

localtownpages Medway & Millis

Vol. 16 No. 8

Free to Every Home and Business Every Month

September 1, 2025

Mary DellaCamera cared for generations of local families, retires after more than 30 years

BY KATIE MILLER
STUDENT WRITER

MILLIS - Mary DellaCamera, often called “Nini” by her kids, has retired after more than 30 years in the daycare business. Her clients threw her a surprise retirement party in June.

DellaCamera began her career in childcare at the young age of 16 when she started working at the Watertown Boys Club during her summers. Her love for children inspired her to get a college degree in early childhood education. After working for Kinder Care for a period of time, she took a bigger step and opened her own home daycare in Roslindale in 1987. After six years, she moved the daycare to

Millis where it would remain in business for more than 30 years.

Diane Conroy, a client at “Mary’s Daycare” in Millis, started bringing her son and daughter to the daycare in the 90s. She explained that in her years of working in Boston and being a busy mom, “Nini made her home my kid’s second home.” She said DellaCamera’s daycare was so special because of Nini’s ability to treat each child like her own; she provided a service like no other, a kind that every parent wants. Conroy said what she loved about dropping off her kids at daycare was “knowing that my kids were going to have a wonder-

RETIREMENT

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Jacob Ide House, located on 158 Main Street in Medway. Photo credit: Katie Miller

Medway Historical Society begins renovation of Jacob Ide House

BY KATIE MILLER
STUDENT WRITER

Recently, the Medway Historical Society began the renovation project on the Jacob Ide House.

This classical 1800s home belonged to Reverend Dr. Jacob Ide. Born and raised in Attle-

boro, he then attended Brown University, and finally seminary school. With a passion for Theology, he dedicated lots of his time to writing and teaching. He was the first pastor of the “Church on Rabbit Hill,” now known as the Medway Community Church. Ide was an abolitionist

who denounced slavery as “an outrageous wrong.”

Ide passed away at the age of 95 in 1880. To this day, he was the longest resident of what we now call the “Jacob Ide House”.

RENOVATIONS

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RETIREMENT

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ful day, fed, laughed, played, and were loved while I worked every day. Being a single mom was tough enough and Mary's Daycare was truly amazing"

When describing DellaCam-

era, Conroy said, "Nini is the most kind, nurturing, and caring person I know. She'd do anything for anyone." Recently, Dianne was happy to see DellaCamera care for her granddaughter and said her family "came full circle."

Alison Logano, another client of DellaCamera's, has been bringing her son to the daycare



Mary DellaCamera (aka "Nini") of Millis with some of her charges. DellaCamera ran Mary's Daycare for more than 30 years and recently retired. Courtesy photo



Mary posing with one of her former daycare kids, Elizabeth on her wedding day. Courtesy photo

since 2023. She admires DellaCamera's positive and nurturing personality as well as the fact that her daycare is "smaller in size, which made for a great setting for my son to thrive and make friends."

A third client, Ashley Glynn, who had her two kids in daycare, said sending her kids to the daycare was "more like sending

them to family" since DellaCamera treats her clients more like family, and each child is treated like her own.

Reflecting on the past decades of working in childcare, DellaCamera said what she will miss the most is "the joy they brought to me on a daily basis." Over the years, Mary was able to develop genuine and deep relationships

with not only the children in her daycare, but the families as well. She said, "This is why I loved my daycare, parents were so trusting in me to bring their children, I treated all of them like they were my own."

As she enters a new chapter of retirement, DellaCamera said to her clients, "Thank you so much, my work was my everything."

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RENOVATIONS

continued from page 1

In 2018, the Town of Medway purchased this historical property, intending to prioritize its preservation. Just a few weeks ago, the renovation project began



at the house. Funded by the Community Preservation Committee, the Historical Society wanted to update the safety of the building in order to make it a more accessible site to the public, while preserving the originality and classic character of the house.

Jonathan Ackley, manager

of the project and Town Building Commissioner explains how the goal is to repair some of the structural issues of the house and bring it up to the current building code requirements. They also want to upgrade the properties safety and handicap features so that it can be available and ac-

cessible to the public.

From the eyes of an expert, Ackley says some features he finds fascinating about the site are the central location in town as well as the original structure of the house. "It's not every day that you see a 200-year-old house in decent shape with old methods,"



Left: Foundation construction of the attached barn at the Jacob Ide House. Above: The intricate spiral staircase located inside the Jacob Ide House. Photos: Katie Miller

he said, pointing out things like the wooden dowel connections and construction practices that aren't used in this day and age.

Once the project is finished, the Historical Society plans to open the house to the public as a historical museum. After completion, it will also be filled with historical furniture and artifacts by the Historical Society, becoming a great place to come and learn about some local history.

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Medway Garden Club honored



From left: Frank Rossi, Select Board member; Todd Alessandri, Select Board Chair; Susan Bouchard; Michele Newell; Kathy Andrews, Secretary; Ruth Zide; Nancy Vinton, President; MaryJane White, Select Board member and Garden Club founding member; Dennis Crowley, Select Board Vice-Chair; Suzanne Giangarra; Maryalice Kenney, Treasurer; and Glen Trindade, Select Board member.

The Medway Garden Club was recently honored by the Medway Select Board for their efforts to beautify and maintain the gardens at the Medway Police and Fire Stations, the Medway Public Library, the planters at 176 Main Street, and the is-

land gardens at the intersections of Holliston and Main Streets (route 109).

The praise was graciously accepted by the club members present. In recognizing the self-funded hardworking volunteers, Select Board member Glen Trindade noted that volunteers like these ladies are what make good communities, great communities.

The next meeting of the Medway Garden Club will take place on Sept. 9 at the Medway Senior Center,

where members create decorative pots for their table at the Medway Townwide Yard Sale taking place later in the month (be sure to look for them there).

If you are interested in learning more about the club, please feel free to contact them at medwaygardenclub@gmail.com, or on Facebook @medwaygardenclub.

Submitted by the Medway Garden Club

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Millis Council on Aging September Events

900 Main Street, Millis
(508) 376-7051
Hours: 8:30 AM- 4:00 PM, Monday, Tuesday, Wednesday and Thursday 8:30 AM- 12:30 PM Friday

New Time! Pizza And Prevention with the Millis Fire Department

Monthly informative and fun program about fire prevention and life safety.

Monday, September 8 at 11:30 AM. Register (508) 376-7051. Free.

Art With Amy Adams: A fun afternoon of inspired painting on canvas.

Tuesday, September 9 at 1:00 PM. Register (508) 376-7051. Cost: \$3.00

Explore With Susan: How Railways Transformed the World

New Series! All Aboard for a great course that will take you on an amazing journey through the history of railways.

Wednesdays, starting Sept. 3 at 11:00 AM. Free.

Intro To The PC

Nancy Snow returns to lead a 3-week series for users of computers and laptops without the Apple logo. Learn more about email, surfing the internet, using calendars and more! Even if you joined us before, come and have your questions answered!

Fridays: September 12, 19, 26 at 11:00 AM. Register (508) 376-7051.

\$3.00/class

COA Library Lunch Bunch Kickoff!

Join Patsy Divver and Sandra Scott of the Millis Public Library to kickoff this year's monthly event to discuss new authors and books to read!

Tuesday, September 16 at 12:00 PM. Register (508) 376-7051. Free.

Lunch & Learn: Best Way To Declutter Your Home

We will discuss the pros and cons of the most popular methods for decluttering and how to figure out what method will work for you and your home.

Presented by Susan McCarthy of A Less Cluttered Life

Monday, September 22 at 11:30 AM. Register (508) 376-7051. Free.

Lunch & Learn: Medicare 101

Presented by our SHINE counselor Brian Murphy, this lunch presentation covers the basics of Medicare, enrollment periods, and supplemental insurance to Medicare Parts A+B. Attendees will leave with an understanding of how Medicare and additional insurances work together, where you can look for additional insurance coverage offered in your area, and will gain an understanding of the monthly cost of health insurance in retirement.

Tuesday, September 30 at 11:00 AM. Register (508) 376-7051. Free.

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SOUR GRAPES by Tim Jones

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Millis: Save the dates

Fall Town Meeting Nov. 10, Special Election Dec. 8

Millis Fall Annual Town Meeting will be held on Mon., Nov. 10, beginning at 7:30 p.m. at the Millis Middle/High School auditorium located 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) gymna-

sium, 900 Main Street.

Early voting for the Special Election is scheduled in Room 130 at the Veterans Memorial Building as follows:

- Nov. 24 - 8:30 a.m. - 7:30 p.m.
- Nov. 25 - 8:30 a.m. - 4:30 p.m.
- Nov. 26 - 8:30 a.m. - 12:00 p.m.
- Nov. 27 - Thanksgiving/Closed

A Special Election will be held on Dec. 8 to vote on the Millis Middle/High School Building Project

- Nov. 28 - 9:00 a.m. - 2:00 p.m.
- Nov. 29 - 9:00 a.m. - 2:00 p.m.
- Dec. 1 - 8:30 a.m. - 7:30 p.m.
- Dec. 2 - 8:30 a.m. - 4:30 p.m.
- Dec. 3 - 8:30 a.m. - 4:30 p.m.
- Dec. 4 - 8:30 a.m. - 4:30 p.m.

Source: www.millisma.gov



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Bellingham's Harvest Fest is making a comeback

The family-focused event is scheduled for Sat., Sept. 20, at Bellingham's Town Common from 11 a.m. to 3 p.m. 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.

The churches are still seeking sponsors and vendors. If interested, call 508-844-1843.

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Medway to receive funding for roads, bridges

The Massachusetts Legislature recently passed a bill to distribute \$1.2 billion among cities and towns to maintain and repair roads and bridges across the state. Within the grants, State Representative Jeffrey Roy (D-Franklin) was pleased to advocate for the bill which provides significant funding to several towns, including \$797,908.81, which was awarded to Medway.

“This legislation provides critical funding that allows for the needed repairs on roadways and infrastructure to ensure safer travels for my constituents and across the state,” said Representative Roy.

The funding, derived from bonding, will expand the Chapter 90 program and help address transportation re-

lated improvements, road and bridge repairs, and the impacts of climate change on local infrastructure.

The bill enacted includes a one-year authorization of \$300 million for the Chapter 90 Program, which provides funding to local municipalities for improvements on public roadways. This makes a 50 per cent increase over past funding levels. The bill also appropriates \$885 million in additional funding that will help ensure the Commonwealth is able to achieve its long-term transportation goals.

The one-year \$300 million authorization in the Chapter 90 program funding represents a historic 50 per cent increase.

Submitted by the Office of State Representative Jeffrey N. Roy

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Charles River Chorale Fall Enrollment


The Charles River Chorale welcomes new members to join us for our 41st season. We are a non-audition, 100-member chorale and hold open rehearsals on September 16th, 23rd and 30th from 7:30 to 9:30PM at the Church of Christ, 142 Exchange St., Millis. These first 3 weeks allow those who are new or who sang earlier in life to experience the joys of choral singing with no obligation.


Our Music Director, Ashley Nelson-Oneschuk, is entering her 11th year with the chorale and has been elected to the Massachusetts Instrumental


and Choral Conductors Hall of Fame for 2025. Her goal is “focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this”.

So please consider joining us. Our concert this season will be on December 7th at 2:00 at Medway High School.




If you do decide to explore, we suggest you fill out our no-obligation Sign-Up form by either visiting www.charlesriverchorale.com and going to the Join Us tab or using the following link: <https://forms.gle/43qpRyEoFhZCq3qj8>.







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Mark Freeman, CEPA

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September is Life Insurance Awareness Month and the perfect time to consider whether you have adequate coverage to protect your loved ones. While no one likes to think about what would happen if they weren't around, doing so is an act of love.

Life insurance is fundamentally about protecting your loved ones should something happen to you. If you pass away, your

family will not only face the challenges of grief and loss but they could also find themselves financially strapped. Life insurance can help provide them with financial security in the event you no longer can.

Who needs life insurance: You're a good candidate if you have a spouse or partner who depends on your income or if there are children or other loved ones whom you support. Insurance protection can also be a solution if you have outstanding debts like a mortgage, credit cards or a car loan, or if you simply don't want to burden your loved ones with your final expenses.

Insurance through work: While many people have life insurance through their employers, this coverage may not be enough for you, depending on your situation. Among employers who offer group life insurance, only 2% offer more than two times the employee's annual salary — essentially just two years of income — according to the Guardian's 2023 Workplace Benefits Study. And remember that it's only

good as long as you're employed there. With all this in mind, many people purchase individual insurance as a supplement to their workplace coverage.

How much: You might hear that you need life insurance equal to about seven to 10 times your pretax annual salary. That's not a bad "ballpark" figure, but not everyone is playing in the same ballpark. To get a true sense of how much of a death benefit is right for you, use the "L-I-F-E" guide to calculate your needs:

- **Liabilities:** Will your family need to pay off a mortgage, credit cards, car loan or other debt?
- **Income:** Will your family need to replace your income for a period of years?
- **Final expenses:** Do you have the resources to cover funeral and burial expenses?
- **Education needs:** Do you need to put children through a private school or college?
- **Which type:** You can choose

between two basic types of life insurance: term and permanent. As its name suggests, term insurance is designed to provide coverage for a designated period, such as 10, 15 or 20 years. In general, term insurance is quite affordable for most people, especially when they buy policies as young adults. On the other hand, permanent insurance, such as whole life or universal life, is usually considerably more expensive because in addition to providing a death benefit, your premiums build cash value. In choosing between term and permanent insurance, you'll want to evaluate several issues, such as how long you think you'll need coverage and how much annual premium you can afford to pay.

Life insurance needs can change over time, so it's important to review your coverage every three to five years or after major life events like marriage or birth of a child. Consider working with a financial advisor who

can look at your complete financial situation and help you choose a policy that truly fits your family's needs. Taking action sooner rather than later could be one of the most important gifts you give your loved ones.

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

Mark Freeman, CEPA
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Local police aid in arrest of three RI men who plead guilty in connection with large-scale burglary ring

43 breaks across 25 towns included Medway, Millis

Middlesex District Attorney Marian Ryan and Colonel of the Massachusetts State Police Geoffrey Noble announced that three defendants, Jovan Lemon, 30, of Providence RI, Paul Lemon, 31, of Warwick RI, and Steven Berdugo, 29, of Providence RI, pleaded guilty in August in Middlesex Superior Court in connection with 43 break-ins across 25 towns in Massachusetts between 2018 and 2024.

An additional defendant, Jovan and Paul Lemon both pleaded guilty to 32 counts of unarmed burglary and three counts of breaking and entering a dwelling house in the daytime with intent to commit a felony. Steven Berdugo pleaded guilty to seven counts of unarmed

burglary. Judge Patrick Haggan sentenced Jovan Lemon to 10 to 13 years committed in the Massachusetts Department of Correction. Paul Lemon and Steven Berdugo were both scheduled to

The aggregate reported value of the stolen property exceeds \$4 million.

9 to 12 years committed in the Massachusetts House of Correction.

“Today these three defendants pled guilty to their role in a sophisticated and calculated scheme that targeted victims based upon their ethnicity and caused fear and pain in our Indian and South Asian com-

munities. The defendants believed that households of these families were more likely to contain precious metals, jewelry and other valuable heirlooms,” said District Attorney Ryan. “These defendants were disciplined about concealing their identity and used technology, including Wi-Fi jammers, to execute their plans. Despite these challenges, local law enforcement agencies worked diligently and collaboratively to identify the perpetrators and, in some cases, to recover a significant amount of jewelry and other property.”

“The Massachusetts State Police remains committed to disrupting organized crime because of its enormous effect on community safety and residents’ quality of life,” said Colonel Geoffrey Noble. “I commend sworn and professional members assigned to the Commonwealth Fusion Center and our partner agencies who

used their training and skill to achieve justice. This case illustrates the ability of Massachusetts law enforcement to work together, share information in complex cases, and take action on behalf of victims.”

The defendants were directly indicted by a Middlesex Grand Jury on April 18, 2024, for their role in a scheme that targeted homes in the communities of Billerica, Boxborough, Carlisle, Easton, Hopkinton, Lincoln, Weston, Sudbury, Andover, Bellingham, Boxford, Franklin, Hudson, Littleton, Medway, Middleton, Millis, North Attleboro, Norwell, Pembroke, Seekonk, Sharon, Southborough, Wenham, Weston and Westwood in Massachusetts; Avon, CT; East Lyme, CT and Connecticut State Police; Barrington, RI, Cranston, RI and Lincoln RI; and Nashua, NH. Additional assistance was provided by law enforcement in Holliston, Northborough, Shrewsbury, Walpole, Wellesley and Westborough, MA; Cranston, Cumberland, Providence and West Warwick, RI; and the United States Marshals Service/ RISP Task Force.

Property reported stolen in the breaks included many pieces of jewelry set with diamonds and other gems, with values of individual pieces up to approximately \$75,000 and large quantities of cash. In several instances, the property had been secured in locked safes, weighing up to 400 pounds, which the perpetrators removed from the residence along with the stolen valuables.

The aggregate reported value of the stolen property exceeds \$4 million.

These convictions are the result of a nine-month investigation by the Middlesex District

Attorney’s Office, the Massachusetts State Police Detective Unit assigned to the District Attorney’s Office, and the Massachusetts State Police Division of Homeland Security, including the MACrimeNet program operated by the MSP Fusion Center.

Other partners included the police departments from Andover, Billerica, Bellingham, Boxborough, Boxford, Carlisle, Easton, Franklin, Hopkinton, Hudson, Lincoln, Littleton, Medway, Middleton, Millis, North Attleboro, Norwell, Pembroke, Seekonk, Sharon, Southborough, Sudbury, Wenham, Weston and Westwood in Massachusetts; Avon, CT; East Lyme, CT and Connecticut State Police; Barrington, RI, Cranston, RI and Lincoln RI; and Nashua, NH. Additional assistance was provided by law enforcement in Holliston, Northborough, Shrewsbury, Walpole, Wellesley and Westborough, MA; Cranston, Cumberland, Providence and West Warwick, RI; and the United States Marshals Service/ RISP Task Force.

The prosecutors assigned to this case are Middlesex Assistant District Attorneys Michael Klunder and Graham Van Epps. The victim witness advocate is Anne Foley.

Source: Middlesex District Attorney’s Office

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Mange, an alert from Animal Control

Mange is a common but serious condition affecting wildlife, especially red foxes. It's caused by Sarcopic mites, microscopic parasites that burrow into the skin, causing intense itching, hair loss, thickened skin, and open sores. As the condition progresses, infected animals become increasingly weak, thin, and vulnerable to the elements and secondary infections.



Millis/Medway Animal Control says there is no need to report sightings of a mangy fox (example above). Source: Facebook @Millis/Medway Animal Control

Foxes can contract mange through direct contact with infected animals or contaminated dens. Once infected, they may appear scabby, balding, and lethargic—which can be alarming to see. However, while they may look sick and scary, foxes with mange do not pose a threat to humans or pets in most circumstances.

If you see a fox:

While your concern is appreciated, please know that you do not need to call Animal Control just to report sightings of a mangy fox.

We are not permitted by the state to trap foxes and can

only attempt capture by hand, which is extremely difficult and often causes more stress and suffering to an already compromised animal.

We will respond if you see a fox that is down, in an enclosed area, not moving, or clearly in distress, as those are the ones we can safely and legally intervene to help.

Your observations are helpful, and we encourage you to

keep an eye out — but also to understand the limitations we face in wildlife rescue. Thank you for caring about our wild neighbors!

Source: Facebook @Millis/Medway Animal Control

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Jenschofield@localtownpages.com

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road, Canton, MA 02021
781-830-1200
Docket No. NO25D0449DR

Samantha N. Faria Ambulos vs. Gustavo Faria Ambulos

To the above named defendant:
The plaintiff has filed a complaint for Divorce Requesting that the court Grant a divorce for irretrievable breakdown.
The complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon:

Robert E. Withrow III
Mulhall Withrow, PLLC
5 West Mill St.
Medfield MA 02052

your answer, if any, on or before **9/30/25**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court

WITNESS, Hon. Lee Peterson, First Justice of this Court
Date: Aug. 21, 2025
Colleen M. Brierley, Register of Probate

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9:15 - 10:15am held on M-W-F
- **Lunch Punch *HIIT & Conditioning**
12 - 1pm held on M-W-F
- **Youth Boxing**
5 - 5:45pm held on T-TH
- **Boxing *HIIT & Conditioning**
6 - 7pm held on T-TH
- **Circuit Training Saturday**
9:15 - 10:15am held on SAT

*HIIT refers to High Intensity Interval Training

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Pet of the Month: Henry, your future best friend and snuggle buddy

Henry is a handsome, outgoing one-year-old who was found as a stray and is now ready to find his forever home. He's a playful, affectionate boy who loves both playtime and cuddle time—the best of both worlds!



Henry starts his mornings and evenings with bursts of energy, making him a great companion for interactive play with wand toys and enrichment activities. But once he's had his fun, he settles down beautifully for naps and loves to be a lap cat. His foster describes him as "a weighted blanket" when he curls up for a snooze on your legs. He truly adores being around his people and seeks attention in the most endearing ways.

Because Henry gets excited when meeting new people, he may seem extra energetic at first and might not enjoy being petted by new people at first. Once he knows and trusts you, his affectionate side really shines. Like many playful cats, he can become overstimulated at times, but with understanding and clear body language cues, it's easy to manage. He thrives in a home where his playful moments and cuddle moments are respected, making him the perfect companion for someone looking for both fun and affection.

Henry would do best as the only pet in a home with adults or cat-savvy older kids who understand cat behavior. If you're looking for a loving, playful, and deeply devoted companion, Henry is ready to be your best friend! Adoptions are by appointment only as the Metrowest Humane Society is closed to the public. If you have an interest in meeting Henry, please fill out our online adoption application at (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). They will review all applications and make appointments for those applicants they feel would provide a good and loving home for Henry.

Submitted by the Metrowest Humane Society

Millis Public Safety Log

Brush fire, missing person, carbon monoxide

According to safety logs, between July 16 and Aug. 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, and assisting citizens. They also provided assistance to Medway, Sherborn, and Wrentham.

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

July 16 at 5:28 p.m., Main St., disturbance, de-escalated

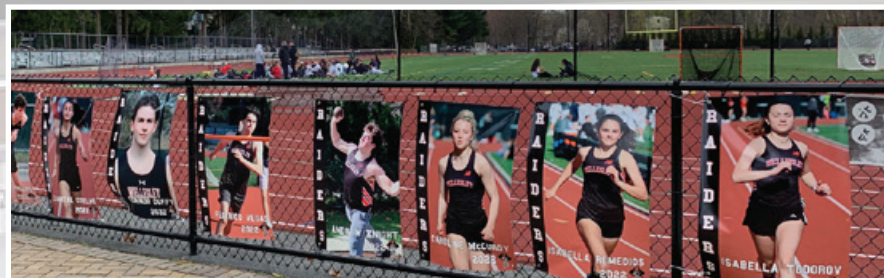
- July 17 at 10:12 a.m., Village St., soliciting
- July 22 at 8:57 a.m., Pleasant St., serve warrant
- July 22 at 6:50 p.m., Farm St., soliciting
- July 22 at 8:36 a.m., Orchard St., soliciting
- July 23 at 10:59 a.m., Union St., larceny/forgery/fraud
- July 23 at 8:20 p.m., Hemlock Cir., suspicious activity, transported to hospital
- July 24 at 9:21 p.m., Exchange St., missing person
- July 29 at 12:27 a.m., Island Rd., carbon monoxide alarm
- Aug. 5 at 12:44 p.m., Bow St., vandalism
- Aug. 13 at 9:06 a.m., Main St., brush fire, extinguished

Source: Millis Police Department

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Medway, Milford, Millis, Natick,
Norfolk, Norwood & Wrentham



Reserve your space today by contacting Jen Schofield at
508-570-6544 or by email at jenschofield@localtownpages.com

Millis Garden Club plans fall meeting, thanks seniors, DPW

If you haven't seen the bird-houses hanging in the gardens at the Millis Memorial Building

gardens, you are in for a treat! Take a walk, view the four gardens surrounding the building

and see what you have been missing. The Millis Garden Club extends its thanks to the Crafty Ladies of the Millis Senior Center for their bright and cheerful contributions to the beauty of the gardens.

In addition, the Millis Garden Club is grateful to the members of the Department of Public Works for their assistance in the restoration of the Staff Sgt Harold Hall Memorial Square at Towles Corner. New plantings in the garden are continuing with donations from several generous residents.

In addition to the Memorial Building gardens and Towles Corner, there are four more gar-

dens and 12 individual planters the Garden Club members care for and the club is seeking enthusiastic gardeners to adopt a planter or help plant, weed or water a garden. Beginners welcome!

If you are interested, please attend the Fall meeting on Tues., Sept. 9, at 6:30 p.m. in the Roche Room at the Millis Public Library.

Aside from care of the gar-

dens, the Photography Exhibition celebrating Millis garden life planned for the winter in the library's Roche Room will be discussed. We welcome all residents to save your favorite photos of scenes from your garden and submit them framed to the Circulation desk of the Millis Public Library to be displayed in the exhibit.

Submitted by the Millis Garden Club



Medway Public Library September Programs

Join us at the Medway Public Library for a fun-filled Fall! We have programs for all ages of children, teens and tweens, families, and adults. Find your group, create something new, and discover fresh facts about our world!

Young children are invited to join our new Book Worm Playgroup for children 0 to 36 months of age on Mondays and Tuesdays at 11. For toddlers, we have Storytimes on Wednesdays and Thursdays at 11, and our Move, Groove, and Learn movement program on Fridays at 11. To round out the week, children and families can stop in for a family yoga session Saturdays at 11.

We are bringing back the LEGO club on Tuesday, September 23 at 4pm for Grades 1 and up. Our monthly STEAM workshop will begin again on Tuesday, September 30 at 4 pm. Both programs will be held in the Makerspace.

Teens and tweens can join us on Wednesdays starting October 1 for a Middle School Hangout from 2:30-3:30. Middle school students are invited to have a snack and hangout in the lower level of the library.

Adult programs include the Medway Library Book Discussion Group, which meets on September 4 at 1 pm and the Oh Shoot Photography Club that meets on October 2 at 7 pm. The Medway Fiber Arts Group meets every other Tuesday in the Makerspace. If you enjoy knitting, crocheting, embroidery or any other fiber arts, stop by and work on your project with a group of fellow artists. The library also offers an Adult Game Night which meets on Thursday September 25 at 6 pm in the Cole room.

Have a textile repair issue? Bring it by the Morning Mend in the Makerspace on September 27 at 10:30. On Thursday September 11 at 6:30 PM learn about writing a children's book and getting it published in the Cole Room. Peter Mandel will present tips and tricks of the world of children's book publishing. Finally, on Tuesday September 30 at 7pm, join us for Straight Outta Worcester: New England Candlepin Bowling where you can learn about the history of candlepin bowling.

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



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FREE HOME BUYER WORKSHOP

When: Monday, September 29th 2025, 6:00-8:00PM
Where: Medway Public Library, 26 High St. Medway, MA

Charles River Bank is offering a FREE Home Buyer Workshop. Join Louise Pisano, Mortgage Consultant (NMLS# 1732528) and a panel of local real estate experts – including a Realtor®, Real Estate Attorney, Home Inspector, and Appraiser presenting valuable information and tools to acquire the home you desire in this competitive market. There will be an interactive Q&A session following the presentation.

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Your Money, Your Independence

Navigating College Admissions with Financial Planning



Glenn Brown, CFP

The college admissions process can feel overwhelming for both students and parents.

From understanding early application options to maximizing financial aid and planning for expenses, every decision matters. Let's break down key aspects to help families make confident, informed choices.

Early Action vs. Early Decision

These two common early application paths are typically due around November 1, but they work very differently:

Early Action (EA): Students apply earlier and receive admissions decisions sooner, without any binding commitment. EA

applicants can apply to multiple schools and compare offers before deciding.

Early Decision (ED): A binding commitment—if admitted, students must attend. ED can improve acceptance odds because schools see these applicants as highly motivated. However, families must request merit aid at the time of application; later financial aid concerns can jeopardize an acceptance.

Maximizing Merit-Based Aid

Merit aid is awarded for academic, athletic, or artistic achievements rather than financial need. To improve chances:

Look Beyond Trophy Schools. Highly competitive universities offer little merit aid because of their abundant applicant pools. Instead, consider niche colleges or specialized programs where your student's strengths stand out.

Build Recruiter Relationships. Merit decisions often hinge on personal connections. Encourage students to reach out to local recruiters, share interests, and stay in touch. These relationships can lead to introductions with faculty and admissions staff. When students apply, they should express enthusiasm directly—making their case for

both admission and merit support.

Let Students Lead. Recruiters prefer authentic student voices. Parents should support, but avoid writing, editing, or speaking on behalf of the student.

Making the Most of 529 Plans

A 529 plan offers tax-free growth and withdrawals when used for qualified education expenses. To use funds effectively:

Adjust Investments Over Time: As college approaches, consider shifting a portion of funds into more stable investments—such as bonds or money markets—to reduce volatility.

Stick to Qualified Expenses: Withdrawals must cover costs like tuition, fees, books, and room and board. Non-qualified expenses can trigger taxes and penalties.

Understanding Loan Options

Loans can help bridge financial gaps, but terms vary widely.

Federal Student Loans: Typically lower interest rates and flexible repayment terms. Includes Direct Subsidized Loans (interest covered while in school) and Direct Unsubsidized Loans (interest accrues immediately).

Parent PLUS Loans: Federal loans taken by parents. They

carry fixed interest rates and repayment flexibility, but parents assume the debt burden.

Private Loans: Offered by banks and lenders. Usually higher interest rates and fewer protections, making them a last resort.

Policy Update: Student Loan Reform

For the first time in years, Congress—not just executive orders—has taken the lead on student loan reform.

The One Big Beautiful Bill (OBBB) changes the “blank-check” borrowing effect:

Parent PLUS Loans: Borrowing is now capped at \$20,000 per year and \$65,000 total for parents of undergraduates.

Graduate Loans: Master's/general graduate programs are now \$20,500 annually and \$100,000 lifetime, while professional programs (e.g., law, medicine) are \$50,000 per year and \$200,000 total.

Undergraduate Loans: Existing limits remain unchanged at \$12,500 annually and \$57,500 aggregate.

By placing borrowing caps, OBBS shifts responsibility back to universities to manage affordability, rather than allowing unlimited borrowing. It's a step

toward addressing the root cause of rising education costs—not just the symptoms.

Final Thoughts

Families who plan ahead—by understanding application strategies, targeting schools wisely, and exploring funding options—set themselves up for both financial stability and a smoother transition into college life. For tailored guidance, talk to your Certified Financial Planner.

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

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

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Millis Boosters Run Back to School 5k and 1 mile Fun Run on Sept. 28

The Millis Boosters are excited to be hosting our fun, community "Run Back to School" event for our 8th year on Sun., Sept. 28. Kids, parents, families, and community members are invited to participate in a morning of fun, fitness, music, and celebration. Runners, walkers, strollers welcome. Prizes are given for top overall winners and age-group medals. Registration closes For more information, visit www.runsignup.com/Race/MA/Millis/MillisBoostersRunBacktoSchool



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Millis Cultural Council Call For Applications

Beginning September 2, 2025, the Millis Cultural Council will be accepting grant proposals for the 2025-2026 fiscal year. Deadline for submissions is October 16, 2025 to this website: <https://www.mass-culture.org/millis>

Priority will be given to proposals for programs that are:

- Free and open to the public to benefit the Millis community
- First-time submissions

Applicants are encouraged to include a sample of their work for consideration.

Proposal requirements include:

A no-cost component for either participants and/or attendees (or some subset thereof)

Proposed time frame of when the program will run

If the program has received funding in the last three years, an explanation of actions to build the program's sustainability

Confirmation activity will

take place within the town of Millis in the form of a letter from the organization or venue hosting (e.g., Millis Public Library, Millis Senior Center, Millis High School

Special note: Millis High School Seniors may apply for funding to support their senior project requirement.

Through funds from the Massachusetts Cultural Council, the Millis Cultural Council was able to fund over \$7,600 in the 2024-2025 cycle. These projects included children's concerts, concert series, dance classes, hands-on art instruction, a townwide read event and more for audiences ranging from chil-

dren to seniors. If you have a creative idea that would enrich the arts and culture of the Millis community, send in your proposal!

Millis Cultural Council

Dedicated to promoting excellence, access, and diversity in the arts, humanities, and interpretive sciences in our community.

Submitted by the Millis Cultural Council

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Craft Fair on Sept. 20 to benefit Metrowest Humane Society

The Metrowest Humane Society will hold its annual Craft Fair on Sat., Sept. 20, from 10 a.m. to 4 p.m. on the Framingham Centre Common, 2 Oak Street. The event will feature more than 100 vendors featuring handmade items by local artists and crafters, including paintings, pottery, jewelry, handmade toys, home décor, candles, pet items, quilts, fudge, knit/crochet, and more. There will also be a bake sale, face painting, and food trucks. Rain date is Sept. 21.

For more information, visit metrowesthumanesociety.org.

'Endless Summer Cruise In' on Sept. 20

Medway Historical Society will host an "Endless Summer Cruise In" on Sept. 20 at the Veterans of Foreign Wars, 123 Holliston St., in Medway from 10 a.m. to 3 p.m. The event will feature trophies, 50/50 raffle, food trucks and vendors. Entry is \$5, no pets.

The first 100 cars to register will receive a dash plaque. Trophies, raffles, 50/50raffle, food trucks and vendors.

For more information, visit medwayhistoricalsociety.org or contact jmccal175@yahoo.com.

Thank you to our sponsors, Sullivan Tire and Auto Service, John's Auto Body & Towing, Middlesex Savings Bank, and Imperial Cars.

Rain date is Sept. 21.



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The b.LUXE *beauty beat*

Love How You Glow: Our Favorite End-Of-Summer Beauty Services

BY GINA WOELFEL

It's time to fall back into your beauty routine and give your hair and skin the nourishing refresh they need after a sun-soaked summer.

We get it—summer never slows down. Beach days, pool parties, outdoor adventures, and endless activities can leave your beauty routine on the back burner. But as the leaves start to change and September settles in, it's the perfect time for a seasonal beauty reset. With the kids back to school and schedules returning to normal, you finally have that precious “me-time” you've been craving all summer long.

Why Your Skin and Hair Need Extra TLC This Fall

Summer's relentless sun, chlorine exposure, salt water, and heat styling can wreak havoc on your hair and skin. You might notice your complexion looking dull, feeling dehydrated, or showing signs of sun damage. Your hair may feel dry, brittle, or lacking its usual shine and bounce. These are all tell-tale signs that it's time for some serious beauty intervention.

Fall is nature's reminder to slow down and nurture ourselves—and your beauty routine should follow suit. This seasonal

transition period is crucial for repairing summer damage and preparing your skin and hair for the cooler, drier months ahead.

Our Top Fall Beauty Services to Restore Your Glow

We've carefully curated our favorite end-of-summer beauty treatments that will leave you feeling revived, radiant, and ready to embrace this cozy fall season.

Oxygenating Facial - \$175

This powerhouse treatment is your skin's best friend and a b.LUXE favorite. After months of sun exposure, our oxygenating facial deeply cleanses, exfoliates, and infuses your skin with pure oxygen to boost cellular renewal. Perfect for addressing:

- Dull, tired-looking complexion
- Sun spots and hyperpigmentation
- Dehydrated skin
- Clogged pores from sunscreen buildup
- Fine lines from UV damage

The result? Instantly brighter, more luminous skin that glows from within. This treatment also helps prep your skin for richer



fall moisturizers and serums.

Scalp Spa Revival - \$60

Your scalp needs just as much attention as your skin after summer's harsh elements (because remember...your scalp is your skin!) This deeply relaxing treatment combines gentle exfoliation, nourishing masks, and a therapeutic scalp massage to:

- Remove product buildup
- Restore moisture balance to soothe dry, flaky scalp
- Stimulate blood circulation for healthier hair growth
- Create the perfect foundation for gorgeous fall hair

Think of it as a reset button for your entire head—you'll leave feeling refreshed and your hair will thank you with improved body and shine.



Demineralizer Treatment - \$65

Hard water, pool chemicals, and environmental pollutants can leave mineral deposits in your hair, making it feel heavy, dull, and difficult to style. Our demineralizer treatment gently removes these stubborn buildup issues while:

- Restoring your hair's natural pH balance
- Improving color vibrancy and clarity
- Enhancing moisture absorption
- Leaving hair softer and more manageable
- Preps hair for better absorption on new color services

Color Balance

Perfect your natural or colored hair with a color balance, our professional toning service that delivers incredible shine for all hair colors and eliminates unwanted brassy or yellow tones for blondes and gray hair. By smoothing the hair cuticle, this gloss treatment creates a mirror-like finish that makes your existing color look fresh and vibrant. For the ultimate red carpet look, book a color balance and blowout!

This service delivers:

- Ultimate glossiness and shine for every hair color
- Enhanced color clarity for all hair types
- Clear or Toned Finish
- Smoother, healthier-looking results

The perfect finishing touch that leaves your hair looking radiant. Remember to add this service when you book your next appointment!

The Science Behind Seasonal Beauty Transitions

As temperatures drop and humidity levels decrease, your skin and hair face new challenges. Indoor heating systems can further strip moisture, while cooler air means less natural oil production. Starting your fall beauty routine early helps you stay ahead of these seasonal changes rather than playing catch-up later.

Book Your Fall Beauty Reset Today

These seasonal self-care essentials are your secret weapon for transitioning into fall beauty. Don't wait for the leaves to change—your skin and hair benefit most from early intervention.

Step into 'sweatah weathah' feeling radiant and renewed this September! Our team of experts is here to help you create a unique fall beauty plan tailored just for you.

Contact us today to schedule an end-of-summer beauty refresh and discover why so many clients trust us with their beauty needs.

Step into your most confident fall look this season. Visit bluxe.com or call (508) 321-1624 to book your appointment or learn more about our complete menu of beauty services.

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Children's Museum of Franklin to open

Ribbon-cutting ceremony Sept. 17, doors open Sept. 18

By JUDITH DORATO O'GARA

After two years of community collaboration, Franklin innovators and moms Erin Gallagher and Meg Hagen will finally be able to realize their dream, the Children's Museum of Franklin. The ribbon cutting ceremony for the family-friendly regional venue at 157 Cottage Street in Franklin, will take place from 4-5 p.m. on September 17th, 2025, with the museum welcoming families the very next day, from 9 a.m. – 7 p.m. Two days later, exactly two years to the day the 501 (c)3 nonprofit was founded, adults are invited to a birthday bash on the premises on September 19, 2025 from 5:30-8:30 p.m. Tickets (\$100) will include a drink ticket, food, and live music by the Pub Kings.

Hagen and Gallagher expressed "joyful anticipation" at "being able to welcome all of those families who have wrapped their arms around us to be able to open a museum for the community and by the community," referring not only to financial contributions from the community, but to local experts who contributed their talents to create the inclusive space, from an advisory committee of child-centric professionals to the ex-

hibit builders themselves. "Their talents have been so meaningful to this process, and they will be so valued by this community," said Gallagher.

The museum boasts features like an Imaginative Play Downtown with a custom gazebo, a dinosaur exhibit, Miss Money's Playroom, a Healthy Bodies area with a pumping heart, an 8-foot diameter Sensory Tree, a transportation area, a climbing structure with a step-down pit, nursing stations, a classroom makerspace and lab facilities. Exhibits are designed for children aged 0-10, with programming planned for elementary and middle-school aged children and leadership opportunities for older students.

The museum is expected to attract families and educators from up to an hour away, as the nonprofit's mobile museum events have drawn folks from 180 different towns. "We're really excited to be able to reach people on a daily basis and just offer so much more for families that come to visit us," said Gallagher.

Although a spring opening was planned, an extra financial push was needed to finally open the doors. Hagen and Gallagher were thankful to Founding

Families, corporations and organizations that came aboard. A Massachusetts Cultural Council for \$145,000 also helped them complete the renovation of the space, formerly owned by Agway. "That absolutely was a game changer," said Hagen. Although the pair is still working to fund its A-Mazing Ways wind exhibit and a water exhibit designed by Science Kinetics and Vanderbilt University, "engaging and fun temporary exhibits with STEM and learning tables" will temporarily fill those spaces.

The two partners, who refer to their collective five children as "exhibit testers extraordinaire," said their work together has deepened their friendship. "Our ability to maintain our friendship and to grow and work together throughout this process has been amazing," says Hagen.

"It just feels like such a milestone moment to be able to announce our opening," added Gallagher.

Admission to the museum, closed to the public Tuesday and Wednesdays to allow for

MUSEUM

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The Millis Lions Club will hold its 80th Anniversary Celebration in St. Thomas Large Hall in Millis on Sat., Sept. 27, from 6 p.m. to 10 p.m. The event will feature live music and a cash bar. Please visit www.millis-lionsclub.org for more information.

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Living Healthy

Decades of Service to the Community and 2 New Offices

By: ROGER M. KALDAWY, M.D.

Milford-Franklin Eye Center has been serving the community with advanced, compassionate eye care for more than four decades. With a staff of 59, an award-winning surgery center in Milford, and offices in Milford, Franklin, and now two new locations in Hopkinton and Medfield, we are proud to be one of the leading eye care centers in Massachusetts. We are also one of the few ophthalmology practices in the state to own and operate our own surgical facility, the Cataract Surgery Center of Milford. This means patients can receive world-class cataract surgery close to home. Our team includes fellowship-trained ophthalmologists and five optometrists, offering eyecare for the entire family.

Meet Our Providers

Roger Kaldawy, M.D.

Dr. Kaldawy is an eye phy-

sician, surgeon, and corneal specialist. He trained at the University of Rochester and the University of Iowa, later serving as Assistant Professor at Boston University. With more than 32,000 surgeries performed, he pioneered corneal transplants, innovative glaucoma surgery, advanced implants, and bladeless femtosecond cataract surgery in the region. He has trained numerous physicians and has been featured in many news articles including on Channel 5. He also serves as Medical Director of the Cataract Surgery Center of Milford.

Mark D. Barsamian, D.O.

Dr. Barsamian is a vitreoretinal specialist affiliated with UMass Memorial Medical Center. He earned his DO degree from the Chicago College of Osteopathic Medicine and completed a two-year fellowship in vitreoretinal surgery at Ohio State University. With over 20

years of experience, he is board-certified and active in multiple professional societies. He also teaches as a Clinical Instructor of Surgery at Brown University. Patients value his expertise, compassion, and dedication.

Dan Liu, M.D.

Dr. Liu graduated from Northwestern University and Rutgers New Jersey Medical School, where she was elected to Alpha Omega Alpha. She completed residency at Albany Medical Center, where she was Chief Resident, and a fellowship in Cornea and Anterior Segment Surgery at Tufts. Her expertise includes cataract surgery with ORA, corneal transplants (DMEK, DSEK, PK), keratoconus treatment, glaucoma MIGS, ocular surface tumors, and pterygia. She is board-certified by the American Board of Ophthalmology.

Shalin Zia, O.D.

Dr. Zia earned her Doctor of

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Optometry from Indiana University. She provides care for patients of all ages, specializing in routine vision exams, contact lenses, and management of eye disease.

Michael Adams, O.D.

Dr. Adams graduated from John Carroll University, completed a Master's in Biochemistry at Ohio State, and earned his optometry degree from the New England College of Optometry. He has advanced training in corneal pathology, specialty contact lenses, and ocular disease.

Donald L. Conn, O.D.

Dr. Conn received his optometry degree from the New England College of Optometry and completed a residency in Ocular Disease and Primary Care at the Bedford VA. He provides care to both adult and pediatric patients.

Purvi Patel, O.D.

Dr. Patel earned her Doctor of Optometry at SUNY and completed a residency in Ocular Disease. A Fellow of the American Academy of Optometry, she has

held leadership roles at Boston community health centers and focuses on diabetes, glaucoma, and community-based care.

New Offices: Expanding to Serve the Community

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Boston Eyes in Medfield - Millis

Our newest office serves Medfield, Millis, Dover, Sherborn, and Westwood. This renovated, convenient location provides eye exams for adults and children, contact lens fittings, surgical consultations, and care for cataracts,

Medway man charged after crash on Village Street took down mailboxes, utility pole

According to a press release from the Medway Police Department posted on Facebook on Aug. 18, "A Medway man will be arraigned on Aug. 18 in Wrentham District Court on OUI and Leaving the Scene of a Motor Vehicle Accident resulting from an alcohol-related crash on Village Street on Aug. 16 at 1:32 a.m.

"Christopher Sprague, age 51, of Village Street, Medway, was found and arrested by Patrol Officers Ryan Kahn and Emily Clark shortly after a crash - that

took down multiple mailboxes and a utility pole - was reported at about 1:30 a.m. in the area of 250 Village Street.

"The driver had left the scene before the officers arrived. The officers conducted a search, found the van that had been involved, and located Mr. Sprague, whom they identified as the driver. He was placed under arrest after an investigation. No injuries were reported."

Source: Facebook @MedwayPoliceDepartment

MUSEUM

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school field trips, will be \$14 per person, with discounted rates for WIC and EBT recipients and discounted passes available at local libraries. "We have also had someone step up to provide free passes for the Franklin Food Pantry and the SAFE Coali-

tion," said Hagen.

Prior to the public opening, the museum will hold a registration-only pre-play event for social media family/parenting life influencers on September 14th. In addition, a Scary Scurry 5K and Fun Run fundraiser is scheduled for October 19, 2025.

For more information, visit <http://childrensmuseumfranklin.org>

EYE

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glaucoma, diabetes, and retina conditions.

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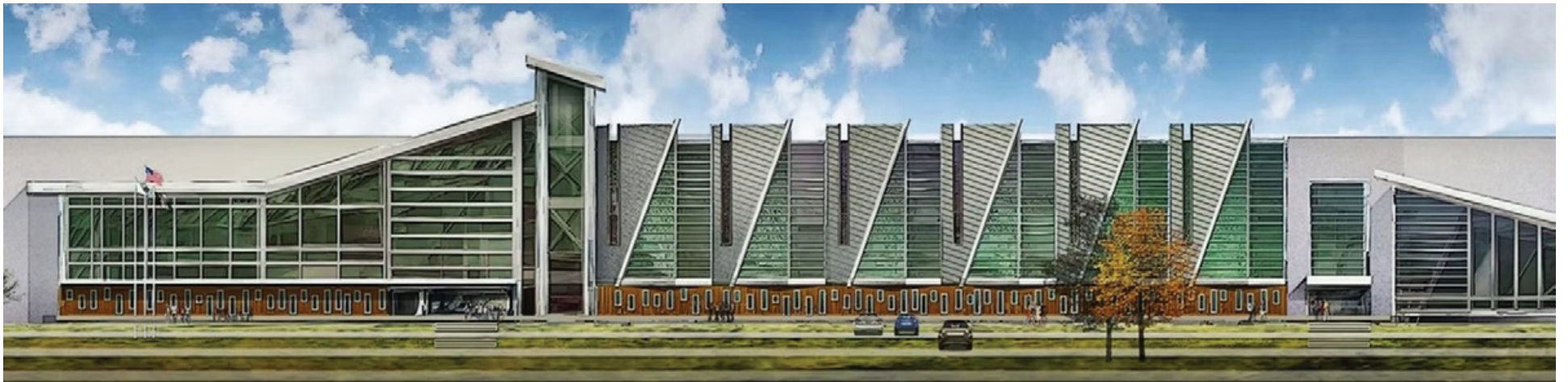
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A conceptual drawing of the Tri-County Regional Vocational Technical High School Building Project. Source: www.tri-countybuilding.com

Tri-County RVTHS building project makes progress this summer

The new Tri-County Regional Vocational Technical High School building project made great strides this summer.

According to August report on www.tri-countybuilding.com, the project website, “The month of July marked several significant milestones

for the Tri-County project.

Notable achievements include the completion of foundation footings and walls, the first pour of Building A East’s second floor slab on deck...completion of the geothermal mains and vault installation, and the complete erection of structural steel in Building C.

“To date, over 75% of the project’s structural steel has been erected, with decking and detailing activities ongoing in Buildings B and C. All decking on Building A’s

second floor has been turned over, enabling other trades to safely proceed with work in preparation for the upcoming slab on deck pour for Building A West.

“The roofing and drywall subcontractors have mobilized and begun layout and installation of roof blocking in Building A, with full-scale roofing operations expected to begin by the end of August.

“On the ground floor, all foundations have been backfilled, and the sitework, plumbing, and fire protection subcontractors are working in coordination to install underground utilities in Building A.

“The early masonry subcontractor has also mobilized and begun erecting the structural CMU walls that will support the pre-cast planks at the mezzanines in Building C.

“Substantial progress has been made outside the building pad as well, with the geothermal subcontractor completing all well drilling, vault installation, main piping from the geothermal field to the building, and testing of the installed systems.

“Following a coordinated effort, the sitework and landscaping subcontractors have also commenced work in the soccer field and track area, bringing the field to subgrade and preparing a mockup of the ACO trench drain to be installed between the grass field and track surface.”

The new building is expected to be ready for students in August 2028.

Details related to the project can be found at www.tri-countybuilding.com.



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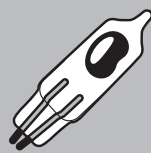
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UMass Amherst Spring 2025 Dean's List includes many from Medway, Millis

The following students were named to the Spring 2025 Dean's List at the University of Massachusetts Amherst.

Medway: Brady Abbott, Leo Babicz, Katherine Ball, Sophia Barresi, Isabelle Basso, Annie Bomfim, Amelia Bonarrigo, Abigail Brown, Sally Chan, Sophie Chrisom, Zoe Cioppa, Julia Francis, Maeve Garofalo-McKean, Marissa Hall, Aaron Harrah, Andrea Hester, Elyse Hetzel, Zachary Hicks, James Jorgensen, Ryan Jorgensen, Robert King, Andrew Lef, Sarah Longval, Sarah McCarthy, Cayla McGonigle, Nina Pacella, Meredith Petersen, Pavly Poktor, Chandrika Rajkumar, Amy-Grace Read,

Jack Reynolds, Colin Roberts, Heather Scheid, Lauren Shea, Anna Tonelli, Maya Twamley, Madelyn White, Julia Whitehouse, Bianca Zufriategui.

Millis: Courtney Bickford, Ivra Caulfield, Emmett Clark, Amany Ferrimy, Samuel Goncalves, Sean Haviland, Nora Jurgelewicz, Manasi Kale, Madilyn Martone, Ian McPoland, Montina Santos, Macy Schneiderat, Julia Schofield, Lucy Sisto, Liam Walsh, John Works, Julia Works.

Students are appointed to the Dean's List at the end of a semester in which they have completed a minimum of 12 graded credits and have earned a grade point average of 3.500 or better.

Medway Town-Wide Yard Sale

Medway's Annual Town-Wide Yard Sale will take place on Sept. 27 at the Park & Rec Center at 123 Holliston Street. The rain date is Sept. 28. All donations support the annual Christmas Parade and Fireworks. For more information and an application, visit www.medwayma.gov or contact christmasparade@medwayma.gov.



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Millis Farmers Market at the United Church of Christ, 142 Exchange Street, will continue weekly through Oct. 7. The market is open on Tuesdays from 2 p.m. to 6 p.m. Vendors include local produce (plus peaches from Georgia) and sweets, crafts, and more. For an overview of the market, visit Youtube @MillisCommunityMedia, or www.millisucc.org. Shown here are blueberries from Berry Hill Farm in Upton recently for sale at the market.

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Sports

Medway football team eyes more success

By KEN HAMWEY
STAFF SPORTS WRITER

Coach Ted Rigney guided Medway High's football team to an 8-3 record last year and a berth in the playoffs.

The 2024 season was like a breath of fresh air for the veteran players who had endured some major-league adversity and lots of disappointment in their previous seasons.

Seniors who played for Rigney in 2024 competed for five coaches in three years, two of whom were replaced mid-season. They had four different playbooks and the Mustangs' overall records were 2-9 in 2022 and 1-9 in 2023. Consistency was nowhere to be found.

Rigney, who was Bellingham High's head coach for seven years, has links to five Super Bowl champions. As a Bellingham assistant for 12 years, he was part of four Bowl champions and earned another title as an assistant at Uxbridge.

"The players I had last year were a great group and they made my transition to Medway go very smoothly," Rigney said. "Our goals for this season are to continue to improve and build on last year's success. Our other objectives are to contend for the Tri Valley League Small Division championship, qualify for the playoffs, and win a tourney game."

Rigney lost 15 seniors from last year's team but he's got 11 returnees, nine of whom will start on offense and defense.

"We've got players who have experience, high football IQs,

they're skilled, athletic and coachable," he emphasized. "We have size in the lines, we've got speed, quickness and depth, and our team chemistry is also a plus."

Rigney's second season at the helm will feature a balanced offense with a bit more emphasis on the run game. His 4-3 defense will be aggressive and strive to force mistakes.

Medway's four senior captains will be key assets on both sides of the ball. They include Logan Keeny (quarterback/safety), Dylan Costa (tight end/linebacker), Jacob White (receiver/defensive back) and Aidan Tkowski (receiver/defensive back).

"They're quality leaders, they're communicative and supportive, and they lead by example," Rigney said.

Keeny and Costa are four-year varsity competitors and White and Tkowski are in their third varsity campaigns.

"Logan is very competitive and athletic," Rigney said. "He's also fast and has a high football IQ. Dylan was the co-MVP last year in the TVL. He works hard, has great instincts, is a great tackler and a terrific team player. Jacob is a pure athlete, has good hands and is fast. He was the MVP in the TVL Small Division in basketball. He can really jump. Aidan is our go-to-guy when we need a big play. He's got strong hands, runs good routes and is very competitive."

Keeny and sophomore Troy Pinkham will handle the quarterbacking chores. "Logan can

throw accurately but his top strength is his running ability," Rigney offered. "His field vision is excellent and he's a smart player. Troy has good arm strength, he's very accurate and is developing a high football IQ."

Costa, White and Tkowski are all talented receivers. They'll be joined by senior Grant Hetzel, who'll be used in the slot. "Grant moves well, is competitive and hard to cover," Rigney noted.

Senior Christian Cautilli and junior Devin McCarthy will alternate in Medway's backfield. "Christian is in his third season, he's super-fast and quick to hit the hole. He's 5-10, 185 pounds, has break-away speed and can get to the outside. Devin is a downhill runner who's effective running between the tackles. He's very coachable."

Senior Eamon McCarthy, who missed his entire junior year because of a knee injury, will play center. "Eamon is a solid, all-around blocker who's strong at 5-10 and 200 pounds," Rigney said. "He's the leader of the offensive line."

The guards include junior Will Parella, senior Justin Pillard and junior Will Kelly.

"Will [Parella] has size at 6 feet, 240 pounds," Rigney said. "A starter as a freshman, he's an experienced power blocker. Justin has a motor that never stops. A capable all-around blocker, he's very coachable. Will (Kelly) had a great jayvee season. His technique is phenomenal and he's eager to learn."

Senior Jackson Duguay and junior Bennett Defoyd are veteran tacklers. "A three-year starter, Jackson is a technically sound blocker," Rigney said. "He worked very hard in the off-season. Bennett is a two-year starter who's 6-2, 240 pounds. An aggressive run blocker, he's very athletic."

Two other tackles aiming for playing time are senior Shawn Santilli and junior Pierce Conley. "Shawn is big and aggressive. He played hurt last year battling injuries. Pierce had a solid jayvee season. He's a good pass blocker who worked hard in the off-season."

Five of Medway's six defensive linemen also play on offense.



Ted Rigney, who was an assistant coach on five Super Bowl championship teams, knows what's needed for success. Courtesy photo

Defoyd and Pillard are ends and Eamon McCarthy and junior Elijah Rymer will compete as tacklers.

"Defoyd is a very good pass-rusher and he gets his share of sacks," Rigney said. "Pillard plays like a linebacker, he's intense and his pursuit is relentless. McCarthy played linebacker last year and he'll bring linebacker skills to the line. Elijah is a three-year veteran who's 6-2, 250 pounds. His instincts are good and he makes plays."

Parella and Will Kelly will compete for playing time on the line — Parella at tackle and Kelly at end. "Both are solid players," Rigney added.

Costa, Hetzel and Cautilli are top-notch linebackers. "A middle linebacker, Costa is a tackling machine," Rigney said. "He's got great instincts and he's our leader on defense. Hetzel is aggressive and a good tackler who pursues well on the outside. An outside linebacker, Cautilli is technically sound, pursues well and is always around the ball."

Devin McCarthy and junior Alex Bosse will compete for playing time at linebacker. "Both had great jayvee seasons, they're

coachable and solid tacklers," Rigney said.

A trio of Tkowski, senior James Kerls and White are adept cornerbacks. "Tkowski is very aggressive and competitive," Rigney said. "White is solid and capable and Kerls is solid, technically sound, and a good tackler who's got speed and quickness."

Keeny and sophomore Aidan Behan will play safety. "Keeny has good field sense and is an outstanding tackler," Rigney said. "Behan was the most athletic player on the jayvees last year. He's ready for the jump to varsity ball. He's fast and aggressive."

Besides playing quarterback and safety, Keeny will handle all of the Mustangs' special-teams chores. He'll punt, kick off and kick field goals. "Keeny is accurate on field goals, his kickoffs end up inside the 10-yard line and his punting has improved," Rigney said.

Medway's assistant coaches include Bill Noyes (offensive coordinator), Matt Johnson (defensive coordinator), Roy Dickerson

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Sports

5 reasons young families need life insurance now.

When it comes to money matters, young parents who are just starting out have a lot to juggle: They may be paying off student debt and saving for their first home, all while raising kids. But it's also a time when young families may be the most financially vulnerable should the unexpected strike. To ensure that they have financial protection when they need it most, purchasing a life insurance policy should be top of mind.

Here are five reasons why young families need life insurance:

1. You just never know. While it's not the most pleasant thing to ponder, an emergency situation could quickly put your family's finances under water. In fact, nearly 6 in 10 of U.S. adults are uncomfortable with their level of emergency savings, with less than half (44 percent) stating they would have enough savings to cover three months' worth of expenses in the case of an emergency.¹ When you're starting out, not having protection in case something

happens to a family's breadwinner is even scarier.

2. The earlier you opt in, the more affordable it may be.

Because age is one of the factors that affects the cost of your premiums, the younger you are when you purchase a policy, the less you'll generally be paying each year.

3. It may not be as expensive as you think. If you're on a budget and are convinced you can't afford life insurance, consider term life insurance. It provides protection for a set amount of time provided premiums are paid when due. Since it's not designed to last a lifetime, the annual premiums are generally lower when you are younger.

4. It lets you concentrate on other goals.

Once you have the peace of mind and financial protection that life insurance grants you, you may feel secure enough to fund long-term goals, like buying a home, saving for your nest egg, or going back to school.

5. You can always upgrade at a later date.

Don't let the fear of making the wrong decision deter you from purchasing a policy now. The policy you purchase today isn't intended to be set in stone. As your family's needs change, you have the option of considering other policies.

We know it's not easy for young families to make their life insurance needs a priority, given all their competing financial obligations. However, permanent life insurance can be a vehicle



for protection that can help your family in the event of your untimely passing.

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

'Lane Gillespie, "Bankrate's 2024 Annual Emergency Savings Report," Bankrate, June 20, 2024. <https://www.bankrate.com/banking/savings/emergency-savings-report/>

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SPORTS

continued from page 22

(quarterbacks/defensive backs), Rich Eustis (receivers/defensive backs), Todd Cullen (offensive/defensive lines), and Jim Finn (offensive/defensive lines).

Rigney's coaching philosophy focuses on helping his players

reach their potential in football and to become quality people.

That approach no doubt was the right formula. His first season at Medway produced eight victories compared to three wins in the two years before his arrival.

The Rigney era at Medway High will begin its second chapter on Sept. 5 when the Mustangs host Dighton-Rehoboth.



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Medway student attends CADCA conference in Tennessee

By JOYCE ZHENG
GUEST STUDENT WRITER

This July, I had the incredible opportunity to travel to Nashville, Tennessee as a member of the STARS (Students Thriving and Resisting Substances) team for the CADCA (Community Anti-Drug Coalitions of America) Youth Mid-Year Training Conference. Representing Medway alongside fellow students, prevention leaders, and advocates from across the country was an eye opening experience that will help guide how our student group within the local drug prevention coalition, 'SUP Medway, will approach substance use concerns in our community. By connecting with other youth leaders from across the country, I learned that substance misuse is far from limited to our community, as it stems from a national issue faced by peers from all different regions.

Throughout the week, we participated in hands-on workshops that helped us closely analyze our town. Using the Strategic Prevention Framework (SPF), we

created a map of Medway High School and its surrounding areas, identified local challenges, and highlighted the resources that make our community stronger. As a team, we identified problems in the Medway Community and their "hotspots" such as rejecting differences amongst students, vaping in schools, and most prominently, youth drinking at house parties. By organizing our ideas into a logic model, we could see how different factors like peer pressure, community norms, and youth access to substances interact and contribute to the issue. From there, we brainstormed intervention plans that targeted the root causes of underage substance use on a larger scale. Ideas include implementing a requirement for larger consequences and rehabilitation if minors are caught abusing substances, advocating against packaging that appeals to youth, higher prices and taxes for substances aiming to create a higher barrier for youth access, etc.

One of the most valuable aspects of the conference was networking. I was able to connect

with students from various states such as California, Oklahoma, and Kansas, each facing unique challenges from their own communities but uniting under the common cause of youth substance misuse. Hearing ideas and strategies from these peers reminded me that while the specifics of substance use issues may differ by region, the need for strong prevention work is ubiquitous. Through the conference, our team gained valuable resources, including connections with youth coalitions across the country and training materials on the Strategic Prevention Framework and 7 Strategies for Community Change. We also were given many opportunities to practice our leadership and public speaking skills by presenting to other teams and also hearing other perspectives and feedback. These tools and relationships will help us design and implement effective prevention efforts in Medway.

In the past, I've helped chaperrone "Friday Night Done Right", a program that helps to create a safe, substance free space

where middle schoolers could spend their Friday nights socializing without feeling the need to use substances. Additionally, for the last two years, I helped initiate the Sticker Shock campaign along with other students to partner with local liquor stores and warn adults about the dangers of supplying alcohol to minors. We also advocated at the Massachusetts State House during Kick Butts Day (2024) and ENUFF Day (2025), speaking with Representative Jeffrey Roy about substance prevention and the problems we saw with substance abuse in our youth community. Through the Norfolk District Attorney's Peer Leadership Program and the Massachusetts Alcohol Policy Coalition's youth training, I deepened my knowledge about policy making and the marketing strategies used by alcohol and tobacco industries. I presented these prevention efforts to the Medway School Committee in October 2024, where our work was recognized and commended by the members and the Superintendent.

After learning the Strategic

Prevention Framework and expanding my networking and leadership skills in Nashville, I am eager to apply those lessons in Medway. Moving forward, STARS could explore ways to strengthen local policies around underage drinking, such as encouraging stronger consequences for underage substance misuse and working with businesses to limit youth access. We could also develop counter-marketing social media campaigns to raise awareness about how alcohol and vaping industries target the youth, and continue creating more substance free events to offer healthy socializing alternatives without substances. Engaging parents with programs like Sticker Shock could further support prevention efforts by increasing community awareness about the risks of underage drinking. Using data, community input, and targeted strategies to address youth drinking and substance abuse, I am confident that the STARS team and 'SUP Medway can strengthen our prevention efforts for a healthier youth community.

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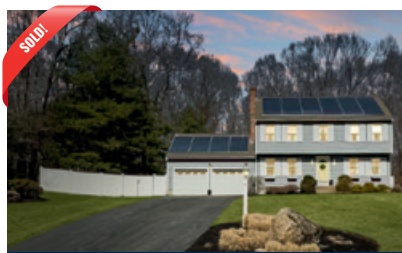
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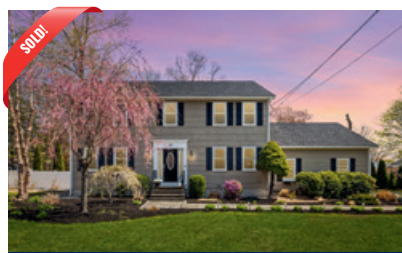
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Real Estate Corner

Celebration of Norfolk County notable women on Sept. 10

On Sept. 10, the Norfolk County Registry of Deeds will celebrate these legacies with the release of We Remember Our Women, the fourth installment in the Registry's Notable Land Records series. Women have long shaped the fabric of Norfolk County through courage, intellect, and civic commitment - often beyond the spotlight.

Massachusetts Lieutenant Governor Kimberley L. Driscoll will offer keynote remarks at the event, which runs from 3 p.m. to 5 p.m. in the Registry's Great Hall, located at 649 High St. in Dedham Center. The gathering is free and open to the public. Light refreshments will be served.

The "We Remember Our Women" booklet shares the fascinating stories of a diverse group of trailblazers who have influenced fields of medicine, environmental advocacy, journalism, literature, and military service. It presents 44 profiles of women, from the 28 communities of Norfolk County, who have impacted society through dedication, courage, and achievement.

Visitors to the Registry will be invited to view exhibits highlighting each woman's contributions, including historical storyboards

and timelines. The Registry's Great Hall will be transformed into a space of reflection and pride, honoring both the past and the continued progress of

ancestors." This event carries forward her message, recognizing those whose contributions still echo through our communities today.

For more information, please contact Jonathan Thomas at 781-234-3305 or jthomas@norfolkdeeds.org.

To learn more about Registry of Deed's events and initiatives, like us on Facebook® at [facebook.com/NorfolkDeeds](https://www.facebook.com/NorfolkDeeds) or follow us on X/Twitter® at twitter.com/NorfolkDeeds and Instagram® at [Instagram.com/NorfolkDeeds](https://www.instagram.com/NorfolkDeeds).



Image source: Norfolk County Registry of Deeds

women in Norfolk County.

The event will also feature music and complimentary copies of "We Remember Our Women," all in celebration of the individuals whose efforts continue to shape life in Norfolk County and beyond, including the second female doctor in the country, a dedicated Canton conservationist, two female Army Generals, the first female professional writer, and a CNN anchor.

As Abigail Adams, a Norfolk County native, wrote to her husband John during the Continental Congress, "Remember the ladies and be more generous and favorable to them than of your

NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

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Recent Home Sale

The 4-bed, 4-bath, 4,260-square-foot house at 30 Bullard Lane in Millis recently sold for \$1,100,000. Image credit: www.zillow.com

Real Estate Corner

Recent Home Sales

Date	Medway	Amount
08/15/2025	3 Wamesit Street	\$475,000
08/15/2025	38 Clark Street	\$350,000
08/15/2025	8 Hickory Drive	\$1.20 mil
08/12/2025	45 Main Street	\$590,000
08/05/2025	4 Amelia Way	\$810,000
07/31/2025	8 Heritage Drive	\$440,000
07/31/2025	2 Harding Road	\$815,000
07/30/2025	14 Sanford Street #21	\$420,000
07/30/2025	3 Howe Street	\$755,000
07/30/2025	7 Tulip Way	\$1.06 mil
07/29/2025	19 Azalea Drive	\$958,000
07/29/2025	9 Karen Avenue	\$850,000
07/22/2025	16 Cottonwood Lane #33	\$1.03 mil
07/21/2025	97 Oakland Street	\$230,000
07/18/2025	8 Pheasant Run Road	\$670,000
07/18/2025	121 Main Street	\$750,000
Date	Millis	Amount
08/13/2025	65 Spencer Street	\$550,000
08/12/2025	6 J William Heights	\$730,000
08/12/2025	209 Pleasant Street	\$607,500
08/01/2025	53 Timberline Road	\$735,000
07/31/2025	93 Acorn Street	\$680,000
07/31/2025	47 Key Street	\$410,000
07/31/2025	140 Plain Street	\$720,000
07/30/2025	19 Birch Street	\$787,000
07/28/2025	3 Country Village Way	\$400,000
07/22/2025	60 Spencer Street	\$450,000
07/18/2025	220 Pleasant Street	\$600,000
07/17/2025	30 Bullard Lane	\$1.10 mil
07/16/2025	22 Glen Ellen Blvd.	\$1.18 mil

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

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\$515,000
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SOLD
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