district services such as transportation, food services, and maintenance



Patrick McIntyre has been hired as Medway Public Schools' new Director of Finance and Operations. (Photo Courtesy Medway Public Schools)

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and custodial functions.

He earned a Master of Science in Accounting from Northeastern University's D'Amore-McKim School of Business and a Bachelor of Arts in Accounting with a Minor in Economics from Assumption College (now Assumption University). He is a certified Massachusetts School Business Administrator and holds the Massachusetts Certified Public Purchasing Official (MCPPO) designation.

McIntyre is deeply committed to supporting the Medway Public Schools' mission of fostering academic excellence, integrity, and community collaboration. Outside of work, he enjoys spending time with his wife, Kimberly, and their four children, following Boston/New England sports, playing

soccer, cooking, and visiting his hometown of Marshfield to enjoy the beach.

With a track record of strong financial leadership, a focus on strategic planning, and a commitment to educational excellence, McIntyre is excited to contribute to Medway's continued growth and success.

"I have full confidence that Patrick McIntyre is a perfect fit for the District's next Director of Finance and Operations," Superintendent Pires said. "His stellar reputation and past experience will help the district maintain its high standards of financial responsibility and help shepherd the District into the future with his sound financial stewards

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MILLIS - On April 19, from 11 a.m. to 12 p.m., 200 people demonstrated at the corner of Routes 109/115 in Millis to support our democracy. The event message was "Liberty is Local" and "NoKings" as can be seen on many of the signs held by participants. Demonstrators came from Millis, Walpole, Franklin, Milford, Medway, Norfolk, Norwood, and more. Many went on to the sibling demonstration in Holliston that started at 12 p.m. This nonpartisan event was organized by the Mass50501, Indivisible and Millis Democratic Party Town Committee. This was the first one of what will be an ongoing series in Millis.

Courtesy photo



## Smith graduates from Gordon College

On May 17, Timothy James Smith II of Medway received a bachelor's degree in physics from Gordon College. He graduated with honors.

While at Gordon, Smith par-

ticipated in Physics Club and ran track, and received the Leonard T. Scholarship.

Smith graduated from Medway High School in 2021 and is the son of TJ and Michele Smith.

## Medway voters approve improvements to historic Jacob Ide House

### Letter to the Editor:

The Medway Historical Society would like to thank everyone who voted at Town Meeting on May 19 in support of having the required upgrades and structural work done on the historic Jacob Ide House. This will allow us to reopen the museum in the future,

and restart engaging historic discussions and presentations from the past history of the Town of Medway. We will also have an educational space for those who would like to do research and those who would like to learn more about the people and lives

that started this town.

For more information, visit [medwayhistoricalsociety.org](http://medwayhistoricalsociety.org), and thank you again for your support.

-Medway Historical Society

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# The b.LUXE *beauty beat*

## Ready, Set, Glow!

### The Best Summer Facials at b.LUXE

BY GINA WOELFEL

The flowers are blooming, the sun is shining, and iced coffee is officially back in our rotation—that's right, **summer is just around the corner!**

While we've mostly thawed out from winter, your skin might still be playing catch-up. After months of dry indoor heat, unpredictable New England weather, and layers of holiday makeup, it's time to refresh your complexion before the summer sun takes center stage.

We've designed our hand-picked lineup of **facials and skincare treatments to exfoliate, hydrate, and bring back your skin's natural glow**—just in time for the sunny season ahead. With beach days, weddings, and outdoor adventures on the calendar, we've rounded up a few summertime favorites to help your skin look—and feel—its absolute best.

*So, let's go!*

#### The Power of 3 Facial

Think of this as the ultimate skincare triple threat. The Power of 3 Facial blends dermaplaning, a brightening peel, and a deeply hydrating mask to sweep away dull, dry skin and reveal the fresh, dewy glow beneath the surface.

Using a sterilized blade, dermaplaning gently sweeps away built-up surface debris, fine vellus hair (aka peach fuzz), and micro—surface wrinkles without harsh chemicals, downtime, or discomfort.

**Results:** A smoother, more refined complexion that better absorbs your skincare products and creates the perfect canvas for makeup.

**Best for:** All skin types except active acne or hypersensitive skin.

#### Oxygenating Facial

Is your skin feeling tight, dry, and thirsty for hydration? This facial delivers a refreshing gulp of oxygen to your complexion, clearing out clogged pores and flooding your skin with moisture. But it's more than just a quick fix—it's our ultimate anti-aging facial treatment. Infusing the skin with pure oxygen and potent actives helps boost circulation, stimulate collagen production, and restore your natural glow.

You'll leave with visibly plumper, smoother, and more radiant skin—and the results don't stop when you walk out the door. This treatment works long after your appointment, improving elasticity, reducing fine lines, and giving your com-



plexion a fresh, youthful bounce you'll love.

**Best for:** Tired, dull, oily, acne-prone, devitalized, or element-stressed skin needing a deep reset and revitalization.

**Pro tip:** Schedule early in the season for a complete refresh.

#### Hydrolifting Facial

This anti-aging, hydrating miracle worker profoundly improves the visible toning of the face, neck, and jawline.

**Best for:** Anyone wanting to feel tighter, brighter, and red-carpet-ready.

**Results:** Smooth, vibrant skin—like you got eight hours of sleep (even if you didn't).

#### The Mind Body Facial

The complete reset—from the inside out. The Mind Body Facial combines the skin-loving power of G.M. Collin skincare



with the **calming energy of Reiki and personalized aromatherapy**. It's a facial-meets-spa-meets-energy-clearing kind of treatment, and it's every bit as dreamy as it sounds.

You'll start with a full consultation and then settle into a session that includes a deep cleanse, exfoliation, steam, a custom mask, and hot stone foot therapy. Oh, and let's not forget the soothing hand, arm, and shoulder massage with aromatherapy that will have you floating in relaxation.

**Best for:** Stressed-out skin, tired minds, and anyone needing a serious dose of self-care.

**Results:** Hydrated, glowing skin and a calmer, lighter you.

#### Big Results, Minimal Time

**Stand-Alone or Add-On Chemical Peel 30 min**

Ready to shed that dull, dry layer? This professional-grade chemical peel is customized to your skin type and gets right down to business. Your esthetician will choose the best acid—glycolic, salicylic, or lactic—to smooth texture, brighten tone, and give your skin that fresh-faced glow.

Think of it as spring cleaning for your skin.

**Best for:** A quick, no-nonsense glow-up.

**Just a warning:** They can be addictive from the very first one!

**Stand-Alone Oil Dermaplaning 30 min**

Short on time? No worries—you can book an oil dermaplaning on its own for the ultimate

lunch break glow-up. This quick treatment smooths skin, removes peach fuzz and helps your products absorb more effectively.

**Best for:** Makeup lovers, SPF devotees, and anyone craving a smoother, more radiant complexion.

#### Pro Tip for Summer: Don't Skip the SPF

Sun protection is non-negotiable—especially after a glow-boosting facial. Make daily SPF part of your routine to keep your skin looking radiant and healthy all season long. **Great skincare doesn't end at the spa!**

**Bonus:** You can purchase your G.M. Collin SPF with your HSA!

b.LUXE proudly carries a curated selection of top-tier SPF formulas from G.M. Collin to help you perfect and protect your glow.

#### One Last Thing

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# Local Millis Businesses Support Friends of the Millis Library

The first Annual Appeal from the Friends of the Millis Public Library is off to a strong start, through letters sent to Millis businesses and emails to library supporters.

The "Friends" are pleased to announce that the first businesses to commit to support Millis library programs are Dan's Barber Shop on Exchange Street and

Timberline Farms where pick-your-own blueberries will be in abundance after the 4th of July. We hope residents will reach out and thank them for their support.

While the Town's budget supports library staffing, it is primarily the Friends of the Millis Public Library who underwrite the many programs that make the Library a hub of activity for

all ages. Thanks to the support of its community members, the library offers Summer Reading programs for children and teens, Teen Movie Night, Writers Space, Board Game Night, special programs during school breaks, Memory Café, Millis Reads, Lego Club, museum passes, and more. A tax-deductible donation to the Friends of



Service with a smile at Dan's Barber Shop in Millis. Courtesy photo

# The Charles River Sinfonietta June Sunshine Concerts in Millis and Brockton this year

The Charles River Sinfonietta will be performing two exciting programs again this June in Millis on Thursday June 19, 2025 and Friday June 27, 2025, both at 7:30pm at the Church of Christ on 142 Exchange Street and repeating them in Brockton on Sundays June 22, 2025 and June 29, 2025, both at 3pm at the Church of Christ on 1350 Pleasant Street.

Our first program will be a concerto for violin and piano with string quartet and double bass that Mendelssohn composed at the age of 14 that got performed in May 1823. But it never got published until 1999. Sarasate's Caprice Basque and Johann Strauss's Tales from the

Vianna Woods will also be in the first program.

Our 2nd program will include Rebecca Clarke's brilliant Dumka Duo Concertante for violin, viola and piano, and Philipp Scharwenka's trio opus 105 that is the first of 2 beautiful trios for this combination of instruments he composed at the very beginning of the 20th century. And then there will be 2 movements we shall perform from a suite composed for 2 violins and piano, in 2015, by a young composer, Ante Buzic-Kudrik born in 1990 in Croatia.

We greatly thank the local cultural councils in Millis, Northborough, Brockton, Norton, and Chelmsford, and the MCC Fes-

tival Grants for helping support these concerts this year as well as the private and business supporters we have for making these concerts possible. The concerts are free and open to the public, and any donations are all tax deductible. We hope you don't miss the chance to hear some of this wonderful music.

the Millis Public Library will continue funding the resources used to keep most of these programs free or low-fee.

tion on the programs currently being offered.

*Submitted by the Friends of Millis Public Library*

Residents can go to <https://www.millislibrary.org/calendar-of-events/> to find more informa-

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# Living Healthy

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## A Revolutionary Advance in Glaucoma Treatment Debuts in Massachusetts

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

**Glaucoma is one of the leading causes of irreversible blindness worldwide**, affecting over 3 million Americans and millions more globally. This silent disease gradually damages the optic nerve—often without noticeable symptoms until significant vision is lost. Lowering intraocular pressure (IOP) remains the only proven way to slow or stop its progression—and innovative treatments continue to evolve in the fight to preserve vision.

**In a major advancement for glaucoma patients in Massachusetts**, Dr. Roger Kaldawy, MD, is offering the state's first Direct SLT (Selective Laser Trabec-

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Direct SLT

uloplasty) using Alcon's newest, state-of-the-art laser system. This groundbreaking 2-second procedure will take place at Milford Franklin Eye Center's surgical facility in Milford, MA, marking a new chapter in laser glaucoma care—right here, close to home.

### What Is Glaucoma and How Is It Treated?

Glaucoma is a group of eye diseases that damage the optic nerve, usually due to increased intraocular pressure. The most common form, **open-angle glaucoma**, occurs when the drainage system of the eye becomes less effective over time, allowing fluid to accumulate and pressure to build. Without treatment, this pressure can cause

permanent vision loss.

### Traditional glaucoma treatment options include:

- Medicated eye drops to reduce fluid production or improve drainage
- Oral medications, often a last resort due to systemic side effects
- Laser treatments, such as conventional SLT or argon laser trabeculoplasty (ALT)
- Minimally Invasive Glaucoma Surgery (MIGS) for moderate disease
- Traditional surgeries, including trabeculectomy or tube shunts, for advanced cases

Each approach has its pros and cons, and treatment is tailored to the patient's specific needs and stage of disease.

### What Is SLT?

Selective Laser Trabeculoplasty (SLT) is a well-established, non-invasive laser treatment



that targets the eye's **trabecular meshwork**—the tissue responsible for draining fluid from the eye. SLT uses gentle laser pulses to improve outflow and lower IOP, often reducing or eliminating the need for daily eye drops. It's a quick, painless procedure with minimal downtime, typically performed in an outpatient setting.

At Milford Franklin Eye Center, **Dr. Kaldawy was among the first surgeons in the region to offer SLT**, performing hundreds of successful treatments over the years. Our facility provides SLT in a state-of-the-art surgical center in Milford, offering expert care without the need to travel to distant hospitals or urban centers.

With this advanced center available in your backyard, there's no reason to travel hours for glaucoma or eye surgery. If your provider is still recommending you drive long distances for treatment, we welcome second opinions and offer world-class laser glaucoma care, right here in Milford.

### Introducing Direct SLT: The Next Generation of Laser Therapy

**Alcon's Direct SLT** takes traditional SLT to the next level, combining the trusted benefits of SLT with cutting-edge technology and enhanced precision. This new approach allows the laser to be applied more accurately and consistently to the drainage tissues of the eye, resulting in improved outcomes

and a better patient experience.

### What Sets Direct SLT Apart from Traditional SLT?

#### Traditional SLT:

- *Requires a gonioscope:* A specialized lens is placed on the eye to allow the physician to visualize and direct the laser beam at the trabecular meshwork
- *More operator-dependent:* The accuracy and effectiveness can vary based on the physician's experience and technique
- *Longer procedure:* Typically takes a few minutes
- *Can involve some discomfort:* Some patients may experience discomfort from the gonioscope

#### Direct SLT (DSLST):

- *Non-contact:* Laser energy is delivered through the limbus, eliminating the need for a gonioscope or physical contact with the eye
- *Automated and fast:* The procedure is automated, takes less than 3 seconds, and can be performed by trained personnel
- *Efficient and accessible:* DSLST may treat more patients in less time, making care more accessible
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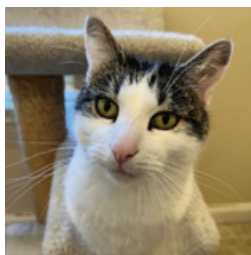
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# Pet of the month: Clovis

Clovis is a 4-year-old boy who was found as a stray and brought to our shelter. At first, Clovis was shy, and he can still be at times, but he is also a really sweet kitty.



This handsome boy is still quite playful and will love spending time with you, especially with wand toys or other enrichment activities like tunnels or toy mice.

He is also very curious and enjoys watching the world through the window. When he's not busy playing or exploring, Clovis loves to snuggle and be petted—especially head and chin scratches!

No need to worry about forgetting his mealtime—Clovis loves his food and will be sure to remind you when his tummy is empty. He'll rub all over you to make sure you understand—it's only fair, after all. Let's be honest, nobody truly owns a cat; they own us!

Clovis is looking for his forever family, where he will thrive in a home without children and with experienced cat owners who understand that playtime is not cuddle time. If you can give him the attention

and play he craves, he will be a loving companion who will return your affection.

As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Clovis, please use this link to find additional information about him. You can also see all our currently available Adoptable Cats here, and fill out our online adoption application at <https://metrowesthumanesociety.org/adoptable-cats/>

We will review all applications and make appointments for those applicants we feel would provide a good and loving home.

## EYES

*continued from page 16*

Non-contact delivery improves patient comfort

### Who Should Consider Direct SLT?

Direct SLT is especially beneficial for:

- Patients with early to moderate open-angle glaucoma
- Individuals looking to reduce or avoid glaucoma medications
- Patients with sensitivity or allergies to eye drops
- Those with difficulty maintaining a drop regimen
- Patients with ocular surface disease worsened by medications

### Benefits and Risks of Direct SLT

#### Benefits:

- No incisions and minimal discomfort
- Quick recovery
- May reduce or eliminate the need for daily drops
- Repeatable treatment
- Customized for individual patient needs

#### Risks:

- Temporary eye irritation or inflammation
- Mild, short-term increase in IOP immediately after treatment
- In rare cases, insufficient pressure reduction

### Why Choose Milford Franklin Eye Center for Your Laser Glaucoma Surgery?

We are proud to be **the first center in Massachusetts to offer Direct SLT**, and even prouder to provide it in a local, accessible setting that prioritizes patient comfort and convenience. Our facility is equipped with the latest ophthalmic technology, and our team—led by Dr. Kaldawy—delivers compassionate, expert care with excellent outcomes.

**Here's the great news:** You don't need to travel far to receive top-tier glaucoma care. We're offering excellence in SLT—in-

cluding the newest Direct SLT—right here in Milford.

If you or someone you love is living with glaucoma or elevated eye pressure, **contact us today** to learn whether Direct SLT is right for you. We're honored to bring this breakthrough in glaucoma care to our community—and we're ready to help you protect your vision for years to come.

For more details, see our ad on page 14.

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# Getting Rid of Ants, The Most Common Home Invader

While homeowners across the country enjoy the warm weather and the sights, smells and activities of the season, they also must contend with increased pest activity. This season, WPC Pest and Termite Control is reminding homeowners to be on the lookout for one of the most prevalent pests – ants.

Often considered the No. 1 nuisance pest, ants also pose significant health and property risk as they destroy wood and contaminate food items. And with more than 700 types of ant species in the United States, it's not surprising that ants can quickly become a source of disgust, frustration and concern for homeowners.

"Most ants thrive in warm and moist conditions, which is why it's best to eliminate moisture or standing water near or inside the home," says Jim Maz-zuchelli, owner of WPC Pest



and Termite Control. "In some cases, the only way to completely remediate an ant infestation is to call a qualified pest professional who can locate and remove the identified species' nests."

WPC Pest and Termite Control reminds homeowners that the first step to remediation is to properly identify which ant species is present in the home.

Some of the most common home invaders include:

- **Odorous House Ants:** These ants get their name from the unpleasant odor they give off when crushed, often described as smelling like a rotten coconut. They typically nest in wall voids and crevices and prefer sweet foods.
- **Pharaoh Ants:** Pharaoh ants prefer sweets, but also consume grease and even shoe polish. They live in extremely large colonies and keep warm near artificial heating sources like baseboard heaters and ovens.

- **Carpenter Ants:** This species hollows out nests in both dry and moist wood, though they prefer the latter. They can be particularly hard to remove since their nests can be more difficult to locate.

- **Fire Ants:** Fire ants can cause severe allergic reactions in addition to structural damage caused by chewing through the insulation around electrical wiring.

Homeowners who suspect an ant infestation should contact a licensed pest professional who can identify ant species and recommend a course of treatment. To learn more about ants, please visit [www.nobugsnopests.com](http://www.nobugsnopests.com).

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## Millis Public Safety Log

### Brush fire, vandalism, disturbances

According to safety logs, between April 16 and May 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, escort/transport, lost/found property, soliciting, general complaints, disturbances, and assisting citizens.

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

- April 17 at 7:59 p.m., Main St., disturbance
- April 19 at 4:42 a.m., Key St., disturbance
- April 20 at 1:03 a.m., Blueberry Lane, suspicious activity
- April 20 at 4:54 p.m., Ticonderoga Lane, brush fire, extinguished
- April 20 at 9:43 p.m., Milliston Road, vandalism
- April 21 at 4:07 p.m., Main St. and Dover Rd., escort/transport
- April 24 at 9:25 p.m., Key St., suspicious activity, arrest made
- April 30 at 2:47 p.m., Auburn Rd., vandalism
- May 4 at 5:10 p.m., Curve St., vandalism
- May 5 at 10:44 a.m., Milliston Rd., disturbance, de-escalated
- May 11 at 11:42 a.m., Main St., disturbance
- May 11 at 5:35 p.m., Exchange St., attempt to serve warrant
- May 15 at 7:46 a.m., Pine House Rd., suspicious activity

Source: Millis Police Department

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# Medway Public Library June events

The Medway Public Library's June calendar is chock-full of summer fun! 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!

Our Summer Reading Kick-off is June 20 at 12 pm. Be sure to check out our Musical Petting Zoo!

Young children and their caregivers 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 Paws to Read program, in which school-age children can sharpen literacy skills by reading to a dog, is June 11 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 June 24 from 4-5. Out Metrowest Satellite night at the Medway Public Library is June 6 starting at 6pm. A virtual chat with

author Edward Underhill will be June 9 at 7 pm.

Adult programs include the Medway Library Book Discussion Group that meets on June 5 at 1 pm, the Oh Shoot Photography Club that meets on June 5 at 7 pm, the Medway Fiber Arts Group that meets on June 10 and 24 at 6 pm, and Adult Game Night that meet on June 26 at 6 pm.

Have a textile repair issue? Bring it by the Morning Mend in the Makerspace on June 14 at 10:30. Explore the intersection of Autism and Allyship on June 10 at 6:30 pm.

Virtual programs include Death in the National Parks with Randi Minetor on June 2 at 7 pm and a discussion with author Alexis Prescott about her book "First Witches," on June 5 at 2 pm. Lorelai from Lorelai's Lit Lair gives summer romance beach read recommendations on June 16 at 7 pm, Creating a Tech-Healthy Family is June 17 at 7 pm, and a chat with author E.C.Hanson about "Dead End Road" is June 23 at 7 pm.

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

*Submitted by Medway Public Library*

# Millis Cultural Council's Annual Art Festival June 14

The Millis Cultural Council is inviting the town's artists 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.

Artists can register their work at <https://tinyurl.com/Millis-2025CCArtShow>.

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!

Are you a Millis resident? Come join us and help fund arts projects in our town! The Millis Cultural Council, our local chapter of the Massachusetts Cultural Council, is seeking new members! Volunteering is a wonderful way to get involved in our community and make new friends!

For more information, please contact [millisculturalcouncil@gmail.com](mailto:millisculturalcouncil@gmail.com).

# Medway Summer Concert Series begins June 30

Join Medway Parks and Recreation for the 2025 Summer Concert Series. Please note that the concerts are scheduled for various locations.

All concerts occur on Mondays from 6 p.m. to 8 p.m.

The concert dates are :

June 30: Southeastern MA Community Band - Oakland Park

July 7: AK Cody - 123 Holiston St.

July 14: Annie Brobst - Oakland Park

July 21: Pub Kings - Oakland Park

July 28: Electric Youth - Oakland Park

Aug. 4: The Peacheaters - Oakland Park

Aug. 11: So Lucky DMB Tribute Band

Source: <https://medwayma.gov/news-and-notices/medway-parks-and-recreations-summer-concert-series-2/>

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**Petition and Appointment of Guardian of a Minor**  
**Docket No. N023P2414GD**  
**Commonwealth of Massachusetts**  
**The Trail Court**  
**Norfolk Probate and Family Court**  
**35 Shawmut Rd. Canton, MA 02021**  
**781-830-1200**

In the interests of **Kinsley Bassett** of Medway, MA, MINOR

NOTICE TO ALL INTERESTED PARTIES

- Hearing Date/Time:** A hearing on a Petition for Appointment of a Guardian of a Minor filed on **9/07/2023** by **Alana Bassett** of Medway, MA will be held **06/12/2025 9:00 A.M. Review Hearing** Located at **35 Shawmut Rd, Canton MA 02021**
- Response to Petition:** You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to:  
- File the original with the Court; and Mail a copy to all interested parties at least five (5) business days before the hearing,
- Counsel for the Minor:** The minor (or an adult on behalf of the minor) has the right to request that counsel by appointed for the minor.
- Counsel for Parent:** If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel Form, Submit the application form in person or by mail at the court location where your case is going to be heard.
- Presence of the Minor at Hearing:** A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interest.

Date: May 8, 2025  
Colleen M. Brierley, REGISTER OF PROBATE

# Medway student group STARS participates in 'Project Sticker Shock'

By ALENKA COOK AND MARY MANSOUR  
STUDENT WRITERS

A Medway student group called STARS (Students Thriving And Resisting Substances) is bringing awareness of dangerous products from Medway to Boston through advocacy and Project Sticker Shock. STARS is a student-led group part of the 'SUP Medway (substance use prevention) coalition to help young residents of Medway avoid substance use, such as vaping, nicotine pouches, alcohol, and other types of drugs. 'SUP Medway aspires to empower local youth and create better alternatives for thriving teens.

Project Sticker Shock, in partnership with local liquor and convenience stores, is when the students of the coalition place stickers on alcoholic products as a way to prevent adults from buying alcohol for those underage. The effects of alcohol on the teenage brain can create life-long

health conditions since the brain is still developing at this time. These student-designed stickers have messages like "Don't fuel underage drinking" and "Protect our Teens" to help those buying alcohol realize the gravity of the situation. The goal of Project Sticker Shock is to prevent underage drinking by urging adults NOT to buy alcohol for those under 21.

This same student group recently visited the state capitol as a part of ENUFF (Ending Nicotine Use For the Future) Day, which is to advocate for nicotine prevention. Accompanied by 'SUP Medway staff, Stephanie Simeon and Catherine Grella, the STARS student group met with Rep. Roy and got a personal tour of the House of Representatives Chamber in the Massachusetts State House. They enlightened Rep. Roy of the ways young people are exposed to addictive drugs and educated him of a concerning emerging threat: nicotine pouches. The



Rep. Roy gave the STARS student leadership group a personal tour of the House of Representatives Chamber in the Massachusetts State House. From left: Mary Mansour, Faithly Ange-Murielle Mbitgna Nkoudjeu, Alenka Cook, Rep. Roy, Joyce Zheng, Kyla Booth, Julia Mansour, Livia de Oliveira

availability and discrete use of these pouches, made popular by the brand Zyn, combined with peer pressure may be leading to a growth in the number of nicotine users. They shared how SUP

student intern, Victoria Bullard, created Quit Kits containing tools and resources to support a young person to quit nicotine, yet it is even better if we can prevent young people from ever starting

to use addictive nicotine. It is up to adults to keep age restricted products like alcohol

**STARS**

*continued on page 21*

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# Medway High School Concert Band and Choirs Achieve Historic Gold Medal Wins at MICCA Festival

Medway High School is proud to announce an extraordinary achievement by its music program at the Massachusetts Instrumental and Choral Conductors Association (MICCA) Festival in April.

Under the direction of Amanda Webster, the Concert Band earned its first-ever Gold Medal, while the Treble Choir and Concert Choir, led by Ashley Nelson-Oneschuk, also brought home Gold Medals, marking a significant milestone for the school's music program.

Hundreds of ensembles from across Massachusetts participated in the festival, competing against a rigorous set of standards. Each group performed three pieces of festival literature,

which were adjudicated by three professional judges. Following their performances, the ensembles also received a clinic to further refine their skills.

The Gold Medals awarded to the Concert Band, Treble Choir, and Concert Choir are a testament to the excellence of Medway High School's music program and its continued commitment to artistic achievement. This unprecedented achievement reflects the dedication and hard work of both the students and their teachers.

This remarkable accomplishment is a proud moment for the Medway High School community. Congratulations to all involved!

'SUP Medway and the STARS group wish all graduates safe and sober celebrations; Your brain depends on it! For more information visit [www.SUPMedway.com](http://www.SUPMedway.com).

*Submitted by 'SUP Medway*

## STARS

*continued from page 20*

and nicotine locked and away from adolescents and to support those who are trying to quit.

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# Sports

## Millis softball team's focus is tourney preparation

BY KEN HAMWEY  
STAFF SPORTS WRITER

Millis High's softball team started the season 0-3 but adjusted quickly and is now in position to secure its third consecutive playoff berth.

The Mohawks, led by third-year coach Brett MacGowan, have some key strengths and talented players. And it's that combination that has lifted Millis to a 6-7 record and a power ranking of No. 11 at Local Town Pages deadline.

"We lost four seniors from last year's 9-9 team but we have nine returnees with varying degrees of experience," MacGowan noted. "Besides experience, we have depth, athleticism, and skilled and coachable players with high softball IQs. Our hitting, fielding and pitching are areas of strength and I have confidence in our entire lineup."

MacGowan is acutely aware that playing in the Tri Valley League has its challenges and he knows surprise outcomes often occur. The 0-3 start included TVL games against high-powered Norton and upstart Bellingham. The non-league loss was to Hopedale, another top-notch program.

"The TVL is highly competitive," MacGowan said. "We lost to Norton, a perennial powerhouse, and to an improved

Bellingham squad that defeated Medfield. And, Hopedale is always tough to beat."

Quality non-league teams on this year's schedule, besides Hopedale, include West Boylston, Randolph and Rockland.

The goals MacGowan set at the start of the season were not only admirable, but also realistic.

"Our objectives focused on qualifying and being prepared for the tournament, and turning out quality student-athletes who are role models," he emphasized. "It's one thing to qualify for the tourney but the key is to be prepared and ready to compete. We also want our players to be good citizens who contribute to their community. During April vacation, our varsity players ran youth-league clinics and coached teams for three days."

Millis' captains — third baseman Emilia Leach, who's battled injuries, and first baseman Isabella Briones — are seniors who personify many of the team's strengths. "Emilia leads by example, basically with her bat and glove," MacGowan said. "Isabella is a vocal leader who communicates well and is supportive of her teammates."

The coach also admires the duo's hitting and fielding ability.

"Emilia is our best pure hitter and is a strong fielder," MacGowan said. "She bats second



Seniors Isabella Briones, left, and Emilia Leach are Millis' softball captains. Courtesy photo

and is a combination power-hitter/spray-hitter. Isabella has great instincts in the field. She's versatile, able to play first or third base or in the outfield. A contact hitter, she knows how to advance runners."

The juniors include pitcher Mia Vasta, second baseman Zoe Sparks, and left fielder Angela Noonan from Bellingham. At Local Town Pages deadline,

Vasta had thrown 70 innings, had an E.R.A. of 3.42, and threw a no-hitter against Rockland. Sparks was hitting .455 and had 39 putouts.

"Mia sat behind Riley Caulfield for two years and got limited playing time," MacGowan said. "She's our No. 1 pitcher. Her assortment includes a fastball, drop, curve, change-up and a riser. A hard worker, her veloc-

ity and control are very good. Zoe is rock-solid at second and is a powerful contact hitter. As a freshman, she hit a grand slam to beat Hopkinton. She's got a high softball IQ and is never out of position. Angela is always ready when called on."

The sophomore competitors are Molly Rand (shortstop), Alicia Ellis (catcher), Macy Ingraham (right field), and Sadie Bigelow (outfield). Rand had a .400 batting average at the paper's deadline.

"Molly hits third in the lineup, has a powerful bat, a strong arm and good range," MacGowan said. "And her softball IQ is high. Alicia started last year as a freshman. She bats fourth, is a strong hitter and also has a high softball IQ. She's adjusted nicely in her role. She's strong defensively and knows when to visit the mound to calm a pitcher."

"Macy is in her first year starting after playing sparingly last year. A solid competitor, she covers a lot of ground in the outfield, is a contact hitter and has a high softball IQ. She's super-fast, the second-fastest player I've ever coached, and she's got good instincts."

Four freshmen are very coachable. They include Keira Davis (centerfield), Olivia Desimone (outfield), Shannon Rand (pitcher, third base), and Maddie Pinto (outfield). Davis was hitting .513.

"Keira bats leadoff, is so

### SPORTS

continued on page 23

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# Sports

## Estate Planning For Business Owners

All business owners can benefit from some level of estate planning. Building protection into your business plan is one of the most important decisions you can make to safeguard your partners, your employees and your family. Here, we will discuss the four key components of estate planning to help make sure you are well set up for success.

The most fundamental estate planning tool is a **will**. A properly executed will, gives clear direction to your executor about how to manage or distribute your assets when you pass away.

Then, a somewhat more complex component of an estate plan is a **revocable trust**—this is a legal entity created to hold your assets while you're alive. Among the many benefits is that your appointed trustee can take over management of your assets if

you're incapacitated. A revocable trust streamlines the transfer of your assets by helping avoid potentially lengthy legal proceedings and costly court fees. A trust may also provide creditor protection for the beneficiaries.

Next are **powers of attorney**. Naming a healthcare power of attorney means your representative can make crucial medical decisions on your behalf should you be unable to, while a financial power of attorney can pay your bills and manage your finances until you get back on your feet.

Finally, a **buy-sell agreement** is a powerful estate planning tool. A buy-sell agreement is a way to help ensure a smooth transition of your business and ensure your family's financial goals are met after you're no longer around to take care of them. A buy-sell is

often funded with life insurance and can also outline the terms of succession among the remaining partners, so that all terms are agreed upon in advance.

Some basic estate planning may be done using self-guided online tools, but typically you should use a licensed and experienced attorney to help you draft and execute documents for your estate plan. The best way to go about it is to make sure that your attorney, financial advisor, and insurance agent are working together to help you manage and plan for your business and per-



sonal estate.

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### SPORTS

*continued from page 22*

smooth in the field and has a high softball IQ,” MacGowan said. “Olivia is versatile, playing wherever you need her to play. Shannon has great instincts and Maddie is a smart player. This quartet will play a major role in our future.”

MacGowan’s assistant coaches are Mark Caulfield and Ally Marcone. “Both work at the school and coached with me the last two years,” he said. “They’re fantastic, knowledgeable and respected by the players.”

Relying on an athletic philosophy that focuses on reaching one’s potential and having fun, MacGowan firmly believes that if players are motivated to reach their potential, then winning will be the by-product. “If they’re having fun while being pushed,

then players will improve,” he said.

Life lessons can be learned from sports and MacGowan has some that he lists as valuable. “Sports can help players learn to be good teammates and quality leaders,” he said. “Athletics also teach how to overcome adversity, to be resilient and accountable. Time management is another great lesson.”

During the last two seasons, the Mohawks won both of their tourney openers, then bowed out of the playoffs in round two. This time around, a sluggish start has turned Millis into a bounce-back team. Next up is the Division 5 playoffs.

The coach and the players very wisely have always focused on one opponent at a time. They’re hoping that approach comes with some staying power in the 2025 postseason.

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# Medway's Neilan Fahey named salutatorian for Xaverian's Class of 2025

On Sat., May 17, Xaverian Brothers High School in Westwood celebrated the Commencement of its 59th graduating class, the Class of 2025.

Diplomas were conferred to the 164 graduates by Head of School Jacob Conca '94, Ph.D. (Medway) and Principal Michael Nicholson, Ed.D. (Norfolk). Graduates have enrolled in 95 different colleges and universities, including Boston College (9), Fairfield (3), Harvard (1), Holy Cross (5), Lehigh (1), Northeastern (6), Providence College (9), Tufts (3), UCLA (1), University of Michigan (1), University of Rochester (1), USC (1), Villanova (1), Wake Forest (3), and WPI (1). This graduating class spearheaded new clubs such as BioBuilders and MediX, which focus on specialized areas of study (synthetic biology and medicine respectively), helped lead the school to a second consecutive state football championship, volunteered at more than 70 local service agencies, and

boasts seven National Merit commended students.

Mitchell Kisgen is the Class of 2025 valedictorian. The son of Dr. Darren Kisgen and Mrs. Lauren Kisgen of Natick, Mitchell is a National Merit Commended Student and a member of both the Rocco Zoppo and Spanish chapters of the National Honor Society. He was twice named "Student of the Year" and earned Ryken Honors—the school's highest academic distinction—every quarter of his high school career. Mitchell is the President of the Business Club, a peer minister in the campus ministry program, and an active member of the ping pong club. A standout multi-sport athlete, Mitchell competes in varsity soccer and excels in indoor and outdoor track. He is a five-time New Balance Nationals qualifier, Catholic Conference MVP, and All-Scholastic honoree by The Boston Globe and The Boston Herald. He also holds seven school records. Mitchell will con-

tinue his academic and athletic career at Dartmouth College.

Xaverian's 2025 salutatorian is Neilan Fahey, son of Mr. Michael Fahey and Mrs. Anh Fahey of Medway. Neilan is a member of the Rocco Zoppo and French chapters of the National Honor Society and a four-year varsity athlete in cross country, indoor track and field, and outdoor track and field. A captain of all three teams, he is also a distinguished expert in 3-Position Air Rifle and competes with the Reading Rifle and Revolver junior team. Beyond athletics, Neilan is actively involved in Xaverian's book club, peer ministry mentoring program, and faith-sharing group, SpiritHawk. He also volunteers at the Medway Village Food Pantry. Neilan will attend the United States Military Academy at West Point in the fall.

The highest honor bestowed upon a graduating senior at Xaverian is the Xaverian Award. This special recognition is determined through nominations by



From left: Pictured here are Head of School Dr. Jacob Conca '94 (Medway), valedictorian Mitchell Kisgen '25 (Natick), salutatorian Neilan Fahey '25 (Medway), and Principal Dr. Michael Nicholson (Norfolk). Photo Credit: Kathryn Hickey

the graduating class, in collaboration with the faculty and staff, and the recipient is kept a secret until the graduation ceremony. To receive the Xaverian Award, a student must have demonstrated the core values of humility, trust, simplicity, compassion, and zeal throughout their time at Xaverian. The Class of 2025 Xaverian Award winner is Aadi Aggarwal, son of Mr. Lokesh Ag-

garwal and Mrs. Pragti Aggarwal of Medway.

In his speech, Dr. Conca shared a reflection from one of his colleagues describing Aadi: "He is considerate of others, devoted to strengthening the Xaverian community, and possesses a character of the highest standing."

**XAVERIAN**  
continued on page 26

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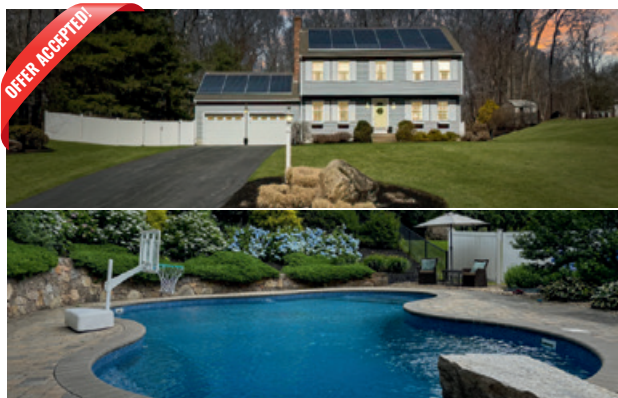


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**XAVERIAN**

*continued from page 24*

While his resume speaks for itself, it is his character and steadfast commitment to our community that sets him apart.”

Aadi is a member of both the National and Spanish National Honor Societies. He received the Brother Raymond Hoyt, C.F.X.

’70 Award for generosity, and was one of six Xaverian students selected to represent the senior class at the Xaverian Brothers Sponsored Schools leadership retreat. Additionally, he served as a peer mentor and tutor and worked alongside classmates to raise awareness and funds for Alzheimer’s disease research.

Aadi was an athlete on the varsity swim and dive team, as

well as the varsity ultimate disc team. In his sophomore and junior years, he served as Secretary General of Xaverian’s Model UN team, where he earned national recognition and ranked in the top five in the Massachusetts High School Model UN Circuit. He also served as Vice Captain of Xaverian’s Speech and Debate team, placing in the top five in the Commonwealth in Group

Discussion. Aadi will continue his academic journey at Tufts University in the fall.

In his Commencement address to the Class of 2025, Dr. Conca urged the graduates to aspire to a life of quiet, humble service, expecting nothing in return. He encouraged them to hold themselves to the highest standards, continually striving to grow, learn, and excel, and

to embrace their faith journeys with the confidence that God would be with them every step of the way. “Our hope,” he said, “is that you find the tools necessary to live a life rooted in all that is represented by your Xaverian diploma.”

*Submitted by Xaverian Brothers High School*

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## Recent Home Sale



The 3-bed, 1-bath, 2,050-square-foot house at 17 Lovers Lane in Medway recently sold for \$615,000. Image credit: www.zillow.com

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# Real Estate Corner

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05/09/2025	4 Malloy Street	\$715,000
05/07/2025	6 Waterview Drive	\$730,000
04/30/2025	22 Fox Run Road	\$750,000
04/30/2025	58 Summer Street	\$476,000
04/30/2025	25 Oakview Circle	\$600,000
04/30/2025	8 Overlook Drive	\$721,000
04/30/2025	12 Cottonwood Lane #31	\$967,600
04/29/2025	3 Hickory Drive	\$1.22 mil
04/29/2025	10 Cottonwood Lane #30	\$1.14 mil
04/28/2025	2 Meadow Road	\$650,000
04/25/2025	1 Main Street	\$699,000
04/23/2025	2 Summer Hill Road	\$670,000
04/23/2025	5 Little Tree Road	\$905,000
04/23/2025	20 Cedar Farms Road	\$1.01 mil

Date	Millis	Amount
05/09/2025	217 Ridge Street	\$540,000
04/30/2025	258-260 Pleasant Street	\$650,000
04/28/2025	1 Walnut Hill Road	\$800,000
04/28/2025	7 Hemlock Circle	\$430,000

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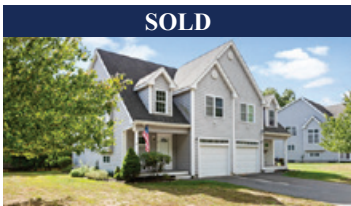
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