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Free to Every Home and Business Every Month

July 1, 2026

'Heritage on Main' hearing draws standing-room-only crowd

By THERESA KNAPP AND RYAN WETTENGEL

On Tues. June 9, the Medway Planning and Economic Development Board met at Medway Middle School for a public hearing regarding the development proposal of a new apartment building and commercial buildings along Main Street known as "Heritage on Main." The meeting was originally scheduled for May 26 but was postponed after a large crowd showed up that could not be accommodated in the hearing room.

"We've done this many times in the past but we've never had a project that has been such a lightning rod in our community," said Planning and Economic Development Board Chair Andy Rodenhiser to the June 9 standing-room-only



Tim Hayes (center) and Matt Mrva (forefront) of Bohler Engineering lay out details of the Heritage on Main project. Source: Medway Cable

crowd, noting there was a security detail and fire detail present, if needed.

When opening the public hearing, Rodenhiser noted that the applicant's "preliminary concept was to construct 400 residential units with no commercial units. It included two multi-family units to be con-

structed at Kelley Street... The current proposal of 267 residential units and nearly 16,000 square feet of commercial usage, represents a much scaled down version of the plan."

He said the board appreciated the more than 300 emails

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Ken Hamwey, in Memoriam

He wrote about the good

By JUDITH DORATO O'GARA

Ken Hamwey never missed a deadline, and he had a passion for telling a good story. Getting the word out about something or someone inspirational, conveying its importance, meant the world to him. That kind of drive, a level of investment scarcely seen in the world today, deserved your full attention. Our Town Publishing didn't just lose a sportswriter when we lost Ken Hamwey, we lost a lion-hearted wordsmith who cared deeply about the people he wrote about, and their moments of glory.

"Ken Hamwey was an amazing sportswriter and a consummate professional," said Jen



Ken Hamwey
October 14, 1943 - May 25, 2026

Schofield, owner of Our Town Publishing, "He was someone I truly enjoyed talking with, listening to his stories, and his passion

HAMWEY
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HERITAGE

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the board had received from the public. “We understand the importance of this application to our residents and we appreciate the many thoughtful comments we have received.”

At the start of the three-hour hearing, applicant Rte. 85 Realty Corp., whose principal owner is Kevin Meehan of Mendon, presented its plans for the quarter-mile section of Route 109. The 21-acre mixed use project consists of four new buildings from the former Mobil gas station west to Elm Street, to include a fuel station and convenient store (to be an Imperial Gas & Country Store), restaurant, bank, and four-story apartment building. The complex will also have a pool, outdoor patio area, playground, and dog park.

At the corner of Main and Elm Streets would be a public pocket park where the town’s 9/11 memorial would be located.

The project would encompass 107-119 Main St. and 1 and 3 Elm St. Parcels equaling 5.7 acres at 0 and 26 Kelley St. – land that borders Kelley St. and Villa Dr. - are also part of the application but will not be developed and will be donated to the town. The town has asked the applicant to consider adding



Looking at the northwest corner on Main Street. Rendering by HFA. Source: Town of Medway

walking trails on that land.

Building design

Matt Mrva of Bohler Engineering, civil engineers in Westborough, said the project has been in progress since 2021. He said the applicant is proposing a mixed-use development that would transform “an underutilized commercial corridor into a vibrant residential and retail destination.”

Mrva said they are proposing “a strong tree canopy” along Main Street “establishing that New England character for streetscape.”

Aksel Solberg of HFA, an architectural firm in Franklin, said, “Our goal here is genuinely to create a legacy project that really will give people who are seeking homes, a local commu-

nity that builds on the richness of the various uses already here, adds walkable site amenities and streetscaping, and also is designed in a fashion that will ensure that it stays relevant well into the future.”

When Solberg presented a rendering of the apartment complex, there was an audible “oh boy” from the audience.

Solberg said their overall objective “was to come up with a design composition that resides at a harmonious intersection of a lot of different competing criteria. We have to ensure that the building form follows the function and, by that, we mean we can’t just make superfluous design moves for a project like this, we have to ensure that the building functions for its intended occupants, and then the

form of the building is created in such a way that we blend and marry the function of the building to the aesthetic desires of the surrounding context.”

Regarding the apartment building rendering, he said, “The overall massing that you see here is a solution that does work with many of the criteria put forth in the town’s design guidelines.”

Solberg said the project would have a “New England style” to mimic local architecture. He said the rendering was “not just a flat plane of a building with different colors,” but he described the building as a combination of different architectural features – pseudo columns, cornices at the roof, reliefs, and decorative lighting. He said the basic material would be a “durable synthetic material” with a “very convincing wood grain look.”

He said the design was chosen specifically to reflect the design for the municipal complex planned for across the street.

Board member Sarah Rapposa said the parcel should be redeveloped but questioned “whether this proposal, as de-

APARTMENTS PROPOSED

1 bedroom: 146
2 bedrooms: 106
3 bedrooms: 15

Total units: 267

signed, advances the long-term vision.” She had questions about traffic, walkability, safety, and overall building design - “not just a massive collection of uses but how it contributes to the cohesive recognizable Medway, understanding that we are in a pivot from this sort of vacant or blighted situation that we have here now into this beautiful town center that we can one day be proud of.”

She also asked that the applicant explain, at a later date, their definition of “traditional New England design” and how it reflects the character of the community.

Traffic

Scott Thornton of Vanasse & Associates prepared the traffic assessment for the project. He provided an overview of their findings, the details will be discussed at a future meeting related only to traffic.

All curb cuts will be on Main Street only; there will be no traffic onto Kelley Street. There will be five access points: three driveways with full access, two with one-way traffic.

Thornton said their research showed “a minor impact of vehicle delay and queuing at the intersections.”

Many public comments were related to traffic.

HERITAGE

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HAMWEY

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and dedication for covering high school sports was unmatched. He genuinely cared about the athletes, teams, and communities he wrote about, which was evident in his work.”

“Ken was very dedicated in getting the stories,” added Chuck Tashjian, who worked with Ken for many years as former publisher of Our Town Publishing, “He went above and beyond, especially with championship games. He really loved what he did. He loved writing, and he loved sports.”

“He just cared about the kids. If there was anything that stood out about him it was his passion for what he did ... He cared so much about making everyone look good, and that was such a good trait, and the way he’d remember things,” said Bellingham High School Football Coach Dan Haddad, who added both he and Ken were motivated by “love of the kids.”



Student athletes Ken interviewed would tell the coach that Mr. Hamwey was “probably the nicest guy I’ve ever met.”

“What was unique about Ken was how he wanted to learn about me personally and what life experiences led me to where I am rather than other reporters who would just ask about jobs and responsibilities listed on a resume,” says Bellingham Town Administrator Joseph Laydon, who says he truly appreciated this approach in Ken’s regular Municipal Spotlight column for the Bellingham Bulletin.

Just 24 in 1967 when he entered the field of journalism, the young graduate of Natick High and Babson College began his career at Framingham News, now known as the MetroWest Daily News, covering the small-town beat of Millis. Ken



In 2010, Ken received the Massachusetts Interscholastic Athletic Association (MIAA) Distinguished Friend Award.

would get the opportunity of a lifetime a year later, covering the Celtics’ defeat of the 76ers in Philadelphia to win the Eastern conference one day after Dr. Martin Luther King, Jr. was assassinated. In a lifelong story of his own he’d often tell, the late, great Celtics coach and general manager, Red Auerbach, in fact, held up the press corps bus so young Ken could call in that story. Ken would move on in 1973 to the Pulitzer Prize winning Providence Journal, and after 35-plus years as the Night Sports Editor, he received a citation from the Rhode Island State Senate honoring his excellence as a journalist.

For many years, Ken would follow the trajectory of local sports heroes’ stories in a MetroWest Daily News column called “Yesterday’s Heroes.” In semi-retirement, Ken would continue to cover high school sports for local papers such as Bellingham Bulletin and Local Town Pages papers.

Ken was immensely proud of the recognition he received for his efforts. He was inducted into the Millis Athletic Hall of Fame in March 2022, and later, into the Bellingham Athletic Hall of Fame, and the Massachusetts Interscholastic Athletic Association selected him for its Distinguished Friend Award in 2010.

“High school sports lost a legendary storyteller with the passing of Ken Hamwey,” wrote Millis Athletics on X, “For nearly six decades, Ken dedicated his life to highlighting the achievements of local student-athletes, beginning with his very first varsity football story in Millis back in 1967.” Dover Sherborn Basketball also lauded

his “passion and dedication for covering sports in our area... RIP.”

Ken Hamwey once told Dan Haddad, “I want to write about the good.”

In his own life, Hamwey, the beloved husband for 36 years of Pauline A. (Allard) Hamwey and the late Martha (Loan) Hamwey, and the loving father of Travis M. Hamwey and his wife, Katie, aspired himself to be the best person he could be, volunteering time as a coach and library trustee, devoting himself to his faith, and valuing each individual with whom he interacted. He once told me how much it meant to him that his coverage of young athletes might help them make it into college. He had an energy that drove him to weave a story of pride and potential that would shine a light on and lift up his subject. He offered such respect that you wanted to rise to be worthy of it.

“Ken was kind, dependable, and always willing to go above and beyond. Even shortly before his passing, while battling illness and facing deadline pressure, he completed his last three stories—a testament to his remarkable work ethic and

commitment to journalism,” said Schofield, adding, “He was a one-of-a-kind colleague and friend, who will be deeply missed by everyone in his Our

Town Publishing family. His legacy will live on through the countless stories he told and the many lives he touched.”

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HERITAGE

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Resident Gary Neubauer quoted data he found on the



Medway residents speak during Medway Planning and Economic Development Board meeting for the proposed Heritage on Main project. Photo credit: Ryan Wettengel

town's website from Vanasse & Associates. He is also concerned about the project's impact on traffic once the police and fire departments relocate to the municipal complex and need to access Route 109. "This summary says weekly daily traffic will increase three times from what it is before, and on the weekend,

it will four times the amount of traffic. I'm just making that point that there appears to be a tremendous increase in traffic." Chairman Rodenhiser said the traffic study will be peer-re-

viewed to provide the town with additional feedback.

Affordable housing stock

Medway's affordable housing stock is at 11.64%, well over the state-mandated 10%, according to Barbara Saint Andre, Director of Community and Economic Development.

Cell tower

There is a cell tower near the project. The board noted the height of the tower is regulated by the FCC.

The public hearing was continued to July 14 at 7 p.m. in the Middle School Presentation Room (Door #7).

Electricity

The project will have aerial power lines; the board asked the applicant to add those power lines to the renderings. A resident also asked whether the town's grid can support a project of this size.

Schools

Board member Raposa said this complex would likely not add a large number of students to the school system, noting the majority of units are one-bedroom units, and "Historically, multi-family developments tend to produce relatively modest school enrollment impacts compared to single family development."

Town Planner Jeremy Thompson noted the Hathon Apartments at 39 Main Street have 190 units and only added 31 students to the school system. Residents noted there are

Scammers are posing as Medway town staff

The Town of Medway is warning applicants to town boards and commissions that they are being targeted by scammers posing as town staff.

The warning, issued on the town's website, says fraudulent emails are being sent that include town branding, reference projects, and request wire transfers or electronic payments. The public is ad-

vised not to respond to the email, click on any link, or send money.

It was noted that the town only accepts checks payable to the Town of Medway and no wire transfers or electronic payments are ever requested.

All official emails from the town will end in @medwayma.gov.

Source: www.medwayma.gov

Medway Movies in the Park schedule announced

Medway Cable announces their summer lineup. Movies in the Park are held on Wednesday evenings at Choate Park. Movies begin a dusk, admission is free, concessions will be for sale.

July 8 - Zootopia 2, sponsored by the Medway Lions Club.

July 15 - Dog Man, sponsored by Rodenhiser Home Services.

July 22 - Wall-E, sponsored by the Medway Energy & Sustainability Committee.

July 29 - The Little Mermaid, sponsored by Medway Parks & Recreation.

Aug. 5 - Back to the Future II, sponsored by Tim Rice Photo.

Follow @MedwayCable on Facebook and X for any movie night weather-related schedule changes or cancellations.

localtownpages logo and contact information including Publisher Jennifer Schofield, Editor Theresa Knapp, Advertising Director Jennifer Schofield, and office address at 9 Industrial Road, Suite 107, Milford, MA 01757.

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Advertisement for Kevin J. Tagliaferri, Attorney at Law, specializing in Criminal Defense, Bankruptcy, SORB Hearings, and Juvenile Law. Contact: 508-533-1600.

Comic strip 'Sour Grapes' by Tim Jones. A woman asks a dog to look at a scale for her weight. The dog says 'I need you to tell me what it says, but don't tell me my actual weight. Do you think you can do that?'. She replies 'Sure'. The dog then says 'It says, one at a time, please.'

Four stages of raising confident, money-smart kids



Mark Freeman, CEPA

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Provided by Edward Jones

Good financial habits are a little like brushing your teeth. When you learn them early, they become second nature, and you carry them with you for life. And while money can feel complicated, especially today, the foundation starts simply.

Parents can begin the conversation with very young children, and young adults can build on those basics as they take on more responsibility. Step by step, these

habits create confidence that helps build longterm financial security and a more fulfilling life.

The following are the four key stages of financial growth.

Stage 1: For very young children, the goal is to make money feel simple and manageable. A great place to start is with three jars labeled “Spend,” “Save” and “Share.” When kids can actually see their money grow or shrink, the idea starts to make sense. Saving also introduces them to goalsetting, and working toward paying for a small toy or outing teaches patience. Most important, you’re helping your children see money as a tool they can understand easily and use with confidence.

Stage 2: If you have tweens (children roughly 9 to 12 years old), they’re usually ready for slightly bigger financial ideas. This is a great time for them to earn money through chores or small jobs, helping them see the connection between effort and reward and building a sense of ownership. Conversations about needs versus wants also become more meaningful, because kids

are now making real choices with money they earned themselves. Your tween may be ready for a simple savings account to watch their savings grow, or a reloadable cash card for spending.

Stage 3: By the time teens reach high school or young adulthood, budgeting becomes essential. This doesn’t need to be overly strict or complicated. A simple system that helps them track deposits and withdrawals can make all the difference. Whether they use an app, a paper notebook or a spreadsheet, the real goal is awareness. Teenagers also benefit from learning how credit works. Understanding how to build a healthy credit score and how to use credit wisely protects them from costly mistakes in later life.

Stage 4: Then come the early working years, when habits shift from learning to building. One of the smartest steps at this stage is paying yourself first. Automatic transfers to savings or retirement accounts help establish stability without

extra effort. Even small retirement contributions matter more than most people realize, because time allows compounding to do the heavy lifting. This is also when young adults can start organizing their money into different buckets for rent, automobile payments, emergencies, retirement and everyday spending. These habits help lay the groundwork for financial freedom down the road.

Throughout every stage, the theme is confidence. Each small success creates a sense of control and each good habit makes the next one easier. Over time, these habits turn into a lifetime of financial security and fulfillment.

When you start strong and stay consistent, money becomes a tool that helps your children support the lives they want.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
77 West Main Street,
Hopkinton, MA 508-293-4017
Mark.Freeman@edwardjones.com

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HERITAGE

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apartment buildings not fully occupied and some that are still being built, and asked if the expected school-aged children from those buildings have been included in calculations regarding school impact.

Water and sewer

The project will have one master water meter going into the apartment building. It will draw 47,000 gallons per day sewerage will increase 42,000 per day. Rodenhiser said the current restrictions on residents are set by the DEP and, if the project increases demand, the town can apply to the DEP to allow for that usage. He also said that, because the complex will be using so much water, it will reduce the cost per unit which will benefit other water users in town.

Rodenhiser said the applicant will be paying \$800,000 in mitigation to "buy additional sewer capacity" for the town.

Public comment

Members of the public grew impatient during the hearing, frustrated about not being able to make comments until two hours into the meeting. Rodenhiser stressed the importance of waiting until the public comment segment opens.

When public comment opens, residents were concerned about traffic, strains on police and fire personnel and response times, pedestrian safety, impacts

Planning Board adopts design review guidelines

By THERESA KNAPP

At its June 9 meeting, the Planning and Economic Development Board unanimously adopted the 2025 Design Review Guidelines prepared by Dodson & Flinker, Inc., a landscape architecture and planning firm in Northampton.

Board member Janine Clifford, who served on the Design Review Committee before joining the Planning and Economic Development Board, said these guidelines have been in the process "for years" and will be helpful for all parties involved.

Clifford said, "Coming from my side of things where I'm a practicing architect and sometimes I'm on that side of the table at other towns at Planning Board meetings, it's really helpful to have those guidelines ahead of time and be able to look at a town and know what they really want and that's what we really strived for in these guidelines is to try to come up with examples of vernacular around town that is conducive to what Medway wants to look like and what has looked like historically."

on town services, impacts on skylines, environmental impact, noise pollution, and more.

Resident and real estate agent Paul Yorkis was the first to speak. "I support the development of the property, I'm very serious about that; but I think there is a responsibility that the developer has to develop that property in a responsible manner which will increase the quality of Main Street as opposed to detract from it," said Yorkis. "In my opinion, the apartment building is not New England style architecture; I'm not sure what it means by 'New England style architecture,' but I know what I've seen and I know that isn't it."

Steve Wettengel said he doesn't see the "New England look" in either the apartment complex or the country store, which he said is cute "but it doesn't fit in our town." He said this looks more urban. He also said he now has to wait to take a right out of his nearby Main Street residence, and he expects this project will create "a huge traffic problem."

Claire Bain said the 267-apartment complex is "over the top for our small town." She said her number one concern is traffic "and I can't see this place helping at all."

Brian Dalesio, who abuts the Elm Street properties, said, "We're supposed to be a farm town; it's going to look like downtown Natick." He is concerned about the elevation of the buildings and how that affects water mitigation, plus snow removal.

Drew McCloud said he and

his wife just moved to Medway "from Franklin where all these monstrosities have been built."

Paul Fougere thanked both the board and the applicant for the presentations. "That area does need to be developed but it needs to be more in keeping with the aesthetics of a community that's really trying to rediscover it's aesthetics."

Courtney Murray Marshall, a 9th generation Medway resident, said, "This looks totally out of scale of what my forebearers when they came here and built this town back in the 1700s... This project is way too much. Yes, we all agree that this site needs to be developed; we all agree that it's going to be a mixed use site. But to have four floors in a town that most houses are still only two floors is insane."

Petition in opposition

Resident Jacob Attubato informed the board he had created a petition in opposition of the project which he will submit to Town Hall.

Next steps

The public hearing was continued to July 14 at 7 p.m. in the Middle School Presentation Room (Door #7). The hearing process is expected to go on for quite some time.

Public comments can be sent to planningboard@medwayma.gov.

Project materials can be found at <https://medwayma.gov/heritage-on-main/>.

A full recording of the June 9 meeting can be found at <https://bit.ly/HeritageOnMainHearing06092026>.

Your Money, Your Independence

Ignore at your peril: Why fund a Trump Account for your child



Glenn Brown, CFP

Save yourself the political angst, as I'm going to educate as a fiduciary on why you should open and fund a Trump Account for your child. Let me repeat: "educate as a fiduciary."

Building generational wealth via disciplined investment, forward-thinking tax planning, and unapologetic pragmatism shouldn't be partisan. Parents and grandparents need to look past political branding and understand this financial opportunity starting July 4 through the U.S. Treasury via IRS Form 4547, then deployed to major institutions, including Schwab, Fidelity, and Vanguard.

Reality Beyond Reels

Media outlets and social influencers are hyper-focused on flashy elements: the narcissistic naming, Michael Dell's \$6.25 billion gift, and the one-time

\$1,000 newborn cash seed funded by the U.S. government for 2025–2028.

This noise has millions of parents completely ignoring the program, assuming their older children aren't eligible or out of political disdain. What a massive financial planning error.

The truth is any U.S. citizen under 18 with an SSN qualifies for a parent or grandparent established Trump Account. The real opportunity is investing up to \$5,000 annually tax-deferred, which transitions directly into a Traditional IRA in the child's name at age 18. Free of spending restrictions, this complements a 529 plan.

Doing 10-year-old math

Say you have a 10-year-old and max contribute \$5,000 prior to each December 31 deadline until they turn 18. Your total out-of-pocket investment over those eight years is \$40,000.

Treasury mandates require these funds to be placed in diversified, low-fee index funds mirroring benchmarks like the S&P 500 (which has averaged 10.5% historical annual return since its 1957 inception). Assuming a 10% annualized return over that eight-year window, this 10-year-old's account grows to \$62,897 by age 18—meaning \$22,897 is investment growth.

The age-18 IRA handoff

At age 18, regulations dictate

the account must transition directly into a Traditional IRA under the child's control. Because your original \$40,000 in contributions was made with after-tax dollars, it carries over into that Traditional IRA as a non-deductible basis, meaning the principal can eventually be withdrawn tax-free. Why is this important?

The Roth conversion strategy

Instead of leaving this IRA to compound for a massive tax bill down the road, the optimal wealth-building move at age 18 is a full Roth IRA conversion. As a student entering adulthood with little to no earned income, they can exploit their standard deductions and baseline federal tax brackets to effectively neutralize the conversion tax.

Due to pro-rata rules governing Roth conversions, your 18-year-old will owe ordinary income taxes only on the converted growth portion (\$22,897) on their own tax return, not yours.

Consider an 18-year-old Massachusetts student with zero personal income:

- **Federal Tax:** Standard deduction shields the first \$16,100 of growth. The rest falls into the 10% bracket, resulting in a \$680 tax bill.
- **State Tax:** Massachusetts applies its \$4,400 personal exemption, then levies its flat 5% tax for a \$925 obligation.

For \$1,605 paid in taxes, this Massachusetts 18-year-old has converted the entire \$62,897 into a Roth IRA. So, what now?

A \$3.4 million Roth IRA by age 60

If this Roth IRA is left untouched to compound at 10% annually with \$0 further added, the account will swell to over \$3.44 million by age 60—entirely tax-free upon distribution.

The truth is \$3.4M today isn't the same as \$3.4M in 50 years. However, by demonstrating the power of compounding

through incremental investment, you lay the behavioral foundation for your child to keep saving and investing during their career.

Ignore at your own peril, but be prepared in 20 years for: "Mom, Dad, what happened? Why didn't you choose to do this?"

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 teens hold pet supply drive

Civic Action Project benefits Baypath Humane Society

By THERESA KNAPP

When it came to their 8th grade Civic Action Project, Millis Middle School students Fiona Butt, Deanna Peck and Maya Roman knew just what they wanted to do: help animals – specifically, the Baypath Humane Society.

The project has three steps: individual, group, and government.

For the individual step, the teens emailed Baypath Humane Society asking if they could organize a supply drive. They also created a website internal to the Millis Middle-High School to spread awareness about the issue.

For the group step, they held a fundraiser at a local grocery store on a Sunday afternoon in June.

“We’re trying to get resources for Baypath so they can focus more on getting animals adopted,” said Fiona at the fundraising table where shoppers stopped by to donate pet supplies and make monetary donations.

Maya noted that “overcrowding is a serious problem at shelters,” and said they hope their



Millis 8th graders Deanna Peck, Maya Roman, and Fiona Butt outside a local supermarket raising money and donations for Baypath Humane Society. Photo credit: Theresa Knapp

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fundraiser will be helpful.

“Baypath needs sheets, towels, pet toys, wet and dry food, paper towels, cleaning supplies, and monetary donations,” said Deanna, and directed people to the Baypath website to make a donation.

The third step in the project was to speak with a government official. The trio contacted State

Sen. Rebecca Rausch and asked her to promote grants for animal shelters to improve facilities and make space for more animals; they also asked her to promote public awareness campaigns for animals shelters.

To make a donation to the Baypath Humane Society, visit <https://baypathhumane.org/support-us/tribute/>.

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Medway trail series: Oakland Street Park loop

How many times do you have to walk around the Oakland Street Park loop trail to make a mile? Common rumor had it that you had to traverse around the trail four times. However, we are pleased to inform you that it only takes 3 1/3 loops around the trail to make one mile so you can achieve your exercise/walking goals all the sooner.

The Oakland Street Park loop trail is very familiar to Medway residents as it is in back of both the Senior Center and the Oakland Street Playground at 76 Oakland St. The loop trail is not officially considered an all-access trail but for those Medway residents seeking a fairly flat, walkable trail, it serves as a great alternative. As long as you stay on the trail, you are not apt to be bothered much by natural impediments.

The Monday outdoor con-



certs are underway and if you get to the park early enough, you can pick your listening site on the field that the trail loops around. Set down your foldable chair or blanket and circle around the field once or thrice depending on your energy level before enjoying music under a

setting sun.

The trail is flanked by a for-

est's outer border making for nice scenery. It also has a bench on the far side that you can sit at, and two benches at the beginning of the trail.

Walking your dog on a leash is permitted but note that you cannot enter the playground area with your dog at all.

There is a restroom building available from 7 a.m. to 8 p.m. A kiosk containing a map, lists some of the trail's amenities and makes mention of its soccer fields, playground and basketball courts. During the windy season, kite flying is very accessible in the field as long as it does not conflict with the scheduled soccer games posted.

The month of July is the start of a six-week summer program for children ages 4 and up called the Sunshine Group. There are two sheds next to the trail containing the Sunshine Group supplies and another posting in the kiosk pays tribute to the late Paul Desimone who was instrumental in its evolution.

If you are interested in joining the trail club just for the season or all year round, find us on Facebook at "Medway Trail Club". The club generally meets most Wednesday mornings from 8:30-10 a.m.

Submitted by Medway Open Space Committee and Medway Trail Club

Medway Fire responds to transformer failure, oil spill at Grid LLC Facility

On June 17m at approximately 8:27 a.m., the Medway Fire Department was dispatched to 49 Milford St., Grid LLC, for a reported trouble alarm. While units were responding, Medway Fire Headquarters received a direct call from a site representative with QE Solar reporting a failure of the main transformer that services the facility.

Engine 3 arrived on scene and confirmed that the main transformer had experienced failure and was actively leaking oil. Based on the conditions observed, the incident response was upgraded, and additional resources were requested.

Fire department personnel immediately implemented precautionary measures and worked closely with facility representatives to develop and execute a mitigation plan. The affected transformer contains FR3 insulating mineral oil, a biodegradable and non-toxic transformer coolant. At no time during the incident was the public in danger. The facility's engineered safety and containment systems functioned as designed, successfully containing the fluid within the designated contain-

ment area and preventing any off-site impact.

A specialized environmental cleanup contractor arrived on scene within two hours of the incident and began remediation efforts. The Massachusetts Department of Environmental Protection (MassDEP) was notified and responded to the scene to assist with oversight and monitoring.

Power to the facility has been safely de-energized and that status has been confirmed with Eversource. Additionally, all battery energy storage system packs at the site have been placed in a lockout condition as a precautionary measure.

During the transformer failure, one worker sustained injuries and was transported to Milford Regional Medical Center with non-life-threatening injuries.

Cleanup operations will continue, and Medway Fire Department personnel will monitor the remediation process until the spill has been fully mitigated.

Further information will be released as it becomes available.

Source: www.medwayma.gov

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Lansing Millis train station reopens as historical museum, food pantry



By THERESA KNAPP

On May 25, the Lansing Millis train station reopened after a thorough restoration project. The building had been vacant for several years and will now house the Millis Historical Museum and the food pantry.

Located in the Millis Center Historic District, the 1886 Romanesque Revival station is one of only two surviving stations from the original Charles River Branch Railroad. The building is known for its distinctive stone façade, which is said to contain rocks from each of the 38 states in the nation at the time of its construction.

At the ribbon cutting,

The Lansing Millis train station (est. 1886) recently underwent a massive restoration project. The building will house the Millis Historical Museum and the town's food pantry. Photo credit: Theresa Knapp



Millis Select Board member Ellen Rosenfeld, who spearheaded the restoration, and State Rep. James Arena-DeRosa who attended the reopening ribbon-cutting in May. They are posing with an 1831 Holbrook bell donated by Rosenfeld. Photo source: Facebook @ jamesforstaterep

Select Board member Ellen Rosenfeld, who spearheaded the project, said, "It's been a true pleasure. I loved it. I could see it at the beginning, what it could be, and it's probably past even my expectations. It will be this for at least 100 years."

Rosenfeld also purchased and donated a Holbrook bell which now resides inside the building.

"It's the oldest bell in town

LANSING MILLIS

continued on page 11

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Summer at the Medway Public Library

Grow your summer plans by stopping by the Medway Public Library.

Summer Reading at Medway Library: Plant a Seed, Read. This summer, readers of all ages (yes-adults too!) can participate in Summer Reading to earn raffle tickets and a chance to win amazing prizes. The Medway Summer Reading Challenge runs through Aug. 21.

Participants can track their reading using Beanstack, a website and app that makes it easy to log your time spent reading and compete with friends, neighbors, and family members.

Find our Beanstack page by searching for Medway Library in the Beanstack app or going to: medwaylib.beanstack.org/

For each hour spent reading, patrons earn 1 raffle ticket. Raffle prizes include a 4 pack of free tickets to Urban Air in Bellingham, a \$50 tattoo gift card to Visions Tattoo, Piercing & Art Gallery, gift cards and prizes from local businesses such as Tingley's, Willow Salon & Day Spa, Fiddle & Find, All Fur Love, Enchanted Fox, Rosewoods, Little Gym, and tons of activity kits, books, and more! The last day to enter raffle tickets is August 21st. Raffle tickets can be claimed and entered into specific prize baskets at the library circulation desk.

Summer Meals at Medway- Open to All. Meet new neighbors and pop in for a bite during Summer Meals, running now through Aug. 20. Meals are open to all and

limited to 100 meals per meal service. The regular meals schedule is:

Tuesday evenings 6-7 p.m. - Join us beforehand from 3:30 to 5 for Family Chess and Board Games

Wednesday afternoons 12-1 p.m. - Join us at 11 am for Family Yoga from Sprouting Tree Yoga

Thursday afternoons 12-1 p.m. - Story Time for 0-5 year olds offered at 11 am each Thursday

Medway Public Library wants to thank the generous support of the Friends of Medway Public Library and the Medway Lions Club. We'd also like to thank so many of the local businesses for their donations, including the Olive Garden team in Foxborough for their weekly meal donation.

A Whale of a Good Time- The Whalemobile Visits Medway on July 21. Register for your spot to step inside a life-size inflatable Whale on Tues., July 21, from 6-8 p.m. You won't want to miss this hands-on learning when the Whalemobile visits Medway Public Library; each 30-minute session is capped at 20 people and includes science education and a chance to explore whale anatomy- from the inside of a whale. Participants must be 5 years old or older and registration for a 30-minute session can be found on the Medway Public Library's calendar: <https://www.medwaylib.org/calendar/>

LANSING MILLIS

continued from page 10

now, it's 1831," she said. "The bell over here [in front of the building], which my mother [Hindy, the first woman selectperson in Millis] donated in the mid-1980s, is 1845, and the bell in front of Town Hall is 1833."

She said her brother Jon created a stand for the bell in the same style as the other Holbrook bell on the site.

George Holbrook, the founder of the Holbrook Foundry which was located near Main and Spring Streets until 1880 when it closed, apprenticed under Paul Revere.

The historic train station had been in disrepair and underwent a series of improvements including a new roof, siding, painting, masonry repairs, restoration of decorative architectural features, electrical work, and more. The work was funded by Town Meeting appropriations, Community Preservation Act funds, and private donations.

State Sen. Rebecca Rausch attended the event and presented an official citation from the Senate in recognition of the completed project. She also noted she had recently secured \$25,000 in the Senate for the building's parking lot.

State Rep. James Arena-DeRosa noted on Facebook (@jamesforstaterep) that he filed an earmark to help support the overall project, which

had passed in the House of Representatives.

After the event, the Millis Historical Commission posted on Facebook (@MillisMAHistoricalCommission), "A big thank you to Ellen Rosenfeld and everyone involved in the

being breathed into this fabulous structure, which was built by our founding father. We look forward to seeing the finishing touches and are pleased that our elected officials were able to secure funding to rework the parking lot, further



Ellen Rosenfeld, center, cuts the ribbon after the restoration of the Lansing Millis train station in May. Photo source: Facebook @MCM900

restoration of our beautiful landmark, the Lansing Millis train station. We are overjoyed to see the train station receiving some much-needed love and restoration, and we are excited to see new life

enhancing the beauty of this building."

To watch the recording of the ribbon-cutting event, visit Millis Community Media (@MCM900) on Facebook.



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The b.LUXE *beauty beat*

Your Summer Beauty Capsule: less fuss, more fun

By GINA WOELFEL

Summer has exactly zero patience for complicated beauty routines. Neither do we!

That's why we created the **b.LUXE Summer Beauty Capsule**, a collection of services and products designed to help you look polished and confident all season long.

From low-maintenance hair color and beach-proof lashes to glowing skin and simplified routines, we've rounded up our warm-weather favorites.

Think of this as your cheat sheet for an easier summer. Less time getting ready. More time enjoying everything that makes summer, summer.

Lash Lift and Tint: the best decision you'll make before you hit the beach

No mascara. No smudging. No standing in a beach bathroom trying to fix what the ocean already ruined. And no going without the look of thick, full lashes! A lash lift and tint works with your natural lashes, lifting, curling, and deepening them so beautifully that you will genuinely forget you are not wearing a thing. Results last six

to eight weeks, which in summer math translates to basically the whole season. It's easy to see why this service is a summer staple for so many of our guests.

Brow Tint: five minutes, a whole summer of payoff

Pair your lash lift and tint with a brow tint and your face is simply done for the day. Defined brows have a remarkable way of pulling everything together, and this quick service delivers weeks of low-maintenance payoff. It's quite possibly the most underrated five minutes you will ever spend in the studio.

Waxing: because summer is too short for shaving

Summer was made for spontaneous plans, not daily shaving. Professional waxing offers weeks of smooth skin without reaching for a razor. Few services deliver such a big payoff with so little upkeep. Brows, lip, chin, arms, legs, bikini, you name it. One appointment and you're free to enjoy every spontaneous sundress moment the season has in store.

Low Maintenance Hair Color: sun kissed without the

upkeep

If your current color requires a standing appointment every few weeks, summer is gently suggesting you reconsider. Balayage and softly blended highlights are everything warm weather hair color should be: beautiful on day one, even more beautiful as they grow, and wonderfully low demand. Our color specialists will work with your natural tones to create something that looks as though the sun itself did the work (and only you'll know the truth!)

Air Dry Products: your blow dryer has earned a vacation

Nobody should be standing over a heat tool when it is 85 degrees outside. The right air dry products change everything, enhancing your natural texture, taming frizz from humidity, and turning what used to be a frustrating hair day into a rather good one. Wavy, curly, or somewhere wonderfully in between, our stylists will match you with exactly the right products and send you home with simple techniques that work. Your hair and your sanity will both benefit.



The Power of 3 Facial with dermaplaning: because your skin deserves a moment

Our Power of 3 Facial is a results-driven treatment that combines dermaplaning, a customized brightening peel, and a soothing mask. Together, these three services gently remove dead skin cells, fine vellus hair, and surface buildup that can leave skin looking dull. Sun exposure, humidity, and heat are not exactly your complexion's best friends, making this treatment the perfect summer reset.

The result? Smoother, fuzz-free, radiant skin with no harsh chemicals, no downtime, and no discomfort. Even better, your skincare products absorb more effectively, helping you get the most from your at-home routine.

If you're curious about professional skincare but aren't sure where to begin, this is an excellent place to start. Our skincare team is always happy to answer questions and help you find the treatments that make the most sense for your skin.

fections, and protects you from harmful rays all in one effortless step. It's the kind of product that makes you wonder what you did without it!

Ready to build your Summer Beauty Capsule?

Your Summer Beauty Capsule does not have to include everything on this list. It just has to include what works for you. And the b.LUXE team is here to help.

If you're not sure where to start, our team is always happy to help. Visit us at b.LUXE Hair & Makeup Studio in Medway or learn more at bluxe.com.

Because summer should be spent making memories, not standing in front of the mirror. b.LUXE Hair and Makeup Studio, Medway. Visit us at bLUXE.com or call 508-321-1624

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Don't risk a fire, a traumatic injury, or a day in court. Leave fireworks to the professionals and see a great professional fireworks display this year.

For a list of permitted fireworks from July through September, visit www.mass.gov/info-details/leave-fireworks-to-the-professionals.

Source: www.mass.gov

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July 2

5:30 p.m. – Fourth of July celebration, festivities start at 5:30 p.m., fireworks at 9 p.m., India Point Park, Providence, RI. Rain date: July 3.

9:15 p.m. – Fireworks, Boston Harborfest, Long Wharf, Boston.

10 p.m. – Fireworks, Franklin High School, 218 Oak St., Franklin.

July 3

6 p.m. – Annual Night Before the Fourth, parade at 6 p.m., festivities immediately after behind the fire station, 34 Stone St. Fireworks start between 9-9:30 p.m., 220 School St., Walpole. Rain date: July 5.

July 4

8 a.m. – Community Breakfast, Mount Hollis Lodge, 657 Washington St., Holliston. Admission fee.

11 a.m. – Reading of the Declaration of Independence, Holliston Town Hall, 703 Washington St., Holliston.

9:15 p.m., Boston Pops Fireworks, Charles River Esplanade, Boston.

10:30 p.m. – Fireworks, 60 Blackstone St., Bellingham.

July 5

5 p.m. – Celebrate the Fourth of July, festivities at 5 p.m., music at 6 p.m., Plains Park, Milford. Fireworks at 9:30 p.m., Clark Island, Milford Pond. Rain date: July 10.

July 8

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

July 11

9 p.m. – Fireworks, 62 Capron St., Uxbridge.

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.

SAVE THE DATES

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

9 a.m. – Upton Heritage Day, Upton Town Common. Vendors, crafters, entertainers, etc., can contact uptonhistoricalsociety@hotmail.com or 508-529-6600.

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

This is not meant to be an exhaustive list. Please confirm details before you head to an event.

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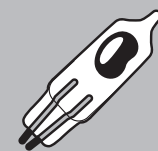
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LIVING HEALTHY

Understanding macular degeneration:

Causes, symptoms, and new treatment options

By ROGER M. KALDAWY, M.D.

What is macular degeneration?

Age-related macular degeneration (AMD) is one of the leading causes of vision loss in adults over the age of 50. The disease affects the macula, the central portion of the retina responsible for sharp, detailed vision needed for reading, driving, recognizing faces, and performing daily activities. Although AMD usually does not cause total blindness, it can significantly impair central vision and reduce independence and quality of life if not diagnosed and treated early.

AMD develops from aging changes within the retina combined with genetic and environmental factors. Over time, retinal tissues become less efficient at clearing waste products,

leading to deposits called drusen beneath the retina. Several risk factors increase the likelihood of developing AMD, including advancing age, family history, smoking, high blood pressure, high cholesterol, obesity, ultraviolet light exposure, and poor nutrition. Because early AMD can progress silently, routine eye examinations remain essential for early detection.

Common symptoms of AMD

Patients with macular degeneration may experience blurred central vision, distortion of straight lines, difficulty reading, trouble recognizing faces, dark or empty areas in central vision, reduced color sensitivity, or an increased need for brighter lighting. Symptoms may develop gradually or suddenly depending on the type of AMD

UNDERSTANDING MACULAR DEGENERATION

THE MACULA
The macula is the part of the retina responsible for sharp, central vision needed for everyday tasks like reading and driving.

TWO TYPES OF MACULAR DEGENERATION

WET AMD
Caused by abnormal blood vessels that leak fluid or blood under the retina. It can cause rapid vision loss but can be treated with injections.

DRY AMD
Caused by the gradual breakdown of retinal cells over time. It is the most common form and until now, had no direct treatment.

involved.

There are two primary forms of AMD: wet macular degeneration and dry macular degeneration. Although both affect

the same part of the retina, they behave very differently and require different treatment approaches.

Wet macular degeneration: the more serious form

Wet AMD is less common but far more aggressive and dangerous. In wet AMD, abnormal blood vessels grow beneath the retina and leak blood or fluid into the macula, causing rapid and potentially permanent vision loss if treatment is delayed. Patients may suddenly notice wavy vision, blurred central vision, distortion, or dark spots that worsen over days or weeks. Because vision can deteriorate quickly, wet AMD requires urgent evaluation and treatment.

Fortunately, major advances in retinal medicine have dramatically improved outcomes for patients with wet AMD through the use of intravitreal injections. These specialized medications are injected directly into the eye and work by reducing abnormal blood vessel growth and leakage. These treatments have revolutionized wet AMD care and have helped many patients stabilize or even improve their vision.

At Milford Franklin Eye Center, patients with wet AMD have access to advanced retinal diagnostics and modern injection therapies using the latest evidence-based treatments

available today. Early diagnosis remains critical because time equals vision.

Dry macular degeneration: the most common form

Dry AMD accounts for approximately 85–90% of all cases of macular degeneration and progresses more slowly than the wet form. In dry AMD, retinal cells gradually deteriorate over time, leading to progressive central vision loss. Although it is generally less aggressive than wet AMD, dry AMD can still significantly affect quality of life and independence.

Traditionally, ophthalmologists often had difficult conversations with patients diagnosed with dry AMD because there was no direct treatment available for the disease itself. Patients were commonly told, “You have the dry form of macular degeneration. Unfortunately, there is no treatment available.” While vitamins, lifestyle modifications, smoking cessation, and monitoring could sometimes slow progression, there historically has been little available to directly target the disease process.

A new breakthrough: PMB therapy for dry AMD

That is now beginning to

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EYES

continued from page 14

change with the emergence of PMB therapy, one of the most exciting recent advances in ophthalmology for dry macular degeneration. PMB represents a promising new treatment option that offers hope to patients who previously had limited choices beyond observation and supportive care. This innovative technology may help slow disease progression and preserve functional vision in patients with dry AMD.

Milford Franklin Eye Center is proud to be among the first practices in Massachusetts to offer PMB therapy and currently remains the only practice in the area providing this advanced treatment option for dry AMD patients. This reflects the practice's commitment to bringing state-of-the-art retinal care and innovative technology to the community.

On-site retina specialty care

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. Having on-site retina specialty care allows patients to receive comprehensive retinal evaluations, advanced imaging, injections, monitoring, and ongoing treatment in one convenient location.

Early evaluation can preserve vision

Macular degeneration remains one of the leading causes of vision loss in older adults, but advances in retinal care are rapidly transforming outcomes for patients. Early evaluation and treatment can make a meaningful difference in preserving vision, maintaining independence, and improving quality of life.

If you or a loved one has been diagnosed with dry AMD, now is the time to learn more about this exciting breakthrough in treatment. 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.

For more details, see our ad on page 14

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Alzheimer's Support Group to hold summer meetings

Hearts, Hugs & Hope: An Alzheimer's Support Group will hold a meeting on July 14, at 6 p.m. and on Aug. 11 at 6 p.m. The meetings offer caregiver support and will meet on Zoom.

Dealing with Alzheimer's disease and related dementia isn't easy, so it is helpful to share your concerns and personal ex-

periences with others who completely understand what you're going through. You will also learn about proven strategies to help you better care for your family member.

Contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com for more

information and the Zoom link. This group meets on the second Tuesday of each month.

The event is sponsored by Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch St. in Milford.

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Pet of the Month

Sox, sporting adorable white socks and big personality

Sox is a handsome Bengal boy with adorable white paws that make it look like he's always dressed for a special occasion. His cute little socks are impossible to miss, but it's his personality that really steals the show. Sox is sweet, social, and full of personality. He is the kind of cat who will quickly make himself at home and find a special place in your heart.



Sox can be a little shy when first meeting new people but give him some time and he will come around. Once he feels comfortable, his true personality shines through. He is affectionate, curious, and vocal when he wants your attention. He isn't shy about making his feelings known once he trusts you, and he will happily let you know when he wants some company.

As a Bengal, Sox is an active and intelligent cat that thrives with plenty of playtime and enrichment. He would do best in a home that is ready to keep him engaged with interactive toys, climbing spaces, and regular play sessions. When he isn't busy socializing, you might find Sox tucked away underneath his bed or blankets for a cozy nap.

Sox is looking for a patient, attentive home that is okay with a little extra noise and a whole lot of love. Give him the playtime, the attention, and a little patience up front, and he will reward you with loyal, loving companionship.

Adoptions are by appointment only. If you have an interest in meeting Sox, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>).

Submitted by *Metrowest Humane Society*



The Millis Fire Department recently refurbished a brush truck, added a UTV for search and rescue, and outfitted its response trailer with additional equipment. Photo source: @MillisFireDepartment on Facebook

Local ingenuity saves big: Millis Fire refurbishes fleet for under \$80K

The Millis Fire Department now has a "new" brush truck, special response UTV, and a well-equipped response trailer. On June 19, the MFD posted this announcement and message of thanks on Facebook.

"We are excited to reveal the refurbishment of our Brush 2 into Brush 1. Brush 2 had a large amount of rust and the bed was falling off, along with other mechanical failures and rather than replacing the truck for approximately \$150-\$200,000, we enlisted local shops and our own members to design and build this great truck that will now be useful for another 10+ years for under \$25,000.

"In addition we added a special response UTV for search and rescue, brush fire response and [patient] extri-

cation, as well as a response trailer outfitted with our large animal rescue equipment, brush fire equipment and search and rescue equipment.

"This entire project was



completed for under \$80,000."

The MFD expressed thanks to Johns Autobody, Shawn's Auto Repair, Yered trailers, Paul Johnson Designs, their dedicated members, and residents for their continued support.

For more photos, visit @MillisFireDepartment on Facebook.



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Millis public safety log

Brush fire, suspicious activity, annoying phone calls

According to safety logs, between May 16 to June 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:

- May 16 at 10:26 p.m., Bow St., suspicious activity
- May 17 at 9:35 a.m., Main St., larceny/forgery/fraud
- May 21 at 7:36 a.m., Pleasant St., suspicious activity
- May 22 at 10:15 a.m., Orchard St., fire/other, services rendered
- May 25 at 7:32 p.m., Timberline Rd., fire/other, services rendered
- May 26 at 9:08 a.m., Orchard St., complaint
- May 29 at 6:30 p.m., Rockville Meadows, soliciting
- June 1 at 7:51 p.m., Timberline & Island Rds., soliciting
- June 2 at 10:14 a.m., Milliston Rd., suspicious activity, services rendered
- June 3 at 9:33 a.m., Cottage Ave., disturbance
- June 6 at 1:38 p.m., Orchard & Middlesex Sts., complaint
- June 7 at 12:30 p.m., Water St., brush fire
- June 7 at 8:54 p.m., Main St., annoying phone calls
- June 11 at 1:13 p.m., Orchard St., brush fire, extinguished
- June 11 at 10:23 p.m., Stoney Brook Dr., carbon monoxide alarm
- June 15 at 9:43 a.m., Van Kleeck Rd., larceny/forgery/fraud

Source: Millis Police Department

Medway Pride flag raising drew largest crowd in event history



LGBTQ+ individuals and families throughout Medway.

The celebration featured 15 local vendors, community organizations, family-friendly activities, and an inspiring show of support for inclusion, acceptance, and belonging in Medway.

Left: The Medway Pride Committee organized the 5th annual Medway Pride Flag Raising, which took place on May 31. Below: Pride flags flying in Medway for Pride month. Courtesy photos

The 5th Annual Medway Pride Flag Raising took place on May 31 and drew the largest crowd in the event's history.

Held on a beautiful day, community members of all ages gathered to celebrate Pride Month and demonstrate their commitment to creating a welcoming community for everyone. The growing attendance each year reflects the strong and expanding support for



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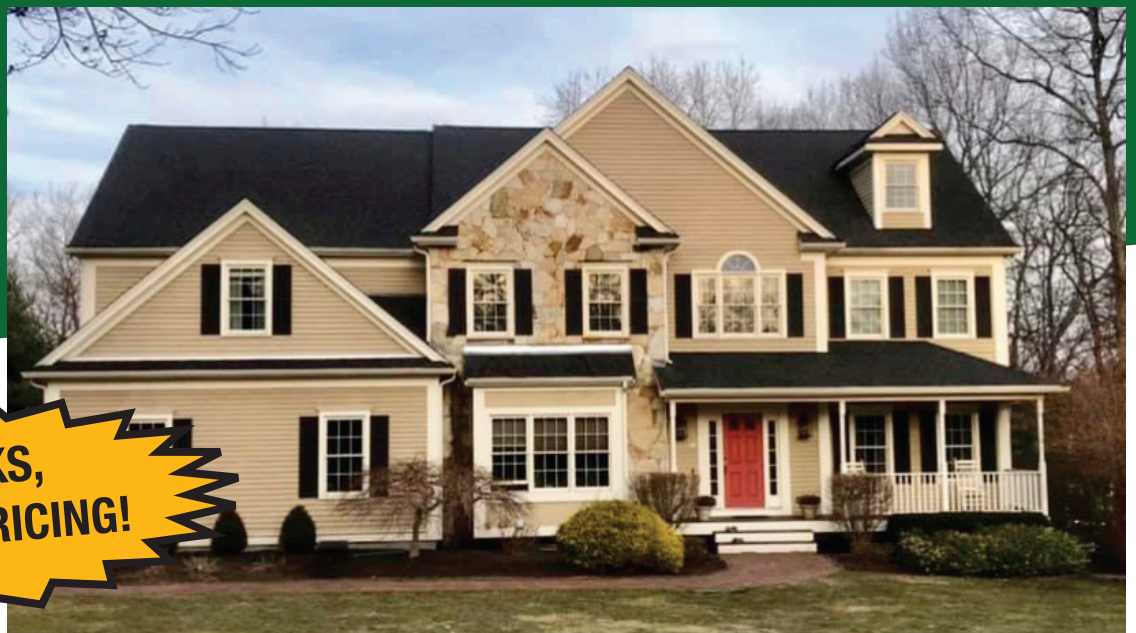
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SPORTS

Millis Baseball building foundation for bright future

BY MATT HYLEN
SPORTS WRITER

Walk into any winning locker room and you'll find celebration. Walk into one after a 2-18 record, and you'll find out what a coach is really made of.

This spring, Millis High School baseball coach Zach Herring gave his players something that doesn't show up in the win column: a lesson in what it truly means to be part of a team and show up for each other.

Herring's path to Millis wound its way across the country. A Fresno, Calif., native, he played two years of junior college baseball before finishing his career at La Salle University. After moving to Massachusetts, he spent four years as an assistant coach at Newton North, helping out at both the middle school and varsity levels.

When he moved on from Newton North, had he interviewed at both Newton North and Millis, but it was Millis that won him over.

"I'd never been to Millis before. It was my first time in the town, my first time being at the school, and I just loved it. I love the small-town vibe," Herring said. Athletic Director Derek Finney gave him the job in November, and the two got to work building a roster from scratch, even putting together a middle school team, which played 12 games this season.

What Herring inherited was about as young as it gets. With no seniors and no sophomores

on the roster, coach Herring leaned on four healthy juniors, five freshmen and two eighth graders to fill out its lineup.

So, after fielding the youngest team in the Tri-Valley League, and the only Division 5 program in the league, Herring believes the lessons learned this year will pay off for a roster that returns in full next spring.

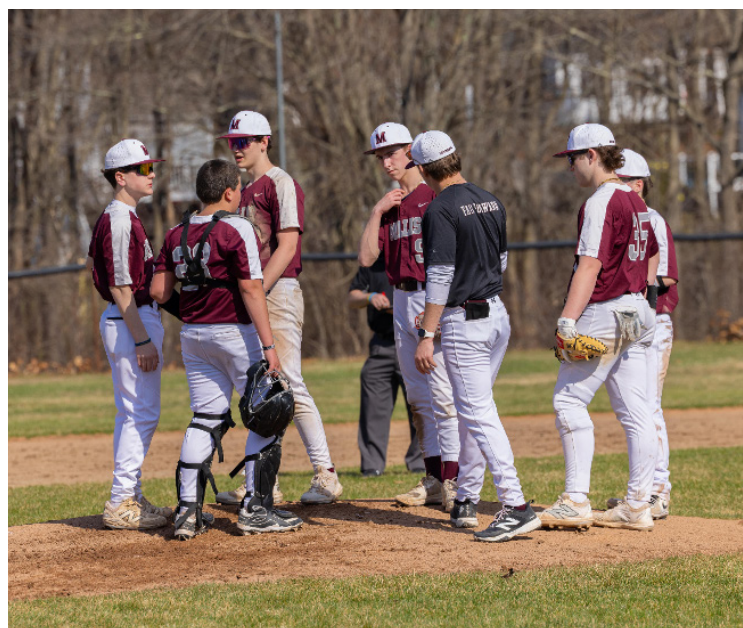
"It was a learning experience," Herring said. "Some of our guys were seeing arms they hadn't seen before. We had a little bit of a lull about three-quarters of the way through the season, and then by the end of the year we were playing our best ball."

That improvement showed up at the most important time. After not picking up a win until its third-to-last game, Millis earned the No. 31 seed in the playoffs and pulled off an upset over a 13-1 team in a preliminary round game it hosted.

The Mohawks then pushed the No. 2 seed to the brink, trailing just 2-0 heading into the bottom of the fifth inning before their season came to a close.

"Our guys competed. We ended up playing our best ball, and everyone wanted to keep playing," Herring said. "Our attitudes were great. We return with every single guy next year, and there's a lot more excitement now that we've ripped this Band-Aid off and cut our teeth this year."

Through the difficult stretches, Herring kept his players motivated and focused on



The 2026 Millis baseball team huddles around the pitcher's mound. Photo credit: Christie Chambers Images

the bigger picture, reminding them that the relationships and the rebuild extend beyond any single game.

"We've been together for two years. Growth is a long-term thing; we're growing throughout the season, we're growing each week," Herring said. "Honestly, the players made it easy. Nobody likes losing, and losing 90 percent of your games isn't easy, but they understood we're building something."

As for what he hopes his players take away from his coaching, Herring circled back to one word: Belief. What they're building starts with belief in themselves and in each other.

"Being the smallest school, I think Millis sometimes gets

written off. I want these guys to feel like they're believed in and that they can compete in this league," Herring said. "If I'm hard on them about the little things, or we're having tough practices during a tough season, it's because I believe in them and I see the bigger picture."

That belief, Herring said, has been mutual. Reflecting on his first year leading the program, he credited his players with teaching him just as much as he's taught them.

"These guys are gritty. They have great personalities, and they're really connected to each other... a lot of them grew up together and came through these small schools together," Herring said. "They taught

me what it's like to be part of a tight-knit community and a tight-knit team... Their resilience facing these bigger schools, that's what stuck with me."

With a clear sense of what Millis baseball can be, Herring said the groundwork for team culture will be built well before the season starts, with five returning seniors taking the lead in captain's practices, weight room sessions and informal workouts. Keeping the Mohawks sharp and connected is our focus.

And if Herring's excitement is any indication, the foundation is strong. "We have some good seniors coming back, a couple guys with the ability to play in college, and I feel the excitement from these kids," Herring said. "It's a great group of kids, and I'm more excited for them than anything."

What you can't see is the trust and everything this team built around it — and what they're coming back to finish. For a first-year coach navigating a 2-18 season with a roster full of freshmen and eighth graders, keeping kids coming to practice every day with their heads up, believing in something bigger than themselves, is no small thing.

These kids have displayed heart and character and have learned what it means to show up, even when nothing is going their way. That they did, and that they finished the season playing their best baseball, might say more about what Herring is building in Millis than any win total ever could.

Medway recognizes 2026 spring sports achievements

Medway Public Schools Athletic Director Jeff Parcells and Medway High School Principal John Murray recently recognized Medway High School's student-athletes who completed a successful 2026 spring athletics season, resulting in a lengthy list of individual and team accomplishments, including league championships, state qualifications and all-star accolades.

"Throughout this spring season, our student-athletes represented Medway High

School with pride, demonstrating dedication, teamwork and sportsmanship, both in the field of competition and in the classroom," said Athletic Director Parcells. "We are proud to celebrate the achievements of all of our teams, coaches and athletes, whose hard work led to league championships, individual honors and memorable performances throughout the season."

BASEBALL

Record: 12-4 Tri-Valley League (TVL), 15-6

overall

Team Captains: Jackson Duguay, Jack Heavner, Trevor Smith, Aidan Tkowski

Tournament: Ranked #32, lost during preliminary round

Achievement: TVL Small Champions

Awards:

TVL All-Stars: Jackson Duguay, Eli Kell, Aidan Tkowski

TVL MVP: Aidan Tkowski

Honorable Mention All-Stars: Alex Bosse, Evan Bosse, Michael Connor, Cooper Garvin, Jack Heavner, Ryan Heavner, Charlie Hosmer, Trevor Smith, Adam Spallone

TVL Small Coach of the Year Award: Mike

Coppinger

BOYS LACROSSE

Record: 4-8 TVL, 6-10 overall

Team Captains: Jason Drake, Oliver Gray, Tate Logan, Eamon McCarthy, Justin Pillard

Awards:

TVL All-Star: Tate Logan

Honorable Mention All-Stars: Aiden Behan, Noah Dorr, Jason Drake, Oliver Gray, Will Parella, Justin Pillard, Matthew Plante

GIRLS LACROSSE

Record: 5-8 TVL, 7-11 overall

Team Captains: Molly Johnson, Meghan Kealey, Ciara Maloney

Tournament: Ranked #32, lost in the pre-

liminary round

Awards:

Honorable Mention All-Stars: Eleni Ferdenzi-Weber, Molly Johnson, Hailey Mahan, Lily Mahan, Kaitlyn McMahon, Juliana Yuen

SOFTBALL

Record: 0-13 TVL, 0-16 overall

Team Captains: Allyson Fagan, Olivia Fraser

Achievement: TVL Sportsmanship Award

Awards:

SPORTS

continued on page 20

SPORTS

Latest Inflation Data Keeps 2027 Social Security COLA Forecast High

By DONNA LEVALLEY

After months of relative stability, the outlook for Social Security benefits has taken a sharp upward turn. The 2027 Cost of Living Adjustment (COLA) projection has surged to a forecasted 3.8%, down 0.1% from its previous estimate of 3.9%, according to the latest data from the Senior Citizens League. This shift highlights a volatile economic landscape where persistent inflation continues to drive up essential costs for older Americans.

In April 2026, the average Social Security benefit for retired workers stood at \$2,081.16, according to the April Monthly Statistical Snapshot from the Social Security Administration (SSA). The average monthly benefit would increase to \$2160.24, a rise of \$79.08, factoring in a projected 3.8% COLA.

We are about five months out until the official COLA announcement that typically happens in mid-October. A lot can happen until then. We'll be updating this article monthly to account for the new CPI numbers and any changes in the forecast.

The Senior Citizens League is now predicting a 3.8% COLA for 2027. If this projection holds, it would result in an average monthly increase of approximately \$79.08 for retired workers. This would raise the average monthly benefit check from the current \$2,081.16 to \$2160.24.

How the projection has changed. The estimate has seen a small drop of 0.1%. Just a month ago, the projection had jumped from 2.8% to 3.9%. This new 3.8% forecast represents a 0.1% decrease from last month's estimate of 3.9%.

Projected COLA data from The Senior Citizens League. *Their chart shows the CPI at 3.9%; the difference may be due to rounding. We updated the chart to show the BLS number that pegged the increase at 3.8%.

High costs for housing, utili-

ties and energy continue to put pressure on the economic indicators. TSCL noted that for many retirees, these essential expenses are rising faster than the rest of the economy.

"For retirees living on fixed incomes, the costs that matter most, especially healthcare, housing, utilities, and insurance, continue to rise faster than prices in the rest of the economy, silently wrenching seniors dry. This makes the national affordability conversation even more important than ever," said Shannon Benton, Executive Director of The Senior Citizens League.

The May CPI showed that "the index for energy rose 3.9% in May," and "accounted for over 60 percent of the monthly all items increase," according to the Bureau of Labor Statistics. Historically, higher oil prices coincide with rising food prices and broader consumer inflation. As transportation costs for goods increase, those expenses are passed on to consumers at grocery stores and retail outlets.

The TSCL's study, 2026 Loss of Buying Power, asserts that "compared to 2016, Social Security benefits are only worth about 86.3 cents on the dollar," citing COLAs that are too small to keep up with costs. They estimate that "payments would need to rise by 15.7 percent, or \$295.85 per month for the average beneficiary, to recover the lost value."

Medicare premiums are usually deducted from monthly Social Security checks. So, for most, the benefits of the annual COLA increase is blunted by increased Part B and Part D premiums.

The 2026 Medicare Trustees Report projects a steady increase in Medicare Part B premiums and IRMAA surcharges over the next eight years. The projections are based on expected rises in healthcare costs, particularly for outpatient hospital services and physician-administered drugs.

The report estimates that the standard monthly premium

for Medicare Part B will potentially reach \$360.60 by 2035. If the estimates are accurate, the Part B premium is expected to increase by 77.7% by 2035 compared to the 2026 level of \$202.90.

Here is a table with the projected standard monthly premiums for 2027:

The Part D deductible (\$700) and Part D catastrophic threshold (\$2,400) for 2027 have been finalized.



One way to increase your monthly Social Security benefit is to delay claiming your check until age 70. You receive an extra 2/3 of 1% for each month you delay after your birthday month, and you can further increase your benefit up to 8% for each full year you wait until age 70. If you wait until 70, your monthly benefit is 24% to 28% higher than if you started to collect benefits at your full retirement age (FRA).

Collecting benefits before your FRA can lead to a permanent decrease in your benefits. If you were born in 1960 or later, taking benefits at 62 would reduce your check by 30%, and spousal benefits would be reduced by 27.5% to 35%.

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SPORTS

continued from page 18

Honorable Mention All-Stars: Gracie DeLu-

cia, Allyson Fagan, Olivia Fraser

BOYS TENNIS

Record: 8-4 TVL, 11-5 overall

Team Captains: Tommy Stotz, Thomas

Vallante

Tournament: Ranked #24, lost in the Round of 32

Awards:

TVL All-Stars: Matthew Fecteau, Daniel Ramos, Tommy Stotz, Thomas Vallante
Honorable Mention All-Stars: Jayson Ettenhofer

TVL Small Coach of the Year Award: Jeff Kearney

GIRLS TENNIS

Record: 10-3 TVL, 13-4 overall

Team Captains: Anna Freeman, Katie Miller

Tournament: Ranked #14, lost in the Round of 32

Awards:

TVL All-Stars: Anna Freeman, Katie Miller, Valeria Miranda-Vazquez

TVL Small Coach of the Year Award: Michelle Daigle and Maria Tagliaferro

BOYS TRACK AND FIELD

Record: 3-2 TVL

Team Captains: Chase Barucci, Davis Campbell, Dylan Costa, Myles Hoffman

Tournament: 11 qualified for the MIAA Division 5 State Meet; two qualified for Meet of Champions (All-States)

Achievement: TVL Sportsmanship Award

Awards:

TVL All-Stars: Chase Barucci, Davis Campbell, Dylan Costa, Jerry Desronvilles, Myles

Hoffman

TVL MVP: Davis Campbell

Honorable Mention All-Stars: Anthony Bonarrigo, Aidan Christie, Charles LaMonica, Michael Reposa, Aadhavan Sivakumar

GIRLS TRACK AND FIELD

Record: 3-2 TVL

Team Captains: Alexandra Chleboski, Winter Lafferty, Victoria Ribao

Tournament: 12 qualified for the MIAA Division 5 State Meet

Awards:

TVL All-Stars: Natalie Anderson, Myla Campbell, Alexandra Chleboski, Maeve Kelly, Nadja McNaney

Honorable Mention All-Stars: Sophie Oldmixon

BOYS VOLLEYBALL (CO-OP VIA MILLIS HIGH SCHOOL)

Record: 4-8 TVL, 7-13 overall

Tournament: Ranked #29, lost in the Round of 32

MIDDLE SCHOOL TRACK AND FIELD

Record: Girls: 4-4; Boys: 4-4

Tournament: 33 qualified for the Middle School State Meet

For photos, please visit us on Facebook @ MedwayMillisTownNews.

Raccoon's hide-and-seek turns to game of Twister

On June 15, Millis/Medway Animal Control posted this message about Animal Control Officer Erin Mallette's "game of Twister" with a raccoon.

"Animal Control received a call today from a resident who discovered two young raccoons having the time of their lives playing around the tires of her vehicle. Unfortunately for the raccoons, playtime was about to come to an abrupt end because the resident actually needed to use her car.

"As one youngster scampered off, the other apparently decided to take hide-and-seek to an advanced level and somehow managed to get itself wedged in the suspension springs near the tire. Because, of course, being a raccoon means every situation is an opportunity to test your problem-solving skills... and ours.

"ACO Mallette responded and quickly realized this was not going to be a one-person rescue. After several attempts to safely free the little acrobat, she called her partner in crime, ACO Cohen of Norfolk Animal Control—also known by her unofficial title: MacGyver.

"True to her reputation, ACO Cohen came up with the perfect solution. By carefully jacking up the vehicle,

the suspension relaxed enough to create some much-needed wiggle room. This allowed ACO Mallette to perform what can only be described as a game of Twister with a raccoon and successfully extricate the furry troublemaker.

"The little raccoon was examined, found to be uninjured, and reunited with its sibling to continue making questionable life choices elsewhere.

"A huge thank you to Norfolk Massachusetts Animal Control and Shelter ACO Cohen for the assist. This rescue definitely re-



Millis/Medway Animal Control recently encountered two trouble-making raccoons. Source: Millis/Medway Animal Control on Facebook

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Local Graduates and Dean's List

Local residents graduate from St. Sebastian's

Rohatgi of Millis named valedictorian

St. Sebastian's School graduated 65 students at its 82nd commencement exercises on June 4. Those graduates included Medway resident Samuel J. Barbosa, who will be attending Providence College; and Millis resident Michael A. Rohatgi, valedictorian, who will be attending the Catholic University of America.

Anderson graduates from UMass Boston

Martha Anderson of Med-

way recently graduated from the University of Massachusetts Boston with a Master's Degree in English Literature.

Lederer graduate from Mercer University

Mercer University conferred bachelor's, master's and doctoral degrees to more than 2,200 students at four commencements held in May in Macon and Atlanta. Among those graduates was Haley Lederer of Millis who graduated from the School of Business with a Master of Accountancy.

Area residents named to University of New England Dean's List

The following students have been named to the University of New England's Dean's List for the spring semester 2026:

Medway residents Julia Antonino, Brendan Curley, William Murray, and Cecilia Ribao; and Millis resident Jackson Glynn.

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.

UNE has campuses in Maine and Morocco.



Above: St. Sebastian's Head of School Brendan Sullivan and Samuel J. Barbosa of Medway. Below: St. Sebastian's Head of School Brendan Sullivan and Valedictorian Michael A. Rohatgi of Millis. Photo source: St. Sebastian's



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Recent Home Sale



The 4-bed, 3-bath, 3,570-square-foot house at 34 Beech St. in Millis recently sold for \$1,400,000. Image credit: www.zillow.com



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REAL ESTATE CORNER

Recent Home Sales

Date	Medway	Amount
06/15/2026	9 Franklin St.	\$585,000
06/12/2026	22 Dogwood Ln.	\$895,000
06/10/2026	9 Hunter Ln.	\$1.09 mil
06/09/2026	6 Priscilla Rd.	\$765,000
06/05/2026	25 Howe St.	\$1.50 mil
06/03/2026	11 Little Tree Rd.	\$925,250
05/29/2026	23 Howe St.	\$1.00 mil
05/29/2026	6 Freedom Trl.	\$1.05 mil
05/28/2026	10 Barber St.	\$560,000
05/28/2026	72 Fisher St.	\$612,500
05/28/2026	2 Kingston Ln.	\$550,000
05/21/2026	3 Millbrook Rd.	\$915,000
05/20/2026	371 Village St.	\$530,000
05/15/2026	236 Village St.	\$529,900
Date	Millis	Amount
06/12/2026	6 Jameson Dr.	\$1.27 mil
06/11/2026	3 Jameson Dr.	\$1.05 mil
06/10/2026	110 Glen Ellen Blvd.	\$1.10 mil
06/05/2026	13 Hattie Ln.	\$900,000
06/04/2026	34 Beech St.	\$1.40 mil
06/01/2026	7 Bogastow Cir.	\$1.12 mil
05/29/2026	43 Forest Rd.	\$600,000
05/28/2026	6 Beech St.	\$1.25 mil
05/28/2026	25 Bayberry Cir.	\$448,000
05/28/2026	86 Glen Ellen Blvd.	\$1.26 mil
05/15/2026	216 Plain St.	\$699,900

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

Thinking About Downsizing?

Let Jodi Kairit Help You Make the Move with Confidence.

Whether you're looking for less maintenance, a more convenient lifestyle, or simply the next chapter, downsizing doesn't have to feel overwhelming.

- Expert guidance from start to finish
- Strategies to simplify the transition
- Local market knowledge you can trust
- Personalized support every step of the way

Your next home should fit your life—not the other way around.

Contact Jodi Kairit today to discuss your downsizing goals and discover the best options for your future.

Smaller space. Simpler living. Bigger possibilities.

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Jodi Kairit, REALTOR®
508-523-5890
jodi.kairit@commonmoves.com



Commercial Properties



FOR LEASE
9 Summer St, Unit 101A - 500SF
Retail Space \$1500/month



FOR LEASE
9 Summer St, Unit 302-304 - 1563SF
Office Space \$23/SF NNN



FOR LEASE
1256 W Central St, Franklin -
Leased - Tenant Rep



FOR SALE
196 Grove St, Franklin - Industrial
\$1.1Mil



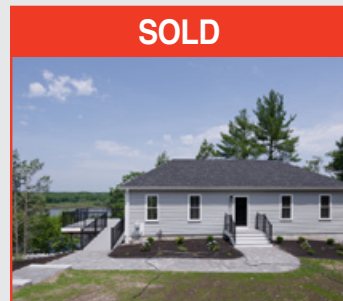
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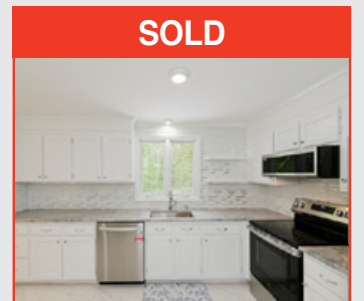
Over 475 Homes Sold!



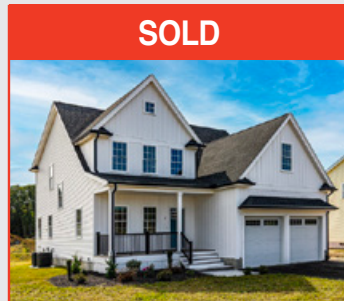
SOLD
36 Lakin Street
Needham - \$2,300,000



SOLD
Lakefront, 3 living levels, 3400sf
Norfolk - \$995,000



SOLD
60 Spencer Street
Millis - \$530,000



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



JUST LISTED
25 Birch St. - 1 acre lot plus
8.2 acres of farmland
Millis - \$599,900



SOLD
485 Main Street
Millis - \$989,900

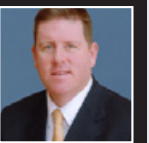


Let my 26 years experience of selling homes help you with your next move.

Baltimore St., Millis
10 Speen St., Framingham Offices
RawdingRealtyLLC@gmail.com



Michael Rawding
508-341-5446



Tyrone Pinkham
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Longtime Millis Resident
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Jennifer (McMahon) Coella
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Team Signature #1 in Homes Sold in Millis '25



Please Call to Schedule a Complimentary Valuation of Your Home.
Proven Successful Marketing: Staging, Professional Photos, 3D Tour, Floor Plans & More!



COMING SOON
\$989,900
32 Field Road, Medway
Laina Regan Kaplan



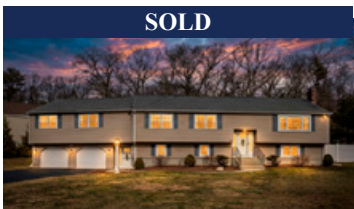
SALE PENDING
\$1,349,900
21 Stable Way, Medway
Laina Regan Kaplan



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



SALE PENDING
\$685,000
60 Hilltop Drive, Millis
Jennifer/Team Signature



SOLD
\$880,000
32 Ohlson Circle, Medway
Laina Regan Kaplan



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



SALE PENDING
\$425,000
5 Delmar Road, Medway
Laina Regan Kaplan



SALE PENDING
\$830,000
10 Nouvell Way, Unit S807, Natick
Sue Kuphal



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



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



SOLD
\$915,000
3 Millbrook Road, Medway
Laina Regan Kaplan



SALE PENDING
\$589,000
40 Nouvelle Way, Unit N644, Natick
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
\$784,000
2 Gerald Avenue, Millis
Jennifer/Team Signature



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

Client Feedback for Jennifer/Team Signature

"We had a wonderful experience working with Jennifer and Janine, Team Signature. From start to finish, they made the sale of our home feel seamless, handling every detail with care and professionalism. They kept us consistently informed, guided us through changes with clarity, and were strong advocates on our behalf throughout the entire process. We are truly grateful for their expertise and support. If you want a team that's experienced, attentive, and truly committed to achieving the best outcome for you, Team Signature is an excellent choice. We deeply appreciate all their effort and would highly recommend them without hesitation."

- The Bennettes, Millis



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

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