

localtownpages **Medway & Millis**

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Free to Every Home and Business Every Month

June 1, 2026

Paul Galante retires, leaves legacy at Medway Food Pantry



Paul Galante, director of the Medway Food Pantry at Mahan Circle, is retiring after 10 years of service to the community and region. Courtesy photo

For more than a decade, the Medway community has been blessed by the dedication, compassion, and steady leadership of Paul Galante, director of the Medway Food Pantry at Mahan Circle. As Paul retires after 10 years of service, on the extraordinary impact he has made on thousands of lives across the region.

During his tenure, the Medway Food Pantry provided more than 178,000 bags of food to neighbors in need. Behind those numbers are families facing difficult seasons, seniors living on fixed incomes, working parents trying to make ends meet, and individuals who found not only food at the pantry, but kindness, dignity, and hope.

For many who walked

GALANTE

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James F. McKay was elected to the Millis Select Board in May. Courtesy photo

Millis election: McKay takes Select Board seat

By THERESA KNAPP

Millis Town Clerk reported that 19.63% (1,418) of the town's 7,223 registered voters

cast a ballot in this year's annual election held on May 11.

ELECTION

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Ken Hamwey, our beloved writer.

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Full tribute in our July issue

GALANTE

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through the pantry doors, Paul became the heart of the operation.

Clients often described him as “a good man” who worked tirelessly to make sure everything ran smoothly. Many shared how surprised they were by the quality and variety of food available. Others spoke about the warmth of the volunteers and how welcomed they felt during what could have been a very vulnerable moment in their lives.

That atmosphere did not happen by accident. It reflected Paul’s values.

Paul’s lifelong career in food service prepared him well for the role he would eventually take on in retirement. A Navy veteran, who served from 1964 to 1968 as a Commissaryman 2nd Class, Paul spent decades building experience in food operations and management. He worked for Brigham’s from 1968 to 1978 before owning a Brigham’s franchise from 1978 to 1995. He later served as General Manager for Friendly’s

from 1995 to 2001, returned to Brigham’s as General Manager from 2001 to 2008, and then managed Food Services at Boston Children’s Hospital from 2008 until 2014.

Shortly after retiring and moving into Mahan Circle, Paul was encouraged to get involved with the food pantry. What began as volunteer service quickly grew into something much larger.

Recognizing the pantry’s potential, Paul immediately began building relationships throughout the community. He connected with local businesses, grocery stores, volunteers, Medway High School students and athletes, scouts, churches, and donors to strengthen the pantry’s reach and reliability. Under his leadership, the pantry evolved into a highly organized, welcoming, and dependable resource serving not only Medway residents, but many families throughout the surrounding communities as well.

Running a food pantry is not easy work. Over the years, Paul navigated countless challenges, including growing demand, limited storage space, weather-related obstacles from



Paul and fellow Medway Food Pantry volunteers George Ryan and Al Kennedy. Courtesy photo

operating outside year-round, and the unprecedented difficulties brought on during the pandemic. Through every challenge, he poured his whole heart into the work, meeting each obstacle with determination, compassion, and an unwavering commitment to making sure every family who needed help was cared for.

His faith also guided his work. Paul often reflected on the Bible verse Matthew 25:31-

46: “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.”

Those who worked alongside him say he lives those words every day.

Kathie Olsen, Volunteer Coordinator, shared, “I knew from the moment I met Paul 10 years ago that he was someone special. His passion for the food pantry and the people it served inspired everyone around him. His dedication has been a gift to this town, and his example will continue to guide us long after his retirement.”

Susan Dietrich, Executive Director of the Medway Village Food Pantry, reflected on their shared mission. “Paul and I have worked closely together for the past decade in our shared mission of feeding and caring for

our neighbors. In that time, we navigated a global pandemic and witnessed tremendous growth in the need for assistance. Through it all, Paul met every challenge with dedication and determination. He has devoted his life to serving others, and his impact will be felt for years to come.”

Paul’s commitment extended far beyond food distribution. He believed deeply in teaching younger generations the value of community service and always welcomed young volunteers into the pantry’s mission. Over the years, Girl Scouts, Boy Scouts, youth groups, honor society students, athletes, and many others found meaningful opportunities to serve alongside him.

Paul took the time to mentor and encourage them, helping them understand the importance of showing up for others with compassion, dignity, and respect. In doing so, he not only strengthened the pantry itself, but also helped shape the next generation through lessons in responsibility, dependability, kindness, and the lasting value of giving back to their community.

Patty Der Garabedian, Resident Services Director for the Medway Housing Authority, saw firsthand how much that compassion meant to residents. “Time and again, I have worked with Paul to either assist a new family who arrived at Medway Housing Authority with very little, or to help a family

GALANTE

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ELECTION

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The only contested race on the ballot was for one seat on the Millis Select Board. Candidates included incumbent Erin T. Underhill and James F. McKay, retired director of the Millis Department of Public Works. The final tally was:

James F. McKay with 840 votes (59.24%) and Erin T. Underhill with 570 votes (40.20%). There were also three write-ins and five blanks. The final results can be found at millisma.gov.

McKay is a retired director of the Millis Department of Public Works and has held various seats on town boards. During his campaign, his primary focus was fiscal responsibility.

After the election, McKay told *Medway & Millis News*, “I would like to thank the Millis residents for electing me to the Millis Select Board. I am looking forward to my role and representing the Millis Community.”

Other election results included:

School Committee (2 seats): Shayna A. Canestrari, Jaime M. Staraitis

Board of Health: Richard P. Traiger

Library Trustee: Olivia Sahnas Diramio

Planning Board: Nicole M. Riley

Housing Authority: Scott A. Fuzy

Constable (2 positions): Nathan R. Maltinsky, Keith N. Kubacki

Sanford Dam alternatives analysis presentation on June 2

The Town of Medway’s consultant will present the findings from the field investigations regarding completed during the past year regarding the Sanford Dam,

Sanford Dam, Medway.
Source: www.medwayma.gov



as well as four potential options for the future of the dam.

The presentation will be held on June 2 at 6 p.m. in the Medway Middle School presentation room (Door 7).

Source: www.medwayma.gov

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Millis Annual Town Meeting approves all articles

Issues related to finances, affordable housing, solar photovoltaic facilities

By THERESA KNAPP

The Town of Millis held its Annual Town Meeting on Mon., May 4, and passed all articles on the warrant. Millis Town Clerk reported the following results. All items passed unanimously, unless noted otherwise.

- The 24 warrant articles included:
1. Ambulance revolving fund [\$70,000]
 2. FY26 additional wages and expenses
 3. FY27 operating budget
 4. Sewer Enterprise Fund
 5. Water Enterprise Fund
 6. Stormwater Enterprise Fund
 7. Consent agenda (amend-

- ments to personnel plan, Board of Health appointing authority, revolving funds: increase COA transportation and program services expenditure limits, Community Preservation Fund)
8. Capital items [\$684,935]
9. Borrowing for water meter replacement program [\$1.286,633] – passed with 2/3 vote
10. Lease of new police cruiser [\$76,854] – passed with 2/3 vote
11. Tri-County school debt – passed with simple majority
12. Community Preservation project: 1178 Main St., affordable housing [at Hammond St., \$200,000] – passed with a standing count
13. Community Preservation project: High School baseball scoreboard project [\$12,000]
14. FEMA flood map revision project [\$120,000]

15. PILOT agreement for 1073 Main St. [solar photovoltaic facilities]
16. Amend Capital Planning bylaw
17. Amend Zoning bylaw: battery storage systems and data storage – passed with 2/3 vote
18. Appropriate of PFAS settlement funds for PFAS remediation capital project [\$1,168,158.69]
19. Recission of borrowing authorization: D’Angelis Well Project [\$206,021]
20. Unemployment Insurance Fund
21. MGL c. 41 Sec. 111F Injury Leave Indemnity Fund
22. Compensated Absences Reserve Fund
23. OPEB [Other Post Employment Benefits] Fund
24. Stabilization Fund

The full results can be found at <https://bit.ly/MillisATMresultsMay2026>.

Source: www.millisma.gov.

GALANTE

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celebrate a child with birthday cake supplies. I have witnessed the relief of our residents when the food pantry has supported them when finances have been strained or when a resident has been ill and couldn’t get to the grocery store. He has professionally and personally made a huge impact on all of us and will be greatly missed.”

Volunteers consistently describe Paul as humble, hard-working, kind, and deeply principled. Volunteer Gerry Rafferty summed it up simply, “Paul has set the standard of what it means to care for our fellow citizens.” Volunteer Janice Whitney added, “Paul’s commitment to fighting food insecurity and his ‘whatever it takes’ approach has clearly touched countless lives. His hands-on approach, along with his sense of humor, made working with him a true pleasure.”

As Paul retires, the community is making sure his years of service are properly recognized. During his retirement celebration, Paul will receive citations honoring his dedication from the Governor’s Office and the

Massachusetts State Senate, coordinated through Senate President Karen Spilka. Medway Selectman Dennis Crowley will also present a proclamation on behalf of the town, and pantry volunteers will honor Paul with a commemorative plaque.

These recognitions come at an important moment for the Medway Food Pantry as it prepares for its next chapter. The pantry recently announced the public phase of its “Nourishing Our Future” campaign, which will create a new permanent home for food access in Medway at 74 Main Street. The new facility will unite Medway’s two pantry operations into one expanded location capable of serving the growing number of residents facing food insecurity.

That future is possible in large part because of leaders like Paul Galante. His work helped build not just a pantry, but a culture of dignity and service that will continue for years to come. Well done, Paul. Medway is a better, kinder, and more compassionate community because of people like you. In the eyes of so many whose lives you’ve touched, you truly have been a good and faithful servant.

Submitted by Medway Food Pantry

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Advertising Director
Jennifer Schofield
508-570-6544
jenschofield@localtownpages.com

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Bess Couture
Kim Vasseur
Wendy Watkins

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Thriving after gray divorce



Mark Freeman, CEPA

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There’s a growing trend of divorce among those ages 50 and older, often called “gray divorce.” While finding yourself in this situation can feel overwhelming, it also can be an opportunity to reclaim your independence and create a life that reflects your dreams and values.

Today, one-third (36%) of divorcing adults are 50 or older (The Journals of Gerontology, 2022) and 77% of women who experienced gray divorce remain single 10 years after divorce (“Repartnering following gray divorce,” 2019). While that might sound surprising, many women view this as a time to focus on goals, dreams and well-being without compromise.

Of course, there are financial realities to consider. Women older than 50 often experience a 45% drop in their standard of living after divorce (compared to 21% for men), and household income can fall by 23% to 40% in the first year (“The Economic Consequences of Gray Divorce for Women and Men,” 2020). So, building financial confidence isn’t just important; it’s empowering.

If you are 50 or older and recently divorced, take the following steps with your financial

advisor. You don’t have to do it all at once; small steps can help lead to greater financial security over time.

- 1. Find a financial advisor who truly listens.** If you’ve ever felt unheard or dismissed, don’t settle. Your future deserves someone who respects your voice.
- 2. Get clear on your finances.** List your assets, debts, income and expenses to understand your financial situation — the first step toward taking control.
- 3. Create a flexible plan.** Include your current needs, short-term goals and retirement aspirations. Instead of feeling intimidated, you can let a financial advisor help make this simple and manageable.
- 4. Learn about money.** Read, attend workshops and join online communities focused

on women and finance. Every bit of knowledge adds confidence.

- 5. Build an emergency fund.** Work toward having three to six months of living expenses in a low-risk, liquid account. This may take gradual, consistent contributions, but ultimately, this cushion can help provide a sense of security as you navigate your new circumstances.
- 6. Review insurance and your employer benefits.** Make sure your medical insurance coverage is adequate. Consider long-term care insurance to help preserve your retirement assets.
- 7. Estate planning.** Work with an attorney to review beneficiary designations on bank and brokerage accounts while updating your will, powers of attorney and, as needed, a revocable living trust.

8. Social Security. If you were married 10 years or longer, understand your rights to Social Security benefits from your ex-spouse.

Rather than being the end, gray divorce can represent a new chapter. The future is yours to shape, and it can be as bold, bright and fulfilling as you want it to be.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
77 West Main Street,
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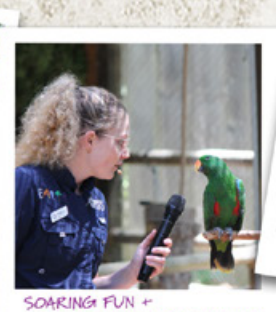
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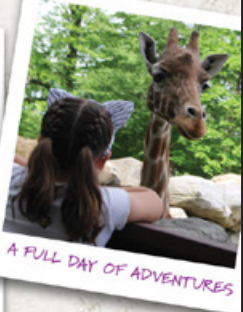
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Medway Food Pantry launches public phase of campaign for new dedicated home

Medway demand up 200% in four years, new facility intended to open August

By MICHELLE REED

The Medway Food Pantry is entering an exciting new chapter with the public launch of Nourishing Our Future, a capital campaign to create a dedicated, unified home for food access in Medway.

As the Pantry looks ahead to this next chapter, it is also celebrating the visionaries whose work made this moment possible: Marilyn Conley, founder

of the Medway Village Food Pantry, who retired in December 2024, and Paul Galante, who served as director of the Medway Food Pantry at Mahan Circle for the last 10 years before retiring in May. Marilyn and Paul saw the need in Medway and helped build compassionate, volunteer-driven food pantry programs that have served neighbors with dignity for years. Their leadership, persistence,

and tremendous work helped bring the Pantry to this point.

The campaign will support the build-out of the Pantry's new space at 74 Main Street, where construction is already underway. The goal is to open the new facility in August, creating a permanent home that will bring together Medway's two all-volunteer food pantries into one coordinated operation.

For years, Medway's food pantries have operated out of temporary, pop-up spaces. While these spaces have allowed volunteers to serve neighbors

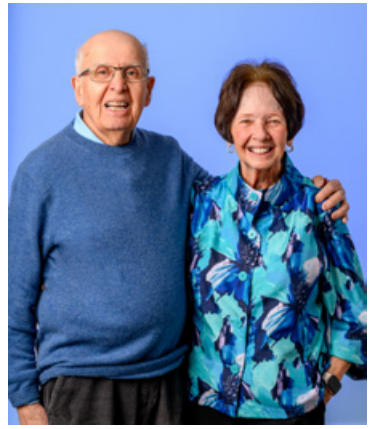
with care and dedication, they have also limited capacity, storage, food recovery, and the ability to provide a consistent, dignified experience for clients.

The need for a dedicated space has become increasingly urgent. Over the past four years, demand for food assistance in Medway has increased by more than 200%. Today, more than 1,000 Medway residents rely on the Pantry each year, including many children, seniors, and working families. In addition, 1 in 10 households in Medway receives SNAP benefits, underscoring the growing food insecurity that exists even in a community many may not associate with hunger.

The new 2,700-square-foot facility will allow the Pantry to move to one unified pantry with expanded capacity. The space is being designed to support appointment-based, market-style shopping, allowing clients to choose the food that best meets their household's needs while preserving dignity and reducing waste.

It will also strengthen the Pantry's food recovery work. Each week, the Pantry receives healthy, nutritious food from local grocery stores and community partners - food that is then distributed to neighbors instead of being diverted to landfills. With more refrigeration, storage, and operational space, the Pantry will be able to recover and distribute more fresh and nutritious food efficiently.

For the neighbors who rely on the Pantry, the impact is deeply personal.



Paul Galante, director of the Medway Food Pantry at Mahan Circle, and Marilyn Conley, founder of the Medway Village Food Pantry.
Photo credit: Tim Rice

"Every month was becoming harder," shared one dual-income Medway household. "The pantry didn't just help me put food on the table, it helped me regain the mental space to keep moving forward."

Another client, who later became a volunteer, described the experience this way: "I expected to feel shame. Instead, I felt welcomed. There was no judgment, only kindness. The pantry gave me stability."

The Pantry is grateful to the many individuals, families, local businesses, companies, and community organizations that have already committed to this project during the quiet phase of the campaign. Their generosity and leadership have helped bring the project to this important milestone and have created strong momentum as the campaign enters its public phase.

As the public phase of Nourishing Our Future begins, the Pantry is inviting the entire community to be part of building

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FOOD PANTRY

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Your Money, Your Independence

Avoid the F.I.R.E. trap: Why true independence is flexible

**Glenn Brown, CFP**

In the world of personal finance, few concepts have captured the public imagination quite like the “FIRE” movement (Financial Independence, Retire Early). The premise sounds intoxicating: live in extreme frugality, sacrifice your lifestyle to save half your income, hit a precise mathematical milestone, and exit the workforce forever.

It looks perfect on a spreadsheet. But as a Certified Financial Planner, I see a glaring, human flaw in this hyper-fixation on a “magic number.” It turns money into a rigid prison rather than a tool for living.

True financial independence isn’t about hitting an artificial finish line and pulling up the drawbridge; it is about building a life flexible enough to handle reality and generous enough to share.

The myth of the flat-line life

The fundamental math of traditional FIRE assumes your life will remain perfectly linear. It projects your future based on your current lifestyle, locking you into a permanent state of hyper-calculated spending to protect your safe withdrawal rate.

But life does not stay flat. A rigid financial plan leaves absolutely no room for the unpredictable, beautiful, and sometimes expensive shifts in our personal journeys.

What happens if you choose to care for aging parents down the road? What if you want to fund a loved one’s education, marry someone with a different financial reality, or navigate a medical curveball? If your financial plan breaks the moment your life expands, it isn’t independence. It’s a self-imposed constraint disguised as freedom.

Reclaiming the power of flexibility

Instead of racing toward an arbitrary retirement date, a healthier approach is to design a wealth strategy around being “Work Option-Ready.”

Financial independence shouldn’t mean doing nothing; it means having the power to choose what you do, when, and with whom.

When you build a plan focused on flexibility rather than an escape hatch, you don’t have to view your career as a prison sentence to endure. You gain the agency to take a sabbatical, pivot to a lower-paying but more fulfilling role, or launch a passion project. Money is a tool for personal sovereignty, not just a metric for tracking how quickly you can stop contributing your talents to the world.

The generosity premium

Perhaps the deepest flaw of the hyper-frugal milestone mindset is its inherent

isolation. When your entire identity is wrapped up in protecting a fixed lump sum, spending money becomes a chronic source of anxiety. This often forces people to say no to shared experiences or decline opportunities to support their community because any extra expense threatens their spreadsheet.

True wealth is social, not just mathematical. A sophisticated financial plan accounts for a “generosity premium.” It explicitly builds in the margin required to share your success, support causes you care about, and show up financially for the people in your life when it matters most.

True independence means having enough abundance to be altruistic without compromising your future.

Freedom is a behavior, not a metric

Do not let internet trends con-

vince you that financial success is a race to a rigid finish line. The goal of comprehensive financial planning isn’t to cross an artificial boundary and stop living; it is to ensure your financial foundation is strong enough to weather life’s changes and flexible enough to let you live and give abundantly.

That is the kind of financial independence worth pursuing.

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 fire devastates Birch Street property, GoFundMe set up

BY THERESA KNAPP

On May 5, the Millis Fire Department made the following Facebook post regarding a fire at Deerfield Tree Farm on Birch Street.

“At approximately 5:45 p.m.,

get out with their dog without injury.

“The fire quickly went to three alarms.

“The fire is under investigation by the Millis Fire & Police depts as well as the State Fire

ily and had raised \$3,500 of its \$18k goal as of press time.

The GoFundMe page says, “My girlfriends and I are starting this for another friend who lost her home to a devastating fire last night in Millis, MA. Her home was on her tree farm, which generated income for the family. Her home is a total loss. So we are reaching out here to try to get her the necessities she needs for now. Nothing will replace the stuff she lost. But she for sure needs clothes, personal items, hygiene items, food, hotel money, everyday items for her and her dog. She lost everything. Any monetary amount would help. If you can’t do that and would like to help with gift cards for basic stuff, food, groceries, anything would be a big help. You can email me and we can set up a drop-off or pick-up site. Thank you for anything, even your prayers.”

Contact information is available at <https://bit.ly/GoFundMeMillisDowd>.



Millis Fire Department photos from the structure fire at 25 Birch Street in Millis on May 5. Source: Facebook/MillisFireDepartment

Millis Public Safety dispatch received several 911 calls reporting a structure fire at 25 Birch Street. On arrival, crews were met with a well involved structure being fed by high winds and several propane tanks. The fire spread to two additional smaller structures on the property and approximately 3-4 acres of woods.

“The resident was able to

Marshal's office.

“Thank you to our Mutual aid partners: Norfolk Fire, Medway Fire, Medfield Fire, Sherborn Fire, Westwood Fire, Walpole Fire, Wrentham Fire, Franklin Fire, Bellingham Fire, Dover Fire, Holliston Fire and Charlton Rehab.”

The next day, friends set up a GoFundMe for the Dowd fam-



The Millis Fire Department and several other departments helped extinguish the fire at Deerfield Tree Farm on May 5. Friends have established a GoFundMe to help the Dowd family.
Source: <https://bit.ly/GoFundMeMillisDowd>



Spring Clean Maid Easy









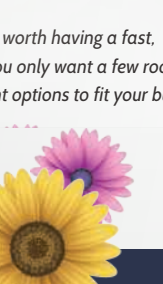
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Roberts honored at Eagle Scout Court of Honor

On Sunday, March 22, Medway resident Gavin William Roberts was honored at his Eagle Scout Court of Honor, surrounded by more than 70 family members, friends, neighbors, and community leaders. For many in attendance, it was not just a ceremony, it was a celebration of watching Gavin grow up over the years through Scouting.

Gavin began his journey in Cub Scouts at just six years old and, over the past 13 years, steadily worked his way to the rank of Eagle Scout, an achievement earned by only a small percentage of Scouts nationwide.

What makes this accomplishment especially meaningful for Medway is Gavin's Eagle Scout project, which directly gives back to the town. Wanting to create something that would benefit local students, he designed and built an outdoor classroom at Medway Community Farm. The space includes handcrafted log benches and a large chalkboard, creating a place where students can step outside the traditional classroom and learn about nature, agriculture, and sustainability in a

hands-on way.

Today, that space is already being used by Burke-Memorial Elementary School students and visiting groups—something Gavin said was one of the most rewarding parts of the entire experience.

During the ceremony, Gavin spoke about how much Scouting has meant to him—from early memories like Pinewood Derby races to summer camp at Camp Squanto, and the friendships and leadership skills he developed along the way. He also took time to thank his family, fellow Scouts, and leaders who helped guide him throughout his journey.

The event itself reflected the strong sense of community that helped shape Gavin's path. Local and state officials, school representatives, and scouting leaders all shared remarks recognizing his achievement and the impact of his project. Gavin was especially excited to hear from the speakers that day particularly Judge Richard Eustis, who holds a special place in his life not only as a member of the judiciary, but also as one of his former football coaches during his time at Medway



Gavin William Roberts of Medway was recently honored at his Eagle Scout Court of Honor. Courtesy photo

High School. That connection made the recognition even more meaningful.

Adding to the moment, Gavin's older brother Colin also an Eagle Scout served as Master of Ceremonies, making the day a special one for the entire Roberts family.

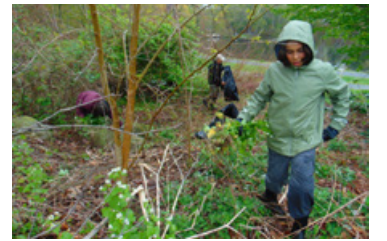
For those who know Gavin, this achievement comes as no surprise. His project stands as a lasting contribution to Medway and a reminder of what young people in our community are capable of when they commit themselves to service.

Editor's note: For more photos, visit us at www.millismedwaynews.com.

Medway trail series: Scouts assist, event planned for grades 5-8

Fostering the importance of the Medway trails is not something limited to the town's adult population. The Medway Open Space Committee and the Medway Trail Club are already in a symbiotic relationship, as mentioned in past articles. It must be noted that there are other organizations who help town trail lovers to achieve their mission statement and several of these are youth populated: Medway's Scouting groups - whether they be Eagle Scouts, Boy Scouts, Cub Scouts or Girl Scouts - have all contributed much to cultivating a stewardship of Medway trails by helping us with several projects.

Most recently, Boy Scout Troop 367 helped us hand-pull garlic mustard invasive plants at Choate Park. An invasive plant will hinder or prevent survival of other plants in the ecosystem. Some of these boys had experience with this task as they had also been Cub Scouts a few years back and were initiated with exposure to conservation. While there is no badge they need for conservation, some are awarded conservation credits as



these credits align with the Boy Scout objectives. Several Eagle Scout projects have benefited Medway Trails too, and the Ohnemus Trail was developed as an Eagle Scout project as were the bat house installations at Adams Meadow.

Girl Scouts have also aided us on several projects, including our Winterfire and Trail Festivals.

Engaging 5th to 8th graders is coming up on Fri., June 5, from 5 p.m. to 7 p.m. as FNDR (Friday Night Done Right) is sponsoring a group trail hike for these age-appropriate Medway residents. The event is in collaboration with the Medway Trail Club, as we aim to cultivate the brain seed that grows by respecting the trails and properties of the town.

Submitted by Medway Open Space Committee and Medway Trail Club

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Medway High School hosts five-school Special Olympics event

Students participated from Ashland, Holliston, Medfield, Millis, Medway

Student-athletes from five towns gathered for a day of inclusivity, friendly competition and community during Medway High School's 11th annual Five-School Special Olympics.

On April 28, 174 students from Ashland, Holliston, Medfield, Millis, Medway and the ACCEPT Special Education Collaborative gathered at Medway High School to participate in a series of competitions and games.

"This event is a special opportunity for students from across five different towns to come together and enjoy a day of fun," said Principal John Murray. "The Special Olympics games are always a great display of community. Every year we

look forward to recognizing our student-athletes and seeing our entire study body support them."

The athletes received a police escort to the school, where the festivities began with an opening ceremony. Special Olympics Coordinator and Medway Public Schools physical therapist Jessica Bartha welcomed athletes, family and friends to the event, and a student-athlete kicked off the games by reciting the Special Olympics athlete oath.

Athletes rotated through 10 stations of various games, including soccer-themed activities and throwing challenges. Medway High School student volunteers oversaw each station and assisted athletes by setting up equipment and offering encouragement. Members of the cheerleading team also provided school spirit and support.

Medals were awarded following the games, and a closing ceremony recognized the athletes for their achievements.

The day ended with a picnic lunch, where athletes enjoyed pizza and ice cream from T.C. Scoops.

"What inspires me about this event, first of all, is the five com-

munities coming together," said Medway Public Schools Superintendent Armand Pires. "I've been part of this event for 14 or 15 years now, and it's just great to get our five communities together and collectively celebrate our Special Olympians. It's been a really terrific opportunity."

"I would say the Special Olympics is probably my favor-

ite day of the school year," said Medfield Public Schools Superintendent Jeffrey Marsden. "It's really inspiring to see our kids come out and work hard. They have all this support, not only from the parents, but their classmates and teachers, and it is just a wonderful day to have for our kids in Medfield."



Students from Ashland, Holliston, Medfield, Millis, Medway and Medway's ACCEPT Education Collaborative gathered at Medway High School to participate in a series of competitions and games, which started with a procession and mini-torch-relay. Courtesy photo

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The b.LUXE *beauty beat*

The split end fix that saves your length

We've all sat down in the salon chair and said it. "Just a tiny trim. Maybe an inch." And then your stylist holds your ends up to the light and gives you that look. You know exactly the one.

Split ends are one of the most common things we see at b.LUXE, and they're not a sign of failure. They happen to almost everyone, no matter the hair type, the length, or the effort you put into your routine. Knowing what causes them, though, puts you one step ahead.

So what's actually going on?

Each strand of hair has an outer layer called the cuticle, a protective shield made up of tiny overlapping scales. Think of it like shingles on a roof. When those scales get worn down, the inside of the strand becomes exposed, and that's when you start to see fraying, splitting, and breakage.

A few of the biggest reasons for split ends

Heat styling: Reaching for the flat iron or curling wand every morning without a heat protectant slowly chips away at that cuticle. Over time, high temperatures cause real structural damage to the strand.

Color and chemical services: Color services and chemical treatments are some of the most sought-after services we provide, and while they create stunning results, they inherently place stress on the hair fiber. Even with a consistent conditioning routine, some level of breakage is a natural part of the process.

The environment: Sun, wind, hard water, and humidity can quietly sap moisture from your hair over time. UV exposure alone breaks down the natural keratin that keeps hair strong.

Everyday wear and tear: None of these habits feel like a big deal in the moment, but over time, rough towel drying, brushing through wet tangles, tight elastics, and even your cotton pillowcase can quietly lead to breakage and wear on the hair.

Growing your hair out: The longer your hair gets, the

older those ends are and the more they've been through. By the time your hair reaches a meaningful length, those ends can be two or even three years old. They've seen a lot... and they need more attention, not less.

That's where the right care makes all the difference. Using high-quality, reparative salon products between appointments helps keep hair stronger, healthier, and better able to handle everything we put it through.

The part no one wants to hear:

You can easily have four or more inches of damage sitting on your ends. And when you've been growing your hair out, the idea of cutting off four inches can feel like starting all over again.

This is where so many people get stuck. Keep the length and live with the damage... or cut it off and feel like you're back at square one.

At b.LUXE, we approach this differently. Instead of treating it like an all-or-noth-

"The goal isn't just to grow your hair," says Heather Cohen. "It's to grow hair that actually feels healthy, strong, and looks the way you want it to."

ing situation, we create a plan. That might mean strategically removing damage over a few visits, strengthening the hair with targeted treatments, and adjusting your at-home routine so you're not undoing the progress.



Fix the Damage, Leave the Length

With a b.LUXE Split End Treatment

Our Solution to split ends: Fix the damage. Keep the length. We'll show you how!

Our Split End Correction Treatment is a simple \$40 add-on to any b.LUXE service with a blow dry and takes just 10 minutes. For clients growing their hair out who don't want a big chop, we remove the inch you came in for, clean up the most damaged ends, and then the treatment gets to work sealing and strengthening the rest.

Hair that comes in looking frayed and straw-like walks out smoother, stronger, and noticeably easier to manage. It lasts up to four weeks, which means your ends stay protected as your hair continues to grow.

It's not magic, but it's honestly pretty close. It's the solution to the conversation we have every day... wanting healthier ends without giving up your length. Now you

don't have to choose.

And here's a little gift

Every client who adds a **Split End Correction Treatment** to their service for the month of June goes home with a complimentary **Oribe Dry Texturizing Spray** in a deluxe travel size. This invisible dry hairspray builds serious volume and texture while tiny zeolite crystal-lines act like sponges, trapping dirt, oil, and odor. Oribe's Signature Complex of watermelon, lychee, and edelweiss flower shields hair from oxidative stress, UV damage, and the breakdown of natural keratin (**further protecting those split ends!**) It's vegan, cruelty-free, color-safe, and completely free of parabens and sulfates.

Keep your length, fix the damage. We'll show you how!

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Medway Town Meetings approve all articles

By THERESA KNAPP

The Town of Medway held a Special Town Meeting and its Annual Town Meeting on May 11.

The full results can be found at <https://medwayma.gov/news-and-notice/annual-town-meeting-results-4/>. The warrants can be found at <https://bit.ly/MedwayATM-warrant2026>.

Special Town Meeting articles included money transfers, digitizing records, and repurposing funds for the Memorial School roof to the McGovern bathroom project and high school air quality mitigation.

Annual Town Meeting approved the:

- purchase of Winthrop Street properties with CPA funds (unanimous);
- disposition of 4.2 acres

at 13 Populatic Street (unanimous);

- executing a PILOT (payment in lieu of taxes) agreement with Medway Energy Center for the new battery energy storage project at 15 West St.;

- amending general bylaws related to civil fingerprinting (unanimous);

- amending zoning bylaws related to small clean energy facilities, central business uses, Oak Grove/Central Business District, municipal uses, and other housekeeping updates (all passed with majority vote).

Other articles included the annual town budget, money transfers, field design for athletic fields (\$50,000), and Lovering water tank rehabilitation (\$1.8 million).

Source: www.medwayma.gov

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LIVING HEALTHY

A new era of hope for patients with dry macular degeneration

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

For decades, patients diagnosed with dry age-related macular degeneration (AMD) have often faced a frustrating and discouraging reality: there were very limited treatment options available. Unlike wet macular degeneration, which can often be treated with injections, dry AMD — which accounts for approximately 90% of all AMD cases — historically offered little beyond observation, monitoring, nutritional supplements, and lifestyle recommendations. Many patients were told to simply “watch and wait” as their central vision slowly declined over time. Today, however, that reality is beginning to change dramatically.

A groundbreaking FDA-

therapy is bringing new hope to patients living with dry AMD. Delivered through the Valeda Light Delivery System, PBM therapy represents one of the most exciting innovations in retina care in many years. For the first time, patients with dry AMD may now have access to a treatment shown in clinical studies to improve visual function and potentially slow disease progression.

Photobiomodulation works by using specific wavelengths of light to stimulate retinal cells and improve cellular function deep within the retina. Scientific research has shown that PBM may enhance mitochondrial activity, reduce inflammation, improve blood flow, and decrease oxidative stress — all factors believed to contribute to the progression of macular degeneration. By

improving the health and metabolism of retinal cells, PBM helps support the retina’s ability to function more effectively.

The FDA authorization of the Valeda system followed extensive scientific investigation and multiple clinical trials. The landmark LIGHTSITE studies generated tremendous excitement among retina specialists and ophthalmologists worldwide. In these studies, patients treated with PBM demonstrated measurable improvements in visual acuity, contrast sensitivity, and overall retinal function compared to untreated patients. Many patients gained letters on standardized vision testing, and some maintained these improvements over extended follow-up periods. Researchers also observed signs suggesting slower progression of retinal damage in treated eyes.



For patients who have spent years hearing that “nothing can be done” for dry AMD, these findings are incredibly meaningful. PBM therapy is changing the conversation surrounding dry macular degeneration and offering patients genuine optimism for the future.

One of the most remarkable aspects of PBM therapy is its excellent safety profile. The treatment is completely non-invasive, painless, and comfortable. There are no injections into the eye, no surgery, no needles, and no recovery time. Patients simply sit comfortably during a series of light therapy sessions that take only minutes to perform. Clinical studies have demonstrated virtually no significant side effects or safety concerns associated with treatment. This makes PBM one of the safest and most patient-friendly technologies currently available in retinal care.

Patients often ask who may qualify for treatment. In general, the best candidates are individuals with early to intermediate dry AMD who are beginning to experience symptoms such as blurry central vision, difficulty reading, trouble driving at night, decreased contrast sensitivity, or distortion in vision. Patients with drusen deposits or non-central geographic atrophy may particularly benefit from evalua-

tion. Determining candidacy requires a comprehensive retinal examination and advanced retinal imaging performed by an experienced eye specialist.

Milford Franklin Eye Center is proud to be among the very first centers in Massachusetts — and among the earliest centers in the United States — to offer this revolutionary FDA-authorized technology. In fact, MFEC is the fourth center in Massachusetts to acquire the Valeda PBM system. Remarkably, many major hospitals and eye centers in Boston still do not yet offer this breakthrough treatment. Milford Franklin Eye Center has always remained committed to bringing the most advanced and innovative technologies directly to the communities we serve so patients can receive world-class care closer to home.

This commitment to innovation reflects the core mission of MFEC: providing exceptional eye care using the latest advancements in medicine while maintaining the personalized attention and compassion of a community-based practice. Our goal has always been to empower local patients with access to the same cutting-edge technology available at leading centers across the country, without requiring

EYES

continued on page 15

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Millis Housing Challenges survey now open

The Town of Millis is updating its Housing Production Plan and asks residents to take a short online survey so town officials can “better understand what challenges you, your family, and your neighbors are facing.” The survey can be found at mapc.ma/millishousingsurvey.

According to the survey, “through a planning process that began last fall, the Town of Millis, the Housing Production Plan Working Group, and MAPC (the Planning Team) are working with the Millis com-



Housing Millis is a community plan that aims to address housing affordability in Millis. Source: mapc.ma/millishousingsurvey

munity to direct housing policy in Millis over the next five years. This effort, Housing Millis, is a community plan that aims to address housing affordability and make Millis a more welcoming and affordable place for

people at all stages of life. To learn more about this plan, visit mapc.ma/housing-millis.

Source: www.millisma.gov

EYES

continued from page 14

long-distance travel for specialized care.

Patients diagnosed with dry AMD are strongly encouraged to contact our office for an evaluation, consultation, or second opinion regarding PBM therapy. Many optometrists and ophthalmologists may not yet offer this technology or may not yet be familiar with the newest treatment advances available for dry macular degeneration. PBM therapy represents a true revolution in eye care because it offers something patients with dry AMD have rarely had before: hope for preserving — and in some cases improving — vision.

Milford Franklin Eye Center is also proud to provide on-site retina specialty care

through Dr. Alyse Richard, a highly trained retina specialist dedicated to the diagnosis and treatment of retinal diseases including dry and wet macular degeneration, diabetic retinopathy, retinal vascular disease, retinal tears, and other complex retinal conditions. Dr. Richard combines advanced subspecialty expertise with compassionate, patient-centered care and is committed to helping patients preserve their vision using the latest evidence-based treatments available today.

If you or a loved one has been diagnosed with dry AMD, now is the time to learn more about this exciting breakthrough. Early evaluation and treatment may make a meaningful difference in preserving vision, maintaining independence, and improving quality of life. Time equals vision. Patients are encouraged to contact Milford Franklin

Eye Center for immediate appointments and second opinions regarding this revolutionary new technology that is changing the future of dry macular degeneration care.

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Make room for spring with Affordable Junk Removal

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

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

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

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

Affordable Junk Removal spe-

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

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

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

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

If you don't want to be bothered with the dumpster, they've also got a driveway

Business spotlight

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

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

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

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving



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

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

restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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

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The Charles River Sinfonietta to perform on June 19

The Charles River Sinfonietta will be giving one of our chamber music concerts in Millis again this year in June, at the Church of Christ, 142 Exchange St.

On Fri., June 19, at 7:30 p.m. we will be giving another trio concert with music for two violins and piano and for violin, viola and piano like we did in 2025.

This year the music we will be performing will be Suite opus 71 composed by Moritz Moszkowski in 1903 for two violins and piano. It was a very popular piece back then, and deserves to be heard much more today. A short trio, in c minor, by Mendelssohn (which he composed at age 11) for violin, viola, and piano, will be

next on our program, followed by a wonderful trio opus 37 by Ignaz Lachner (1807-95), the second of three famous musical brothers, and the first of six trios he composed for violin/viola/piano. It is a very youthful work, with four wonderful movements filled with Schubertian like melodies.

We greatly thank the Local Cultural Councils of Millis, Northborough, Norton, Chelmsford and Wellesley for helping to support our 2026 concerts, as well as Roche Bros. and more.

Our concerts are free and open to the public. All donations are tax deductible.

Submitted by The Charles River Sinfonietta

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Millis Public Safety Log

Structure fire, missing persons, suspicious activity

According to safety logs, between April 16 to May 15, the Millis Police and Fire Department spent the majority of its time on calls related to motor vehicle stops and violations, car crashes, disabled motor vehicles, general traffic control, alarms (burglar, master box, carbon monoxide), suspicious activity, disturbances, lost/found property, building checks, larceny/forgery/fraud, and assisting citizens.

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

April 16 at 3:58 p.m., Bridge St., brush fire

April 16 at 5:45 p.m., Timberline & Island Rds., missing person

April 19 at 8:15 p.m., Apple Rock Rd., other fire

April 23 at 3:56 p.m., Rockville Meadows, larceny/forgery/fraud

April 24 at 4:24 p.m., Milliston Rd., suspicious activity

April 24 at 4:42 p.m., Main St., larceny/forgery/fraud

April 25 at 3:08 p.m., Main St., disturbance

April 29 at 8:58 p.m., Ticonderoga Ln., disturbance

April 30 at 4:42 p.m., Ridge St., soliciting

May 3 at 3:29 p.m., Auburn Rd., suspicious activity

May 4 at 9:13 a.m., Heritage Path, carbon monoxide alarm

May 4 at 5:45 p.m., Birch St., structure fire (see page 9)

May 6 at 1:58 a.m., Orchard St., suspicious activity

May 7 at 3:01 p.m., Debrah Ln., missing person

May 8 at 7:25 p.m., Main St., assist citizen

May 10 at 6:56 a.m., Main St., motor vehicle accident with injuries, transported to hospital

May 10 at 7:54 p.m., Park Rd., suspicious activity

May 12 at 1:52 a.m., Milliston Rd., suspicious activity

May 12 at 7:21 p.m., Village St., carbon monoxide alarm

May 13 at 3:03 a.m., Union & Parnell Sts., suspicious activity

May 15 at 9:47 a.m., Exchange St., disturbance, de-escalated

May 15 at 10:06 p.m., Stoney Brook Dr., disturbance

Source: Millis Police Department

Medway Public Library conducting strategic planning survey

Seeks public input for services, programs, services

The Medway Public Library is developing a new strategic plan, and would like the public to help guide library services, programs, and spaces for the coming years.

To share your ideas, take the detailed survey at <https://bit.ly/MedwayLibraryStrategicPlanningSurvey2026>.



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How to control the deadliest animal on the planet!

Mosquito and tick populations are on the rise again as the country transitions to the Spring season. While these pests are certainly nuisances, they can also transmit harmful diseases like Zika virus, West Nile virus, Lyme disease, and more,

which is why WPC Pest Control is helping to advocate for increased awareness of mosquito and tick prevention this season.

"One of the best ways to fight off mosquito and tick bites and subsequent disease transmission is to apply insect repellent before

going outside," said Jim Mazzuchelli, owner of WPC Pest Control.

Yet, many people don't make it a priority to protect against these biting pests by taking this simple action. Those who do may not realize that there is a

correct way to use repellent for it to be effective.

To properly apply insect repellent for maximum protection against mosquitoes and ticks, follow this five-step method from the National Pest Management Association (NPMA):

Look for a product containing an active EPA-registered ingredient, such as DEET, picaridin, oil of lemon-eucalyptus or IR3535.

Read the product label and follow the instructions carefully. If sunscreen is also being worn, repellent should be used over top of sunscreen.

Shake the product well. Then, hold it about 6-8 inches away from exposed skin and spray evenly in a sweeping motion.

Spray the palms of hands to apply the repellent to the face and ears, being sure to avoid eye and nostril contact.

Apply the repellent over clothing, which should completely cover feet and ankles.

"Another great way to avoid contact with mosquitoes specifically is to remove any standing water around the yard to deter mosquito breeding," said, Jim Mazzuchelli.

A licensed pest control profes-



**Jim Mazzuchelli, owner,
WPC Pest and Termite Control**

sional can work with a homeowner to help identify these hot spots. The ultimate protection would be to have your yard treated by a professional pest control operator. You will get the knowledge and protection needed to combat these dangerous threats. Your loved ones deserve it.

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Nipmuc Class of 1966 to hold 60th Reunion on June 20

The Nipmuc Regional High School Class of 1966 will hold its 60th Reunion on Sat., June 20, at 6 p.m. at Red Rock Grill and Bar, 66 West Main St. in Upton.

The class held its 55th there and had such a great time, they decided to go there again for their 60th. Outdoors, casual, and like last time, everyone orders for

themselves off the menu and pays their food and drinks.

Although we are individually ordering and paying off the menu, the owners of Red Rock would like a count so they can make appropriate accommodations for staff, space requirements, etc. If you're attending, please email the number in your party to Larrypearson48@gmail.com.



Millis High, Norfolk Aggie announce football co-op program

Two-year program effective this fall

Millis High School and Norfolk County Agricultural High School (Norfolk Aggie) are recently announced the official approval of a new two-year football co-operative program, effective for the upcoming fall season. Under the agreement, Millis High School will serve as the host school, welcoming student-athletes from Norfolk Aggie to join the proud Mohawks football tradition.

The co-op, which has been formally approved by both schools' respective leagues and the Massachusetts Inter-scholastic Athletic Association (MIAA), arrives at a critical time for the Millis program. Like many small schools, Millis has faced declining roster numbers over the last few years. This partnership provides much-needed roster stability, ensuring the program can safely and competitively

field teams.

Crucially, the influx of student-athletes will allow the program to move away from the varsity-only limitations of the past two seasons. By boosting roster depth, the co-op will enable the school to reintroduce sub-varsity levels. This expansion is vital for player development, ensures safer play by keeping younger athletes from being rushed into varsity action prematurely, and preserves the long-term health of the sport in the community.

For Norfolk Aggie, the partnership fills a major void, providing a high-quality football opportunity for student-athletes whose home school does not offer the sport.

"We are incredibly excited about this partnership and what it means for the future of football in Millis," said Millis Athletic Director

Derek Phinney. "Keeping our football tradition alive while prioritizing player safety is our top priority. By bringing in Norfolk Aggie student-athletes, we aren't just saving our varsity program; we are rebuilding the foundation by offering sub-varsity levels again. I want to extend a massive thank you to the Norfolk

Aggie administration, specifically their Principal, Robin VanRotz, and Athletic Director, Matt Keating, for their tireless work behind the scenes to get this approved by the leagues and the MIAA. This is a win-win for both communities."

Preparation for the upcoming season is already under-

way. The newly unified squad will officially kick off their season on the road on Sat., Sept. 12, at Blackstone-Millville Regional High School.

Information regarding preseason workouts, tryout schedules, and player/parent meetings will be released by the schools in the near future.

Submitted by Millis Public Schools



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Medway High School senior athletes honored at signing ceremony

Medway High School recently honored eight senior student-athletes who have committed to compete at the collegiate level with a signing ceremony.

On May 1, the seniors were joined by their families at Medway High School to recognize the colleges they will attend and compete at in the fall.

"It has been an honor to watch these students grow in their academics and athletics for the past four years," said Medway Public Schools Athletic Director Jeff Parcells. "The dedication and persistence they have demonstrated during their time here is impressive, and I know

they will continue to thrive at the collegiate level. I wish them all the best and we will be cheering them on from Medway."

Emily Dougenik, who will play women's soccer at Nichols College, and Anna Freeman, who will play women's basketball at Babson College, were both recognized at the signing ceremony.

Separately, several student-athletes were honored after their track and field meet on May 5, as they were competing at the MSTCA D5 Relays during the initial signing ceremony:

- Chase Barucci – men's track and field at Worcester State University



Myles Hoffman committed to participate in men's track and field at SUNY Plattsburgh. Photo courtesy Medway Public Schools. Visit millismedwaynews.com for more photos.

- Dylan Costa – men's track and field and football at Western New England University

- Myles Hoffman – men's track and field at SUNY Plattsburgh

- Charles LaMonica – men's swimming at Keene State University

- Victoria Ribao – women's track and field at the University of Scranton

- Lillian von der Heyde – women's track and field at the University of Southern Maine

The following student-athletes committed to compete

SIGNING

continued on page 21

Happenings

Events happening in and around the area

June 1

Times vary – Spring pickleball lessons, Millis Recreation. www.millisrecreation.activityreg.com

June 6

12 p.m. to 6 p.m. – Franklin PorchFest. Rain date: June 7. franklin.porchfest.info/

June 9

7 p.m. – Yankee Quilters

program featuring Janet Elia at Emma's Quilt Cupboard, Horace Mann Plaza, East Central St., Franklin. For more information, contact YankeeQuilters11@gmail.com.

June 13

8 p.m. – SAFE Sober Prom Night, SAFE Coalition offices, Franklin. Glow-and-neon theme, free. Pre-registration required. <https://tinyurl.com/safeprom>

June 17

6 p.m. – Fun Night with

DJ Mike Rutkowski, Hopedale Community House.

June 19

7:30 p.m. – Charles River Sinfonietta, Church of Christ, 142 Exchange St., Millis. charlesriversinfonietta.com

June 20

6 p.m. – Nipmuc Regional H.S. Class of 1966 60th reunion, Red Rock Grill and Bar, 66 West Main St., Upton. Members of, and anyone associated with, the class are invited. If attending, please send number

of people in your party to Larypearson48@gmail.com.

June 24

6:30 p.m. – Carolyn Rae and the Rumors (pop hits), Hopedale Community House.

Save the dates

July 8

6:30 p.m. – The Pub Kings (electro acoustic quartet), Hopedale Community House.

July 15

6:30 p.m. – Soul Syndicate, Hopedale Community House.

July 18

12 p.m. – Medway Day, Thayer Homestead, Choate Park. Booths 12 p.m. to 5 p.m., activities and entertainment 2 p.m. to 9 p.m. Fireworks after dark. Free event. Rain or shine.

July 22

6:30 p.m. – Elastic 5 (pop, rock, folk), Hopedale Community House.

Sept. 10

6:30 p.m. – Celebrating the 250th anniversary of the signing of the Declaration of Independence, Upton Community Center.

Sept. 19

Hopedale Day in the Park

Sept. 26

10 a.m. – Holiday Vendor Fair, Community House, 8 Court St., Uxbridge (behind Town Common). Tables available by contacting dataless1@yahoo.com 508-244-7849.

If you have an event you'd like listed in the calendar, send it to editor@millismedwaynews.com

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Celtic championships and festival comes to Milford with world-class athletes, culture, & community

Come experience a full day of elite athletics, live entertainment, food, and Celtic culture for all ages.

The roar of the crowd, call of the bagpipes, clash of Celtic wrestlers, and the sight of athletes tossing towering cabers will once again fill Milford this June as the No Fame Games returns for its biggest year yet.

On Saturday, June 13 at Fino Field Annex in Milford, Massachusetts, No Fame Games returns for its sixth year bringing together world-class athletes, Celtic traditions, live entertainment, and family-friendly activities for a one-of-a-kind cultural sports festival unlike anything else in New England.

Inspired by Scottish Highland Games and expanded to celebrate the broader spirit of Celtic strength and heritage, the event has quickly become a regional favorite for families, athletes, and spectators alike.

More than 120 athletes from across the United States, Europe, and beyond are expected to compete in multiple competitions throughout the day. Spectators will witness awe-inspiring feats of strength, including the crowd-favorite Team Highlander competition featuring heavy deadlifts, truck pulls, and team challenges from New England's top barbell clubs.

This year's Games will also

host two major wrestling championships: the North American Scottish Backhold Wrestling Championship and the Northeast Irish Collar & Elbow Championship. Once the most popular sport in New England over 100 years ago, Irish Collar & Elbow wrestling was even practiced by George Washington.

As important as the elite-level competition, No Fame Games creates a welcoming, community-centered atmosphere for all ages. Families enjoy a lively Kids Village packed with activities, including the always-popular Kids Tug-of-War against the pros. Attendees can also explore Celtic heritage booths, artisan vendors, and demonstrations of Celtic Martial Arts.

The festival atmosphere continues throughout the day with live Celtic music, food trucks, and a beer garden featuring The Black Harp Traveling Irish Pub. Unique to this year will be a "What is Celtic Strength?" cultural panel discussion featuring lecturers from Harvard University, Boston College, and Celtic educators. Whether visitors come for the sports, the culture, the food, or simply a fun summer day outdoors, there



truly is something for everyone.

"Our mission has always been bigger than sport," said founder Joshua Mackintosh. "We want to create an event that brings people together through strength, heritage, and community. The Games are about celebrating tradition while building something positive and inclusive for future generations."

Opening ceremonies begin at 9am. This year be sure to meet



Games Chieftain, Clan MacGillivray Chief Iain MacGillivray. Listen to Irish poetry readings, Celtic organization heads, athlete presentations, and cultural celebrations setting the tone for a day packed with nonstop action and entertainment.

Mark your calendars for June 13 at Fino Field Annex in Milford from 9am-4pm. Lawn

chairs are encouraged. Buy your tickets early! Tickets are very affordable for families, with children under five admitted free.

For tickets, schedules, and more information, visit No Fame Games Official Website. www.nofamegames.com

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SIGNING

continued from page 20

at the collegiate level during the fall:

- Ava Cortis — women's field hockey at Worcester Polytechnic Institute
- Bella Cortis — women's field hockey at Assumption University
- Alicia MacRury — women's soccer at Southern New Hampshire University
- Eamon McCarthy — men's lacrosse at The College of Wooster

"We are proud to celebrate our graduating student-athletes as they begin the next chapter of their academic and athletic careers," said MHS Principal



Victoria Ribao committed to participate in women's track and field at the University of Scranton. Photo courtesy Medway Public Schools. Visit millismedwaynews.com for more photos

John Murray. "This time of year offers a chance to reflect on the growth and success our students have achieved during their four years here, and we look forward to seeing all they will accomplish in their future endeavors."

"I want to congratulate each of our seniors on this amazing accomplishment," said Medway Superintendent of Schools Armand Pires. "We are proud of all they have achieved in the classroom and on their teams at Medway High School, and we are excited to watch as they begin this next adventure in their lives."

Submitted by Medway Public Schools

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SPORTS

Baseball playoffs fast approaching

By MATT HYLEN
STAFF SPORTS WRITER

With the 2026 baseball season in full swing and playoffs approaching, Medway High School is preparing for a deep postseason run under Coach Michael Coppinger. After winning last year's league championship with 10 seniors, the Mustangs have faced adversity early in the season but have shown remarkable resilience and team chemistry.

Coming into the season, rebuilding seemed inevitable. However, Coppinger had faith in his younger players. "We knew we had some good ball players in the younger grades," he said. "It wasn't going to be a total rebuild or anything, but you know, guys have stepped up."

Coppinger, who has coached the Mustangs for over a decade, has been a fixture in the program since his playing days at Medway High School. After playing college baseball, he transitioned into coaching at Merrimack College and has remained committed to the sport ever since.

What makes Coppinger's coaching approach effective is his ability to connect with his play-

ers. Having worked with young athletes since high school through summer camps and currently coaching a 10-year-old team on weekends, he brings extensive experience to the varsity level.

"I just feel like I can relate to the kids and get messages across with them," he said. "I have a great assistant coach and good coaching staff all through the program, which makes things obviously a lot easier too."

This relatability has fostered a team culture centered on selflessness and accountability. "We got a lot of selfless kids on the team. They don't care about their individual accomplishments, especially right now. It's just about winning games. Winning the league and then, hopefully, getting a good seed in the playoffs," Coppinger stated.

The 2026 season has tested the Mustangs' resilience from the start. One of their best players and star center fielder broke his hand right before the first week of games, sidelining him until recently.

Rather than falter, the team stepped up. "We just had guys step right up into his place," Coppinger said. "It's impossible



Medway High School baseball team. Photo credit: Jeff Parcels, Medway Athletic Director

to completely replace him, but they did a great job."

The team faced another challenge when their catcher went down against Bellingham, forcing another backup to step into a critical role. The Mustangs' skipper explained, "We just had guys step right up into his place...another one of our guys has stepped in and has done a great job back there. The team has done fantastic at picking each other up here."

This "next man up" mentality

has become the defining characteristic of the 2026 Mustangs. Despite a puzzling ranking of 38th statewide—even after beating four Division II teams—Coppinger remains focused on what the team can control. "It's out of our control, so we're not going to worry about that," he said pragmatically.

Like any successful coach, Coppinger values the mental side of the game. He emphasizes discipline and accountability daily at practice, hoping these lessons translate beyond the diamond.

As the playoffs approach, the Mustangs are refining their approach. While early-season games featured plenty of power hitting, Coppinger has incorporated more small ball and fundamental baseball.

"If you look at our scores early in the season, we slug the ball around, which is great," he

said. "It's not going to be as easy to do that in the playoffs. You're just going to face better pitching. So, we've been mixing in some more small ball and trying to clean things up."

For Coppinger, the most important takeaway for his players extends beyond wins and losses. "This is bigger than just one of them—you're on a team, this is a team sport, other people are counting on you. So, it's kind of that selflessness we talked about," he emphasized.

With experienced players, strong coaching, and a team-first mentality, the Medway Mustangs appear well-positioned for a deep postseason run. As they chase another championship, Coach Coppinger's steady leadership and commitment to developing not just baseball players, but better people, represents what the Medway community is all about.

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SPORTS

Managing Family Wealth Through the Great Wealth Transfer

A historic transfer of wealth is underway in America, as Baby Boomers prepare to pass an estimated \$85 trillion¹ to their heirs by 2048. This moment represents both an extraordinary opportunity and a significant challenge for families. Yet the statistics are sobering: only 30 percent of high-net-worth families successfully transition wealth to the next generation, and by the third generation, 90 percent of that wealth has disappeared.² The Great Wealth Transfer isn't only about passing along financial assets, it's about transferring values, knowledge, and responsibility that will shape your family's financial future for generations to come. With thoughtful planning and open communication, your family can join those who preserve and grow their legacy.

Wealth transfer failure rarely stems from poor investment performance. Instead, they often result from:

- Lack of preparation: Heirs frequently receive assets without the financial literacy or experience to manage them effectively.
- Communication breakdown: More than half of Americans (about 56%), have not discussed family finances with their parents.³

- Values disconnection: When financial decisions occur without reference to family values, heirs may misalign asset management with the family's core principles.

- Inadequate structures: Without the right legal and financial frameworks, wealth can be vulnerable to taxes, probate delays, and potential mismanagement.

1. Develop a comprehensive wealth transfer plan. Creating a thoughtful wealth transfer strategy involves more than drafting a will. Consider:

- Clearly designating beneficiaries and ensuring your estate documents reflect your wishes.
- Using trusts to minimize probate and provide structure for distributions.
- Establishing tax-efficient gifting strategies, including annual exclusion gifts of up to \$19,000 per recipient in 2025.⁴

- Reviewing your plan regularly as tax laws and family circumstances evolve.

2. Engage the next generation early. Research shows that 88% of heirs do not retain their parents' financial advisor after receiving an inheritance.⁵ To help ensure continuity:

- Include adult children in advisor meetings when appropriate.
- Offer younger family members opportunities to gain financial experience.

- Share stories, values, and context behind wealth decisions.
- Gradually increase financial responsibility as heirs demonstrate readiness.

3. Foster open financial communication. Transparency strengthens trust and alignment within families. To promote open dialogue:

- Schedule regular family meetings to discuss financial goals and expectations.
- Share practical details such as where important documents are kept and who key advisors are.
- Address potential conflicts or concerns early to prevent misunderstandings.
- Use these conversations to pass along lessons that blend financial knowledge with life experience.

4. Create appropriate wealth structures. Different investment vehicles can protect and sustain wealth across generations:

- Revocable living trusts help avoid probate while maintaining flexibility.
- Irrevocable Life Insurance Trusts (ILITs) keep insurance proceeds outside the taxable estate.
- Dynasty trusts safeguard assets across multiple generations while minimizing transfer taxes.
- Specialized trusts like Spousal Lifetime Access Trusts (SLATs) and Qualified Terminal Interest Property (QTIP) trusts can be particularly effective for blended families.

5. Bridge the technology gap. Next-generation wealth holders often expect a digital-

first approach. Families can:

- Embrace financial technology for education and communication.
- Work with advisors who provide modern tools for planning and portfolio access.
- Ensure that digital assets and online accounts are included in estate plans. The Great Wealth Transfer represents an extraordinary opportunity to create lasting financial security and impact across generations.



By taking a proactive, holistic approach that addresses both financial structures and family dynamics, you can help ensure your wealth creates the legacy you envision. A thoughtful wealth transfer strategy, developed with professional guidance, allows your family values and

financial assets to continue making a positive difference for generations to come.

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Towns receives fire and life safety education grants

Programs deliver life-saving information to children and seniors

In April, the Healey-Driscoll Administration announced \$1.9 million in grants that will help 229 local fire departments deliver vital life safety education to school-aged children and older adults.

The Town of Medway received a \$4,342.45 SAFE grant, and a \$1,985.12 Senior SAFE grant.

The Town of Millis received a \$7,000 SAFE grant, and a \$3,200 Senior SAFE grant.

The grants represent two longstanding fire safety programs coordinated by the Massachusetts Department of Fire Services. The Student Awareness of Fire Education (SAFE) program sends firefighter-educators into schools to deliver clear, consistent lessons to young people, while the Senior SAFE program is geared toward older adults and delivered through senior centers, councils on aging, and home visits.

"No family should have to experience the tragedy of a preventable fire," said Gov. Maura Healey. "That's why we're making sure kids, families, and older adults across Massachusetts have the knowledge and support they need to stay safe at home — working with the firefighters they know and trust. We're proud to

deliver this support to nearly 230 communities and help protect families across our state."

"Older adults face the highest risk of fire-related injury or death in the home," said Public Safety and Security Secretary Gina K. Kwon. "The Senior SAFE grants help firefighters reach residents with critical fire and fall prevention education, smoke and carbon monoxide alarm installations, and home safety assessments that save lives and help make communities safer across Massachusetts."

"Any firefighter will tell you that we'd rather prevent a fire than fight one," said State Fire Marshal Davine. "And we'd much rather fight a fire than respond after a tragedy. The SAFE and Senior SAFE grants are geared toward prevention but they also help kids and seniors recognize the steps to surviving a fire at home."

The SAFE program was launched in the mid-1990s after child fire fatalities climbed into the dozens each year. Since then, Massachusetts has experienced some of the lowest numbers on record — including two straight years with none at all. In 2014, the Senior SAFE program was developed to reach older adults, who now account for about half of each year's fire deaths in Massachusetts and across the nation.

Norfolk Aggie awarded \$3.5M state grant to expand opportunities for career technical students

Norfolk County Agricultural High School will receive a \$3.5 million state grant — the largest in its history — to significantly increase learning and career opportunities for hundreds of additional students in the county and beyond.

"Norfolk Aggie" is a public high school that currently enrolls more than 600 students from the 28 towns of Norfolk County, as well as more than 40 out-of-county towns. The school offers specialty training to students who are interested in the career pathways of Animal and Marine Science, Agricultural and Diesel Mechanics, Environmental Science, and Horticultural Science.

The grant will support a \$2.45 million renovation and expansion on the current Walpole campus, increasing space and providing much-needed building and systems upgrades. Laboratory space will be expanded, allowing about 100 additional students to pursue careers in Plant Science and Environmental Science.

Another \$550,000 will go toward the purchase of new, modern greenhouses. The structures will include the latest in agricultural technology.

Also, \$350,000 will be spent to create multipurpose classrooms and modular computer labs that will be used by both daytime students and those in state-approved After Dark/CTI adult training on nights and weekends.

These improvements will give students the tools and experiential learning they need to obtain high-paying jobs after graduation, as well as create additional opportunities for dual enrollment at Massasoit and Bristol Community College.

Expanded lab and greenhouse capacity will allow Norfolk Aggie to expand after-school and weekend programming to an additional 60-80 high school students annually from surrounding communities. Another 30-40 incumbent workers and adult learners will be able to earn industry-recognized credentials through Commonwealth Corporation (CTI) training partnerships.

"We are incredibly grateful to the Healey-Driscoll Administration for this grant, and for its strong support of career technical education," Superintendent-Director Jeremy Guay said. "This grant

allows Norfolk Aggie to grow and help our graduates connect with high-paying, high-demand jobs."

In total, the Healey-Driscoll Administration awarded more than \$70 million in capital grants to 28 high schools and career technical schools in April. Gov. Maura Healey, Lt. Gov. Kim Driscoll, and education administrators made the announcement at Assabet Valley Vocational High School in Marlborough.

"Across Massachusetts, we're hearing from students and families who want access to career technical education. That's why we're making a \$70 million investment to expand programs, create new seats and modernize training facilities so more students can get the skills they need and step into strong, in-demand careers," said Gov. Healey. "This investment will expand capacity, create new opportunities and ensure more students can gain the skills they need to succeed, while strengthening our workforce and supporting employers across the state."

Submitted by Norfolk County Agricultural High School

Pets of the month:

Bonded sisters Lily and Carly

Lily and Carly are adorable 10-month-old bonded sisters who came to us as strays. These two love to play together and can often be found snuggling side by side. Because of their strong bond, they must be adopted together.

Both girls are a bit shy at first but are learning more every day that people can be kind and safe. They are curious, clever, and full of personality, so a little cat-proofing may be needed with these smart sisters!

Lily is especially motivated by treats. Offer a little Churu and she'll happily come over and enjoy some gentle attention while she snacks. She's inquisitive and enjoys

watching everything that's going on around her.

Carly also loves treats and



will gently take dry food from your hand. When she's settled comfortably in her cozy bed,

she's starting to enjoy quiet petting and companionship. Her confidence continues to grow as she becomes more comfortable.

These sweet sisters are gradually becoming more relaxed and trusting. They will do best in a calm home with patient adopters who are happy to let them blossom at their own pace.

With kindness, patience, and a few tasty treats, Lily and Carly have the potential to grow into wonderful, loving companions.

Adoptions are by appointment only. If you have an interest in meeting Lily and Carly, please fill out our online adoption application at shelterluv.com/matchme/adopt/MWHS/Cat.

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Medway Select Board recognizes MHS artist Kimora Chin

On May 4, the Medway Select Board recognized Medway High School junior Kimora Chin, a 2025 Scholastic Art & Writing Awards recipient. Kimora, who first developed



Three of Kimora Chin's digital artworks received a prize: "2 People Untitled" received a Gold Key; "In the Clerb We All Fam," received a Silver Key, and "Xander," pictured here, received an Honorable Mention. Source: www.medwayma.gov

an interest in art in middle school, is entirely self-taught and has never taken a formal art class. Kimora shared that she submitted 20 digital pieces to the Scholastic Awards and was recognized for three of them, earning a Gold Key, a Silver Key, and an Honorable Mention. Her Gold Key was awarded for "2 People Untitled," the Silver Key for "In the Clerb We All Fam," and Honorable Mention for "Xander." She notes that she finds digital art somewhat easier than traditional work. "Digitally, I like to layer a lot, and I don't erase in any of my art. I go over



At its meeting on May 4, the Medway Select Board recognized Medway High School junior Kimora Chin, a 2025 Scholastic Art & Writing Awards recipient. Source: www.medwayma.gov

mistakes and fix them as I go, focusing on value, color, and mark-making," Kimora told the Select Board. Source: www.medwayma.gov. Artwork photos provided by artist Kimora Chin

To learn more about the artist, visit <https://mhssummerstreettimes.com/1844/arts/artist-spotlight-kimora-chin/>

REAL ESTATE CORNER



Looking to advertise in our Real Estate Corner? Contact Jen Schofield today at 508-570-6544 or by email at jenschofield@localtownpages.com

Recent Home Sale



The 2-bed, 3-bath, 2,140-square-foot condo at 176 Main St., Unit 3, in Medway recently sold for \$525,000. Image credit: www.zillow.com



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REAL ESTATE CORNER

Recent Home Sales

Date	Medway	Amount
05/15/2026	176 Main St. #3	\$525,000
05/14/2026	3 Nobscott Rd.	\$1.01 mil
05/04/2026	280 Village St. #F1	\$338,000
05/04/2026	8 Gable Way	\$950,000
05/01/2026	56 Fisher St.	\$810,000
04/30/3036	17 Fairway Ln.	\$999,000
04/29/2026	15 Fox Run Rd.	\$990,000
04/24/2026	22 Milford St.	\$605,000
04/24/2026	84 Winthrop St.	\$608,000
04/23/2025	253 Village St.	\$625,000
04/22/2026	14 Sanford St. #47	\$282,000
04/22/2026	4 Bullard Cir.	\$789,000
Date	Millis	Amount
05/15/2026	4 Independence Ln.	\$675,000
05/13/2026	78 Key St. #78	\$445,000
05/12/2026	14 Teresa Dr.	\$1.18 mil
05/07/2026	5 Apple Rock Rd.	\$1.13 mil
05/05/2026	283 Orchard St.	\$519,000
05/05/2026	9 Bogastow Cir.	\$1.20 mil
05/04/2026	6 Rosenfeld Rd.	\$590,000
04/30/2026	15 Cedar Sq.	\$440,000
04/30/3036	13 Teresa Dr.	\$1.08 mil
04/29/2026	225 Pleasant St.	\$715,000
04/28/2026	4 Brookview Rd.	\$840,000

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

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FOR SALE

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SOLD



60 Spencer Street
Millis - \$530,000

SOLD



2 April Way
Millis - \$1,030,000

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8.2 acres of farmland
Millis - \$599,900

SOLD



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Millis - \$989,900

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21 Stable Way, Medway
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SOLD



\$915,000
3 Millbrook Rd Medway
Laina Regan Kaplan

SALE PENDING



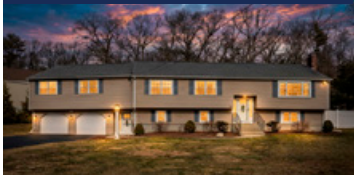
\$1,050,000
20 Finway, New Seabury/Mashpee
Sue Kuphal

SOLD



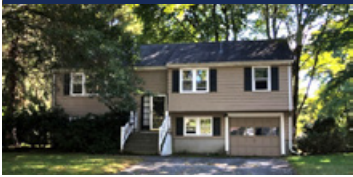
\$1,130,000
5 Apple Rock Millis
Jennifer/Team Signature

SALE PENDING



\$820,000
32 Ohlson Circle, Medway
Laina Regan Kaplan

SOLD



\$519,000
283 Orchard St Millis
Jennifer/Team Signature

SOLD – BUYER CLIENT



\$700,000
21 Carp Road, Milford
Laina Regan Kaplan

SOLD



\$1,010,000
3 Nobscott Road, Medway
Laina Regan Kaplan

SOLD



\$725,000
34 Pollard Drive, Millis
Jennifer/Team Signature

SOLD – BUYER CLIENT



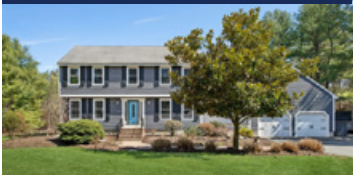
\$1,400,000
9 Flynn Street, Natick
Jennifer/Team Signature

SOLD



\$784,000
2 Gerald Avenue, Millis
Jennifer/Team Signature

SOLD



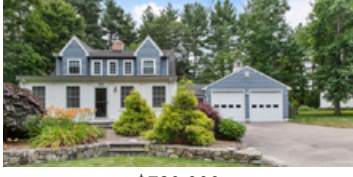
\$929,000
21 Grove Street, Millis
Sue Kuphal

SOLD – BUYER CLIENT



\$771,319
1 Cypress Circle, Bellingham
Sue Kuphal

SOLD



\$730,000
238 Village Street, Millis
Jennifer/Team Signature

FOR SALE



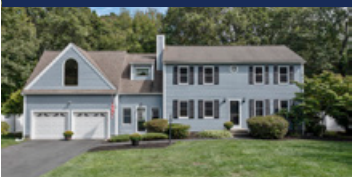
\$364,000
19 Oak Street, Hopedale
Sue Kuphal

SOLD



\$589,000
37 Railroad Ave., Whitman
Sue Kuphal

SOLD



\$866,000
16 Blueberry Hill Lane, Medway
Laina Regan Kaplan

Client Feedback for Laina Regan Kaplan

Laina did an excellent job handling our recent sale. She was organized, professional and was always there with us each step of the process. She was incredible in staging the house and providing insightful guidance right through the closing. She made a stressful event so much easier with her knowledge and cheerful disposition. Best realtor in the area!"
– Mike and Robin Downing, Medway

SOLD



\$900,000
8 Liberty Road in Medway
Laina Regan Kaplan