

localtownpages Medway & Millis

Vol. 16 No. 7

Free to Every Home and Business Every Month

August 1, 2025

Millis new 'Community Connect' program provides information to first responders



By KATIE MILLER
STUDENT WRITER

Millis Community Connect is a new online program available to all residents and business owners in the Town of Millis. It can be found at www.communityconnect.io/info/ma-millis

This program allows these individuals to fill out critical information about their household or business that would be useful for first responders to be aware of in times of emergency. For example,

COMMUNITY CONNECT

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Medway McGovern Elementary School Students Paint 'Window and Mirrors' Mural with Help of Local Artist

In June, students at the McGovern Elementary School in Medway teamed up with a local artist to paint a bright, colorful and deeply meaningful mural, titled "Window and Mirrors," which will remain on display indefinitely at the building's front entrance.

The 30-foot-long mural was designed by Waltham-based artist Joshua Winer based on input gathered from McGovern Elementary School students, with all 360 students having a hand in painting the work of art, which winds down the hallway in the shape of a swirling brushstroke.

After holding two school assemblies to garner ideas, Winer drew an outline of images, before students painted the panels that make up the mural on the week of May 18.

MURAL

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COMMUNITY CONNECT

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if there was someone with a disability in the household, the fire department could be prepared to give any assistance needed in a timely manner.

In terms of workplaces, if there were security systems to

enter the building, access codes could be provided through the platform. Not only can you fill out information about those living in your household or working in your building, but anything about your property such as sprinkler and alarm systems, or even the pets you have. The main goal of this program is to minimize damage and losses of emergency situations, and increase the safety and efficiency of these situations.

Millis Fire Chief Rick Barrett explained how this was a possibility with First Due, an online platform designed for EMS and fire departments, utilized by Millis Fire. Chief Barrett saw this as a great opportunity and said, "Any chance you have to get vital information from your residents, and have it in a central location, is beneficial to everyone."

Millis firefighter Jason Wilson played a large role in pushing for this program alongside Chief Barrett.

This program provides a benefit to both the individuals and first responders.

Initially, in an emergency call, first responders may not be

aware of vital information such as any disabled individuals living in a house, alarm systems in a work building, and more. But, with the program, users can list medical history information, spare key locations, alarm codes, and pet information to make the rescue process as quick and efficient as possible. For business owners, they could provide useful information such as hours of operation, building entrance, employee numbers and information, and anything useful for emergency responders.

While this program is new to Millis, the Fire Department has already had over 100 people create a profile and fill out information about their household or business. During the rest of the summer, Chief Barrett and Millis Fire will be making an effort to further introduce the program to the community and encourage residents and business owners to use the platform. Chief Barrett says he is happy to see the platform being used in other towns as well and hopes to see it grow in the community.

Community Connect: How Does It Work?

Create an account. Sign in for free and get started doing your party. It just takes your email, phone number, and address.

Enter the info that matters most. Enter valuable information that can help Millis Fire assist more effectively during an emergency.

Help your Fire Department when seconds count. Be sure to keep them updated when things change over time so they can always be prepared.

Source: www.communityconnect.io/info/ma-millis



In June, Millis day care owner Mary DellaCamera (top, front row center, kneeling) retired after more than 30 years of providing care to generations of families in Millis and the surrounding communities. Many of those families attended her surprise retirement party. Courtesy photo



Start their year On the Right Foot!

Free events for Medway youth grades 5-8!

Sign up at www.SUPMedway.com







MURAL

continued from page 1

“We now have this beautiful mural that really brightens up the hallway and adds a lot of vibrancy and character to our front entrance,” said Principal McDonald. “Once it was up, all the children said that it’s so beautiful. It really exceeded my expectations. Every child here helped paint the mural. It’ll be on display hopefully forever.”

The “Window and Mirrors” mural was made possible by a \$5,000 grant from the Medway Foundation for Education. The school applied for funding in the spring of 2024.

“We were very excited that they funded this grant,” Principal McDonald said. “We chose the artist because he previously did a mural at the Memorial School that came out great. Josh was wonderful to work with. He had the mindset and patience that were needed to work with children. The outcome is just beautiful.”

The mural depicts a hand wielding a paintbrush that appears to paint the rest of the mural, including an image of



Above: At the center of the mural, under an arch framed by two windows, is a heart-shaped mosaic mirror, bearing the words “I CAN.” Right: McGovern Elementary School students completed the “Window and Mirrors” mural with the help of Waltham-based artist Joshua Winer. The mural is on display in the school’s front lobby. (Photo Courtesy Medway Public Schools)



two mustangs (the town mascot), children of different races reading together and holding hands, a pumpkin patch (representing the farming community in Medway), and other images of nature, including sunflowers, birds, a butterfly, and the sun. At

the center of the mural, under an arch framed by two windows, is a heart-shaped mosaic mirror, bearing the words “I CAN,” an acronym for the school’s motto, which surrounds the image, “Include, Cooperate Achieve, Nurture.”

“The mirror is a way of reflecting the community that’s inside of the school and outside of the school,” said the artist behind the mural project, Joshua Winer. “The mural represents windows out into the town of Medway, into the wider world of nature,

and a person’s mind. The mirror is a way of reflecting the community that’s inside of the school and outside of the school, a window into their minds and heart.”

MURAL

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Millis Adult Summer Reading Bingo

By KATIE MILLER
STUDENT WRITER

What better way to spend your summer relaxing in the sun and reading a book. With the Millis Public Library, not only can you do that, but they can also make it into a fun game.

This summer, the Millis Public Library is running an adult summer reading bingo through Sept. 1. Participants can either complete five squares in a row to win a bingo prize, or they can complete all 24 squares for an entry to the grand prize drawing. The bingo squares include a variety of reading challenges from “read a romance” to “read a book set in a place you want to visit.”

Kim Tolson, director of the Millis Public Library, said many of the library visitors commented on the fact that they always had kids reading programs and chal-



lenges, but nothing for adults. While the reading challenges were intended for kids, the gamifying of reading appealed to adults as well. Esther Davis, MPL Adult Services Coordinator, got the idea for the Summer Reading Bingo from St. Louis Public Library and their reading initiatives. While some may love to read, having prompts can encourage even more reading, especially in the summer months.

Last year, Summer Reading Bingo had a great turnout with 233 players coming from nine towns in three states. Of these players, there were 22 five-square

bingo winners. With 345 books read, the most read book was “One Italian Summer” by Rebecca Serle. Out of all 25 squares, the fan favorite was “Read a book you loved as a child”.

Reading some new books can be a great way to both relax and exercise your brain this summer while soaking up the sun. Join the Millis Public Library Adult Summer Reading Bingo to win some prizes for your summer reading goals!

For more information, stop by the library or visit www.millislibrary.org

Exsultet! Auditions

Do you love to sing? Then we would love to meet you! We are Exsultet!— a fun-loving, women’s choral group made up of eighteen musicians. We love making music and challenging ourselves to present concerts which enlighten and entertain. Exsultet! sings a repertoire of choral literature spanning musical periods and cultures, and incorporates readings and poetry into our performances.

Exsultet! has openings for Soprano 1 and 2 singers for the 2025-2026 season. Auditions will take place on Monday, August 25th at 7:00 pm at First Congregational Church, 725 Washington Street, Holliston, MA.



Exsultet! rehearsals for the 2025-2026 Season will be on Monday nights from 7:00-9:00 PM in preparation for our two concert weekends. We typically perform our Holiday Concert in early December and our Spring Concert in April/May.

To audition, download the audition piece, Seal Lullaby, from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!

Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a specific audition time.

Visit www.exsultet.us to learn more about the audition process.

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Millis Lions seek vendors for Bazaar

The Millis Lions Club is looking for vendors for its Oct. 25th Bazaar at the Millis High School. Visit millislionsclub.org for more information and to sign up.



MURAL

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After the design was approved by the school, Winer drew the images on panels with a Sharpie, before students were joined by parent volunteers during art class to paint in the mural with acrylic paint. After all the panels were painted, the mural was installed on June 2.

"It's always a pleasure. I love working with children," said

it happen," Winer said. "It's a big piece. We went from having a big blank wall to a bright enlarged work of art. The students remember the work they put into it, and it will be there forever. It's very exciting for everyone. The students were so excited. A section of the mural is a mirror on a heart. It's a pleasure for the children to see themselves as they walk by, reflected in that mirror."

Principal McDonald said the school is proud of the outcome of the mural project, noting how



After the design was approved by the school, artist Joshua Winer drew the images on panels with a Sharpie, before students were joined by parent volunteers during art class to paint in the mural with acrylic paint. (Photo Courtesy Medway Public Schools)

Winer, a Wayland native, who specializes in public and community art projects, with a career spanning back to 1986. "I've done a couple hundred projects like this all over the world. It's always a little different. These children were as nice as could be — very friendly, enthusiastic and hardworking. They were a delight to work with. It's a real honor to be part of the community, together with the students and the parents."

Winer is a graduate of Yale University, where he earned a bachelor's degree in fine arts and painting, and he also holds a master's degree in architecture from Harvard Graduate School of Design.

"I'm thrilled and so pleased the school decided to do this project and we were all able to make

it was so steeped with meaning and symbolism.

"Josh did a great job of telling a story," Principal McDonald said. "At the middle of the mural are children reading books. We have a very strong focus on literacy at an early age. That's very important to our community. It also shows a hand of a child with a pencil, representing the foundational skills we're building in the early grades, really setting children on a strong path for the rest of their lives. The pumpkins are a nod to our farming community, and also our PTO puts on a Pumpkin Fair every year. I love the shape of the mural. And then there's the mosaic mirror, so children can see a reflection of themselves in the mural, which is pointing out the impact they are going to have."

How to Have a Sting-Free Summer



Jim Maxxuchelli, owner, WPC Pest and Termite Control

From backyard barbecues to sunny beach days, families across the country are enjoying the warm weather. To make sure Americans can safely enjoy their summer, WPC Pest and Termite Control and the National Pest Management Association (NPMA) are sharing how to avoid stinging insects.

"Every year, more than 500,000 people visit the emergency room to be treated for insect stings," said Cindy Mannes, senior vice president of public affairs for NPMA. "Stinging insects can become aggressive and dangerous if provoked, which makes working with a licensed pest control professional a must for homeowners."

Jim Mazzuchelli, owner of WPC Pest and Termite Control, is sharing these tips on how to avoid painful stings this summer:

Wasps



Wasps, including yellowjackets and the misnamed bald-faced hornet, are commonly encountered during late summer, when colonies are largest. Avoid attracting these insects and keep them out of your home by removing garbage frequently, keeping trashcans covered and ensuring all doors and windows are properly screened. Sweet-smelling perfumes should also be avoided, as the scent can attract yellowjackets.

Hornets



European hornets can be deterred from your home by changing exterior lights to yellow bulbs, storing garbage in sealed receptacles and removing fallen fruit from trees. If a stray hornet is giving you unwanted attention, avoid swatting at the insect. Instead, blow gently from a safe distance to shoo it away.

Africanized Bees



Africanized "killer" bees can become hostile if threatened and have been known to chase people for more than a quarter of a mile. Because they look similar to European honeybees, only a licensed pest control professional can identify and remove a nest. If you live within 100 miles of an area where Africanized bees are common, do not approach any nest.

DIY removal of a stinging insect nest is never recommended, as the process requires specialized training and equipment. Call your local professionals at WPC Pest and Termite Control at 508.435.2211.

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A Summer Vacation Destination for your Pup at Dogtopia

By JENNIFER RUSSO

With Summer upon us, many of us are looking forward to upcoming vacation plans – a relaxing day at the beach with our feet up, a barbecue with friends and family, and some well-deserved time off from the day-to-day. Our precious canine family members are super lucky though, because EVERY day can be a fun day at a place where they can play with their friends, have some yummy treats, enjoy a leisurely nap, and be their perfectly puppy selves.

Dogtopia, located in the Franklin Village Plaza, is like a bougie vacation destination, with a state-of-the-art facility and a staff of certified, dog-loving team members ready to spoil your dog – making sure they have everything they need to have the most amazing time while you work, get some shopping done, have appointments to get to, or have a trip they can't join you for.

As pup-parents, it's important to know that our animals receive the very best care. Dogtopia has rigorous safety standards, with compressed rubber flooring that helps with long-term joint health, pet-safe cleaning products, and spacious, climate-controlled playrooms.

Each of the three playrooms is supervised, and dogs are grouped by similar size, tem-

Business spotlight



perament, and play style. Pups are socialized safely, given basic behavioral education, have the opportunity for agility exercises and brain games, and provided with an open-play environment that will help them release all of their pent-up energy and stay fit.

There is even a Bark Bar – yes, you read that right! The bar has special treats available for parents to purchase for their companions, like chicken or salmon protein bowls, pupsicles, and a smoothie of the month.

Ultimately, Dogtopia is committed to giving the pups a happy, loving, and safe environment to play and learn in. Pup-parents can check in whenever they'd like, with live webcams in every playroom, and periodic report cards to keep them in the loop.



Is your family going on a vacation where your pup can't join? Give them a vacation of their own with Dogtopia's boarding services! It's a home away from home, where your four-legged friend will be well cared for and pampered. They will enjoy fun-filled days with their friends, rest comfortably and safely, and can even enjoy spa services while you are away!

Dogtopia is all about community, offering not only the best in care, but also events that clients can take part in with their pups, like craft days, photo days, themed parties, and more!

ALL MONTH in AUGUST • BINGO

Be the first Pet Parent to get a bingo and win a complimentary "The Works" full spa package!

MONDAY, AUGUST 4 • MINI MONDAY

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THURSDAY, AUGUST 7 • BIRTHDAY/GOTCHA DAY

Celebrate our August dogs with a gotcha/b-day party!

MONDAY, AUGUST 11 • FOUNDATION DAY



Celebrate 8 years of impact with a Foundation Day Photo of your pup with any donation to the Foundation!

WEDNESDAY, AUGUST 13 • WELLNESS DAY

Activity Day: Have your pup come for daycare and exercise with our challenging playroom obstacle course!

TUESDAY, AUGUST 19 • BACK TO SCHOOL

Time for those adorable school photos and meeting your pup's "teachers" on our social posts!

FRIDAY, AUGUST 22 • END OF SUMMER PARTY

Water you waiting for? Bring your pup to daycare for some awesomely fun bubble parties & splash zones!

FRIDAY, AUGUST 26 • NATIONAL DOG DAY

Today we celebrate our dogs for the stars that they are!

Does your pup need a place for socialization, exercise, love, and endless fun? Curious about how to get started?

The Dogtopia staff understands that every dog is different



and a one-size-fits-all approach is not what works best. New clients bring their dog in for a meet and greet with a trained evaluator, which helps determine their overall wellness and personality, comfort level in the space (for fun and playtime), and a crate (for naptime or boarding), and how they interact with staff and other dogs.

All dogs need to be at least 12 weeks of age and must be up to date on all required vaccinations (Rabies, Canine Influenza, DHPP, and Bordetella). Dogs 7 months old and up must also be spayed/neutered. If you don't have the records on hand, Dogtopia is able to call your vet and obtain them for you.

"At Franklin Village Dogtopia, let us be your one-stop shop for all pup things! Between safety, extra snuggles, and lots of fun, we always strive to make it the most exciting day ever for you and your dog!" says Dogtopia District Manager Naomi Paige.

Learn more about Dogtopia of Franklin Village and their amazing services by visiting <https://www.dogtopia.com/massachusetts-franklin-village/> or check out their Instagram at @DogtopiaFranklinVillage.

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Does the 4% Rule Still Make Sense For Your Retirement?



Mark Freeman, CEPA

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Provided by Edward Jones

You may have heard of the “4% rule” when it comes to retirement. The idea is simple: After you retire, you withdraw 4% of your investment portfolio each year. In theory, this helps ensure your savings last for your lifetime. While this rule can be a helpful starting point, it's not a one-size-fits-all — and it's defi-

nately not a substitute for a plan tailored to your specific needs, wants and wishes.

The truth is, how much to withdraw in retirement depends on factors like when you retire, if you'll work part time, how long you expect retirement to last, your lifestyle goals, inflation and whether you want to leave a financial legacy to heirs. So, the 4% rule should be viewed as more of a guide than a strict rule.

Let's start with age. The 4% rule is often based on someone retiring at 65 and expecting to live until about 92. But if you retire earlier, you may want your portfolio to stretch further. In that case, you might need to start with a lower withdrawal rate, maybe closer to 3%. And if you retire later, you might safely withdraw a little more — perhaps 4.5% to 5% — depending on your financial situation.

Your retirement lifestyle also plays a big role. Are you planning to travel the world or spend more time at home? If you ex-

pect higher spending in the early years of retirement, you may need to adjust your withdrawal rate or plan to reduce spending later to balance things out.

Your financial flexibility matters too. If you have less wiggle room with your expenses, rely heavily on your portfolio for income or want to preserve wealth for your heirs, a more conservative approach might be wise. In this conservative scenario, your portfolio withdrawals may be met from interest and dividends. Think of your withdrawal rate as existing on a spectrum from more conservative to less conservative, with your personal situation determining where you land.

Then there's inflation. A well-built strategy usually includes small annual increases in withdrawals to keep up with rising costs — about 2.75% per year. But you don't need to take a raise just because the calendar says so. If the markets have had a tough year or you don't need the extra income, it might be

smart to skip an increase. Being flexible can improve the chances your money will last.

It's also important to understand what's known as your “portfolio reliance rate” — how much of your retirement income comes from your investments versus other sources like Social Security or pensions. The higher this percentage, the more conservative you may want to be with withdrawals.

And don't forget the IRS. If you're drawing from a traditional IRA or 401(k), you'll need to take required minimum distributions (RMDs) once you reach age 73. Your RMD for any year is the account balance as of the end of the prior calendar year divided by a life expectancy factor according to the IRS. These RMDs need to be accounted for in your strategy.

The bottom line? The 4% rule is a useful starting point, but it's just that — a starting point. A good financial advisor can help you build a strategy that reflects your age, your goals

and your full financial picture. By revisiting your plan regularly and staying flexible, you'll give yourself the best shot at turning your savings into a secure, fulfilling retirement.

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

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Millis Public Safety Log

Brush fire, disturbances, arrests

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

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

- June 15 at 9:46 p.m., Main St., disturbance, de-escalated
- June 16 at 10:07 a.m., Milliston Rd., suspicious activity, de-escalated
- June 17 at 6:02 a.m., Cottage Ave., serve warrant, arrest made
- June 20 at 12:18 p.m., Main St., brush fire, extinguished
- June 22 at 9:53 p.m., Orchard St., suspicious activity, checked
- June 23 at 12:38 p.m., Main St., disturbance, de-escalated
- June 25 at 12:13 p.m., Orchard St., serve warrant
- June 27 at 1:33 p.m., Ridge St., larceny/forgery/fraud
- July 3 at 9:24 a.m., Middlesex St., motor vehicle stop, arrest made
- July 8 at 9:22 p.m., Milliston Rd., motor vehicle stop, arrest made
- July 15 at 6:43 p.m., Main St., disturbance, de-escalated

Source: Millis Police Department

Millis: Save dates for fall town meeting, special election

The Town of Millis will hold its Fall Annual Town Meeting on **Mon., Nov. 10, 2025**, beginning at 7:30 p.m. at the Millis Middle/High School auditorium at 245 Plain Street.

A Special Election to vote on the Millis Middle/High School Building Project will be held on **Mon., Dec. 8** from 7 a.m. to 8 p.m. at the Veterans Memorial Building (Town Hall) gymnasium at 900 Main Street. More information on that project is available at www.millisschoolproject.com.

Early voting hours have been scheduled for:

- Mon., Nov. 24, 8:30 a.m. - 7:30 p.m.
- Tues., Nov. 25, 8:30 a.m. - 4:30 p.m.
- Wed., Nov. 26, 8:30 a.m. - 12:00 p.m.
- Mon., Dec. 1, 8:30 a.m. - 7:30 p.m.
- Tues., Dec. 2, 8:30 a.m. - 4:30 p.m.
- Wed., Dec. 3, 8:30 a.m. - 4:30 p.m.
- Thurs., Dec. 4, 8:30 a.m. - 4:30 p.m.
- Fri., Dec. 5, 8:30 a.m. - 12:30 p.m.
- Sat., Dec. 6, 9:00 a.m. - 3:00 p.m.

Source: www.millisma.gov



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Meet Student Writer Katie Miller

Hey everyone! My name is Katie Miller and I just started writing and taking photos for the newspaper this summer. I am going into my senior year at Medway and am the Editor in Chief of my school newspaper (The Summer Street Times) this year. I love both writing articles and taking lots of photos, especially of sports, for the school newspaper. Aside from newspaper, I play first singles for the Varsity Tennis Team and am also the President for our Student Council. I also do a lot of photography on my own and have an instagram page ([km_photo18](https://www.instagram.com/km_photo18)), and a website. In my free time I love playing tennis, going to the gym, and listening to music.



Photo credit: Tim Rice Photo



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Your Money, Your Independence

One Big Beautiful Bill - A Planning Perspective



Glenn Brown, CFP

Depending upon your news sources and social media algorithms, the One Big Beautiful Bill (OBBB) is either the worst bill ever and people will die, or it will unleash a new era of prosperity for the US economy. The truth is that it will do neither of these things.

Like all things with Washington, OBBB has the good, the bad and the political virtue signaling (i.e. \$1,000 Trump Accounts for U.S. citizen newborns).

From a financial planning perspective, let's review the 5 areas of broadest impact.

1. Extension of 2017 Federal Tax Cuts. The current tax rate structure, including a top marginal tax rate of 37%, remains in place permanently. It was to expire this year, meaning if you're in the current 12%, 22%, 24% tax

brackets, a 3% or 4% increase would have happened. While some disagree with this act, they'd be celebrating if Massachusetts went from 5% to 1% income tax.

Also permanent is the estate tax and gift tax exemption, which prior to 2017 was \$1 million. Today, it is \$13.99 million per individual, adjusts for inflation and is a flat 40% tax on excess over the exemption.

2. Expanded Standard Deduction and Child Tax Credit.

Recall in 2017, the standard deduction was dramatically increased while many subjective write-offs were eliminated. This resulted in 90-93% of tax filers taking the standard deduction over the last 8 years, up from 68.7% tax filers in 2016.

3. New Senior Tax Deduction.

Tax on Social Security benefits was not eliminated, however through 2028 there is an additional \$6,000 deduction per individual for those 65 and older. This equates to 88% of tax filers not paying a federal tax on their social security benefits.

4. State And Local Tax (SALT) Deduction Cap Raised.

OBBB temporarily raises the SALT deduction cap to \$40,000 from \$10,000, with a 1% annual increase through 2029. Good news for deduc-

tions on mortgage interest, property taxes and sales tax. However, it's reduced by 30% if modified adjusted gross income (AGI) exceeds certain thresholds, such as \$500,000 for joint filers.

The OBBB ensures continued federal deductibility of PTET for pass-through entities, like S corporations and partnerships. These will pay state income taxes at the entity level, effectively bypassing the individual SALT deduction cap.

5. Permanent Small Business Tax Relief.

This includes the 20% Qualified Business Income (QBI) deduction for pass-through businesses and 100% bonus depreciation for new capital investments. The maximum Section 179 expensing amount is increased, and immediate Research & Development (R&D) expensing is restored with a catch-up deduction option.

Other notables that caught my attention:

- Vocational and trade schools now qualify for 529 Plan expenses.
- Bronze and catastrophic insurance plans qualify as HSA expenses.
- No tax on overtime (\$12,500) and qualified tips (\$25,000).
- Paid leave tax credits are permanent and expanded.
- Increased childcare expense credits.

Finally, Congress got involved with student loan reform rather than defer to executive orders.

To curb the blank-check effect, OBBB has eliminated "Cost of Attendance" loan limits for graduate students and parents of undergraduate students.

Like the pre-existing caps on how much undergraduates can borrow (\$12,500 annually, \$57,500 aggregate), moving forward universities must deal with parents' ability to borrow capped at \$20,000 annually and

\$65,000 in aggregate per undergraduate. Graduate student caps are now \$50,000 annually and \$200,000 in aggregate.

It's a start to address the cause and not just the effect.

More to consider beyond this limited space, talk with your Certified Financial Planner to learn how you and your family can benefit.

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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Summer Cleanout is Greener with Affordable Junk Removal

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,

Business spotlight

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

If you don't want to be both-



ered 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 Dumpster Rental and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at AffordableJunkRemoval.com.

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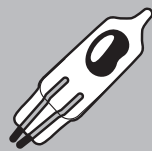
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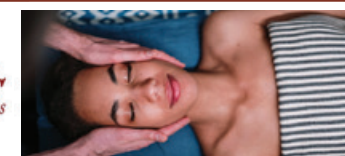
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Medway Trail: Village Street Amphitheater

Last month's article on the Medway Trails invoked a healthy curiosity about what trails are included in the Medway Tail System. One popular one, due to its scenic and

historic value, is called the Village Street Amphitheater as its natural setting is adjacent to the Charles River. The trail head is at the end of an easement through the

condo complex at the Sandford Mills Condos, and is well worth the effort to navigate. A picnic table, several bridges, viewing benches, a canoe launch and stunning scenery

are just a few rewards the walker/hiker can expect for seeking it out. There is also a beaver dam or two and lovely wildflowers.

Many of the trees have name plates as to what kind they are, and members of the Medway Trail Club work on the trail frequently to assure that invasive/non-native plants are not strangling out our native plants.

For a history of the Village Street Amphitheater, be sure to check out the kiosk at the end of the driveway that leads past the

Sanford Mills Condominiums and the independent building behind it as it contains some fascinating historical information about how, back in the day, people from the city (i.e. Boston and environs) would travel to Medway to catch an outdoor show or beauty pageant. A map is included as to how to access the Village Street Amphitheater. If googling it, please be specific to say "Village Street Amphitheater" as this is not in Choate Park.

- Submitted by the Medway Trail Club

Please respect private property and do not trespass.

Produced by the Medway Open Space Committee
Nov. 2013

Amphitheater Trail

As of Nov. 2013, the only access is via easement marked on map, which runs from Sanford Street to the town-owned land. Please drive slowly, park only on town-owned land, carry out at least what you carried in, and otherwise be considerate of the neighbors

— Access easement
— Town Owned Land
- - - Path



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Medway Public Schools Names Jeffrey Lappin as Director of Student Services



Jeffrey Lappin was named the new Director of Student Services for Medway Public Schools. Lappin most recently served as Assistant Director of Student Services for Sudbury Public Schools. (Photo Courtesy Medway Public Schools)

Jeffrey Lappin has been named the new Director of Student Services for Medway Public Schools.

Lappin, who most recently served as Assistant Director of Student Services for Sudbury Public Schools, will begin his work in Medway in mid-July.

"It's an honor to join such an awesome team at Medway Public Schools," Lappin said. "I'm excited to get working for the district, supporting its students and their families. We look forward to meeting all of their needs."

Lappin is a seasoned special education administrator with more than 20 years of experience leading inclusive programming, therapeutic services, and district-wide student support

initiatives.

"Mr. Lappin is known for his ability to partner with families, collaborative leadership and data-driven decision-making," said Superintendent Pires. "He has consistently advanced educational equity and improved outcomes for students with diverse needs. Throughout his career, Mr. Lappin has directed therapeutic and clinical services, led behavior intervention efforts, and provided professional development in trauma-informed practices. His expertise in student services leadership, student programming, curriculum development, and staff training has made a lasting impact on school climate and student wellbeing."

Prior to serving as Assis-

tant Director of Student Services in Sudbury for the past seven years, Lappin was the Supervisor of Therapeutic and Clinical Services for Medford Public Schools from 2013 through 2016.

Before that, Lappin was Director of Special Education for Burke High School in Dorchester for six years.

Lappin began his career as a guidance advisor at McKinley Elementary School in Boston in 2001, working there for four years.

Lappin holds a bachelor's degree in history from the University of Rochester, a master's degree in counseling psychology from Lesley University and a certificate of advanced graduate study in educational admin-

istration from UMass Boston.

"I have full confidence that Mr. Lappin is a great fit for our new Director of Student Services," Superintendent Pires said. "Mr. Lappin's work reflects a deep commitment to inclusive education and continuous improvement. He is respected for his strategic mindset, hands-on leadership style, and dedication to building systems that support every learner's success. He has demonstrated that he is a thoughtful leader with a commitment to programs that best support students' learning, which will be a valuable asset to our school community."

Submitted by Medway Public Schools

Medway Resident Named to Dean's List for Spring 2025 Semester

Saint Anselm College in Manchester, NH, has released the Dean's List of high academic achievers for the second semester of the 2024-2025 school year. To be eligible for this honor, a student must have


achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. This semester there were a total of 674 students from 22 states and 4 countries.

Alexandra Harrahy, a criminal justice major from Medway, was named to the Dean's List for the spring 2025 semester.

About Saint Anselm College Founded in 1889, Saint

Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is


well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.



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Medway has new town website: www.medwayma.gov

By KATIE MILLER
STUDENT WRITER

On March 1, the Town of Medway unveiled its new website to the public, but the project began long before that. It can be

the site. After these suggestions, Medway's IT Director Richard Boucher, and Director of Communications Sandy Johnston, got to work to create a new platform. According to Johnson, the main

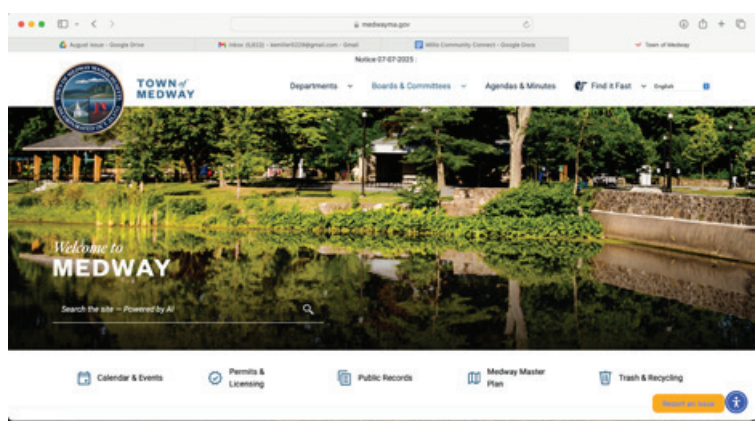
and translation abilities, as well as visual reading assistance. With these features, town information is much more widely available and now has a larger audience. Making it easy to navigate, the site has a basic layout including a town calendar where all town events are easily found. Additionally, the community bulletin is a widely used resource of the town to project current happenings, now easily accessible on the site. The site is searchable by using the AI

feature (under MEDWAY) on the left side of the page.

A common complaint is that those who do not use social media are unable to be aware of the town happenings. But, with the new subscription feature found at the bottom of the town site, users can subscribe and choose what type of information and content they would like to receive emails about. Secondly, there is another feature called "Hey gov", where users can submit a non-emergency message

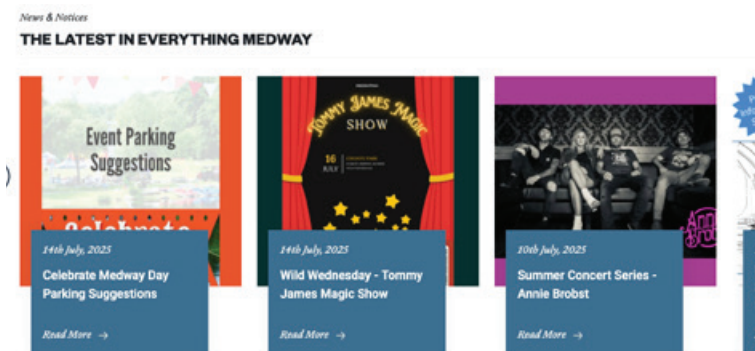
or complaint that will either be answered or forwarded to those who can answer it.

Overall, the new town site is an improved resource, now accessible to a larger audience. This site can be used to research and find just about anything important happening in town. Whether it is to find out how to rent the Thayer Homestead, book a spot at the town yard sale, or pay your bills online, the new town website is a great resource.



Above: Homepage of Medway's new town website. Source: www.medwayma.gov

Below: A feature on Medway's new site that displays upcoming events and relevant information in town. Source: www.medwayma.gov



found at www.medwayma.gov. The IDEA [Inclusion, Diversity & Equity Advisory] Committee of Medway pushed for a new website that offered more accessibility for everyone, suggesting more languages be added to

goal of creating this new site was for it to be as accessible, inclusive, and efficient as possible.

The new and improved finished site has various useful features such as 5 different languages

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The b.LUXE *beauty beat*

Struggling with Hair Loss? Here's the Confidence Hack You Might Not Know About

BY GINA WOELFEL

Believe it or not, your Flexible Spending Account (FSA) or Health Savings Account (HSA) could be the hidden hero in your hair loss journey.

For people dealing with hair loss, the physical and emotional challenges are only part of the story. There's also the cost! What most don't know is that, in many cases, you can use your pre-tax healthcare dollars to help cover the expense. A wig can be considered a qualified medical expense and eligible for reimbursement with pre-tax funds from an HSA or FSA under specific conditions. And if you're working with your insurance, b.LUXE is here to help make it as easy (and stress-free) as possible.

FSA & HSA: Beauty + Health in One Swipe

Think FSA and HSA funds are just for prescriptions and copays? Think again. If you're struggling with hair loss caused by medication or a medical condition—such as alopecia, hormonal imbalance, stress, or treatments like chemotherapy or radiation—you may be able to use your HSA or FSA funds to help cover the cost of a wig.

Insurance Reimbursement

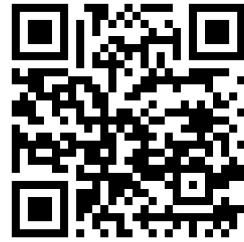
Depending on your individual insurance plan and circumstances, you may also be eligible for full or partial reimbursement from your health insurance provider. Coverage varies, but many of our clients have successfully used their benefits to help offset the cost of their wig or topper. At b.LUXE, we are uniquely qualified to assist you through the insurance reimbursement process and can provide the necessary documentation and guidance to help you maximize your benefits.

Yes, We'll Help with the Paperwork

We know insurance can be confusing and overwhelming—but that's where your friends at b.LUXE come in. We're here to guide you through the process and help you gather the right documentation to submit your claim with confidence. Our goal is to make everything as simple and stress-free as possible.

We've helped many clients use their pre-tax dollars to cover the cost of their wigs, and while reimbursement is a great outcome, what matters most to us is seeing our clients walk out standing taller, smiling brighter, and feeling like themselves again.

LEARN MORE



VISIT OUR HAIR-LOSS SOLUTIONS PAGE

It's important to note that every insurance policy is different, and b.LUXE cannot guarantee coverage. Typically, to qualify, you'll need a doctor's prescription or a Letter of Medical Necessity stating that the wig is medically required—not just for cosmetic reasons. Be sure to keep all related documentation and receipts, including those for wig maintenance, cleaning, or repairs. We always recommend checking with your provider before your appointment to understand what your plan may cover.

Why Choose b.LUXE?

At b.LUXE in Medway, Massachusetts, we're redefining what it means to support clients going through appearance-related health changes. This isn't a one-size-fits-all beauty counter—it's a private, welcoming, and judg-



“Wigs and toppers have truly been a game-changer for me. My hair had become so thin and brittle, and now I finally have the freedom and versatility to love the way my hair looks again.”

— Heather Cohen

Clients love the calm, welcoming vibe of our private wig & topper room. We know this journey can feel overwhelming, so we do everything we can to make your appointment feel comfortable, supportive, and empowering.

Confidence Is Priceless—But Sometimes, It's Reimbursable

We've all heard the phrase “you can't put a price on feeling confident,” but we'd like to gently challenge that: you can and should invest in your well-being.

If you're facing a recent diagnosis, going through medical treatment, or simply trying to reconnect with your sense of self, you're not alone. At b.LUXE, we understand how personal hair loss can be—and **we're here to support you every step of the way.** When you work with b.LUXE, you're getting a partner in your journey back to feeling great about the way you look.

Ready to Learn More? Let's Chat.

Scan the QR code to visit the b.LUXE Wigs & Toppers page and schedule your private consultation. Prefer to talk it through? Give us a call at (508) 321-1624—we can't wait to hear from you!

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Medway High School Athletic Department Recognizes 2025 Spring Season Achievements

Medway High School's student-athletes recently completed a successful 2025 spring athletics season, resulting in a lengthy list of individual and team accomplishments, including championship victories and all-star accolades.

"Our Medway Mustangs athletes demonstrated excellence, sportsmanship and perseverance across all teams during our spring season," said Medway Public Schools Athletic Director Jeff Parcels. "They earned league titles, state qualifications and individual accolades, and we are very proud to recognize all of these accomplishments."

Those athletes are:
Baseball
Record: 11-5 Tri-Valley League (TVL), 13-9 overall

Team Captains: Jason Bedard, John Farrell, Garrett O'Mara, Matthew Olynciw and Aidan Tkowski

Tournament: Ranked #22, advanced to Round of 32

Achievement: TVL Small Champions

Awards:
TVL All-Stars: Jason Bedard and John Farrell

Honorable Mention All-Stars: Jackson Duguay, Jack Heavner, Garrett O'Mara, Matthew Olynciw, Trevor Smith, Aidan Tkowski and Matthew Wilde

Defensive Player of the Year: Garrett O'Mara

Pitcher of the Year: John Farrell

TVL Small Coach of the Year Award: Mike Coppinger
Boys Lacrosse

Record: 7-6 TVL, 9-10 overall

Team Captains: Ryan Applebaum, Zach Arnpriester, Shawn Fauton, Gavin Shipos and Evan Sklar

Tournament: Ranked #14, advanced to Round of 32

Awards:

TVL All-Star: Gavin Shipos

Honorable Mention All-Stars: Zachary Arnpriester, Jason Drake, Oliver Gray, Tate Logan, Drew McCarthy, Justin Pillard, Evan Sklar and Colin Towle

Girls Lacrosse

Record: 6-7 TVL, 8-11 overall

Team Captains: Annabelle Gerber, Olivia Melanson and

Ella Taylor
Tournament: Ranked #19, advanced to Round of 32

Achievement: TVL Small Team Sportsmanship Award

Awards:
TVL All-Stars: Olivia Melanson and Ella Taylor

Honorable Mention All-Stars: Annabelle Gerber and Ella Hsieh

Softball
Record: 8-6 TVL, 11-11 overall

Team Captains: Katie Anderson, Priya Bedard and Olivia Klaus

Tournament: Ranked #16, advanced to Round of 16

Awards:
TVL All-Stars: Priya Bedard, Alessandra Cautilli and Alyson Fagan

Honorable Mention All-Stars: Katie Anderson and Olivia Klaus

Boys Tennis
Record: 7-5 TVL, 13-6 overall

Team Captains: Victor Chaudoir and Alex Menard

Tournament: Ranked #10, advanced to Round of 8

Achievement: TVL Small Team Sportsmanship Award

Awards:
TVL All-Stars: Alex Menard and Tommy Stotz

Honorable Mention All-Stars: Victor Chaudoir and Thomas Vallante

Girls Tennis
Record: 8-6 TVL, 11-7 overall
Team Captains: Rosie Benedetto, Anna Freeman and Katie Miller

Tournament: Ranked #15, advanced to Round of 16

Achievement: TVL Small Team Sportsmanship Award

Awards:
TVL All-Stars: Anna Freeman and Katie Miller

Boys Track and Field
Record: 2-3 TVL

Team Captains: Davis Campbell, Eshaan Potnis and Matthew Montana

Tournament: Eight qualified for the MIAA Division 5 State Meet; five qualified for Meet of Champions (All-States)

MIAA D5 State Champions: Boys 4x800 (Anthony Bonarrigo, Myles Hoffman, Matthew Montana and Jack Weintraub)

Awards:
TVL All-Stars: Davis Campbell, Dylan Costa, Jerry Desronvilles, Myles Hoffman and Jack Weintraub

Honorable Mention All-

Stars: Chase Barucci, Anthony Bonarrigo, Ryan Hoye, Matthew Montana, Michael Reposo and Aadhavan Sivakumar

Girls Track and Field
Record: 3-2 TVL

Team Captains: Cailyn DiMinico, Annabelle Hazell, Sophie Heiden and Katelyn Maniero

Tournament: 11 qualified for the MIAA D5 State Meet

Awards:
TVL All-Stars: Maeve Kelly, Katelyn Maniero and Lillian von der Heyde

Honorable Mention All-Stars: Nadja McNaney, Sophie Oldmixon and Joyce Zheng

Middle School Track and Field
Record:
Girls: 6-0
Boys: 1-5

Harvest Fest Sept. 20 In Bellingham

Harvest Fest is making a comeback in Bellingham.

The event, a family-focused activity, is scheduled for Saturday, Sept. 20, at Bellingham's Town Common from 11 am to 3 pm. A rain date, if needed, is Sept. 27. The town's two Baptist Churches — First Baptist Church and Bible Baptist Church — are organizing the day's activities.

Harvest Fest began in 2017 and had a three-year run until Covid-19 forced the two churches to curtail the program. It's being revived after a five-year absence.

For the youth, there will be pony rides, an obstacle course, gymnastic and karate exhibitions, hopefully a magician and other exciting activities. A Christian concert is also scheduled.

Many vendors will be on hand to promote and sell their products. The churches are still seeking sponsors and vendors. If interested contact Pastor Baron Rodrigues at 508 844-1843.

After expenses are paid (police detail, permits, entertainment costs, etc.), any funds remaining will go to area food pantries.



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Living Healthy

Back to School Eye Health and Computer Vision Syndrome

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

Don't Wait: Now Is the Time to Book Back-to-School Eye Exams

As the back-to-school season quickly approaches, families everywhere are checking off their to-do lists — backpacks, notebooks, shoes, and clothes. But amid all this preparation, there's one essential task that often gets forgotten: scheduling your child's eye exam.

Why Eye Health Should Be a Top Priority This School Year

Vision plays a central role in learning. Whether reading from the board, using a tablet, or completing homework, children rely on their eyesight throughout the school day. With digital learning becoming more prevalent, eye health matters now more than ever. A comprehensive eye exam could be the key to preventing learning struggles, missed milestones, or behavioral issues tied

to undiagnosed vision problems.

Unfortunately, vision disorders often go undetected. In fact, *1 in 17 preschoolers and 1 in 4 school-age children* have a vision problem that remains untreated — problems that can cause kids to fall behind or struggle academically.

Book Now — Avoid the Rush

Late summer is one of the busiest times of the year for eye doctors. Appointments fill up fast. Booking your child's exam now ensures they're seen before the first day of school — giving them the best possible start to the academic year.

The Critical Role of Routine Eye Exams

Eye exams are more than just a quick vision check. They help identify problems early and connect families with treatment options. Regular screenings and exams also help prevent future complications, including potential permanent vision loss. Here's what every parent should know:

Five Key Steps to Protect Your Child's Vision:

- 1. Know the Value:** Understand how important vision care is to your child's development and academic performance.
- 2. Screen Early and Often:** Make sure your child receives regular vision screenings using trusted tools and trained screeners.
- 3. Refer When Needed:** If a screening reveals a concern, follow up promptly with an eye care professional.
- 4. See an Eye Doctor:** Choose an optometrist or ophthalmologist experienced in pediatric eye care for a full evaluation.
- 5. Follow Through:** Stick to treatment plans and share exam results with schools or caregivers as needed.



Watch for These Signs That Your Child Needs an Eye Exam:

- Frequent squinting or head tilting
- Holding books or devices very close
- Complaints of headaches or eye fatigue
- Trouble concentrating on reading or close-up tasks
- Sensitivity to light or frequent tearing

If you notice any of these, don't wait — book a comprehensive exam as soon as possible. And remember: *When in doubt, moms always know best.* Trust your instincts. Get a second opinion.

Digital Learning and Eye Strain: A Growing Concern

Screens are everywhere — tablets, laptops, smartboards — and kids spend hours a day using them. This puts many students at risk for Computer Vision Syndrome (CVS), also known as Digital Eye Strain.

Symptoms of CVS Include:

- Blurry or fluctuating vision
- Eye burning or stinging
- Light sensitivity
- Frequent headaches
- Neck or shoulder pain

CVS typically develops after two or more hours of continuous screen time, especially if the screen is too close, too bright, or

used without proper eye correction.

Tips to Prevent Digital Eye Strain:

- **Follow the 20-20-20 Rule:** Every 20 minutes, look at something 20 feet away for 20 seconds.
- **Position Screens Properly:** Keep the monitor about 20–28 inches away and slightly below eye level.
- **Reduce Glare:** Use shades, reposition screens, or apply anti-glare filters.
- **Encourage Blinking:** Remind kids to blink often and use lubricating drops if needed.
- **Use Correct Eyewear:** Make sure your child's glasses are up-to-date, especially for screen work.

Despite the buzz around blue light glasses, there's no scientific evidence they help with eye strain. The American Academy of Ophthalmology does not recommend them.

Choosing the Right Glasses for Kids

If your child needs glasses, the right pair makes all the difference. Look for:

- Durable, child-friendly frames
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Welch named to President's Roll of Honor

Medway resident attends University of North Dakota

Cameron Welch of Medway has been named to the President's Roll of Honor at the University of North Dakota.

More than 1,600 University of North Dakota (UND) students have been recognized for

outstanding academic achievement by being named to the 2025 spring semester President's Roll of Honor. To qualify for the UND President's Roll of Honor, a student must have an overall cumulative grade point average

of 3.80 or higher. The student must also have earned a minimum of 30 semester hours and have completed a minimum of 12 hours at the close of the semester, eight of which must be for traditional letter grades.

—Submitted by the University of North Dakota

EYE

continued from page 16

- UV protection for outdoor play
- Skip the blue light lenses — focus on fit and function

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Don't delay. Now is the time to schedule your child's back-to-school eye exam. Let's make sure your child has clear vision and the confidence to succeed this school year. Call us today or book online — appointments are filling fast!

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Annual St. Mary's Benefit Car Show & Community Event to be held Sept. 6

Sponsored by Knights of Columbus Council #1562

The Knights of Columbus Council #1562 of St. Mary's Parish is thrilled to announce the return of the Annual Car Show & Community Event on Sat., Sept. 6 from 10 a.m. to 2 p.m. at Uxbridge High School, 300 Quaker Highway, Uxbridge.

Registration begins at 8:30 a.m. This community event promises a day filled with classic and custom cars, family-friendly activities, local vendors, music, food, raffles, and more, all in support of local charitable initiatives.

Get Involved, support a worthy cause. Knights of Columbus Council #1562 has proudly served Uxbridge and surrounding communities for generations, promoting faith, family, and service. Proceeds from the Car Show and Family Fun Day will support local charities, and Knights' programs that assist those in need.

Ways to participate:

- Event sponsorships: Gain exposure for your business or organization. Sponsorships include signage, online recognition, and booth space options.
- Vendor tables: Local artisans,

businesses, and community groups are invited to reserve space to sell or promote their goods and services. Limited spaces available.

- Donations welcome: We gratefully accept raffle items, gift cards, services, or monetary donations to support our mission and event expenses.
- Attend the event: Join us for a fun-filled day! Mark your calendar for Sept. 6, 2025

Event highlights:

- Display of classic, muscle, and antique cars, trucks & motorcycles
- Family-friendly activities, games, and kids' entertain-

ment

- Food trucks, refreshments, and local treats
- DJ music, raffles, and a 50/50 drawing

For more information, visit <https://bit.ly/StMarysUxbridgeCarShow2025>.

Call to Action, be a part of something bigger. Help us build a stronger community—one good deed at a time. To become a sponsor, reserve a vendor table, or contribute a donation, please contact Phil Cieply at 508-509-8870 or pcieply@msn.com, or Jeff Richard at 508-475-8950 or jlfad5@verizon.net.

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Clean out your closets for Yankee Quilters!

BELLINGHAM - Yankee Quilters, a nonprofit quilt group active in the Franklin and MetroWest area, is holding a collection drive for gently used soft-lines and books on Saturday, September 6th, from 9:00 a.m. to 12 noon. The organization's volunteers will be at their drop off location in Bellingham,

at Prime Storage, 302 Hartford Avenue and are also available to pick up donations at your home.

Yankee Quilters helps local cancer patients by donating quilts to Dana Farber, families in need through additional charitable organizations, and people around the world through Wrap the World in Quilts. Volunteers

use mostly donated materials to make these quilts; however, funds are needed for batting which is used for warmth. This fundraiser also helps with lectures to improve our skills.

Email the Guild at yankeequilters11@gmail.com for information on how to drop-off or have your donations picked up.

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 Saturday: 9 a.m. - 2 p.m. **CLOSED Sunday**

Celebrate Medway Day Fireworks

On July 19, the Celebrate Medway Day culminated with its annual fireworks display. To see a full video recording of the show, visit Facebook @MedwayTownHall.

Source: Facebook @MedwayTownHall



Milford High to hold 65th class reunion on Sept. 13

The Milford High School Class of 1960 will hold its 65th reunion on Sept. 13 from 1 p.m. to 5 p.m. at Restaurant 45 (formerly Speroni's) at 45 Milford St. (Route 109) in Medway.

For more information, contact Judy (Villani) Tusino at 774-573-8487 or Judy (Tomaso) Poirier at 508-473-0296.

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Telehealth Peer Support Now Available through Gambling Recovery Information Network in Massachusetts



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The Gambling Recovery Information Network (GRIN), an initiative developed by The Massachusetts Council on Gaming and Health (MACGH) and Betknowmore UK, a pioneer in peer-led gambling recovery services, has established a new comprehensive support pathway. Working with Birches Health, a leading provider of evidence-based treatment for individuals experiencing gambling disorders, the three partners will launch a telehealth peer support service that will be offered across the Commonwealth beginning July 1, 2025. This marks the first time that telehealth peer recovery treatment services for gambling will be available in Massachusetts.

“Those who struggle with gambling deserve to have access to help when they need it,” said Mark Vander Linden, Director of Research and Responsible Gaming at the Massachusetts Gaming Commission. “The Commission is pleased that the GRIN program and Birches’ services will be there when people need them the most.”

The GRIN program prepares Peer Specialists to assist individuals on their path to gambling recovery. All GRIN Peer Specialists contribute valuable lived experience to the program; some have encountered gambling challenges themselves, while others have been impacted by the financial and emotional consequences of a loved one’s addiction. Through extensive training that stresses evidence-based practices and individualized care, Peer Specialists develop the skills necessary to support and guide others through their recovery journey.

Since 2013, Betknowmore UK has pioneered peer-led gambling recovery services throughout the United Kingdom. Now through its association with MACGH, that trusted model has been adapted and expanded for use in the United States, with the GRIN pilot program slated for introduction in Massachusetts this summer.

“Through this three-way partnership we will provide essential mental health services and build a professional workforce that understands gambling harm from the inside out,” said Frankie

Graham, Founder & CEO of Betknowmore. “Through Betknowmore’s proven model, and our collaboration with Birches Health and the Massachusetts Council on Gaming Health, we will bring a powerful, client-centered approach to the U.S.”

The GRIN program is a natural extension of MACGH’s mission. For 41 years, the statewide nonprofit agency has promoted public health by mitigating the negative personal and community impacts of gambling and gaming through training and education, federal and state advocacy, research, and prevention and recovery programs.

“Telehealth has become an effective and widely accepted platform, particularly among young people,” said Marlene Warner, CEO of MACGH. “Through the GRIN initiative, we will eliminate barriers to essential care. Now, individuals in every corner of the state will have access to GRIN Peer Specialists who will provide high-quality peer services and support grounded in an evidence-based gambling recovery program.”

This collaboration with Birches Health ensures that clients have access to a continuum of care that can help those experiencing gambling addiction transition from treatment to long-term recovery.

“We are excited to continue to expand recovery services and aftercare programming for clients across Massachusetts and soon the entire US,” said Elliott Rapaport, founder of Birches Health. “We are committed to empowering clients to achieve lasting recovery through affordable, accessible support models.”

The Massachusetts Council on Gaming and Health

For 41 years, The Massachusetts Council on Gaming and Health is a statewide nonprofit agency that promotes public health by mitigating the negative personal and community impacts of gambling and gaming. We accomplish our mission through training and education, federal and state advocacy, research, and prevention and recovery programs.

Millis announces FY26 utility rates

The Town of Millis FY26 water rates went into effect on July 1.

Water Base Rates

- 5/8" Meter – \$33.48
- 3/4" Meter – \$44.77
- 1" Meter – \$70.94
- 1 1/2" Meter – \$130.08
- 2" Meter – \$206.95
- 3" Meter – \$307.48
- 4" Meter – \$407.80
- 6" Meter – \$543.04

Water Use Charges (Per Thousand Gallons)

- 1–25,000 Gallons – \$5.26
- 25,001–50,000 Gallons – \$8.36
- 50,001 Gallons and Up – \$13.38

Water On/Off Fees

- Regular Hours – \$44.47
- 3:30 PM–12:00 AM – \$120.70
- 12:01 AM–7:00 AM – \$235.05

Sewer Base Rates

- All Meters – \$60.50

Sewer Use Charges (Per Thousand Gallons)

- 1–25,000 Gallons – \$9.04

- 25,001–50,000 Gallons – \$12.98
- 50,000 Gallons and Up – \$17.49

Miscellaneous Fees

- Cap Assessment Fee – \$76.17
- Cross Connection Fee – \$63.53
- Final Read Fee – \$51.98
- Meter Tampering Fee – \$635.25

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Source: www.millisma.gov

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Sports

Shumaker Ready To Coach Millis Grid Program

Medway Native An Assistant For 10 Years

By KEN HAMWEY
STAFF SPORTS WRITER

Don Shumaker has been selected as Millis High's new football coach, and although it's his first head-coaching job, the Medway native should be well-prepared because of his lengthy tenure as an assistant.

Shumaker started his coaching career in Medway's Youth Football Program. He then became an assistant coach at Blackstone-Millville (four years), Tri County Voke (one year), Medway (three years), another stint at BMR for a year before his last stop — a year at Nipmuc.

In all, the 58-year-old Shumaker worked as an assistant coach for 10 years after his two years at the youth level. He coached the defensive line at all his stops except Medway where he was the head freshmen coach.

"I learned how to better communicate with kids," he said, "and I understood how important it was to be organized. As the freshmen head coach at Medway, I also learned how to adapt and to be flexible."

Shumaker has four goals on his to-do list for his first year at Millis and they're listed in order of priority.

"I want us to have a winning record for September; to be com-

petitive in the Tri Valley League Small Division; to win our Thanksgiving Day game against archrival Medway; and to qualify for the playoffs."

Shumaker emphasizes September for an obvious reason and puts the playoffs as his fourth priority because he understands what must occur before a tourney berth is awarded. "A winning record for September sets the pace for the season and I won't discuss the playoffs until we're well underway," he noted.

Millis Athletic Director Derek Phinney admires Shumaker's background.

"Bringing in Don Shumaker as our new head football coach is a true full-circle moment for Millis," Phinney said. "As a Medway native and longtime assistant at several successful programs, he understands the heart of the TVL and what it genuinely means to wear a Millis uniform."

Shumaker is acutely aware of what kind of players compete for Millis. He played four years of varsity football for Medway where he was a captain and a TVL and a Metrowest Daily News all-star.

"I played against Millis four times and coached against them five times," he recalled. "Their players are tough, gritty and have

a high compete level. I'm glad to be the school's coach because I like the intensity their players display."

As far as his on-field style goes, count on Shumaker to rely on a stingy defense and a capable running attack. When he met with his seniors on June 11 and later with the entire squad during the first week of July, the players got a glimpse of what's to come. His message was clear.

"I told them I'm not flashy or loud," he said. "I also told them I'll rely on them for communication — with their teammates and our coaches. I also said that I'd be demanding but fair."

Pat Halloran, a senior captain, was labeled as "phenomenal and special" by Shumaker because of his willingness and leadership to make his coach's transition go smoothly. Hired in June, Shumaker was a bit behind in getting summer basics lined up.

"Pat helped distribute camp information and assisted with the weight-room schedule," said Shumaker, who's owned a painting company for 25 years. "Pat also organized varsity players to help with the Park and Recreation Department's youth football clinic that was held in June."

The Mohawks, who finished with a 4-6 record last year, will be battling schools in the TVL's Small Division that have larger enrollments. And Shumaker



Don Shumaker is well-prepared to take the reins as Millis High's football coach. Courtesy photo

knows the league well from his days as a grid aide.

"The teams are strong, they're well-coached and the players are tough," he offered. "We have kids who can compete with them, but we'll have to outwork our opponents."

Shumaker inherits a schedule of non-league games that were in place before his arrival. They include Blackstone-Millville, Weston, Case, and Lowell Catholic. "Three of those team are in Division 7," he said. "We're in Division 8. We'll keep scheduling some non-league teams in a

higher division, which could help us with the power ratings."

Shumaker's staff will include two holdovers — Mark McGuire (defensive coordinator) and Jack O'Rourke. Rounding out his corps of assistants are Rob Methe (offensive coordinator) and Joe Sweeney (quarterbacks/running backs). "I'm excited to work with all of them," he noted. "They're skilled and work well with the players."

Shumaker will rely on a

SPORTS

continued on page 23

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Sports

Your home could be your greatest asset. Protect it.

Here's the good news: Property values continue to rebound after the Great Recession. In fact, Zillow.com reports that as of August 31, 2017, the median home value in the U.S. stood at \$201,900—an increase of 6.9% in just one year.

So what's the bad news? In 2013, the last year for which there are statistics, home mortgage debt was the largest household liability, representing between two-thirds and three-quarters of total household debt.¹

Given these statistics, it's easy to see why so many new homeowners are eager to purchase mortgage insurance from their lenders. That way, if something tragic happens, they can be sure that the lenders will be paid in full and that their families will retain ownership of this valuable asset.

Be sure to consider all the options.

It's important, however, for homeowners to realize that there are other ways to protect the life-

style and wealth of their families. Personally owned life insurance, for example, can perform many of the same functions as mortgage insurance, but it offers greater flexibility. That's because life insurance gives your beneficiaries the freedom to determine how the death benefit will be spent. Let's take a look at why that might be important.

You — and your loved ones — may want greater flexibility.

While your family can always use the death benefit to retire the mortgage, there may be more immediate financial needs. With life insurance, they have the option of using the money to pay medical bills, cover funeral expenses, or simply keep the household up and running in your absence. It may also make sense for your loved ones to pay down the mortgage over time, so they can use the insurance proceeds for other purposes and take advantage of the mortgage interest deduction. What's more, person-

ally owned life insurance is portable, so as long as your policy remains in good standing, you will remain covered—no matter where you live or how many times you move.

Of course, most people don't buy a home simply for its value — but now, more than ever, that is an important consideration. If your home — and any equity you have built up — represents your largest financial asset, be sure to weigh all your options and take whatever steps you can to protect it. No matter what you decide to do, there's a good chance that



you — and your loved ones — will sleep better for it.

This educational third-party article is provided as a courtesy by Michael Damon, Agent, (CA Ins. Lic. 0160938) New York Life Insurance Company. To learn more about the information or topics discussed, please contact Michael Damon at 508-321-2101.

¹John C. Weicher, "The Distribution of Wealth in America, 1983-2013," Hudson Institute, January 31, 2017. <https://www.hudson.org/research/13095-the-distribution-of-wealth-in-america-1983-2013>

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SPORTS

continued from page 22

coaching philosophy that focuses on winning, reaching one's potential and having fun in a competitive setting. "If our players reach their potential and are having fun, then winning will be the by-product," he emphasized.

Valuable life lessons can always be learned through athletics and Shumaker has some he hopes his players learn.

"Overcoming adversity and being resilient are important lessons," he said. "Athletics also teach kids how to be quality leaders and good teammates. Being accountable and accepting responsibility are two other great lessons."

Shumaker has worked for a variety of head coaches. He especially learned effective communication skills from Nipmuc coach J.J. Royster. "He has incredible communication skills," Shumaker said. "He listens to his players and can be objective, able to see other points of view."

Shumaker, who's married,

has two adult children and four grandchildren, knows Millis High's football history, its tradition, and its former coaches and players. He also knows that the Mohawks have won five Super Bowls and says he hopes to coach Millis for a long time.

Could he be the next coach to claim a victory at Gillette Stadium?

"What's needed is increased numbers in the program, talent, lots of players who are dedicated and devoted to the game and positive attitudes that shine brightly," he emphasized.

Shumaker's primary focus early on will be to get the numbers up. "I'll work with youth league coaches and get to know some of the kids at that level," he stressed. "I'll also attend games of other sports teams at Millis and be supportive."

Shumaker might have the right formula to elevate the Mohawks grid program and to revive its glorious past.

That may take time, but Don Shumaker seems to have the right stuff — patience and perseverance.

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-

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 Docket No. N025D0449DR

Samantha N Ambulos vs. Gustavo F Ambulos
 To the above named Defendant:

You are hereby summoned and required to serve upon:
Robert E Withrow, III, Esq.
Mulhall Withrow, PLLC
 5 West Mill St
 Medfield, MA 02052

a copy of your answer to the complaint for **Divorce Filled April 3, 2025** which is herewith served upon you, within 20 days after service of this summons upon you, exclusive of the day of service. If you fail to do so, the Court will proceed to the hearing and adjudication of this action. You are also required to file your answer to the complaint in the office of the Register of this Court at the above named court either before service upon plaintiff or plaintiff's attorney or within a reasonable time thereafter.

WITNESS, Hon. Lee M. Peterson, First Justice of this Court
 Date: April 8, 2025

Colleen M. Brierley
 Register of Probate

Pet of the Month: Meet Itsy & Puff

Itsy and Puff are about 1.5 years old and were rescued as strays. These two beautiful girls are bonded and must be adopted together — they've come a long way side by side, and now they're ready to take the next step into a forever home. Both girls are naturally shy, but they're gentle souls who are slowly blossoming with love, routine, and a little patience. They just need someone willing to give them time and a calm space to feel safe.

Itsy is the more cautious of the two. She may hide at first, but once she feels safe, she'll climb her favorite perch and quietly ask for pets. A back scratcher or hand-claw can help break the ice. Treats (especially Temptations offered on your finger!) are a great way to win her heart. While she may hiss when startled, she's very expressive and will let you know how she's feeling.

Puff is more approachable and has a calm, curious nature. She might be a bit nervous at first, but once she trusts you, she enjoys being petted anywhere — ears, head, back — and is even starting to get the hang of playtime. Her quiet meow and sweet personality are impossible to resist.

Both Itsy and Puff love being brushed, which is a great way to bond and help them feel more comfortable.

They're looking for a quiet home with no kids and no dogs — just a peaceful space with someone patient, gentle, and willing to continue helping them blossom at their own pace.

If you've got the heart for shy-but-sweet cats and love the idea of watching a gentle pair grow more affectionate day by day, Itsy & Puff are waiting for you to fall in love.

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

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



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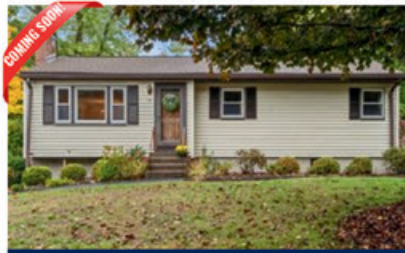
9 Tulip Way, Medway | 9Tulip.com



34 Maple Street, Medway | 34MapleSt.com



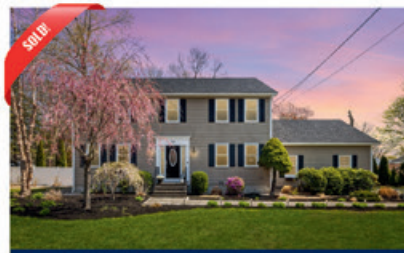
16 Grey Squirrel Circle, Medway | 16GreySquirrel.com



15 Buttercup Lane, Medway | 15Buttercup.com



4 Wildwood Drive, Medway | 4Wildwood.com



104 Holliston Street, Medway | 104Holliston.com



18 Candlewood Drive, Medway | 18Candlewood.com



7 Tulip Way, Medway | 7Tulip.com



12 Olde Surrey Lane, Medway | 12OldeSurrey.com



2 Claybrook Farm Road, Medway | 2ClaybrookFarm.com



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Real Estate Corner

Summer Fire Safety Grilling, Gasoline, and Smoking Among Outdoor Fire Hazards

STOW—State Fire Marshal Jon M. Davine is asking residents to practice outdoor fire safety in the weeks and months ahead.

"As the weather gets warmer and we start spending more time outside, outdoor fires also start to increase," State Fire Marshal Davine said. "Unfortunately, many of these fires cause serious injuries and property damage – but almost all of them can be prevented."

Grilling Safety

About two-thirds of grilling fires in Massachusetts occur between May and August. About 75% take place on residential properties – most often one- and two-family homes. Memorial Day is a leading day for cookouts with family and friends, so stay safe when using your gas or charcoal grill:

- Always grill outdoors, never inside.
- A burning grill should always be attended by an adult.
- Never use a gas or charcoal grill on a porch, balcony, or fire escape.
- Place grills at least 10 feet away from buildings and deck railings. Make sure grills are not under eaves or overhanging branches.
- Gas grills may be used on first

floor decks or patios only if there is an outdoor stairway to the ground, or it is at ground level.

- Always keep matches, lighters, and lighter fluid away from children.
- Create a three-foot "circle of safety" around grills. Keep children and pets at least three feet away on all sides.

Fire Pits and Chimineas

Outdoor burning is prohibited in Massachusetts from May 1 to January 15. While regulations allow exceptions for fires that are used for cooking, local fire chiefs and municipalities may prohibit or impose additional restrictions on these fires, including the use of fire pits and chimineas. Even where allowed, an adult must always be present with the tools necessary to extinguish such a fire immediately because of the inherent risk. Brush and structure fires in Agawam, Florida, Goshen, and Haverhill in recent weeks all started with fire pits that were unattended or improperly used. Any burning that creates a nuisance, a condition of air pollution, or hazard to others is always prohibited.

Brush and Wildland Fire Safety

Almost all outdoor fires are caused by human behavior. In the warm, dry weather expected Sunday and Monday, these fires may

spread to dangerous sizes quickly and require numerous firefighting resources to contain and extinguish. And because about 50% of Massachusetts homes are in Wildland-Urban Interface or Intermix zones, outdoor fires can easily threaten people and property.

- Practice fire safety with grills, flammable liquids, smoking materials, and power equipment.
 - Before setting up a campfire, be sure it is permitted by checking with the local fire department.
 - Clear away dry leaves and sticks and overhanging low branches and shrubs.
 - Keep campfires small so they are easier to control and attend to them at all times.
 - Always have a hose, bucket of water, or shovel and dirt or sand nearby to put out the fire.
 - Make sure your campfire is out cold before leaving.
 - If using an ATV, dirt bike, or other off-road vehicle, be sure the spark arrestor is properly installed, as required by Massachusetts law.
 - Don't park a vehicle or power equipment such as a lawnmower on or near dry vegetation. A hot engine or exhaust can ignite dry grass, leaves, or debris.
- "We saw last fall just how quickly brush and wildland fires can grow to sizes that require a large response by local and regional fire departments," said State Fire Marshal Davine. "These fires strain our resources and make it harder to respond to other emergencies. If you see an outdoor fire, please call 9-1-1 to report it as soon as possible."

Recent Home Sale



The 6-bed, 3-bath, 4,400-square-foot house at 39 Broad Acres Farm in Medway recently sold for \$1,555,000. Image credit: www.zillow.com

Real Estate Corner

Recent Home Sales

Date	Medway	Amount
07/14/2025	10 Shaw Street	\$650,000
07/14/2025	116-116A Winthrop Street	\$1.29 mil
07/11/2025	1 Island Road	\$745,000
07/11/2025	79 Winthrop Street	\$1.00 mil
07/10/2025	6 Karen Avenue	\$580,000
07/10/2025	124 Winthrop Street	\$575,000
07/09/2025	172 Hollison Street	\$599,900
07/08/2025	3 Kelley Street	\$555,000
07/02/2025	18 Candlewood Drive	\$660,000
07/02/2025	104 Holliston Street	\$930,000
07/02/2025	9 Williamsburg Way	\$642,500
06/28/2025	5 Lost Hill Drive	\$810,000
06/27/2025	2 Claybrook Farm Road	\$955,000
06/26/2025	39 Broad Acres Farm	\$1.56 mil
06/25/2026	11 Cottonwood Lane #34	\$933,960
06/23/2025	4 Wildwood Drive	\$923,000
06/20/2025	53 Holliston Street	\$655,000
06/20/2025	142 Holliston Street	\$740,000
06/20/2025	1 Daffodil Lane	\$1.16 mil
06/17/2025	88 Lovering Street	\$751,000
06/17/2025	52 Main Street	\$510,000
Date	Millis	Amount
07/15/2025	11 Southwoods Circle	\$1.18 mil
07/14/2025	18 Rockville Meadows	\$750,000
07/11/2025	50 Morse Avenue	\$925,000
07/11/2025	13 Independence Lane	\$683,000
07/11/2025	13 Bogastow Circle	\$921,000
07/10/2025	73 Forest Road	\$722,500
07/09/2025	84 Middlesex Street	\$422,000
07/07/2025	30 May Road	\$990,000
07/02/2025	13 May Road	\$1.10 mil
06/30/2025	21 Grove Street	\$929,000
06/30/2025	32 Ticonderoga Lane	\$820,000
06/30/2025	51 Spencer Street	\$378,750
06/27/2025	25 Bogastow Circle	\$1.13 mil
06/27/2025	17 Bayberry Circle	\$385,000
06/20/2025	39 Heritage Path	\$580,000
06/18/2025	1 Frontier Lane	\$1.61 mil

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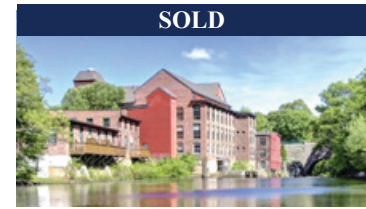
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