

# localtownpages Medway & Millis

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Free to Every Home and Business Every Month

April 1, 2026

## Kilfoil of Medway running Boston Marathon to support Dana-Farber

On April 20, David Kilfoil of Medway will run the Boston Marathon as a member of the Dana-Farber Marathon Challenge team in the 130th Boston Marathon® presented by Bank of America, along with more than 500 Dana-Farber Marathon Challenge teammates from across the country and around the world. Collectively, participants will raise more than \$8.75 million for cancer research at Dana-Farber Cancer Institute.

On his fundraising page - [bit.ly/BostonMarathon2026-DavidKilfoil](https://bit.ly/BostonMarathon2026-DavidKilfoil) - Kilfoil says he's running because "Two years ago, my brother-in-law was diagnosed with Stage 4 Metastatic Melanoma. That year, I ran the Falmouth Road Race with the Dana Farber team to raise dollars and awareness for the place that would treat him and kill the cancer. This year, Ryan is in remission - CANCER FREE BABY! So, we're doing it bigger, and tackling the Boston Marathon. With Dana Farber team again, I'm raising funds for the treatment and research that saved his life - let's get after it!"

This year marks the 37th annual running of the Dana-Farber Marathon Challenge (DFMC),



The Kilfoils: From left, Chelsey, Derrick, Colin, David and Allison. Photo submitted

the largest and longest-running charity team for the Boston Marathon. One hundred percent of the funds raised by the Dana-Farber Marathon Challenge team benefit Dana-Farber's Claudia Adams Barr Program in Innovative Basic Cancer Research, which enables promising scientific research in its earliest stages. The Dana-Farber Mara-

**KILFOIL**

continued on page 2

## Escaped red-tailed hawk found safe in Millis in chicken coop wearing bells

By THERESA KNAPP

On Feb. 26, Millis/Medway Animal Control shared the news that a red-tailed hawk that had gone missing in January from Medfield was found safe and sound.

Millis/Medway Regional Animal Control Officer Erin Mallette told *Medway & Millis News*, "Trixie was actively hunting with her owner, a licensed falconer, when her GPS tracking device malfunctioned, preventing her owner from locating her after she failed to return. She was later discovered inside



Trixie, the red-tailed hawk from Medfield and her falconer reunited after the bird was discovered in a chicken coop, wearing falconry bells, in Millis. Photo source: Facebook, Millis/Medway Animal Control

**HAWK**

continued on page 3



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## KILFOIL

*continued from page 1*

thon Challenge has raised more than \$140 million for the program since 1990.

Runners include cancer survivors and patients, and family and friends of those who have been affected by cancer. Each team member must fulfill a basic fundraising commitment:

Invitational runners – runners who receive their entry from Dana-Farber have a minimum fundraising commitment of \$12,000

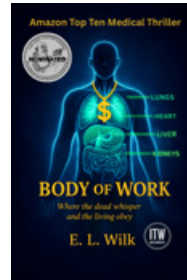
Own entry runners - runners who have joined the DFMC team after obtaining their own race entry have a fundraising commitment of \$4,000.

Dana-Farber was among the first charity organizations to be recognized by the Boston Athletic Association (B.A.A.), which organizes the Boston Marathon. The Dana-Farber Marathon Challenge team offers its members extensive fundraising support, team training runs, exclusive Dana-Farber events, and a post-race recovery zone. Celebrating his 50th anniversary of winning the 1976 Boston Marathon Men's Open Division, Jack Fultz will serve as the team training advisor for the 37th time. Dana-Farber Marathon Challenge runners who are not time-qualified for the Boston Marathon receive an invitational entry into the race.

# Local author E. L. Wilk to speak at Millis Library on April 3

The Millis Public Library will host local author E. L. Wilk (Elyse Wilk) for a program on independent publishing on Friday, April 3, from 10:30 to 11:30 a.m. in the Roche Bros. Community Room Wall Gallery at the library, 961 Main St.

Wilk is the author of the award-nominated and critically acclaimed medical



thriller *Body of Work*, which has appeared multiple times on Amazon's Top 10 Medical Thriller list.

During the talk, Wilk will discuss how writers today research, write, publish, and promote books using modern tools, including digital platforms and artificial intelligence. The program will also offer a look at how independent publishing has changed

the path to becoming an author.

Wilk will also demonstrate some of the tools writers now use to research and develop their work.

A Wellesley College graduate, Wilk lived in Weston for many years and now resides in Millis. *Body of Work*, her third novel, is set in Sherborn, Millis, Medway, Wellesley, and Dover.

The program will conclude with a discussion and book signing.

## Millis named a 'town on the rise' by Boston Magazine

By THERESA KNAPP

*Boston Magazine* has named the Town of Millis as one of "Greater Boston's top five towns on the rise for 2026." They list Millis' median single-family home price as \$750,000.

As part of its annual "Top

Places to Live in Greater Boston" feature, the publication listed Millis – along with Stow, Essex, Scituate, and Maynard – as "towns on the rise," saying "These five communities stood out for ascending the ranks among all 141 Greater Boston locales, dramatically improving

their scores across categories like education, safety, housing and more. In other words: Don't sleep on these five spots."

Overall, Millis ranked 57 on the list of 141 municipalities.

To read the full story, visit [bit.ly/BostonMagazine-MillisTop5](http://bit.ly/BostonMagazine-MillisTop5).

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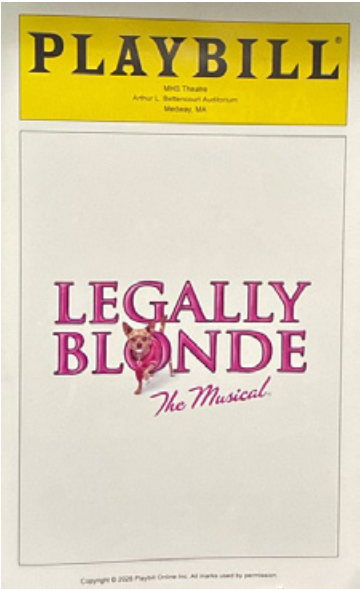
# Medway performs ‘Legally Blonde, the musical’

By JASMINE FOLEY  
STUDENT WRITER

On March 6th and 7th, Medway High School’s theater department performed their sensational production of Legally Blonde, the musical. Under the direction of Alyssa Tetreault, this production was brought to life by over 50 passionate students, each excelling in their own role. The show featured an incredible amount of effort, shown through the impressive set pieces, the fab-

ulous costumes, and the inspiring acting of the students. From Delta Nu to Harvard, every scene was filled with energy and emotion, drawing the audience into the story of a fashionable, hardworking law student. As a production, Legally Blonde demonstrated the incredible work of Medway High School’s theater department, as well as their dedication to theater as a whole.

*The author is in grade 12 at Medway High School*



## HAWK

*continued from page 1*

a chicken coop. Upon observing that she was equipped with falconry bells, the individuals who found her recognized that her presence was unusual and contacted our office.” T h e bird was soon reunited with her owner.

The original post read: “After a month on the loose, Trixie the red-tailed hawk has been found safe in Millis and returned to her owner!

“Huge thanks to the thoughtful finders who trusted their instincts and reached out to [Animal Control Officer Kelly] Ward when they noticed something wasn’t quite right — especially a hawk wearing

## What is a falconer?

The post also defined a falconer.

“A falconer is a trained, licensed individual who works closely with birds of prey such as hawks, falcons, and owls. These birds are not pets — they are highly skilled hunters that are cared for, trained, and flown under strict state and federal regulations, forming an incredible partnership between human and raptor.”

*Source: Facebook, Millis/Medway Animal Control*

bells. That small detail made a big difference. ACO Ward remembered that Trixie had gone missing from a nearby town and was able to track down her owner and reunite them.

“This is a perfect example of why reporting unusual wildlife behavior matters and how teamwork makes all the difference.”

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# Empty Bowls returns to Medway to fight hunger

This spring, Medway will once again join the global movement to combat hunger through the Empty Bowls project. On May 6 from 6–7 p.m., Medway High School will host Empty Bowls, an event featuring handmade ceramic bowls crafted by the school’s talented student artists. Attendees can purchase the bowls, with proceeds benefiting the Medway Food Pantry and helping provide essential food and personal goods to neighbors in need.

This year’s event comes at an exciting time for the pantry. The Medway Village Food Pantry and Medway Food Pantry at Mahan Circle are unifying to strengthen services and better support local families. The organization is also working toward establishing a new dedicated home at 74 Main Street in Medway, which will allow the pantry to expand services and provide a more welcoming and dignified experience for the families it serves.

“Food insecurity continues to impact many families in our community,” said Susan Dietrich, Executive Director. “By bringing our pantries together and having a dedicated home, we’re building a stronger foundation to support our neighbors who need help today and in the future.”

The event will coincide with the Medway High School Spring Art Exhibit, showcasing the creativity of students while supporting a meaningful cause. Student artwork from the spring semester will be featured throughout the exhibit, highlighting the creativity and generosity of Medway High School students. The handcrafted ceramic bowls created for Empty Bowls symbolize the simple meal many families struggle to provide, and the event brings together students, educators, and community members to raise awareness and support for neighbors experiencing food insecurity.

The Empty Bowls project, which has raised millions of dollars worldwide to fight hunger, offers attendees the opportunity to purchase beautiful, one-of-a-kind ceramic bowls and contribute directly to hunger relief in the community. Each bowl serves as a reminder that many neighbors still struggle with food insecurity, and each purchase helps ensure that families have access to the food they need.

Community members are invited to attend this evening of art, generosity, and community spirit. The event is free to attend, and guests are encouraged to bring friends and family to support this important cause. Proceeds from Empty Bowls will also help support the pantry as it prepares for this next chapter of expanded services for the community.

For more information, visit [www.medwayvillagefoodpantry.org/](http://www.medwayvillagefoodpantry.org/).

## Camera Club to hold April meetings

The Stony Brook Camera Club meets in person and/or virtually on Thursdays at 7:30pm from September to June.

In person meetings are held at the Anglican Church of the Redeemer, 195 Main Street, Franklin. Our meetings feature speakers, competitions, and discussions of general interest. We also sponsor a number of photography activities and workshops throughout the year.

SBCC includes and welcomes photographers of all abilities. April programs will be held on Zoom and include:

- April 7: Member competition
- April 14: “Black and White Photography” with Silvanna Della Camera
- April 21: “The Art of Photographing Trees and Woods” with Mark Bowie
- April 28: New Member Showcase

## Tara Rice is running for Medway Library Board of Trustees

Tara M. Rice is thrilled to announce her candidacy for the Medway Library Board of



Trustees! To learn more about her vision for our community’s library and to stay informed about the upcoming election, please email [tatariceforlibrarytrustee@gmail.com](mailto:tatariceforlibrarytrustee@gmail.com).

Most importantly, please remember to vote at Medway Middle School on May 19.

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SOUR GRAPES

by Tim Jones

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G.L. c. 190B, § 3-306

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Docket No.

Estate of: Alan R. Kober

Date of Death: December 7, 2025

To all persons who have or may have some interest in the above-captioned estate and, if interested, to the Office of the Attorney General and the Department of Veterans Affairs, notice is hereby given on **12/30/25** that the Petitioner **Kelly A. Kober of Medway MA** intends to file with the above-named Probate and Family Court, not sooner than seven (7) days after this notice, a Petition for Informal Probate of a Will

Petition for Informal Appointment of Personal Representative, to serve with and without surety on the bond

**Kelly A. Kober of Medway MA**

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

Your Money, Your Independence

The Snow Has Melted—It’s Time for Financial Spring Cleaning



Glenn Brown, CFP

After a winter spent clearing snow and managing the elements, spring brings a welcomed shift. It’s time to open things up and clear out the old. Just as melting snow reveals what’s been hidden all winter, spring is also a chance to uncover areas of your finances that need attention.

Let’s discuss five areas for review to help ensure things remain organized, efficient, and aligned with your planning.

1. Review Beneficiaries

Work benefits, retirement accounts, and life insurance policies pass according to the beneficiary listed, not your will or trust. Studies show ~30% of Americans have outdated beneficiary designations, which can lead to unintended heirs or tax consequences. Life events such as marriage, divorce, births, or deaths can change your intended beneficiaries. Even without major changes, it is wise to confirm that your accounts reflect your intentions.

2. Revisit Auto, Homeowners, and Umbrella Coverage

Homeowners coverage should reflect current replacement costs, auto liability limits should align with your assets, and umbrella insurance provides an extra layer of liability protection.

Rising property values and auto replacement costs naturally raise premiums, but some of the largest increases come after state-approved rate adjustments. While the state may approve a 3–7% increase, insurers can adjust individual policies within their pricing matrix. Examples of policyholders seeing

30–75% increases occur, even if nothing about their home, auto, coverage, or claims history has changed. Because of auto-renewal, most people simply accept and pay. Without shopping your options, you could end up paying far more than necessary.

3. Check Your Estate Plan

Estate planning is not a one-time task. Trusts, wills, powers of attorney, and healthcare proxies should be reviewed to ensure they reflect your current wishes and family circumstances.

While the federal estate tax exemption is roughly 15 million per individual, Massachusetts has a much lower exemption of 2 million, ranking it 49th in the United States. This makes state-level planning especially important for residents.

Review also allows you to evaluate strategies such as lifetime gifting, trust funding, or charitable giving that may reduce state estate tax exposure. It is also essential to ensure that successor trustees, health care proxies, and other responsible parties have electronic copies of your documents, and that assets intended for a revocable trust are properly titled in the trust’s name. These steps help prevent

delays, confusion, and unintended consequences.

4. Consolidate Old Retirement Accounts

Over 50% of Americans have multiple retirement plans still held at prior employers. Leaving accounts scattered can create unnecessary complexity, inconsistent investment strategies, and administrative inefficiencies.

Consolidating into a coordinated structure simplifies management, improves oversight, and makes it easier to rebalance your allocations to align with your evolving goals and risk tolerance. Fewer accounts also allow for better investment alignment, lower fees, smoother required minimum distribution planning, and a clearer view of your overall progress toward retirement.

5. Declutter Accounts and Organization Systems

Just like a closet or garage, your financial life accumulates items you no longer use. Old bank accounts, unused credit cards, dormant investment accounts, and forgotten subscriptions create unnecessary clutter. Closing or consolidating accounts simplifies your admin-

istrative burden. Many find it helpful to consolidate to one primary bank account and one primary credit card, making it easier to reconcile expenses, track spending, and perform a cash flow analysis for the year ahead.

Minor Changes with Meaningful Impact

Financial spring cleaning does not require major changes. It is about maintaining clarity, ensuring alignment, and reducing unnecessary complexity. Taking time to review these baseline areas strengthens your plan, improves organization, and provides confidence that your finances reflect your current priorities and goals.

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

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

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# Adams Meadow, enjoy the viewing platform

By ANDREA BURKE

“A picture is worth 1000 words” aptly suits the accompanying image which is part of this month’s promotion of the trails in Medway.

One of our most accomplished nature loving members, Jim Wickis, of both our Medway Open Space Committee and Medway Trail Club, took a meander after one of our recent snowstorms “under a blue, azure sky” and snapped this superb example of tracking. It does not take too much imagination to realize that the imprint in the snow is of a hawk swooping down and capturing a small animal.

During the recent WinterFire



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event, many visitors stopped by the Adams Meadow viewing platform to see what nature they could see from there. The Massachusetts Division of Fisheries and Wildlife publishes a great laminated double-sided pocket guide showcasing the most common animal track patterns to be seen in the Bay State. The tracks are not to scale but it includes, when appropriate, the designs and approximate height in inches of both the front and back feet of 27 animals including turkeys, woodchucks, white tailed deer, and red AND gray foxes. It also includes a 5’ ruler so you can envision how long a “4 front track would look versus

a 2” hind foot is. There are even a few tail imprint details to help identify the wildlife you may be seeing.

You may be thinking that winter officially is over now since Spring has sprung, but tracks are almost as evident in the upcoming mud season and different parts of town sometimes attract different animals.

The pocket guide to animal tracks can be found at [www.mass.gov/news/get-to-know-animal-tracks](http://www.mass.gov/news/get-to-know-animal-tracks).

Andrea Burke is a member of the Medway Trail Club and Medway Open Space Committee

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# Risks Threatening Gen Z's Retirement — and How to Tackle Them



Mark Freeman, CEPA

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Provided by Edward Jones

While older generations worry about having enough money for retirement, many Gen Z workers aren't even starting to save. Research in 2025 by Edward Jones and Morning Consult shows that nearly half haven't begun setting money aside for their golden years, and only 22% are contributing to a workplace retirement plan.

The culprit is a perfect storm of financial pressures that can make saving for the future feel impossible. One of the biggest challenges this generation faces is debt. High-interest credit card balances and persistent student loan payments leave many feeling they're just trying to stay afloat, rather than planning decades ahead. The cost of living doesn't help either. Nearly 60% of Gen Z renters are considered "rent-burdened," spending more than 30% of their pre-tax income on rent, according to a StreetEasy analysis of U.S. Census Bureau data. Rising prices driven by inflation and tariffs squeeze budgets further, moving retirement savings down the priority list. The nature of work has also changed. Gen Z is more likely than previous generations to hold gig jobs, contract positions or other flexible work arrangements that often don't include employer retirement plans, according to Pew Research. Even when plans are available, only 22% partici-

pate. Feeling overwhelmed by jargon, confused by investment choices or focusing only on today's experiences and technology can all delay participation. These early gaps may lead to catch-up needs later in life. Unfortunately, Gen Z has little faith in the retirement safety net. Only about a third of Gen Z-ers say they believe Social Security will still exist when they retire, according to the latest information from the CATO Institute. Fortunately, there are steps Gen Z can take now to get their retirement savings off to a good start:

- **Start small:** Even a few dollars per paycheck builds a savings habit and gets compounding interest working in their favor. Early momentum matters more than starting big.
- **Let compounding do its work:** Small, consistent contributions can grow dramatically over time, especially when they have decades to accumulate.

- **Use a workplace retirement account:** For anyone with access to a plan, enroll and contribute at least enough to receive any employer match. It's one of the few forms of "free money" available.
  - **Open an IRA:** If no plan is available through work, take charge by opening an individual retirement account (IRA).
  - **Simplify investing:** If the choices feel confusing, consider options such as a target date fund, which reduces complexity and helps keep you properly invested without needing expert advice.
  - **Use found money:** Direct tax refunds, bonuses or gig income into retirement savings to boost progress without straining the monthly budget.
  - **Automate contributions:** Automatic transfers make saving effortless. Review this annually and increase contributions as income grows.
  - **Build confidence:** If investing feels overwhelming, look for quick financial education resources from an employer, plan provider or reputable nonprofit organization. Even a little knowledge can make decisions easier.
- The path to retirement doesn't require perfection — just progress. Building consistency early helps create choices, security and financial breathing room later in life. Contact Mark today to discuss this topic or any of your financial goals.
- Mark Freeman, CEPA  
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## Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT  
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company

takes an environmentally responsible approach to disposal, recycling whenever possible and properly handling non-recyclable materials. "With four kids, sustainability is especially important to us," he says.

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers reinvested into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 21 years, and we both work full time, managing the company as well as other endeavors. Business is doing great; it has grown tre-



mendously to include a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and be involved in their activities. We're also able to give back to the communities we serve."

As for Medway and Millis in particular, Schadler says



Christine and Jason Schadler, shown here with their children, started Affordable Junk Removal in 2005.

they are proud to have many repeat customers and friends in the area. Hidden Hill Farms in Millis does all the business's welding work, and Affordable Junk sponsors the local girls co-op high school hockey team. The Schadler family's go-to candlepin bowling alley, Ryan Family Amusements, is also located in Millis.

One of the best parts of his job, Schadler says, is meeting and getting to know new

people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit [affordablejunkremoval.com](http://affordablejunkremoval.com).

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# Medway Garden Club news

The Medway Garden Club met on March 11 for an informative and entertaining presentation by Tovah Martin, author of many gardening books, including “Tasha Tudor’s Garden,” “The Garden in Every Sense and Season,” and many more. She can be found at [www.tovahmartin.com](http://www.tovahmartin.com), on Facebook at Plantwise by Tovah Martin, and on Instagram @tovah1. One quick takeaway from Tovah’s talk was to diversify and enjoy your plants in expanded and unexpected places and containers.

The next meeting of the Club will be in April, when we will finalize plans for our Annual Plant Sale, to be held on May 16th at the Recycling Center on Broad St in Medway. This year, the sale

will include a limited number of houseplants favored by and donated from our members.

The Garden Club Federation of Massachusetts will be holding its annual June meeting in Milford this year. This organization is leading the Massachusetts 250th garden celebration by coordinating gardens across the state, featuring the theme of Red, White, and Blue.

The Medway Garden Club is a social/civic organization that meets monthly at the Medway Senior Center. We are always accepting new members, and you can email us @ [medwaymargardenclub@gmail.com](mailto:medwaymargardenclub@gmail.com) or look for us on Facebook at Medway Garden Club.

# Charles River Chorale Spring Concert on May 2

The Charles River Chorale will present its Spring Concert, “It’s About Time: A Journey Through Memory and Moment,” at the Medway High School Auditorium on Sat., May 2, at 5 p.m.

The concert opens with five-movement “Les Chansons des Roses,” an elegant choral cycle by acclaimed composer Morten Lauridsen, set to poetry by Rainer Maria Rilke. Lauridsen is the most frequently performed American choral composer in modern history.

The second half shifts gears as

a rock band joins the chorale for a lively set of songs exploring the theme of time – including favorites like “If I Could Turn Back Time” and “Time After Time.”

Under the direction of Ashley Nelson-Oneschuk, the 100-voice Charles River Chorale promises a performance that will stir memories, lift spirits and remind audiences that some music is truly timeless.

For more information and ticket details, visit: <https://our.show/crcspringconcert>.

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## Millis Council on Aging

### Upcoming Events

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(508) 376-7051

Hours: 8:30 AM- 4:00 PM,  
Monday, Tuesday, Wednesday  
and Thursday

8:30 AM- 12:30 PM Friday

Monthly Newsletters can  
be found at the Senior Center,  
Town Hall, and the Millis Public  
Library.

### SENIOR HEALTH & WELLNESS FAIR at the Millis Senior Center

Join us for speakers, hearing  
screenings, raffles, giveaways,  
and various wellness resources!

Refreshments. Tuesday, April  
14 from 11:00 AM—2:00 PM.  
Free!

### Tech Time

Drop-In Help for comput-  
ers & smartphones with Esther  
Davis of the Millis Public Li-  
brary.

Tuesday, April 7 at 12:00 PM

### Pizza and Prevention with the Millis Fire Depart- ment

Monthly informative and fun  
program about fire prevention  
and life safety. Pizza served cour-  
tesy of the Friends of the Mil-  
lis COA. Monday, April 13 at  
11:30 AM. Free. Sign up: (508)  
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### ART with AMY ADAMS

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lis Cultural Council, a member  
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Council. Tuesday, April 7 at 1:00  
PM. Sign up (508) 376-7051

### MUSIC IN MOTION

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Tuesday, April 28 at 11:00  
AM. Free. Sign up (508) 376-  
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### KEY TECH Sessions for iPhone. Sign up (508) 376-7051

Sessions are free courtesy of  
a grant from the Millis Cultural  
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sachusetts Cultural Council.

Friday, April 10 at 11:00 AM:  
Using YouTube, Netflix and  
other Streaming Services

Tuesday, April 21 at 11:00  
AM: Staying in Touch using  
iPhone, Messages and FaceTime

Tuesday, May 5 at 11:00 AM:  
Exploring Outdoor Photography  
with iPhone

### LUNCH & LEARN: What is Artificial Intelligence?

This presentation by pub-  
lisher Henry Quinlan will define  
artificial intelligence (AI), dem-  
onstrate its benefits for seniors,  
explain how to use those AI tools  
that will help seniors, and discuss  
some of the most unusual uses  
of AI. Particular attention will  
be paid to the dangers that exist  
in AI. Monday, April 27 at 12:00  
PM. Sign up (508) 376-7051.

### Solo Aging: What You Need to Know

Many adults find themselves  
"aging solo" for many different  
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# Millis Public Safety Log

According to safety logs, between Feb. 15 and March 15, the Millis Police and Fire 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, lost/found property, larceny/forgery/fraud, general complaints, and assisting citizens.

This is not an exhaustive list of all calls. Entries of note include:

- Feb. 17 at 1:31 a.m., Bayberry Ct., disturbance
- Feb. 22 at 7:31 p.m., Baltimore St., disturbance
- Feb. 23 at 2:51 p.m., Exchange St., complaint
- Feb. 23 at 3:40 p.m., Crestview Dr., larceny/forgery/fraud
- Feb. 23 at 7:04 p.m., Bogastow Cir., complaint
- Feb. 24 at 6:44 a.m., Timberline Rd., disturbance
- Feb. 24 at 4:12 p.m., Farm St., suspicious activity
- Feb. 24 at 4:35 p.m., Main St., suspicious activity
- Feb. 25 at 5:47 p.m., Exchange St., fire/other
- Feb. 28 at 9:08 p.m., Main St., disturbance
- March 3 at 11:40 a.m., Ticonderoga Ln., complaint
- March 4 at 7:57 p.m., Main St., suspicious activity
- March 5 at 7:14 p.m., Spring St., suspicious activity
- March 6 at 5:28 a.m., Union St., disturbance, de-escalated
- March 7 at 4:14 p.m., Main St., fire/other
- March 9 at 11:55 p.m., Pleasant St., disturbance
- March 15 at 8:16 p.m., Main St., suspicious activity

Source: Millis Police Department

Want to get noticed? Contact Jen: 508-570-6544 or [Jenschofield@localtownpages.com](mailto:Jenschofield@localtownpages.com)



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# The b.LUXE *beauty beat*

## The Secret to Healthier Hair Might Be... Your Scalp

When we talk about hair care, the conversation usually revolves around the hair itself. Shine. Volume. Color. The perfect cut.

But there's a quiet truth that hair professionals have always known and science continues to confirm: the real starting point for healthy hair is not the hair at all.

It's the scalp.

The scalp is skin. The same living, breathing organ that covers your face and body continues up over your head, creating the environment where every single hair strand begins. Yet most of us treat it very differently from the rest of our skin.

We exfoliate our faces. We moisturize our skin. We protect it from buildup and congestion.

Our scalp? It usually gets shampoo and conditioner... and not much else.

Dermatologists often describe the scalp as one of the most active skin environments on the body. It contains tens of thousands of hair follicles and a high concentration of oil glands that work continuously to protect both the scalp and the hair shaft.

Like the rest of our skin, the scalp sheds cells, produces oil, responds to its environment, and benefits from proper care.

When the scalp becomes congested with excess oil, product buildup, dry shampoo, or environmental debris, the follicles can become weighed down. Hair may appear flat, dull, or harder to style. Sometimes the scalp itself may feel dry, tight, or irritated.

Think of the scalp like the soil in a garden. When the soil is clean, oxygenated, and balanced, plants grow beautifully. When it becomes compacted or congested, growth struggles.

Hair is no different.

### Why Scalp Care Is Trending

That realization has sparked a quiet movement in the beauty world: the rise of scalp care.

Across the country, salons are beginning to approach the scalp the same way skincare professionals approach the face.

Gentle exfoliation, cleansing, circulation stimulation, and hydration are becoming part of modern hair wellness.

The idea is simple. When the scalp is healthy, hair behaves better.

It feels lighter. It moves more naturally. It often appears fuller at the root because buildup is no longer weighing it down.

Many people are surprised to learn that scalp care can also influence how hair holds style or how long a blowout lasts. When follicles are clear and the scalp is balanced, hair tends to respond more predictably to styling.

### A Closer Look at the Scalp Spa

At b.LUXE Hair and Makeup Studio in Medway, this philosophy has inspired a growing interest in scalp-focused treatments.

Our Scalp Spa Experience begins with a look at the condition of the scalp itself. Just as an aesthetician studies skin before recommending a facial, stylists evaluate what the scalp needs at that moment. Some clients benefit from gentle exfoliation, while others need hydration or circulation-focused massage.

The treatment includes a detoxifying scalp scrub, nourishing oil application, massage, cleansing, and a professional blowout. It's designed to address a variety of concerns ranging from dry, itchy, or oily scalp to clogged follicles, irritation, and hair that feels weighed down.

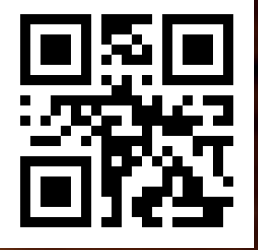
The goal is simple: restore balance.

Clients often describe the treatment as deeply relaxing, but the benefits go beyond relaxation. When the scalp is refreshed and clarified, the hair itself can feel noticeably different.

Lighter. Softer. More voluminous at the root.

The service concludes with a professional blow-dry, allowing clients to see just how well hair behaves when the scalp environment is reset.

What's interesting is that most people discover scalp care not because they were searching for it, but because they were trying to solve a hair problem. Hair that won't hold volume. Hair that feels heavy no matter what products are used. Hair that just doesn't seem to cooperate the way it once did.



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Often, the answer isn't another styling product. It's simply caring for the skin beneath it.

As more people begin to think of scalp health as part of overall hair wellness, this once overlooked area is finally getting the attention it deserves.

To help maintain results at home, b.LUXE also carries luxury scalp-care products from Oribe and Kerasilk. These professional formulas are designed to gently exfoliate buildup, soothe irritation, and support the scalp's natural balance. When the scalp is treated with the same care as skin, the result is hair that feels lighter, healthier, and noticeably more vibrant.

Those curious about scalp health or wondering whether buildup, dryness, or irritation may be affecting their hair can speak with a stylist during a regular visit or consultation. Many people are often surprised to learn how much the condition of the scalp can influence the way their hair looks and behaves.

After all, healthy hair doesn't begin at the ends. It begins at the roots.

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# Living Healthy

## Artificial Intelligence Is Transforming Eye Care

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

Artificial intelligence is rapidly transforming medicine, and ophthalmology is one of the fields experiencing its impact firsthand. For patients, this means eye diseases can be detected earlier, monitored more accurately, and treated more effectively. Although AI may sound futuristic, it is already integrated into clinics and hospitals, enhancing vision care and improving patient outcomes.

### The Complexity of the Human Eye

The human eye is an intricate organ. At its core is the retina, a thin tissue layer containing millions of light-sensitive cells that convert light into signals the brain interprets as vision. Because the retina's structures are microscopic and delicate, early disease detection can be challenging. Even experienced ophthalmologists rely on advanced imaging technologies to identify subtle abnormalities.

### AI as a Diagnostic Assistant

AI now assists doctors in analyzing these images in ways that were previously impossible. Sophisticated algorithms can review detailed scans of the retina and optic nerve, comparing them with thousands or even millions of other images. By recognizing patterns difficult for the human eye to detect, AI can help specialists identify early signs of disease, guiding faster and more accurate diagnoses. Importantly, AI does not replace physicians; it acts as a powerful assistant, helping ophthalmologists interpret complex data and make better-informed decisions.

### Early Detection of Eye Disease

One major benefit of AI in eye care is early detection. Many conditions, including diabetic retinopathy, glaucoma, and age-related macular degeneration, can damage vision silently before patients notice symptoms. By the time vision changes are apparent, disease may already be advanced. AI analyzes retinal images to detect subtle abnormalities that might otherwise go unnoticed. In some clinical settings, FDA-approved AI tools automatically screen for diabetic retinopathy, identifying patients

who need specialist evaluation.

### Accuracy and Consistency in Monitoring

AI also enhances accuracy and consistency. Imaging technologies such as optical coherence tomography (OCT) generate highly detailed three-dimensional retinal images, enabling specialists to examine microscopic layers of the eye. AI algorithms can measure retinal thickness, detect fluid accumulation, and monitor optic nerve health with remarkable precision. This reduces variability in interpretation and allows doctors to track even minimal changes over time, improving diagnosis and monitoring of glaucoma, diabetic eye disease, and macular degeneration.

### Predicting Disease Progression

Advanced AI tools can also predict disease progression. By analyzing large databases of retinal scans and patient outcomes, these systems estimate which patients are at higher risk of vision-threatening complications. Predictive insights allow physicians to intervene earlier and tailor treatments more effectively, shifting care from reactive to proactive.

### Expanding Access to Care

AI is expanding access to eye care as well. Tele-ophthalmology programs in rural or underserved areas enable patients to have retinal images captured locally, which are then analyzed using AI to determine who requires further specialist evaluation. This approach improves efficiency, reduces unnecessary travel, and ensures that serious conditions are not overlooked.

### AI in Surgical Planning

AI is influencing surgical care, particularly cataract surgery. Advanced algorithms analyze detailed eye measurements, assisting surgeons in selecting the optimal lens implant for each patient. These tools improve surgical planning and increase the likelihood of excellent postoperative vision. At Milford-Franklin Eye Center, we integrate AI and advanced technology to deliver high-quality care. Our state-of-the-art retinal imaging systems detect disease early and accurately, while multiple OCT scan-



ners provide extraordinary detail of the retina and macula, aiding in the diagnosis and monitoring of macular degeneration and diabetic eye disease.

### Milford-Franklin Eye Center and Technology

Every patient at Milford-Franklin Eye Center benefits from the highest level of our commitment to advanced technology. When it comes to glaucoma treatment, we were the first in the region to adopt the newest Direct SLT laser system, which uses advanced eye-tracking technology to track the eye during

was the first in the area to adopt the Unity cataract surgery system and offers laser-assisted cataract surgery. With our ORA system, we can verify lens implant power in real time during surgery to ensure the most precise visual results.

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surgery center provides the highest level of safety and comfort, with anesthesiologists and IV sedation available for every procedure. Unlike practices performing office-based cataract surgery without anesthesia support, we ensure world-class care in a fully accredited facility.

### The AI Revolution and Commitment to the Community

Living in the communities we serve, we remain dedicated to advancing ophthalmology through technology, AI, and patient-centered care. From early detection to precise surgical interventions, artificial intelligence is transforming vision care and helping patients preserve sight, improve quality of life, and access the best care close to home.

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# Sports

## Millis Softball manager leads team into 2026 season

By Matt Hyleen

With the 2026 softball season underway, Millis High School is looking to improve on the positives taken from last season. After an up-and-down 2025, the Mohawks' Head Coach Brett MacGowan is looking for more consistency in 2026. "We have eight starters returning," MacGowan stated. "It is a huge advantage having a veteran team. They know the expectations, especially with some of them in their 5th or 6th year playing."

MacGowan, who has coached the Mohawks for 12 years, has been a part of the Millis softball community since he started coaching the middle school team. Speaking of experience, MacGowan emphasized the impact

in which their system runs has on the team's success. "In Millis, the JV team consists of 7th and 8th graders," MacGowan details. "My two captains [Mia Vasta and Zoe Sparks] are playing for me for their 6th straight year."

Since the players start their high school journey so young, MacGowan always ensures that the upperclassmen find a way to get involved. "We have a big sister/little sister program where we match up someone from the varsity team with someone on the junior varsity team," MacGowan stated. "They've already started by inviting the younger players to a preseason open gym where the older girls can talk to the younger girls and help create that team atmosphere."

In terms of what MacGowan



From left: Angela Noonan, Keira Davis, Olivia DeSimone, Macy Ingraham, Alicia Ellis, Mia Vasta (captain), Molly Rand, Jocelyn Reyes, Caitlin Palmer, Emma Callahanm Zoe Sparks (captain), Shannon Rand. Courtesy photo

is looking for on the field, mental strength is what he values most. "I

always stress to [the players] that 90% of the game is mental," he said. "This is a game about failure more than it is about success. I want them to get better every day.

This day-by-day mentality promotes MacGowan's, as he puts it, "cerebral" coaching style. "I don't scream. I'm not going to scream and yell at them if they make an error. Instead, I have more of the 'next play, move on' mentality."

With that said, MacGowan also expects his leaders to step in when needed. "I expect my veteran players, my juniors and my seniors, to help their teammates when they're down and get them refocused and going back in the right direction," he said.

As the year progresses, the Mohawks will be working as a team to develop expectations for each player. Of course, there will be a goal for the team as a whole, but MacGowan also likes to work with his players and create achievable goals that each player can set before the season.

"I'll have conversations with each player and set a goal for them, then readjust that goal when they achieve it," he said. "I'll tell them what my expectations are and, of course, let them have a say in what their individual - as well as the team's - goals should be as well."

With that said, he ultimately knows it is up to his players to produce, which he has full confidence in. "A coach cannot win a game for you, but can certainly lose it. The girls will do the work, my job is to prepare them.

MacGowan's coaching philosophy seems to have the girls fully

bought in and ready for what this season brings. "I will see them all the time in the [school] hallways, and they will already be telling me how many days there are until we start," he said.

Not only have the varsity players bought in, but the junior varsity newcomers have been ready to go since preseason. "We've seen our number of 7th graders surge this year," the Head Coach stated. "They are so excited to play for the school."

In order to help prepare the young newcomers on the JV team, Coach MacGowan's approach is very hands-on. "People always say, 'bigger, stronger, faster,' but I want them to be the smarter team," he said. "So, I will give them questions all the time regarding situations and the rules of the game and explain the answers in order to help them better develop and understand the game."

The welcoming and supportive community Coach MacGowan has built accurately represents what the town of Millis is all about. "One thing I've learned is that Millis kids don't give up and they're resilient," he said. "I admire that so much about them. Millis may be a small town, but, as they say, 'Small town, big family'."

With the season commenced, MacGowan knows this team has what it takes to compete in one of the state's tougher leagues. "We have a tremendous core of veteran players," he said. "I have tremendous leaders too on the team that can take us far. We have a tremendous group of girls both on and off the field."

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# Sports

## Bella Avila is a Content Management Specialist on the Investing and Taxes Team at Nerdwallet

New deductions for tips and overtime made headlines last year after the “One Big, Beautiful Bill Act” (OBBBA) was signed into law. But don’t overlook another tax break the bill ushered in: the senior tax deduction.

What is the new ‘senior bonus deduction’?

The tax code already gives seniors who are 65 and older a break in the form of a larger standard deduction, allowing eligible people to deduct up to an extra \$2,000 on top of their regular amount.

New this filing season is the “senior bonus deduction.” This is an separate benefit for qualified seniors that will be available through 2028 unless extended by Congress. It’s worth up to \$6,000 per qualifying individual, meaning joint filers who are both 65 or older can get up to \$12,000.

If you qualify, you can claim both the extra standard deduction and the new senior bonus deduction.

Who qualifies for the deduction?

Being 65 or older by the end of 2025 is the first box you have to check to qualify, but there are a few other rules to know about.



**Income limits:** Individual filers must have a modified adjusted gross income (MAGI) of \$75,000 or less to claim the full credit. For joint filers, the MAGI limit is \$150,000. The deduction amount is reduced by 6 cents for every dollar of income that exceeds these limits until it phases out completely. This means you won’t get any credit if you made \$175,000 or more last year as an individual or \$250,000 or more as a joint filer.

**Social Security number:** Taxpayers must have a valid Social Security number to claim the senior tax deduction. This requirement has become more common to claim popular tax credits and deductions since the OBBBA was passed.

**File jointly:** Filers who are married must file a joint return with their spouse to claim the deduction. This is true regardless of if your spouse qualifies for the deduction.

How to claim the deduction  
Unlike some other tax breaks, you don’t have to item-

ize deductions on your tax return to claim the senior bonus deduction. You’ll need to fill out the “Enhanced Deduction for Seniors” section of Schedule 1-A and include your deduction amount on line 13b of Form 1040 or 1040-SR.

Unless you’re filing your return with paper forms and mailing it in — which the IRS doesn’t recommend — you won’t need to get too cozy with these forms. Tax software will do this work for you.

You may, however, want to explore whether you qualify for the IRS’ volunteer-run Tax Counseling for the Elderly (TCE) program, which offers free tax preparation services for qualified filers who are 60

and older. The IRS says TCE volunteers specialize in “questions about pensions and retirement-related issues unique to seniors.” You can find the TCE location closest to you by using the IRS’ locator tool.

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# Medway residents named to dean’s list at University of New England, Simmons University

The University of New England recently released its dean’s list for the fall semester 2025. Medway residents on the list include Julia Antonino, Brendan Curley, William Murray, and Cecilia Ribao.

Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

Simmons University in Boston recently announced its dean’s list for the fall 2025 semester.

Medway residents on the list include Mariella Johnson and Sydney Maurer.

To qualify for dean’s list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

# Meehan of Millis to run Boston Marathon to support of The Home for Little Wanderers

Sean Meehan of Millis will be running the 130th Boston Marathon® presented by Bank



Sean Meehan of Millis will run the Boston Marathon to support The Home for Little Wanderers. Courtesy photo

as part of the agency’s official marathon team, Meehan will support over 30 life-changing programs that help children and their families build permanent and positive change. The Home’s team of dedicated professionals ensure the emotional, social, educational and physical well-being of children from birth to age 26 through a wide range of critical, innovative services. As a result, kids who have experienced trauma, violence, shattered family lives and other hardships gain stability and support, loving relationships and a secure path toward tomorrow.

“Every step I take on Marathon Monday will be for them—for the kids who’ve faced unimaginable challenges, and for the dedicated staff who work tirelessly to ensure no child has to go through life alone,” Meehan said.

Part of Meehan’s fundraising efforts include proceeds from “Santa Land” in Mendon. “Santa Land” is a reimaging of Meehan’s family “Millis Wonderland” Christmas lights display.

To help support Meehan on his Marathon journey and to learn more, visit [bit.ly/BostonMarathonSeanMeehan](https://bit.ly/BostonMarathonSeanMeehan).

of America in support of The Home for Little Wanderers. The Home is proud to be a part of The Bank of America Boston Marathon Charity Program. The 28-year-old Meehan has dreamed of running since he watched his sister complete the race three years ago.

“Growing up in Greater Boston, the Boston Marathon has always been more than just a race to me—it’s a symbol of our community’s spirit, resilience and heart,” said Meehan. “I still remember standing along the course in 2023, watching my sister run. Seeing her cross that finish line on Boylston Street—surrounded by cheering crowds and unwavering support—lit a spark in me.”

By raising money for The Home for Little Wanderers

## About The Home for Little Wanderers

For over 225 years, The Home for Little Wanderers has helped build stable lives and hopeful tomorrows for children and their families. Our 30+ community-based and residential programs serve thousands of youth, from birth to age 26, who are in at-risk circumstances. Many of these children have experienced abuse, neglect, trauma or a disrupted family life. As the oldest child welfare agency in America, we provide them with safe surroundings, permanent loving relationships and a secure path toward a better, brighter future.

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| 2          | 2-Bedroom     | \$2,719 | \$81,570         | 80%                          |
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\*Minimum incomes do not apply to households receiving housing assistance such as Section 8, MRVP, or VASH

| Maximum Incomes                                                   |           |
|-------------------------------------------------------------------|-----------|
| (set by HUD + based on household size + Area Median Income (AMI)) |           |
| Household Size                                                    | 80% AMI   |
| 1                                                                 | \$92,650  |
| 2                                                                 | \$105,850 |
| 3                                                                 | \$119,100 |
| 4                                                                 | \$132,300 |
| 5                                                                 | \$142,900 |
| 6                                                                 | \$153,500 |

\*2025 Area Median Incomes for Boston, Cambridge, Quincy, MA-NH MSA

Minimum incomes do not apply to households receiving housing assistance such as Section 8, MRVP, or VASH

Applications are available during the application period, from Monday, February 16<sup>th</sup>, 2026 – Friday, April 17<sup>th</sup>, 2026

To request an online application or to have one sent by email, visit [www.MaloneyAffordable.com/Rental-Properties/Gateway-At-Millis-Phase-2](http://www.MaloneyAffordable.com/Rental-Properties/Gateway-At-Millis-Phase-2)

To have a hard copy of the application mailed to your mailing address, please email [GatewayAtMillis@MaloneyProperties.com](mailto:GatewayAtMillis@MaloneyProperties.com), call (617) 639-3064 Ext 778 | US Relay 711, or visit [www.MaloneyAffordable.com/Rental-Properties/Gateway-At-Millis-Phase-2](http://www.MaloneyAffordable.com/Rental-Properties/Gateway-At-Millis-Phase-2) and use the ‘Contact Us’ form at the bottom of the page

Applications can also be picked up in-person at:

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Attendance at the information session is not required. The session will be recorded and available for at-request viewing

Tuesday, March 11th, 2026 @ 12pm

<https://maloneyproperties.zoom.us/j/83432986459?pwd=npjllLaEdV6qtf0AhUlurkcRyhT5j.1>

Meeting ID: 834 3298 6459

Passcode: 446513

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# Pet of the Month: Lady Bug

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At first, she can be shy with new people and in unfamiliar settings, but give her a little time and she'll start to show her softer (and even playful) side. Once she trusts



with the sweetest purrs. Her fur is incredibly soft, and she loves lounging in sunspots or sitting quietly by your side as you read or unwind.

Lady Bug is an easy-going companion who enjoys being near her favorite person without needing constant attention. She'll thrive in a quiet home with someone who is patient, cat-savvy, and understands the beauty of earning a shy cat's trust.

She also has high blood pressure and takes daily medication which she accepts like a champ.

you, you might catch her rolling over between pets or leaning in for some gentle neck scratches

It's a small part of her routine and hasn't stopped her from enjoying the little joys of life.

If you're looking for a mellow, loving cat who will reward your kindness with quiet loyalty and tender moments, Lady Bug

could be your perfect match.

Adoptions are by appointment only. If you have an interest in meeting Lady Bug, please fill out our online adoption application at [shelterluv.com/matchme/adopt/MWHS/Cat](http://shelterluv.com/matchme/adopt/MWHS/Cat).

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### Recent Home Sales

| Date       | Medway             | Amount     |
|------------|--------------------|------------|
| 03/16/2026 | 40-19 Sycamore Way | \$1.08 mil |
| 03/12/2026 | 6 Kingston Ln. #2  | \$615,000  |
| 03/09/2026 | 79 Lovering St. #B | \$822,000  |
| 03/06/2026 | 5 Richardson St.   | \$612,500  |
| 03/03/2026 | 4 Shaw St.         | \$540,000  |
| 02/27/2026 | 23 Clark St.       | \$400,000  |
| 02/26/2026 | 116 Winthrop St.   | \$1.15 mil |
| 02/26/2026 | 78 Fisher St. #A   | \$900,000  |
| 02/19/2026 | 23 North St.       | \$525,000  |
| 02/18/2026 | 106 Holliston St.  | \$610,000  |
| 02/17/2026 | 2 Mechanic St. #1  | \$580,000  |
| Date       | Millis             | Amount     |
| 03/16/2026 | 227 Village St.    | \$595,000  |
| 03/06/2026 | 20 Jameson Dr.     | \$1.25 mil |
| 02/27/2026 | 6 Village St.      | \$630,000  |
| 02/26/2026 | 2 Sandstone Ln.    | \$1.10 mil |
| 02/19/2026 | 27 Pollard Dr.     | \$775,000  |

Source: [www.zillow.com](http://www.zillow.com) / Compiled by Local Town Pages

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Real Estate Corner

Recent Home Sale

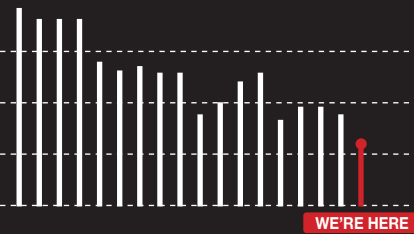


The 3-bed, 1-bath, 2,217-square-foot unit at 4 Shaw Street in Medway recently sold for \$540,000. Image credit: www.zillow.com

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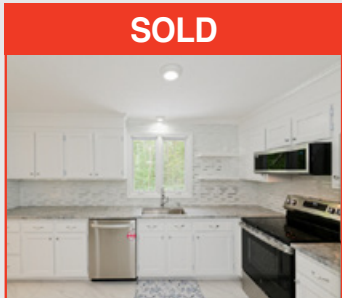
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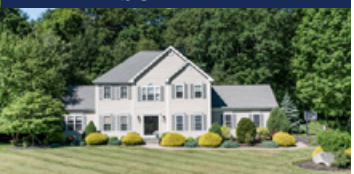
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