

localtownpages Medway & Millis

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Free to Every Home and Business Every Month

November 1, 2025



A diagram of proposed renovations and expansion of the Millis Middle/High School. Source: Millis School Building Committee

Millis Middle/High School renovation project requires approval at Fall Town Meeting, special election

The Millis Middle/High School needs renovations and an expansion to meet the needs of the students in Town. The Massachusetts School Building Authority (MSBA) invited the Town into their capital program, based on need, to address the building deficiencies and growing space needs.

Over the past two years the

School Building Committee (SBC) evaluated 12 options for potential building solutions, including multiple options for renovation only, addition/renovation, and new construction building options. The SBC, School Committee, and Select Board

RENOVATION

continued on page 2

Keeping Local News Alive and Communities Connected

By JENNIFER RUSSO

For the first time in our newspaper's history, the cost of postage has surpassed the cost of printing. On average, mailing services have increased in price by over 7% in the last couple of years. While the USPS may require this operationally, it does underscore the growing financial challenges facing local journalism today. Paper, ink, fuel, and distribution costs have all risen sharply in the past year, and while we've absorbed those increases for as long as we could, we now find ourselves at a turning point — and we need your help.

Despite these challenges, one thing hasn't changed: our commitment to providing free, local news that keeps our communities informed and connected. Local journalism is not just about headlines — it's about people.

It's about the high school team's championship win, the opening of a new family business, the celebration of a lifelong volunteer, the coverage of town meetings, and ensuring that every story is told.

When you open your community newspaper, you read about your neighbors, your schools, and the heartbeat of your area. You're seeing your community reflected in print - its triumphs, challenges, and spirit. Local news brings people together, fosters accountability, and preserves the stories that make each town unique. Without it, those small but powerful connections risk being lost.

Advertising revenue has always been a vital source of support for our papers, and we are deeply grateful to the local businesses that continue to support us. But as printing and mailing

costs rise to historic levels, advertising alone can no longer carry the full weight of production. We recognize that our small businesses are facing similar pressures, and we would prefer not to raise advertising rates too much. Instead, we're turning to you — our readers — for help.

This November, we're launching our annual 'Support the Newspaper' campaign. Every donation, no matter the size, helps offset the rising costs of printing and distribution, ensuring that your paper remains free, local, and delivered right to your doorstep or mailbox. Your contribution isn't just helping to print pages — it's helping to keep civic engagement alive, preserving our community history, and giving a platform to local

DONATIONS

continued on page 2



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MILLIS

continued from page 1

concluded that the addition/renovation option - which built a new middle school wing, a new gymnasium, and then renovated the high school - was the best option for the Town of Millis.

The selected addition/renovation option was the best solution that fully met the academic needs outlined in the educational plan, did not require temporary modular classrooms (to house students while their classrooms were being renovated), and achieved the highest estimated effective reimbursement rate from the MSBA.

The scope of the project includes a new wing addition that will house the Middle School program, a new gymnasium sized to handle a full school assembly, and a new central administration

office suite. The academic wing of the high school will be fully renovated to provide modern classrooms, science room facilities, and appropriate spaces for special education and other programs. The old gym will be con-

For the Millis Middle/High School project to move forward, it will need two-thirds approval at fall Town Meeting on Nov. 10, and a simple majority at the special ballot election on Dec. 8.

verted into the Library/Media center, a Physical Therapy room, and a weight training room. The boys' and girls' locker rooms will be fully renovated in one of the earliest phases of the project. Other areas of the building, including the auditorium and cafeteria, are getting lighter touch updates and safety improvements.

The total cost of the project is \$125,000,000. With the reimbursement from the MSBA of \$68,256,981 (which equates to 54.6%), the Town will be responsible for \$56,743,019. The tax estimate on an average \$605,200 home in Millis will result in additional annual taxes of \$916.00.

When considering the costs for the chosen approach compared to a basic renovation, the committees considered cost and functionality. The straight renovation will not have a new wing for the Middle School, a new gym, or renovated classrooms that meet current size and safety standards for educating our students.

The straight renovation will cost \$75,000,000 and would receive minimal reimbursement from the MSBA. In the opinion of these committees, the recommended addition/renovation was the most fiscally responsible solution for the Millis residents.

The project is scheduled to receive MSBA board approval on Oct. 29. The project will then need to have approval votes from the residents of Millis at the fall Town Meeting on Nov. 10 with a two-thirds approval, and at the special ballot election on Dec. 8 with a simple majority approval.

With successful votes at the Town Meeting and Ballot, the project will move forward to hire a construction manager to help plan the renovation of the occupied school. The project anticipates breaking ground in March of 2027 with the addition completed and opened for the fall 2028 academic year. The high school renovation would conclude during February break 2029 followed by the demolition of the smallest academic wing in the existing building that will serve as the swing space location to enable the renovations. The project will conclude with final site work in the spring and summer of 2029.

Submitted by the Millis School Building Committee

DONATIONS

continued from page 1

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19 volunteers honored at Oct. 9 Volunteer Appreciation Night

Three Medway High School teens receive award for food pantry service

The Medway Village Food Pantry held its annual Volun-



Three Medway High School students received awards at the Medway Village Food Pantry annual Volunteer Appreciation Night. Pictured here are Aadhavan Sivakumar, Oviya Sivakumar and Harsh Balamurugan. Courtesy photo

ter Appreciation Night on Oct. 9 at the historic Thayer House. It was an evening filled with gratitude, community, and celebration.

During the event, 19 volunteers were recognized with the Marilyn H. Conley Volunteer Service Award, including three Medway High School students - Aadhavan Sivakumar, Oviya Sivakumar and Harsh Balamurugan. Each honoree dedicated 100 or more hours of service to the pantry between Sept. 1, 2024, and Aug. 31, 2025 - a remarkable display of commitment and compassion.

This year marked a special change to the long-standing recognition program. Formerly known as the "President's Volunteer Service Award," the honor was renamed after the pantry's founder, Marilyn Conley, following the loss of federal

VOLUNTEERS
continued on page 5

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A sample of the donations made in 2024 by Charles River Bank to the Medway Food Pantry. Courtesy photo

Charles River Bank Begins Annual Holiday Food Drive

A long-standing holiday tradition at Charles River Bank is the annual Food Drive. Every year during the month of December, Charles River Bank branch offices set up donation tables in their lobbies for customers, community members, and bank staff to make food donations to

the Medway, Bellingham and Mendon Food Pantries. The donations are brought to the Food Pantries just before the New Year to help restock after the holidays.

Items most needed by the Food Pantries include: canned meats, soups, stews; dry foods such as cereal and pasta; other non-perishable food items; paper goods, diapers and personal hygiene items. Bring your donation to your local Charles River Bank branch Dec. 1 through Dec. 31. Branch locations can be found at www.charlesriverbank.com.

Veterans, public invited to commemorate 250 years of Armed Forces on Nov. 11

Medway Memorial Committee to host ceremony, luncheon

By THERESA KNAPP

This year marks the 250th anniversary of the founding of the United States Army, Navy, and Marine Corps. Specifically,

U.S. Army was founded on June 14, 1775 (www.army.mil)

U.S. Navy was founded on Oct. 13, 1775 (www.history.navy.mil)

U.S. Marine Corps was founded on Nov. 10, 1775 (www.marines.com)

Each year, for the past several years, the Medway Memorial Committee has hosted a Veterans Day celebration to honor all local veterans. This year, it will be an extra special celebration as it honors two and a half centuries of courage, sacrifice, and service by America's veterans.

All veterans, active-duty service members, their families, and



All Veterans & Public Invited Veterans Day Parade & Ceremony
Nov. 11, 2025, at 11 a.m.
Medway Parks & Recreation Building
123 Holliston Street, Medway
Info: rap@epcomfg.com

the community are invited and encouraged to attend a Veterans Day ceremony on Tues., Nov. 11, at 11 a.m. at the Medway Parks & Recreation Building at 123 Holliston Street. There is ample parking and handicap accessibility.

A luncheon will follow the short ceremony. There is no need to RSVP.

"We're really encouraging all veterans to come to the event," said Richard Parrella, a member of the Medway Memorial Committee, which hosts the event. "We're doing this for them, to honor their service, and this year especially because it's 250 years."

For more information, contact Parrella at rap@epcomfg.com.

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Thursday
8:30 AM- 12:30 PM Friday

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Monday November 3 at 11:30 AM. Sign up (508) 376-7051. Cost: \$3.00

ART WITH AMY ADAMS
A fun afternoon of inspired painting on canvas.
Tuesday, November 4 at 1:00 PM. Sign up (508) 376-7051. Cost: \$3.00

INFO SESSION: NEW MIDDLE/HIGH SCHOOL BUILDING PROJECT
Learn more about the new Millis Middle/High School Building Project and have your questions and concerns answered by the project committees.
Wednesday, November 5 at 10:00 AM. Sign up (508) 376-7051

GIFTING TO THE GRANDKIDS
Estate planning discussion with Marsden Law, PC about gifting to grandchildren.
Thursday, November 6 at 10:00 AM. Sign up (508) 376-7051

PIZZA AND PREVENTION with the Millis Fire Department
Monthly fire prevention and life safety program.
Monday, November 17 at 11:30 AM. Sign up (508) 376-7051. Free.

VOLUNTEERS

continued from page 3

funding to the program earlier this year. The new name reflects the deep gratitude and



Susan Dietrich, Executive Director of the Medway Village Food Pantry and Marilyn Conley, founder of the Medway Village Food Pantry. This year, the name of the service award was changed to the "Marilyn H. Conley Volunteer Service Award." Courtesy photo

admiration the organization has for Marilyn, whose vision, generosity, and tireless spirit continue to inspire every aspect of the pantry's work.
"The award's new name couldn't be more fitting," said Medway Village Food Pantry Executive Director Susan Dietrich. "Marilyn embodies the heart of our mission - giving selflessly, leading with kindness, and showing what it truly means to care for your community."
The evening was a joyful reminder of how much can be accomplished when neighbors come together to help neighbors. The Medway Village Food Pantry extends heartfelt thanks to all its volunteers - the driving force behind its mission to ensure every Medway family has access to nutritious food and essential support.

Submitted by Medway Village Food Pantry

3

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Rebuilding Self-Confidence, One Wig at a Time

By JUDITH DORATO O'GARA

Heather Cohen has always loved making women feel beautiful, but the owner of B.LUXE Hair and Makeup Studio lights up when she talks about her latest professional focus, making high-quality realistic wigs for women with hair loss and not only helping them feel beautiful, but whole, again.

"There's nothing I would rather do than be here working on the wigs. I loved my business as a whole since the day I opened it," says Cohen, "but the impact I make on hair loss clients far exceeds anything I thought I would be able to do for people."

The stylist herself felt the upheaval of hair loss four years ago, when a medication she was on caused her own hair to fall out. Not only was it personally devastating, but since her career centered around beautiful hair, succumbing to baldness was simply not an option. That was when she began her several years-long research process.

Cohen estimates she's spent thousands of dollars researching different vendors and materials for her specialized wigs. Since her salon caters primarily to

Caucasian women, her wigs are created for that demographic, although, she explains, she learned a lot from a huge black women's hair industry, where wigs are accepted as mainstream. She also learned how to find ethically-sourced hair.

"I don't want to get involved with anyone who is taking advantage of somebody who economically might be struggling, and they're paying them \$2 for their thick, beautiful ponytail. If you see a wig that's inexpensive, the hair is not being ethically sourced or, it did not come from a human head, or they're getting what we call 'drain hair,'" she says.

Cohen is upfront about the cost. "A custom human hair wig can be anywhere from \$1,000 to \$4,000, and it really does depend on the length," she says. That's why Cohen undertook training to receive the correct credentials for a National Provider Identifier (NPI) number, so her clients can use insurance and health savings accounts (HSA).

"There are reasons for hair loss where your health insurance will actually help pay for a cranial prosthetic, which is a really cool word for a wig," she explains.

The entrepreneur spends a lot of time networking with health care providers to build her client base. Others have discovered her through social media support groups and word-of-mouth.

Krista Sirignano found Cohen through a friend, after struggling for decades with alopecia.

"Heather really knows her stuff when it comes to wearing wigs or any type of hairpiece. She took so much time and care with me until we found the perfect fit that made me feel comfortable and really good about myself," she says.

Rhonda Parker, whose hair had also thinned due to medications, had tried synthetic wigs, but "after seeing how really beautiful and natural the human hair toppers and wigs looked on, I decided to go that route. On my way home from B. LUXE I stopped by my daughter's house, and she thought my hair looked beautiful, not even realizing it was a topper. As I am always self-conscious, that was the best feeling ever!"

"I always tell people when you first wear alternative hair, it's like exercising a muscle. The more you do it, the easier



Heather Cohen, owner of b.LUXE Hair & Makeup Studio in Medway, is passionate about helping women with hair loss come out of hiding.

it gets," says Cohen. "And nobody knows, because nobody is as critical of you as you."

This niche takes commitment, however.

"You can't dabble in wigs," says Cohen, "It's all or nothing, because my wig clients truly need a partner. They need to be able to call me on Friday morning and say, 'I can't get this wig on right. It's crooked. I need to come in today,' and I have to be available to them. You really need to make the decision that you're going to leave the chair behind."

Someday, though, Cohen hopes to train stylists, and by 2026, she envisions her own brand of wigs, noting, "I feel like I've definitely cracked the code on like what feels comfortable, what feels good, what looks natural, and what stays on, and I want to be able to create that

line and be able to give it to everybody."

Cohen has employed her new skills for breast cancer organizations such as the Susan B. Komen Foundation (www.komen.org), and the Gloria Gemma (www.gloriagemma.org).

This month, she'll work with Runway for a Cause (<https://runwayforacause.org>), currently planning its annual NYC fashion show.

Cohen feels immense reward from her new career focus, receiving a sense of giving back.

"Working with hair loss clients and giving them back that level of self-confidence makes me feel like I'm paying the universe back for all of the good that has happened to me," she says, "It's really amazing to help people just feel better and know they don't have to hide."

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A Retiree’s Guide for National Retirement Security Month



Mark Freeman, CEPA

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If you’re retired, it’s easy to let your finances go on autopilot. Since October is National Retirement Security Month, it’s a good time to revisit some areas that can impact your long-term financial security and help your money last a lifetime.

Consider these suggestions:

Manage your withdrawal rate. You’ll likely need to tap

into your retirement accounts — your IRA and 401(k) or similar employer-sponsored plan. But think carefully about how much income you withdraw every year. If you take out too much, especially in the early years of your retirement, you risk outliving your resources. You have the option of withdrawing from these accounts at age 59½. Once you turn 73, you’ll be required to take out at least a certain amount each year based on your age and account balance.

Estimate health care costs. When you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan, both of which will require premium payments. You’ll probably also incur a variety of other unreimbursed expenses for doctor visit copays or deductibles, prescription drugs and vision, hearing and dental care. Additionally, about 70% of adults ages 65 and older will need some form of long-term support, according to the De-

partment of Health and Human Services. This may include a paid home health aide (average cost of \$77,792 per year), an assisted living residence (average cost of \$70,500 per year) or nursing home care (private room average cost of \$127,750 per year). (Cost estimates are from Genworth 2024 Cost of Care Survey.) Over the course of your retirement, these can add up, so be realistic when budgeting for health care expenses in retirement.

Consider when to take Social Security. You can start receiving monthly Social Security checks at age 62, but your payments will generally be larger if you wait until your “full” retirement age of 66 or 67. (The size of your payments will “max out” at age 70.) If you believe you have longevity working in your favor, and you can afford to wait, you may well be better off by delaying Social Security as long as possible.

Avoid investing too conservatively. Once you’re retired, you might think you should take as few chances with your investments as possible — after all, you have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it’s important to consider keeping a reasonable percentage of growth-oriented investments in your portfolio to help you stay ahead of inflation. Even at a low rate, inflation can erode your purchasing power over time.

Keep your generosity in check. If you have grown children who need financial help, or grandchildren heading to college someday, you’d no doubt like to do what you can to assist them. However, the hard truth is that they have more time than you to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford — but

try not to go beyond that. By preserving your financial independence, you’ll end up benefiting your family as well.

Retirement is ideally an enjoyable time in your life, especially if you feel financially stable. So, take time to check in periodically to keep that stability on track.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
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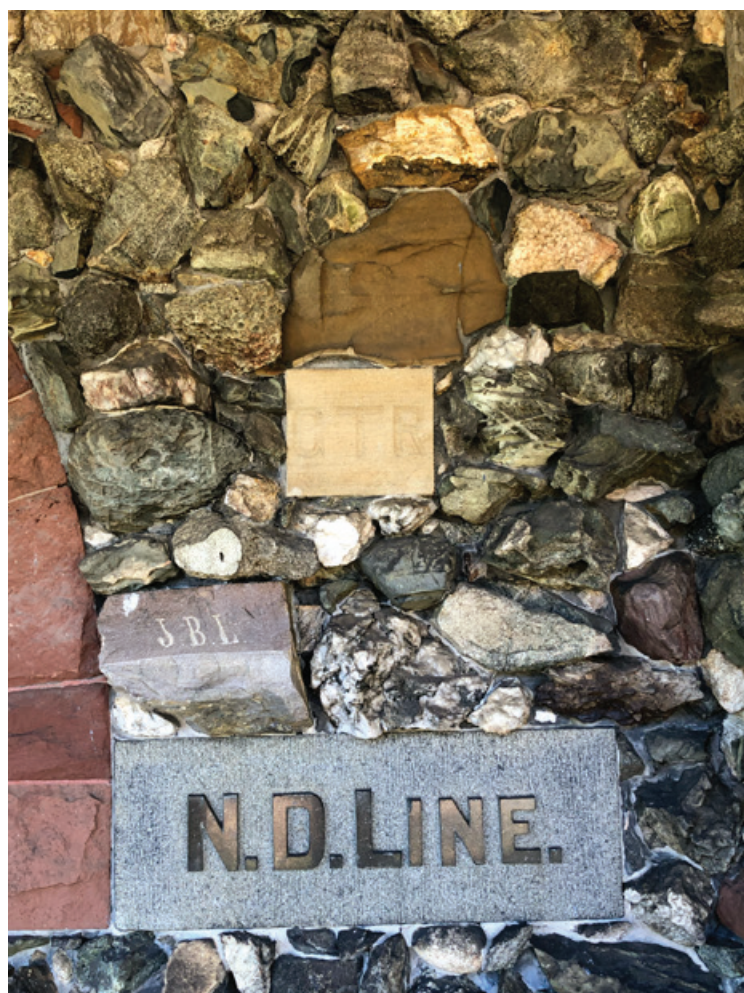
Lansing Millis train station renovation full steam ahead

By THERESA KNAPP

Millis is on the right track to fully restoring the Lansing Millis Train Station on Exchange Street within the Millis Center Historic District.

At a November 2024 Town Meeting, voters appropriated \$125,000 [which was then combined with a \$125,000 grant from the Community Preservation Committee] for exterior-only repair work that included new roofing, siding, painting, and re-pointing.

"This was the center of town at one point," said Selectperson



money. Rosenfeld expects to raise that money through private donors.

"It really is cosmetic: plaster, paint, flooring, electrical," said Rosenfeld, who is currently gathering bids for the work. "I'm looking for \$100,000 because I don't want to go back to the Town."

Rosenfeld said the response to the renovation has been positive, adding that even residents who did not support the project at Town Meeting are second-guessing their decision.

"Everybody in town seems to be as excited about this project as I am, if they can put that into dollars, we should be able to cover the cost," she said.

There are a few ways to make a tax-deductible donation: by following the QR code, visiting <https://bit.ly/MillisTrainStationFund>, or sending a check payable to the Town of Millis with "Train Station Fund" in the memo line to Millis Town Hall, 900 Main Street, Millis 02054.

Once the work is completed, donors will be invited to a Donor Appreciation Day to include a ribbon-cutting ceremony, refreshments, tours of the building, photo opportunities, speeches, and more.

Katie Miller contributed to this story



Ellen Rosenfeld in October as the exterior work was nearing completion. "We're trying to restore it to its former glory."

In April, the Select Board awarded a contract to Aqua Barriers, Inc. to complete the exterior renovation. The bid was \$230,690 which fit within the town's \$250,000 budget for the project. The work began in May.

Lansing Millis was a prominent railroad entrepreneur who purchased land in Millis (then East Medway) to escape the pollution of Boston. He died shortly after the Town of Millis was incorporated in April 1885.

The building itself is unique

in many ways. It is built in a Romanesque Revival style with a facade made up of numerous rocks that were donated by colleagues of Charles Millis, Lansing's son who oversaw construction of the building. Those rocks are of various shapes, sizes, and characteristics – with unique veining and markings (a few appear to have faces), and some are engraved with initials of residents and businesses. Local folklore says the stones include at least one stone from every one of America's 38 states at the time.

One of the challenges to the intricate exterior renovation

work was repair of some of the rosettes near the top of the building – a 3D printer was utilized for that work.

The train station opened in 1886 as part of the Millis Branch (formerly the West Medway Branch) of the New York, New Haven & Hartford Railroad (now MBTA) network. By the mid-1960s, ridership was low and in April 1966 the branch line cut back its service to end in Millis. In April 1967, full passenger service ended in Millis.

According to research provided by Rosenfeld, "Of the original eight train stations along the Charles River Branch Railroad (under the New York & Boston Railroad) only two remain - Dover, which is currently a nondescript Dunkin' Donuts, and Millis. The remaining six

have been demolished."

In Millis, for more than 100 years, the building held various town offices including municipal offices, selectmen, and the library. The last town offices moved out in 1999. The building then had various tenants, the last ones moving out in 2018 leaving it in disrepair.

A future for the building has not yet been determined but Rosenfeld has suggested moving the Food Pantry to the first floor, and making the second floor a Millis Museum. "Currently, hundreds of artifacts are scattered throughout Town, most notably on the second floor of the Oak Grove Farmhouse," said Rosenfeld.

But before anyone can move into the space, the inside needs work, and that means more

Your Money, Your Independence

Use November to Finalize Year-End Success and Plan for 2026



Glenn Brown, CFP

November is a pivotal month for financial planning — the time to measure progress, make final strategic tax decisions for 2025, and prepare for 2026. Wait until December, and your finances might get lost somewhere between pumpkin pie and ugly holiday sweaters.

Here’s what you do now to stay in control.

1. Review Your Planning Goals

Have you met savings and investment targets? Paid down debt? Improved spending habits? Reviewing your progress helps identify what to accelerate before December 31 and where to focus in 2026.

2. Tax Planning Strategies

November is ideal for evaluating tax opportunities while there’s still time to act.

- Does a Roth conversion or switching future 401(k) con-

tributions to Roth make sense?

- If converting, what’s your projected 2025 tax bracket, and how much room remains before moving up a bracket?
- Are you or a grandparent planning to gift more than \$19,000 to a child’s 529 Plan?
- Are you self-employed and opening a Solo 401(k)? The plan must be created by December 31, though contributions can be made until your 2026 tax-filing deadline.

Regulatory Update & Gifting: The OBBB Act of 2025 made many TCJA provisions permanent, including lower income tax brackets and the higher standard deduction, so the expected 2026 “rate reset” won’t occur. Some temporary provisions — like higher SALT deduction limits and expanded child/education incentives — phase down later. Consider whether realizing income, Roth conversions, or charitable deductions in 2025 could improve your long-term tax plan.

The annual gift tax exclusion remains \$19,000 per recipient for 2025, and the federal lifetime gift and estate tax exemption rises to \$15 million per individual starting January 1, 2026. The top estate and gift tax rate stays 40%.

3. Open Enrollment and Workplace Benefits

Open enrollment is your yearly chance to review benefits:

- Does your health plan still

meet your needs?

- Should you fund an HSA or FSA for pre-tax medical savings?
- Do supplemental life, disability, or dependent care benefits make sense?

Use Your FSA Before It Expires: FSAs are “use-it-or-lose-it.” For 2025, employers may allow up to \$660 to carry over into 2026, or a 2½-month grace period—not both. If you don’t use it, it’s gone — unlike that leftover Halloween candy you somehow keep eating through March.

4. Evaluate Your Investment Portfolio

Review your asset allocation and rebalance if needed. Diversification across asset classes — not just equities — helps manage risk.

If nearing retirement or expecting major expenses, plan how to access funds efficiently. Tailor your strategy by account type (taxable, traditional,

Roth, HSA) to balance liquidity, growth, and tax efficiency.

5. Cash Flow & Emergency Savings

Review cash flow and savings. Retirees using a Bucket Strategy should replenish cash to cover short-term income gaps over 2–3 years. Working individuals should maintain 3–4 months of liquidity and access to credit (e.g., HELOC) for unexpected expenses.

6. Don’t Forget Your RMDs

For 2025, the Required Minimum Distribution (RMD) age remains 73. Inherited IRAs from non-spouses after 2019 require annual RMDs within the 10-year rule. Penalties have been waived through 2025 but take effect January 1, 2026.

Conclusion

November is a month for reflection, gratitude, and preparation. Reviewing finances now can set you up for a stronger

2026 — and help you avoid that awkward moment when you realize you splurged on “holiday gifts” for yourself.

If you’re unsure where to start, connect with your Certified Financial Planner® to finish 2025 strong and position yourself for success in the year ahead.

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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Millis Jolly Holly Fair on Dec. 6

Join us for the annual Jolly Holly Fair on Sat., Dec. 6 from 9 a.m. to 2 p.m. at the Millis Church of Christ, 142 Exchange St., Millis.

This longtime tradition of more than 70 years is sure to help you find the right gift for anyone on your list! We have many local artisans and vendors, needlework, Silent Auction, crafts, food, and much more! We also have Pictures with Santa, and face painting!

We hope to see you there!

Medway receives \$18k in federal funding to boost public safety, technology, crime prevention

State Representative Michael J. Soter recently announced that five communities within his district—Bellingham, Blackstone, Millville, Medway, and Uxbridge—have been awarded a combined total of \$102,338 through the Edward J. Byrne Memorial Justice Assistance Grant (JAG) Program, including \$18,000 to the Medway Police Department.

The JAG Program, which is administered in Massachusetts by the Executive Office of Public Safety and Security's Office of Grants & Research (OGR), provides critical funding and

seed money to support a broad range of activities aimed at preventing and controlling crime based on local needs and conditions. These funds will be used by the local police departments to support areas such as law enforcement, prevention and education programs, and technology improvement programs.

The total awards secured by the five towns are:

Bellingham PD: \$30,000

Uxbridge PD: \$30,000

Medway PD: \$18,000

Millville PD: \$12,738

Blackstone PD: \$11,600

Representative Soter emphasized the critical importance

of these funds in supporting local public safety operations. "Bringing home over \$102,000 in assistance for our local police departments is a major victory for our district," said Soter. "This funding ensures that Bellingham, Blackstone, Millville, Medway, and Uxbridge can invest directly in the specialized equipment, technology, and prevention efforts necessary to enhance public safety, without imposing a burden on local taxpayers."

Medway Police Chief William Kingsbury also underscored the transformative potential of the grant. "We are

excited that the Medway Police Department has received a technology grant through the Edward Byrne Memorial Justice Assistance Program," said Kingsbury. "The funds awarded will be used to expand and improve real-time public safety emergency response capabilities, as well as to enhance our investigative capabilities. I want to thank Governor Maura Healey, Secretary Susan Terry, and our legislative delegation, including Senator Karen Spilka and Representatives Mike Soter and Jeff Roy, for their support of this program."

Hear one of the oldest church organs in New England on Sundays

Special presentation, recital on Nov. 9

This year, the William Goodrich organ at Trinity Episcopal Church in Wrentham is 200 years old.

Originally built in 1825 for the Universalist Church in Providence, Trinity Church has been the organ's home since 1915.

To celebrate this milestone, the church is presenting opportunities to hear this amazing instrument. The events will be held at the church on Sunday afternoons at 3 p.m. Following each event, refreshments will be served in the church parish hall. There is no admission charge, but a donation to support the maintenance of the organ is requested.

On Nov. 9, prominent Boston-area organist Peter Sykes

will present a recital illustrating the organ's full potential as a solo instrument. Mr. Sykes is a well-known performer on keyboards of all types and has been Director of Music at First Church in Cambridge since 1986. He is a teacher and recording artist and is currently Associate Professor of Music and Chair of the Historical Performance Department at Boston University. The recital will be preceded by a presentation about the organ's history and its builder, William Marcellus Goodrich. The presentation will be given by Matthew Bellocchio of Andover Organ Company, which has maintained the instrument since 1968.

On Nov. 16, there will be a Four-Person Organ Recital. This recital brings together four musicians with strong connections to Trinity Episcopal Church "back home" to celebrate their associations with this instrument. The performers are Lorna Russell, Organist Emerita and former Director of Music at Trinity Church; Philip Hall, pianist and substitute organist at the church; David Burnham, current Director of Music at St. Gabriel's Church in Marion, Mass.; and Rick Duthe, current Director of Music at the church.

Please join us for these events as we celebrate an instrument that has been making good music for 200 years! We look forward to seeing you there.

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The Real Cost of Delaying a Furnace Replacement



Alexandra McKerman



Ryan McKerman

HEATING INSIGHTS

As fall turns to winter, many homeowners are busy preparing for the colder months ahead - changing filters, checking thermostats, changing the batteries in the smoke detectors and CO2 detectors, and stocking up on firewood. But for those with aging furnaces, there’s another question that’s harder to ignore - should we repair or replace?

At first glance, postponing a furnace replacement might seem like a budget-friendly option. After all, repairs often cost

less upfront than a full install. But experts warn that waiting too long can result in hidden costs that quickly outweigh any short-term savings.

Efficiency Loss = Higher Bills

Older furnaces tend to operate at much lower efficiency levels than today’s high-performance systems. In fact, a 20-year-old furnace might be operating at only 60–70% efficiency, meaning up to 40 cents of every heating dollar is literally going up the flue. Newer

models routinely achieve 95%+ efficiency, translating into significant monthly savings on energy bills.

Put simply, every winter you keep an old furnace running, you’re likely paying more than you need to for less comfort.

Safety Risks

It’s not just about efficiency. Aging systems can develop cracks or leaks in their heat exchangers, which may allow dangerous gases like carbon monoxide to enter your home. Even small leaks or improper venting can pose health hazards, especially for children, older adults, or those with respiratory issues.

Routine maintenance helps reduce these risks, but it can’t always offset the wear and tear that naturally accumulates over decades.

Unplanned Emergencies

Few things are worse than a furnace failing on the coldest night of the year. Emergency repairs can be costly, and finding parts for older models can be difficult or even impossible.

Plus, when you’re desperate for heat, you may end up settling for a “quick fix” rather than making the thoughtful, informed choice you would have preferred in the fall.

Financing Options Make Replacement Easier

The good news is that replacing a furnace doesn’t have to break the bank. Many reputable local companies, including Pro Comfort Control, offer financing options, rebates, or seasonal promotions to make the transition more manageable. Some even include perks like free smart thermostats or extended labor warranties to add long-term value.

A Smart Investment in Comfort and Peace of Mind

While it’s tempting to delay a replacement one more season, the long-term math rarely adds up. Between rising utility bills, mounting repair costs, and potential safety issues, delaying can cost more, in dollars and in peace of mind, than acting now.

Local experts like Pro Comfort Control specialize in high-quality installations and can help you choose the right system for your family’s comfort and peace of mind. Pair the system with our “No Payment til 2026,” and you’ll have optimal comfort for your home and bank account over the holidays!

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Camera Club to meet in November

The Stony Brook Camera Club meets in-person and/or virtually on Thursdays at 7:30 p.m. from September to June. November's meetings include:

Nov. 6: Member competition (Hybrid)
Nov. 13: Program: Digital Apps for Planning Photo Shoots (Zoom)
Nov. 20: Image Study (Hybrid)

In-person meetings are held at the Anglican Church of the Redeemer, 195 Main Street,

Franklin. Our meetings feature speakers, competitions, image studies, and discussions of general interest. We also sponsor a number of photography activities and workshops throughout the year. SBCC includes and welcomes members of all abilities.

See our website: stonybrookcc.com for a calendar of events and membership information.

Submitted by The Stony Brook Camera Club



Medway High School Student Council Executive Board at this year's homecoming dance. (L to R) Left to right: Lilly Piche, Sabrina McAdams, Adelle McLaughlin, Katie Miller, Winter Lafferty. Photo provided by Katie Miller

Happy Thanksgiving!





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'Laughter on the 23rd Floor' on Nov. 7-8

“Laughter on the 23rd Floor” by playwright Neil Simon focuses on a TV comedy-variety show in the 1950s. The play focuses on Max Prince (Sid Caesar inspired type star) and the writers’ room, where the staff’s writing, laughter and crazy antics take place.

The play is an inside look at the processes and personalities of television comedy writers, circa 1953, during the rise of Joseph McCarthy. The characters in the play are based on Neil Simon’s recollections of his time with “Your Show of Shows” and “Caesar’s Hour” writers’ room.

The play is directed by Steve

Kalter. Cast members include Mark Prokes, Hannah Munson, Elijah Bondar, Craig Lampert-Soto, Dave Collins, Justin Gharavi, Phil Fougere, Steve Kalter and Jen Wolf. Assistant Directors are Nicole Bedard and Greg Capalbo. Set Designer is David O’Gara.

Performances are November 7 and 8 at 7:30 pm at Millis High School Auditorium, 245 Pleasant Street, Millis. Tickets are available online at www.millistheatre.com and at the door.



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Medway's SUP intern is Katie Miller

Meet Medway's new SUP student intern, Katie Miller.

Katie is a senior at Medway High School who is a part of the Innovations Pathway Program and has an interest in healthcare. She has already been providing great ideas and support and will be launching an Instagram account to reach more local teens and boost the visibility of our student leadership group called STARS (Students Thriving and Resisting Substances).

When not in her internship, Katie stays active as a member of the school newspaper, Student Council, and the Medway Girls Varsity Tennis team. In her free time, she enjoys playing tennis, going to the gym, and doing photography.

Editor's Note: Katie is also a student writer with Medway & Millis Town News.

Source: <https://supmedway.com>



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Electric vehicles require different firefighter response

By KATIE MILLER
STUDENT WRITER

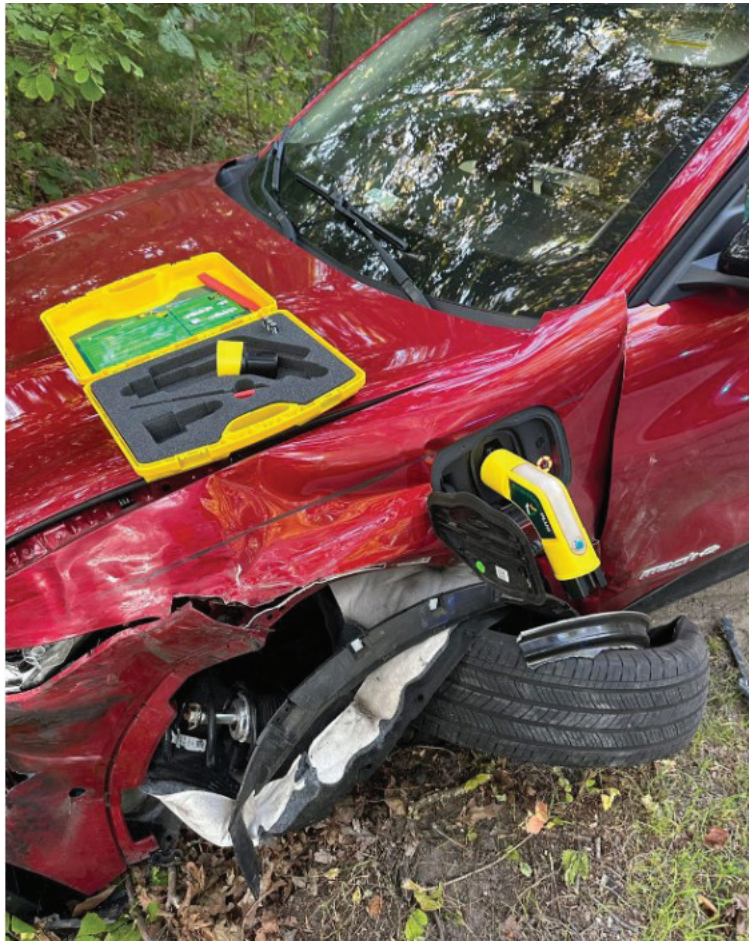
In all areas of today's world, we are experiencing new and upcoming innovations and challenges. In the world of automobiles, electric vehicles are growing in popularity and come with new challenges to firefighters.

One of the biggest challenges is that foam and dry chemicals are not effective on an EV battery fire, only water will put it out. After the fire is extinguished, the vehicle must be stored away and closely monitored in case of reignition.

Both the Medway and Millis fire departments have had recent trainings specific to battery fires, which can require a different response than a gas vehicle fire.

"It is when an electric vehicle's battery becomes involved or is the reason for the fire" that it has to be dealt with in a different way because of high voltage and possible reignition days after the fire, says Millis Fire Chief Richard Barrett.

Two of the biggest fire challenges for EVs are (1) the battery case — essentially a waterproof



Millis Fire putting the EV Plug Into Action. Source: Millis Fire Chief Richard Barrett

and fireproof box - can be difficult to access so, if the fire is trapped inside the case, it can take several hours to extinguish; and (2) the foam and dry chemicals typically used on gas vehicle fires are not effective on EV battery fires.

According to the National Fire Protection Association's



Millis Fire Department's newly obtained EV fire supplies (2 EV fire extinguishing blankets, an EV extinguishing nozzle, and the EV plug). Source: Millis Fire Chief Richard Barrett

Electric Vehicle Emergency Field Guide, "If the battery pack fire needs to be extinguished, copious amounts of water must be applied to the battery case. The goal is to cool the adjacent battery cells to a point below their ignition temperatures. The remaining cells on fire, if not extinguished by the water, will burn themselves out...The electrolyte in the high voltage battery is flammable but will not explode."

After the fire is extinguished, the vehicle should be stored and closely monitored in case of reignition.

Chief Barrett says Millis ob-

tained a Firefighter Safety Grant that allowed them to purchase safety equipment including fire extinguishing blankets, an EV utility nozzle, and an EV "Emergency-Plug" and the additional tools needed for Tesla.

When the "Emergency-Plug" is plugged into an EV, the vehicle thinks it is charging and will disable all systems. If the vehicle is still in driving mode, the plug will put the vehicle into park and disable it. This is important because, on some EVs, the only way to turn off the vehicle is for the driver (whose cell phone technology acts as the 'key') to be out of range of the vehicle; therefore, if the driver is stuck inside, the EV will think the vehicle is still in use.

Medway Fire Chief Michael Fasolino advises, "If you are involved in an accident with an EV, make sure you have a certified EV technician inspect the vehicle."

Both fire chiefs encourage EV drivers to keep up with safety inspections, follow guidelines according to the manufacturer (including overcharging), and be familiar with the safety features of their specific vehicle.

Theresa Knapp contributed to this article

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Medway Santa Breakfast on Dec. 6

The Scouts of Troop 108 and Troop 367 will be running their annual Santa Breakfast fundraiser to support their Troops.

This year's breakfast will take place on Sat., Dec. 6, from 7:30 a.m. to 11 a.m. at Saint Joseph's Parish Center, 145 Holliston Street, Medway.

As always, we will have great food, activities & crafts for the kids, our silent auction, and of course pictures with Santa. The cost this year is \$11 for adults; seniors & kids \$8; kids under 3 are free; max per family \$31.

Pictures with Santa are \$20 and each family will receive a thumb drive with 3 to 5 photos on it.

Submitted by Medway Troop 108

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Medway Public Safety Log

OUI arrests, house fires, juveniles with headlamps

Between Sept. 1 and Sept. 27, the Medway Police Department responded to hundreds of calls, many related to general traffic enforcement, suspicious and disabled motor vehicles, motor vehicle violations and accidents, parking violations, erratic motor vehicle operators, various alarms (including faulty detectors), 911 calls, road hazards, radar requests, various disturbances, lockouts, lost/stolen items, property damage, suspicious persons, identity fraud, larceny, shoplifting, neighbor disputes, and warrant service. Medway also assisted other departments, including Bellingham, Franklin, Hopedale, Hopkinton, Medfield, Milford, Millis, and Sherborn.

This was the information available at press time. This is not meant to be an exhaustive list. Entries of note include:

Sept. 1 at 6:36 a.m., Vernon Rd., fire investigation, confirmed smoke coming from outdoor smoker

- Sept. 2 at 2:15 p.m., Main St., mulch fire, extinguished
- Sept. 2 at 3:58 p.m., Milford St., tree down
- Sept. 2 at 4:54 p.m., Glen Book Way, fire alarm, smoke on the stove
- Sept. 2 at 5:34 p.m., Charles River Rd., disturbance. Caller reports a male in a pickup truck yelling over a microphone
- Sept. 3 at 9:52 a.m., Main St., illegal dumping
- Sept. 3 at 10:11 a.m., Main St., illegal dumping
- Sept. 3 at 5:10 p.m., Industrial Park Rd., fire alarm, small fire in welding room put out by employee
- Sept. 3 at 6:23 p.m., Main St., animal control, dog left inside car at store
- Sept. 4 at 1:36 p.m., Summer St., animal control. "Holliston reporting a Pomeranian ran into our town from theirs"
- Sept. 5 at 12:39 p.m., Milford St., tree down
- Sept. 6 at 12:59 p.m., Main St., disturbance. A 911 caller said their son is in a car and is being taken somewhere but doesn't know where. Police reported a miscommunication and all appears in order
- Sept. 6 at 2:01 p.m., Main St., funeral escort
- Sept. 6 at 6:09 p.m., Holliston St., fire alarm, caused by AC duct on the roof

- Sept. 6 at 11:15 p.m., Mann St., disturbance. Caller reports 4 juveniles with flashlights and headlamps running up and down the street and going up to doors. Police spoke with parties, they will be going in for the evening
- Sept. 9 at 7:36 a.m., Ohlson Cir., property damage. Caller reports her house front window was shot with a BB.
- Sept. 9 at 6:39 p.m., Florence Cir., vandalism. Caller reports someone has been scratching offensive slurs on their mailbox.
- Sept. 9 at 11:05 p.m., Dean St., animal control. Caller reports hearing cows across the street from her home. Police report no loose cows.
- Sept. 10 at 8:52 a.m., Lovering St., animal control. Caller reports a chicken on the side of the road.
- Sept. 10 at 12:03 p.m., High St., disturbance at library

- Sept. 11 at 12:57 a.m., Winthrop St., report of natural gas leak, no gas detected
- Sept. 12 at 2:42 p.m., Thunder Hill Rd., structure fire. Fire extinguished at 3:12 p.m. Residence turned over to homeowner at 6:46 p.m.
- Sept. 13 at 2:09 p.m., Howe St., vandalism,

- car was egged last night
- Sept. 15 at 10:56 a.m., Main St., kitchen fire. Fire under control at 11:52 a.m. Residence turned over to homeowner at 2:39 p.m.

MEDWAY SAFETY LOGS

continued on page 17

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12 - 1pm held on M-W-F
- Youth Boxing
5 - 5:45pm held on T-TH
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By GINA WOELFEL

b.LUXE Owner Heather Cohen on What's Inspiring Her this Fall...

November always makes us pause and reflect on what we're thankful for, not just in life, but here at b.LUXE. What started as a dream has grown into something bigger than all of us could have imagined, and that's because of the people who show up every day.

When you enter the salon, you'll see over 35 women who genuinely, wholeheartedly support and respect each other. There's laughter, collaboration, and real encouragement. Clients feel it the moment they walk in.

Our Team - The Heart of b.LUXE

"What makes our team special isn't just talent, it's how we show up for each other," says Heather. "Jumping in to help during a busy Saturday, celebrating wins, or problem-solving together when challenges arise, there's a genuine care that runs through everything we do. It's the kind of environment where everyone feels valued, and that energy radiates to every person who walks through our doors."

When asked to pinpoint one thing she's especially proud of, Heather told me, "Watching our team work and grow together to help the junior staff and apprentices become confident stylists and estheticians. We don't refer to our clients as 'mine' or 'yours', we take care of every client together. That spirit is what makes this place so exciting."

Behind the Scenes

Running b.LUXE takes a village, and Heather knows she has the right people at the helm. "Angie, our salon manager, is the glue that holds everything together," she says. "She somehow manages to coordinate a million moving parts while keeping our front desk team in sync so no client ever feels overlooked. I really don't know what I'd do without her!"

"And speaking of our front desk team, you know how some people just have that gift of making you feel welcome the second you walk in? That's them," says Heather. "They keep things running smoothly even when we're completely slammed. The whole b.LUXE experience starts right there at the front desk, and we mean it when we say we'd be lost without them."

A Salon That Gives Back

"From the beginning, I wanted b.LUXE to be more than a place to get your hair done, I wanted it to be somewhere people grow, learn, and feel supported, and that includes giving back to the community," says Heather. "This year, we've continued supporting organizations like PAWS New England, The Medway Food Pantry, Franklin Food Pantry, Stairs for Troops, The Santa Foundation, Gilly's House in Wrentham, The Hummingbird Foundation, and many of our surrounding towns' sports teams and school programs. We also fund our yearly scholarship with The Martello Institute of Beauty

in Cancun, Mexico, covering two full cosmetology tuitions. Being the helping hand that helps future stylists pursue their dreams has always meant a lot to me."

Wigs and Toppers: A Mission Close to My Heart

"Of everything at b.LUXE, our Wigs and Toppers program has really become something special to me," says Heather. "After my own hair loss during rheumatoid arthritis treatment, I knew I wanted to help others going through the same thing. This year, we partnered with organizations like the Susan G. Komen Foundation, Gloria Gemma Breast Cancer Foundation, Dana-Farber Cancer Institute, and hospitals across Boston to help women facing medical or age-related hair loss."

She continues, "Recently, I had the honor of being nationally featured on NBC News for this work. Seeing our mission recognized across the U.S. was humbling, and honestly a bit surreal. But the real reward is still sitting with a client, hearing her story, and helping her feel like herself again." Heather often tells her team, "Hair is never just about looks, it's about confidence, dignity, and feeling whole again."

Our Clients and Community

"To our clients: thank you for trusting us," says Heather. "You share your wedding days, your fresh-start cuts, your vulnerable moments, and everything in between. That trust means everything to us."





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She continues, "I also want to give a huge shout-out to Medway and our surrounding MetroWest communities. We're so lucky to be part of a town that truly supports local businesses and shows up for each other. From our amazing neighbors here at the Medway Mills to fellow business owners who cheer us on, to the people who stop by just to say hello, this community has embraced b.LUXE in ways I never expected. You've celebrated our wins, referred your friends and family, and made us feel like we truly belong here. That kind of support doesn't go unnoticed, and we're so grateful to call Medway home."

"And if you haven't heard yet, we're running our most popular special, now through the end of

the year: Buy 3, Get 1 FREE on all retail products. Stock up on your favorites or get a head start on holiday gifting!" Heather adds, "This holiday season, we're proud to support The Santa Foundation, and we'd love your help donating to families in need. Scan the QR code above for their donation link. I'm so grateful for each of you. Thank you for being part of this journey and making b.LUXE what it is today." With gratitude, **Heather Cohen** Owner, b.LUXE Hair and Makeup

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Medway Fall Town Meeting Nov. 10

Money transfers, zoning amendments, changing name of Indigenous Peoples' Day

By THERESA KNAPP

The Town of Medway will hold its Fall Town Meeting on Nov. 10 at 7 p.m. at Medway High School.

rizations, prior year bills, stabilization requests, transfer of ambulance receipts, water tank design and funding, and transferring \$410,000 for various capital items.

tery energy storage systems (Article 10); various 'housekeeping' changes (Article 11); signs (Article 12); and multi-family housing (Article 13).

The last issue listed on the warrant, Article 14, is a Citizens' Petition that asks voters "to return the name Columbus Day to the holiday that falls on the second Monday of October, now

To read the full warrant, visit https://storage.googleapis.com/juni-per-media-library/117/2025/10/FTM-Warrant_Posting.pdf

Project	Department	Cost
Guardrail Improvements – High School Access Road	DPW	\$27,000
Electrical Upgrade at Community Farm, 50 Winthrop St	DPW	20,000
Projection Systems for Medway Middle School	Info. Services	50,000
Power-Driven Mobility Device	Parks & Recreation	13,500
Large Tent with Accessories (Summer Placement at Oakland Park)	Sunshine Group	14,500
Appraisal Services – Shady Oaks Properties, Winthrop St	Town Manager	20,000
Environmental Study – Shady Oaks Properties, Winthrop St	Town Manager	150,000
Paint Ide House Exterior, 158 Main St	Town Manager	115,000
Total		\$410,000

Article 6 on the Medway Fall Town Meeting warrant seeks cash transfers totaling \$410,000 for these various projects. Image source: www.medwayma.gov, Nov. 10 Fall Town Meeting warrant

The 14-article warrant can be found at www.medway.gov. Topics include budget autho-

There are four articles related to zoning issues, including bat- known as Indigenous Peoples Day."

MEDWAY SAFETY LOGS

continued from page 15

Sept. 16 at 8:18 p.m., fire mutual aid. Sent mutual aid engine to Millis for a working fire.

Sept. 17 at 7:32 a.m., Main St., natural gas leak, no gas detected

Sept. 17 at 11:19 a.m., Oak St., disturbance. Caller reports "a large male with medical equipment yelling at people and parking too close to her vehicle." Police reported an argument over handicapped parking and sent all parties on their way.

Sept. 17 at 1:39 p.m., Medfield. Assist Medfield with report of a missing 9-year-old girl; the girl was located at 2:19 p.m.

Sept. 18 at 10:15 a.m., Main St., natural gas leak, no gas detected

Sept. 18 at 11:29 a.m., Main St., OUI arrest. A 75-year-old Millis male was arrested and charged with negligent operation of a motor vehicle, and OUI liquor.

Sept. 19 at 8:03 p.m., Milford St., assault or assault & battery. Caller reported a customer threw hot items off the grill at him while making verbal threats.

Sept. 20 at 11:27 a.m., Main St., mulch fire, extinguished

Sept. 21 at 2:10 a.m., Holliston St., suspicious person (male party walking with a guitar)

Sept. 22 at 2:16 p.m., Main St., OUI arrest. A 37-year-old Holliston female was arrested and charged with negligent operation of a motor vehicle, OUI liquor 2nd offense, 'alcohol from open container in MV drink' and child endangerment while OUI. The mother and child were taken back to the station separately.

Sept. 22 at 11:07 p.m., Meadow Rd., do-

mestic disturbance
Sept. 26 at 1:11 p.m., Lovering St., vandalism (car windshield)

Sept. 26 at 4:54 p.m., Main St., disorderly person. Caller reports that youths on e-bikes around the parking lot are creating a problem.

Sept. 27 at 9:27 a.m., Azalea Dr., natural gas leak, no gas detected

Source: Medway Police Department

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Living Healthy

What It Is and How to Treat It

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

Glaucoma is one of the leading causes of preventable blindness, affecting millions of people worldwide. Often called the “silent thief of sight,” glaucoma usually develops slowly and without symptoms. By the time people notice vision changes, significant and irreversible damage may already have occurred.

So, what exactly is glaucoma, and how is it treated today? Let’s take a closer look at this common but serious eye condition—and the many advanced treatments now available.

What Is Glaucoma?

Inside your eye, a clear fluid called aqueous humor circulates to nourish tissues and maintain healthy pressure. Normally, this fluid drains through tiny channels. In glaucoma, those channels become blocked or don’t work properly. Pressure builds up and damages the optic nerve—the

cable that carries visual signals from your eye to your brain.

The most common type, called open-angle glaucoma, develops slowly over time. Other forms, like angle-closure glaucoma or normal-tension glaucoma, are less common but can also cause vision loss.

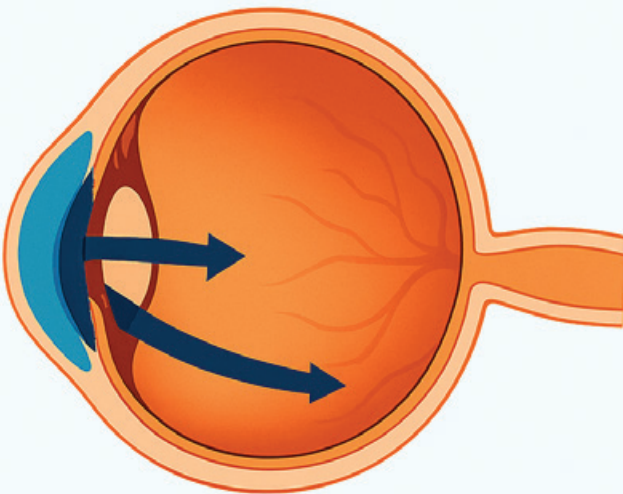
How Is Glaucoma Detected?

Because glaucoma often has no warning signs, regular eye exams are essential. Your eye doctor can measure your eye pressure, examine your optic nerve, perform a visual field test, and use imaging (like OCT scans) to look for early damage. Detecting glaucoma early is the best way to preserve your vision.

Treatment Options

The main goal in treating glaucoma is to lower eye pressure and protect the optic nerve. Fortunately, there are now many options—from simple eye drops to sophisticated laser and surgical procedures.

GLAUCOMA TREATMENT



-  Medicated eye drops
-  MIGS
-  Laser treatment
-  Surgery

1. Eye Drops

Eye drops are usually the first line of defense. They either help your eye drain fluid better or slow

down its production.

- **Prostaglandin Analogs** (like latanoprost, bimatoprost, and travoprost): These are among the most common and effective glaucoma drops. They’re typically used once a day and can lower eye pressure well. Some patients may notice red eyes, longer eyelashes, or a slight darkening of the iris or eyelid.

Now, there’s an exciting new advancement: **iDose TR**—a tiny injectable device placed inside the eye that slowly releases medication over many months, so patients don’t have to use daily drops. Another long-lasting option is **Durysta**, a biodegradable implant that steadily delivers medicine inside the eye. These treatments reduce the burden of daily drop use and help maintain consistent eye pressure.

- **Beta Blockers** (like timolol): These reduce the eye’s fluid production. They’re effective but can sometimes cause fatigue, slower heart rate, or breathing issues in patients with asthma.

- **Alpha Agonists** (like Brimonidine) and **Carbonic Anhydrase Inhibitors** (like Dorzolamide): These drops also lower eye pressure in dif-

ferent ways, though they can cause dryness, mild stinging, or allergic reactions in some patients.

For those who struggle to remember daily drops or experience side effects, these new sustained-release options are changing how we manage glaucoma and are quickly replacing drops as first line of treatment:

2. Laser Treatment (SLT)

Selective Laser Trabeculoplasty, or SLT, is a gentle, in-office laser procedure that helps the eye’s natural drainage system work better. It takes only a few seconds, is painless, and can lower pressure just as well as daily drops for many patients. SLT is safe, repeatable, and eliminates the need to remember medications (drops)—it’s a great choice for many patients. SLT is quickly replacing drops as first line treatment for glaucoma.

3. Minimally Invasive Glaucoma Surgery (MIGS)

For patients needing more pressure reduction—or those already having cataract surgery—MIGS procedures are an excellent option. These involve placing tiny stents or micro-devices (like the iStent, Hydrus Microstent, or Xen Gel Stent)

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Millis Police Association Benefit Concert on Nov. 14

On Nov. 14, the Niagara Coffee Haus will host a Millis Police Association benefit concert featuring a two-set performance by local 1970s music tribute group, Yellow 45. Your attendance will not only guarantee a great time, but also support our local police officers' fund.

The location is the Niagara Station Firehouse, 8 Exchange

St., Millis. This is a free event, with donations encouraged. Advance reservations can be made at Eventbrite through the ticket link on our website at Niagara-coffeehaus.org.

The Niagara Coffee Haus is sponsored by Middlesex Savings Bank and supported by Friends of Niagara and the Millis Cultural Council.

EYE

continued from page 18

to improve drainage through small, self-sealing incisions. Recovery is usually quick, and the risks are lower than with traditional surgeries.

4. Advanced Glaucoma Surgeries

In more advanced cases, or when other treatments aren't enough, traditional surgeries can achieve stronger pressure control.

- **Trabeculectomy:** This surgery creates a new pathway for fluid to drain from the eye.
- **Aqueous Shunt or Tube Implants:** These use small drainage tubes to help fluid leave the eye safely.

Although these procedures require close follow-up, they remain highly effective for patients with advanced glaucoma, however they are risky procedures.

In Summary

The good news is that glaucoma care has advanced tremendously. From effective drops and innovative implants like iDose

TR and Durysta, to gentle laser treatments and modern microsurgery, we have more tools than ever to protect your sight.

The key is early detection and ongoing care. Regular eye exams allow your doctor to catch glaucoma before it causes permanent damage and to tailor treatment to your specific needs.

At Milford Franklin Eye Center, we are committed to offering the latest advancements in glaucoma care, including iDose TR. We are proud to have performed one of the first iDose TR procedures in New England at our Cataract and Surgery Center of Milford. As a leader in advanced eye care technology, we are thrilled to be among the pioneers of this groundbreaking treatment. Our surgery and surgeon were featured in a segment broadcasted on Channel 5 TV. We are available for second opinions and dedicated to providing world-class outcomes.

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Medway Art Association fall art exhibit Nov. 7

The Medway Art Association invites the community to its fall art exhibit. This is the second exhibit for the newly formed Medway Art Association.

The event will take place on Fri., Nov. 7, from 6:30 p.m. to 9 p.m. at the Medway Parks and Recreation Building, 123 Holliston St. There is no charge to enter.

In addition to the asso-

ciation members, there will be guest local artists' work on display. The fall theme is Amber, and there will be a group of selected works of the artist's interpretation of the color amber.

The Medway Art Association is a nonprofit organization made up of local artists including painters, illustrators, sculptors, and photographers. They are

dedicated to supporting artists in their community by offering artist exhibits, critiques, and creative events for the community.

Visitors have the opportunity to support these local artists by purchasing originals & prints to fundraise the organization. Light refreshments will be served.

Submitted by the Medway Art Association

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If you're interested, please send a resume and two writing samples to editor@millismedwaynews.com.

Medway Christmas Parade to take place on Nov. 29

By THERESA KNAPP

On Nov. 29, the Medway Christmas Parade will celebrate 33 years of this holiday tradition. The last day to register a float is Nov. 25.

This year there will be three Grand Marshalls:

Retired Medway Fire Chief Jeffery Lynch

Medway Police Lt. Jeffrey Watson

Vonnie & John Clark: Vonnie is a retired police matron and town employee, and John is a former town employee and on-call fireman

The parade will kick off at 5:30 p.m. It will depart from

Medway High School, travel through Medway, and finish at the Thayer House/Choate Park.

A brief program will take place at the Thayer House - where the concession will be open, and Santa & Mrs. Claus will be available for photos - followed by the lighting of the town's Christmas lights at Choate Park, and a fireworks display.

The Christmas Parade will include numerous community and commercial floats decorated with Christmas lights and displays. Plus fire trucks, lots and lots of fire trucks.

"We'll have between 30 and 50 fire trucks circumnavigating Medway for the 33rd year,"

said Richard Parrella, a member of the Medway Memorial Committee which organizes the event.

Parrella said people come from miles around to attend this parade. "It's an exciting tradition, we've had some people come from as far as Sturbridge, that we know of...Last year, we had between 8,000 and 10,000 people attend."

He said that, as the parade winds through Medway (he estimates between four and five miles), the onlookers are having the best time, some of them barbecuing with their families and neighbors.



Santa and Mrs. Claus at a former Medway Christmas Parade. Photo source: Facebook @MedwayXMasParade

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The parade is 100% privately funded and sponsorships and donations in any amount are needed and welcome. Any funds remaining after expenses are used to purchase additional lights and ornaments for Choate Park.

Community and commercial floats are welcome. To enter a float in the parade, you can fill out a form at <https://bit.ly/MedwayChristmasParadeRegistration> or mail a \$100 donation/entry fee to Medway Christmas

Parade, 36 Alder Street, Medway 02025.

Contact the Medway Christmas Parade Committee for parade entries or any questions at christmasparade@medwayma.gov or call 774-277-5630.

Please note, in case of inclement weather, the fireworks display will be conducted on Nov. 30

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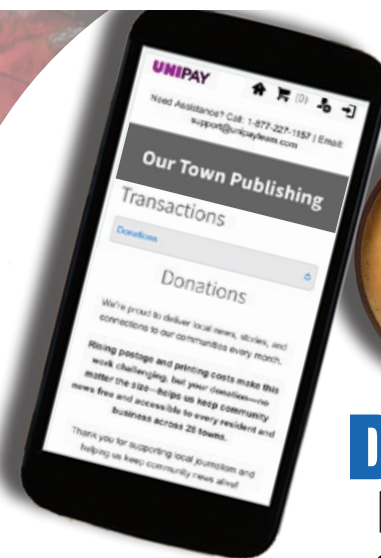
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Sports

MacRury has staying power in state soccer playoffs

Medway senior played at Bishop Feehan for 2 years

By KEN HAMWEY
STAFF SPORTS WRITER

Alicia MacRury knows what it takes to go on a deep run in the state soccer tournament. She's been there, done that.

When she was a freshman starter on Medway High's soccer team, the Mustang girls advanced to the Elite Eight where they lost to Dedham in the quarterfinals. For the next two years, as a key role player at Bishop Feehan playing wing, striker and center midfielder, she competed in two straight tourney finals. The Shamrocks lost both times, first to Natick and last year to Wellesley.

MacRury is a senior now and she's returned to Medway, eager to get one more opportunity to advance in the playoffs. The Mustangs had a 6-5 record at Local Town Pages deadline, were ranked No. 13 in the Division 3 power ratings, and are likely to earn a decent seeding.

"My goals at the start of the season were to qualify for the playoffs and advance deep," she offered. "Another goal was to contend for the Tri Valley League Small Division championship, and my final objective was for our team to improve daily in practice and games."

"My goals are realistic because we're a team that's talented and has good team chemistry; we're skilled, physi-

cally and mentally tough, and we can pass and dribble effectively," MacRury said.

Medway was still in contention for the TVL Small Division title at the paper's deadline.

Competing at Bishop Feehan, a Division 1 school, was a decision the Medway native made because she "wanted to grow on my own, make new friends and experience a new academic setting." Her decision to leave Medway for Feehan was not a soccer decision.

"I left Feehan after two years because I missed all the friends I grew up with and I wanted to enjoy and share senior experiences with them — like graduation, the prom, senior night and our boat cruise," MacRury said. "I have no regrets. Both schools are top-notch and both moves were positive. I've enjoyed all my teachers, friends, and teammates at both schools."

MacRury is not only a fundamentally sound soccer player, but she's also an exceptional student, one with a 3.60 GPA. She was

recruited to play soccer at Southern New Hampshire University and will compete

A hard worker, she's eager to learn, has a good attitude and she'll be successful playing Division 2 soccer at Southern New Hampshire University."

Able to play three positions, MacRury prefers playing either outside wing or center midfielder. "Both are play-making roles," she said. "I enjoy taking control of the ball, advancing it up field and distributing it to the forward line. A midfielder's role is fun because there's lots of running and I love to run. Endurance is the key and being adept in transition is very important."

The 17-year-old MacRury, who started kicking a soccer ball at 16 months of age, has competed for 12 years for three teams at the club level. She was scouted by college coaches during the last two years, playing for R.I. Surf.

MacRury isn't just a one-sport competitor — she also runs indoor track.

"I ran the 300-meter event and ran a leg of the 4x200-meter relay during my sophomore year at Feehan. And I hope to run track again in the winter for Medway," she offered.

MacRury's best high-school soccer match came against Franklin during her junior year at Feehan. "I didn't score or get an assist but I played a strong, physical game and we won against one of our rivals," she noted. "I distributed the ball well and my passing was sharp ... My top thrill in the sport was getting 5 goals and 4 assists as a Medway freshman that enabled me to be the team's second-leading scorer."

So far, MacRury has 5 goals and 4 assists after 11 matches this season.

The 5-foot-7 MacRury has not served as a captain and is not a league all-star but that hasn't prevented her from being a quality leader or contributor. "I've competed in the TVL and the CCL (Catholic Central League)," MacRury said. "Both are very competitive leagues. But one can be a good contributor even if you're

not an all-star or a captain. What really matters most is being a team-first player."

MacRury is pleased she's playing for Elster, who last year coached the Mustangs to a 9-9 record and defeated Wilmington in the tourney before bowing to traditionally strong Nipmuc, a squad that's no stranger to state championships. "Coach Elster is a very good motivator who's positive and well-prepared," she emphasized. "He's a great coach who believes in his players and is never negative."

Calling her parents (Stu and Kristina) role models for their support and encouragement, MacRury's competitive philosophy includes winning but she believes in "never giving up, and having fun." She also credits athletics for learning good life lessons. "Some great lessons I've learned are how to be resilient, to be a good teammate and leader, to build relationships and be responsible and accountable," she noted.

MacRury's style of play is a combination of being aggressive but also demonstrating finesse. "I'm aggressive because winning is important but I also rely on skills and staying calm, which leads to being a finesse player," she emphasized. "I know that playing college soccer will involve a transition. The college game is faster and more physical but I feel like I'm ready to compete at the Division 2 level."

MacRury definitely would relish another deep advance in the tourney. She firmly believes that the Mustangs will finish strong and have a successful campaign. And she likes Medway's playoff fortunes, pointing to quality teammates, a great team environment, positive attitudes and top-notch leadership.

Alicia MacRury has been a terrific team-first player at two top-notch schools. She deserves a rewarding end to her interscholastic soccer career. A state championship would be the icing on the cake for an all-around competitor who personifies devotion, desire, and dedication.



Medway High's Alicia MacRury is a highly skilled soccer player who relies on speed and quickness. Photo by Peter Dougenik



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in Manchester next fall. She plans to major in psychology and is interested in a career as a speech and language pathologist.

Her Medway return obviously created some smiles for coach Ryan Elster. MacRury was the Mustangs' second leading scorer when she was a freshman.

"Alicia is driven, so passionate about soccer," he said. "She's got a high soccer IQ, she's skilled, a student of the game, and her speed and quickness make her a terrific athlete."



Pet of the Month: Gloria

Gloria is a stunning, 5-year-old big, fluffy orange (with just a touch of white) kitty who came to us as an owner surrender. Gloria's personality is as warm as her coat. She loves cozy spots, whether it's a sunny windowsill or a soft blanket, and she'll happily keep you company with her soothing purr. Gloria is affectionate and happiest when she's lounging near her favorite people and soaking up attention on her terms.

Like any queen, Gloria has her preferences. She can get a little grumpy when brushed or fussed over too much, and she needs someone who can recognize when she's had enough. Still, her beautiful coat doesn't maintain itself — Gloria appreciates having a dedicated caretaker who can care for her fur properly, with patience



and respect for her boundaries. However, it can't be all work and no play... this outgoing girl isn't afraid to make a fool of herself with a catnip toy! Gloria also prefers to be the star of the show. She does not appreciate the company of other cats and would thrive best as the only pet in the household and in an adult-only home. Gloria is genuinely one-of-a-kind with her lion-like mane,

golden eyes, and regal personality. She would flourish in a relaxed home with an experienced cat owner who understands feline body language and is ready to spoil her with love, sunshine, and just the right amount of pampering. Are you the devoted cat lover ready to serve — and be adored by — Queen Gloria? As we are closed to the public, adoptions are by appointment only. If you are interested in meeting Gloria, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). We will review all applications and make appointments for applicants we feel would provide a good and loving home for Gloria. Submitted by the MetroWest Humane Society

The Medway High School Girls Volleyball Team generated roughly \$8,500 for breast cancer research through its annual Dig Pink volleyball match and fundraising campaign



From left to right, Medway High School Volleyball Coach Shawn Thompson stands with Medway Volleyball Captains Charlotte George, Mackenzie Klaus, Emma Copeland and Olive DeSorbo. (Photo Courtesy Medway High School)

The match, held on Friday, Oct. 10, saw Medway face off against Sutton High School in front of a spirited home crowd of students dressed in hot pink. The evening celebrated the team's continued partnership

with the Side-Out Foundation, a nonprofit organization raises awareness and funds for the treatment of metastatic breast

VOLLEYBALL
continued on page 26

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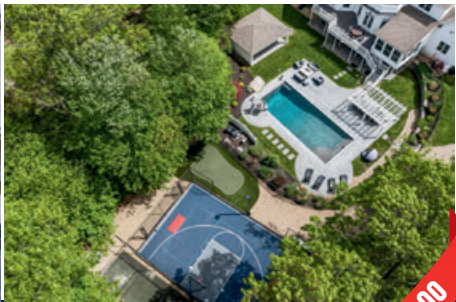
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Real Estate Corner

Recent Home Sale



The 4-bed, 4-bath, 4,500-square-foot house at 10 Beech Street in Millis recently sold for \$1,660,000. Image credit: www.zillow.com

A two-story house with a porch. The house is white with dark shutters and a small porch with a railing. The house is surrounded by trees and landscaping.

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A portrait of Joleen Rose, a woman with short blonde hair, wearing a dark blue top and a pearl necklace.

A pumpkin and autumn leaves. The pumpkin is orange and has a green stem. The leaves are in shades of orange, yellow, and red.

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A portrait of Jodi Kairit, a woman with short blonde hair, wearing a dark blazer over a light-colored top.

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hello FALL

VOLLEYBALL

continued from page 24

cancer. Medway won the match against Sutton, 3-1, after losing the first set but winning the next three. Over the past 12 years, the Medway Girls Volleyball program has raised a remarkable \$74,081 in total for the Side-Out Foundation.

This year's Dig Pink volleyball match and fundraising campaign achieved \$8,492 through a combination of t-shirt sales, tribute ribbons, bake sales and raffles, with all of the proceeds directly supporting the foundation's mission of conducting precision medicine research to provide personalized treatment for patients living with metastatic breast cancer.

"The Dig Pink event is always one of the most meaningful moments of our season," said Medway Public Schools Athletic Director Jeff Parcells. "It's inspiring to see our student-athletes and community come together to support a cause that affects so many. Their compassion, hard work and teamwork, on and off the court, make Medway proud. We're grateful to everyone who contributed and helped us honor survivors, fighters and families affected by breast cancer."

This year's Dig Pink volleyball match also held special meaning for the team. The players dedicated their efforts to Coach Shawn Thompson's wife, Katie Thompson, who was diagnosed with breast cancer last year and has faced her

journey with courage and determination. "This event means more to us than words can express," Coach Thompson said. "The support our team has shown throughout this journey has been overwhelming. They played with so much love, purpose and strength — not just for Katie and our family, but for everyone affected by breast cancer. Seeing our players step up and dedicate their time, energy and effort to such an important cause is a reminder of the heart of Medway athletics."

Medway's team captains and this year's Side-Out Ambassadors, Mackenzie Klaus, Emma Copeland and Charlotte George, helped organize the event and lead the fundraising efforts alongside their teammates. "Dig Pink reminds us what true strength looks like," according to a statement from the players. "Some of you know that our coach's wife, Katie, was diagnosed with breast cancer last year. Through months of chemo and surgery, she faced every challenge with

VOLLEYBALL

continued on page 27

A portrait of Gina Depaolo, a woman with short blonde hair, wearing a pink top.

Gina Depaolo
REALTOR®

A portrait of Chris Rogers, a man with short dark hair, wearing a blue shirt and tie.

Chris Rogers
REALTOR®

A portrait of Dene Gatewood, a woman with short blonde hair, wearing a black top.

Dene Gatewood
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A portrait of Luana Valame, a woman with long blonde hair, wearing a blue top.

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A portrait of Cindy Owens-Nix, a woman with long blonde hair, wearing a black top.

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A portrait of Beth Flodstrom, a woman with short blonde hair, wearing a blue top.

Beth Flodstrom
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A portrait of Manny Santos, a man with short dark hair, wearing a green suit and tie.

Manny Santos
REALTOR®

A portrait of Susan Brouwer, a woman with long blonde hair, wearing a blue top.

Susan Brouwer
REALTOR®

Real Estate Corner

Recent Home Sales

Date	Medway	Amount
10/10/2025	1 John Street	\$489,900
10/09/2025	5 Deerfield Road	\$941,675
10/09/2025	16 Gray Squirrel Circle	\$901,000
10/09/2025	14 Millstone Drive	\$685,000
10/07/2025	18 Norfolk Avenue	\$734,500
10/03/2025	29 Willow Pond Circle	\$675,000
10/01/2025	19 Village Street	\$649,000
09/26/2025	27 Willow Pond Circle	\$677,453
09/25/2025	10 Longmeadow Lane	\$775,000
09/18/2025	25 Pond Street	\$681,716
Date	Millis	Amount
10/15/2025	47 Walnut Street	\$640,000
10/15/2025	52 Timberline Road	\$772,000
10/15/2025	3 Apple Rock Road	\$1.00 mil
10/15/2025	10 Beech Street	\$1.66 mil
10/14/2025	76 Farm Street	\$730,000
10/06/2025	16 Walnut Hill Road	\$804,000
09/30/2025	11 Brookview Road	\$815,000
09/26/2025	24 Cedar Square	\$389,000
09/26/2025	678 Main Street	\$520,000
09/26/2025	42 May Road	\$945,000
09/19/2025	34 Timberline Road	\$792,000
09/19/2025	37 Beech Street	\$1.38 mil

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

VOLLEYBALL

continued from page 26

courage and determination. And through it all, Coach still showed up for us no matter what. When we step on the court for Dig Pink, we're playing for something bigger than volleyball. We're playing for survivors, for fighters, and for families like Coach's. Each and every one of us is grateful for our coach, who stayed with us and supported us throughout last season. On behalf of the team, we are grateful."

The annual Dig Pink volleyball match and fundraising campaign had several sponsors, including b.LUXE, Muf-

fin House Cafe, Leland Siding, Roofing & Windows, Medway Garden Center, and Magliaro's Custom Apparel.

"Thank you to the community members, families and local supporters who made this year's Dig Pink event such a success," said MHS Principal John Murray. "This event shows the best of who our students are: kind, motivated, and deeply supportive of one another and their community. We're so proud of the girls volleyball team for turning their passion for the game into real impact."

Submitted by Medway Public Schools

Commercial Properties



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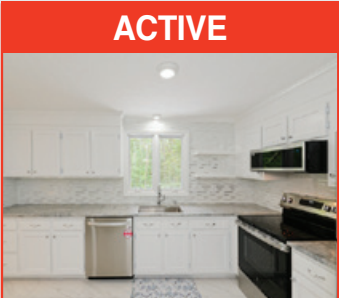
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SOLD

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186 Ridge Street, Millis
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