

localtownpages Medway & Millis

Vol. 17 No. 7

Free to Every Home and Business Every Month

August 1, 2026

Rector named new Millis athletic director

In July, Millis Public Schools announced the appointment of Michael Rector as athletic director of Millis Middle-High School for the upcoming school year. Rector will oversee the district's athletic programs, working closely with coaches, student-athletes, families, and the broader Millis community to build on the school's tradition of competitive and academic success.

In his new role, Rector will be responsible for the administration and growth of Millis' athletic offerings, including scheduling, compliance, coach and staff supervision, and the overall student-athlete experience across all levels of competition.

"I am honored and excited to be selected as the new Athletic Director at Millis Middle-High School," said Rector. "Millis

has a proud tradition of athletic excellence, and I look forward to building on that foundation while creating relationships with our student athletes, coaches, families, and community. High school athletics provide valuable opportunities to develop leadership, resilience, teamwork, and character while teaching lessons that extend far beyond the playing field. Competing at a high level is also an important part of the student athlete experience, and I am committed to supporting our programs as we continue to foster a culture that values hard work, commitment, and continuous improvement in athletics and education. I appreciate the opportunity to serve the Millis community and look forward to the future of our athletic programs."

Rector comes to Millis from Westwood High School where



Michael Rector is the new Millis Middle-High School athletic director. Photo source: Millis Public Schools

he served as Assistant Athletic Director. Prior to that, he was Athletic Director at New Heights Charter School in Brockton.

Submitted by Millis Public Schools



At the July 14 meeting of the Planning and Economic Development Board, Jonathan Silverstein (right) attorney for Rte. 85 Realty Corp. which is proposing the "Heritage on Main" project along Main Street, asked for the public hearing to be continued to August. Image source: Medway Cable Access

Heritage on Main hearing continued to August

Applicant requested time to make revisions based on feedback

By THERESA KNAPP

At the July 14 meeting of Medway's Planning and Economic Development Board, the

Heritage on Main public hearing was continued at the request

HERITAGE ON MAIN

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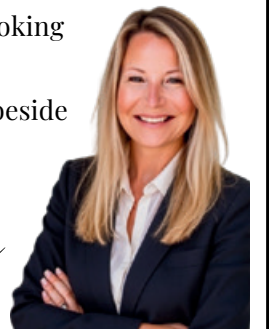


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Millis library to hold 'Middle School Lock In' on Aug. 8

The Millis Public Library will hold a “Middle School Lock In” on Sat., Aug. 8, from 2:45 to 5:45 p.m.

Middle schoolers will enjoy the library with games, crafts, snacks, and permission to be LOUD in the quiet sections.

Attendees must arrive by 2:45 p.m. as the doors will lock at 3 p.m.

Registration is required by visiting <https://bit.ly/MillisLibraryMiddleSchoolLockIn>.

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Lost and found Medway parrot



On Sat., July 18, a parrot was found in the area of Village and Summer Streets in Medway. Millis/Medway Animal Control posted this photo on Facebook and within a short time, he was identified as “Max” and reunited with his owner. It turns out this mischievous green-cheeked conure had escaped on Friday night and had been out on the town ever since. These birds are known for their playful personalities, intelligence and striking green feathers accented with red and gray. They are excellent climbers and capable fliers, but an unchaperoned outdoor excursion can be dangerous. It is likely Max is now grounded for quite some time. Source: <https://bit.ly/FacebookMillisMedwayAnimalControl-Max>

Letter to the Editor policy

Letters to the Editor are welcome and encouraged. They provide readers with an opportunity to express their opinions on issues of local interest and to foster respectful community discussion.

The views expressed in letters are those of the individual authors and do not necessarily reflect the opinions or editorial position of this newspaper, its staff, or its publishers.

Submission of a letter grants this newspaper permission to edit, publish, and archive the letter in print, online, and on affiliated digital platforms. Letters can be submitted to editor@millismedwaynews.com.



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HERITAGE ON MAIN

continued from page 1

of the applicant.

“We heard a lot of good feedback and comments at the last hearing session,” said Jonathan Silverstein, attorney for the applicant Rte. 85 Realty Corp., referring to the June 9 meeting. “We’re working hard on revising the design and addressing a number of the other comments. We think that we’re going to hopefully hit a lot of the issues

that came up both here and before [the] Design Review Board.”

“Sounds great; I think the public will be very happy,” said Board Chair Andy Rodenhiser. “I hope they will,” said Silverstein.

The hearing was continued to Aug. 11 at 7:05 p.m. in the Medway Middle School Presentation Room.

The initial presentation in June was to a standing-room-only crowd. That hearing lasted 2.5 hours and detailed plans for

the 21-acre mixed use project currently designed to include four new buildings spanning the sites from the former Mobil gas station west to Elm Street. The quarter-mile project would include an Imperial Gas & Country Store, restaurant, bank, and four-story apartment complex with 267 units.

Information related to the project can be found at <https://medwayma.gov/heritage-on-main/>.

Medway Historical Commission approves demo applications

113, 117 Main St. are within layout of Heritage on Main project

By THERESA KNAPP

At its meeting on July 22, the Medway Historical Commission approved a demolition application for the buildings at 113 and



The structures in Medway at 113 Main St. (top) and 117 Main St. (bottom) were built in 1920 and 1940, respectively. The Medway Historical Commission has approved a demolition application for the structures. Photo credit: Theresa Knapp

117 Main St. after determining the structures “do not contribute to the historical nature of the Town of Medway.”

The buildings are within the layout of the newly proposed “Heritage on Main” development and owned by the same developer, Rte. 85 Realty Corp.

In June, the developer filed an “application to demolish a structure 75 or more years old,” in accordance with the town’s general bylaws.

According to the applications, available at <https://medwayma.gov/current-ap->

lications-under-review/, 113 Main St. was built in 1940 and was acquired by the owner in May 2019. The structure is described as a “2-unit, 2,980-gsf ‘Office’ building with a hair salon and dental care business.” It is the former home of Medway Nutrition which

moved in May.

The building at 117 Main St. was built in 1920 and was also acquired by Rte. 85 Realty Corp. in 2019. It is described as a “3-unit, 8-984-gsf ‘Auto Sales/SR’ building with an auto sales, auto repair, and pool supply business.” It is the former home of Village Pool & Spa which recently closed, and Select Used Cars which recently moved to Millis.

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SAFE Coalition to host flag placing events on Aug. 29

Event marks International Overdose Awareness Day

On Aug. 29, SAFE Coalition will hold flag placing events in area towns to remember community members lost to overdose and mark International Overdose Awareness Day.

The public events will take place Sat., Aug. 29, from 9 to 11 a.m. at Medway Town Hall and Millis Town Hall. Simultaneous events will take place in Franklin, Norfolk, and Wrentham.

Anyone can attend and plant flags, a powerful gesture that helps show support and dismantle the stigma and isolation of overdose loss. Those interested can sign up at safecoalitionma.org/iod.

The annual event arrives amid news that the state experienced a 27 percent drop in opioid-related deaths in 2025 from the previous year. It is also the first time the annual total has

fallen below 1,000 since 2013, with an estimated total of 978 deaths, according to the state Department of Public Health. Fatal opioid overdoses have declined nearly 60 percent since a record high of 2,364 deaths in 2022.

“The news of the fatal overdose decrease in Massachusetts signifies real progress,” said Jen Levine, SAFE’s chief executive officer and co-founder. “It gives us hope, but it doesn’t mean our work is finished. Every flag placed is a reminder that we are far from done.”

Levine said the flag placings also give a place to gather to families, neighbors and anyone affected by addiction.

“Right now, we have the privilege of joining our community in remembering those we’ve lost to the disease of addiction,” she said. “We are grateful for the opportunity to stand with those impacted and honor their experience.”

International Overdose Awareness Day, established



Flags from a previous SAFE Coalition flag placing ceremony. This year’s event will take place on Aug. 29 on the Town Hall lawns in Medway and Millis. Simultaneous events will take place in Franklin, Norfolk, and Wrentham. Courtesy photo

in 2001, is a worldwide event held each year to remember those who have died or suffered because of overdose and to reduce the stigma associated with drug-related deaths. Thousands of communities are expected to participate this year. The 2025 theme, “25 years on. Still needed,” reflects the idea that overdose continues to affect every community, but that speaking openly and treating each other with care can help reduce the number of lives lost.

Massachusetts’ declining fatal overdose number reflects the value of SAFE’s work in the community. Founded in 2015 as a community response to the opioid crisis, SAFE provides free, judgment-free support for substance use and mental health concerns through support groups, educational courses, community and school events, family services, counseling, Narcan training and more.

For more information or to volunteer, visit safecoalitionma.org/iod.

Submitted by SAFE Coalition

localtownpages

Published Monthly
Mailed FREE
to the Communities of
Medway & Millis
Circulation: 8,640
households & businesses

Publisher
Jennifer Schofield

Editor
Theresa Knapp

Send Editorial to:
editor@millismedwaynews.com

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

Creative Design & Layout
Bess Couture
Kim Vasseur
Wendy Watkins

Office Address
9 Industrial Road, Suite 107
Milford, MA 01757

Ad Deadline is the
15th of each month.

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Saving for retirement: Are you guessing or planning?



Mark Freeman, CEPA

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Let's say you dream of spending your retirement mornings on a warm beach, coffee in hand, waves rolling in. To get there, you had a simple plan: save \$1 million and buy the beach house you always wanted.

But when retirement arrives, reality hits. After accounting for keeping your current home, everyday expenses and health care, \$1 million doesn't stretch as far as you thought, and the beach

house remains a dream. The problem wasn't your discipline – it was that your number was never really your number. It was arbitrary, not anchored to what your ideal retirement would actually cost.

How can you make sure your retirement number is right for you?

A solid savings goal starts with a clear picture of the retirement you want. Think through where you plan to live, whether you'll keep your current home or downsize, how much you plan to travel, if you'll help children and grandchildren financially and what health care might cost you later in life. Build a realistic monthly budget, then multiply by 12 months to find your annual need. Adjust this amount for inflation until the first year of retirement.

Then, multiply that figure by 25 to get a sense of how much may be needed to save. It's a formula based on the idea of withdrawing 4% annually from your savings, assuming you retire in your mid-60s. If you need \$60,000 a year, your target is

around \$1.5 million. You may need more or less depending on your lifestyle, health, unexpected expenses, Social Security benefits and other income. No single rate or strategy will work for everyone. A financial advisor can help you determine your number and strategy.

Once you know your target, the path forward becomes clearer. Here are a few tips for next steps:

Start early. The sooner you begin saving, the more time compound interest has to work in your favor. Small amounts set aside automatically each paycheck have the opportunity to grow significantly over decades.

Live below your means. Spending less than you earn is one of the most powerful wealth-building habits. When your income rises, save and invest the difference instead of upgrading your lifestyle.

Keep your debt under control. Since credit cards and other high-interest debt can slow your progress, pay off balances

monthly when possible.

Invest consistently. If your employer offers a 401(k), aim to contribute at least 10%-15% of your salary, and increase your contributions after every raise. If you max out your 401(k), a traditional IRA or Roth IRA may offer additional tax-advantaged growth (eligibility and contribution limits apply).

Boost your income when you can. Develop new skills, ask for a raise or explore a side income. Every extra dollar saved moves you closer to your goal.

The difference between a retirement you love and one full of compromises often comes down

to the planning you do today. Know your real number, build a solid plan and get the right help along the way.

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

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Millis launches new composting program

By **MARTHA KESSLER**
GUEST WRITER

Under a just-launched pilot-program, residents of the Town of Millis are able to help turn food scraps and certain other materials into nutrient-dense soil, while reducing the impact of waste on the environment.

The new composting system is the result of efforts by Millis residents Virginia Ryan and Leslie Donnell who had seen the

benefits of composting and felt the town was ready. They took their ideas to Bob Weiss, Millis director of Economic Development and Planning, and Dave Rachmaciej, director of Millis Department of Public Works (DPW), who put plans in place to start up the composting operation at the Millis Transfer Station on Environmental Drive.

Residents who purchase a Transfer Station sticker will be able to separate out food waste and other compostable materials from their garbage and dispose of it in marked bins at the facility.

Primary materials include fruit and vegetable scraps, dairy products, seafood, coffee grounds and filters, and most carbohydrates, among other items.

Other materials include paper food-packaging, wood products such as toothpicks and chopsticks, pet foods, pet waste,

and napkins and paper towels.

How it works: It is a fairly simple process. Individuals often put food scraps into small containers in their kitchen in compostable bags available at stores such as Whole Foods before transferring them to a slightly larger container in an area such as their garage. Or residents may simply collect scraps in a paper bag or pail if they prefer not to purchase special bags. People then take their scraps in paper bags, pails or compostable sacks to drop in the two marked compost bins located at the Transfer Station. No plastic bags are allowed.



by Black Earth Compost which processes the material and then sells it for agricultural, landscape, residential and other uses.

Advocates Ryan and Donnell are hopeful that once the program is well-established, collection of compostable materials can be done curbside. This would be in addition to the existing drop-off location at the transfer station. Other plans could include expanding the program to include municipal sources of waste as well as schools and other local businesses.

The program also has the backing of Tangerini's Spring Street Farm in Millis which has its own composting system. Farm owners Linda and Steve Chiarizio view composting as much more than waste diversion. "It is an essential part of creating a healthy, circular ecosystem where food scraps and organic materials are transformed into a valuable resource that nourishes the land and supports future harvests," according to the Chiarizios.

Millis Transfer Station summer hours are Wednesdays 8-11 a.m. and 12-6:45 p.m., and Saturdays 8-11 a.m. and 12-3:30 p.m.

Additional information on what items may be composted is available at <https://bit.ly/What-CanInputInMyBin-Composting>.

Stickers for full use of the Transfer Station may be purchased from the town for \$100, or \$45 for seniors.

DPW director Rachmaciej said over 900 stickers have already been purchased for the period which began July 1. He noted that some residents said they had purchased the stickers specifically to be able to use the compost bins.

"We have all seen the destructive effects of climate change and its impact on the environment," Ryan said in explaining the program. Composting can help offset those impacts by making a difference where we live. "Think globally, but act locally," he stressed.

Rachmaciej noted that not only does composting have environmental benefits, but it can also offer economic advantages. By removing materials from the waste stream, composting (and recycling) can help extend the life of the few remaining landfills in the state, he explained. Current projections indicate that the current landfills will close in the next 5-10 years. Once that occurs, trash will have to be trucked out-of-state at a much greater cost.

The composed material is picked up for a fee, paid by the town, from the Transfer Station

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Your Money, Your Independence

When ‘I think they’re all set’ becomes ‘it’s complicated’



Glenn Brown, CFP

When meeting with new clients, we usually start with family. Conversations about kids bring great enthusiasm, but shifting to aging parents changes the mood instantly.

The responses almost always match the client’s age:

- **30s:** “I think they’re all set.”
- **40s:** “Well... it’s complicated.”
- **50s:** A heavy sigh and, “Yeah, it’s been a struggle.”

Discussing money, health, and estate planning with your parents is daunting. But delaying leaves families unprepared during a crisis, resulting in quick, sometimes irreversible decisions under emotional stress.

This isn’t about inheritance or taking away control. It’s about protecting their independence so hard-earned assets serve *their* wishes, not a medical crisis, an unwanted lifestyle or excessive taxation (looking at you, Mas-

sachusetts estate tax *cough* money grab).

Here is how to approach it in steps.

Rally your siblings first

Get on the same page with your siblings before talking to your parents. Aligning early avoids the too common, “*Your sister knows our plan,*” while telling your sister you do!

Focus on hearing and supporting their wishes, not taking control. Finally, pick a quiet time outside of major holidays with just the adult kids and parents (no spouses) to keep the conversation open and relaxed.

Open the dialogue on wellness

Start the conversation from a place of curiosity and respect. Use “I” statements to share your own thoughts rather than pressing for immediate answers. Focus first on wellness and long-term care preferences.

Would they prefer to stay in their home with professional support?

Transition to a retirement community?

What about when one passes, what should occur?

Outsource sooner than later

Waiting for a crisis to get outside help is a major mistake. This is true for home maintenance, caregiving, or financial management. Too

often, older clients stubbornly insist, “*I’m not paying \$100 for a plow guy and his shovel!*” But shoveling snow, cleaning gutters and pushing a lawn mower in your 70s are widowmakers. Is saving a few dollars worth a life-altering event?

This same mindset traps their savings. Without a distribution plan, retirees often freeze and refuse to spend on safety, convenience, or life goals out of fear. A CFP gives them permission to enjoy and spend their money with confidence, while keeping you in the role of a loving child rather than an exhausted caregiver.

Secure essential legal tools

Once preferences are clear, make sure the right legal structures are updated and funded.

A **Healthcare Proxy** names a trusted person to handle medical decisions if your parents can’t speak for themselves. Paired with a **Financial Power of Attorney**, daily bills and

care choices are managed seamlessly without costly court intervention.

While many assume a Will is enough, a **Revocable Living Trust** offers critical advantages that a Will simply cannot match:

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- **Control over distribution:** Rather than handing heirs a risky, lump-sum inheritance, a Trust can structure payouts over time or at specific milestone ages.
- **Control over privacy & contesting:** Wills go through public, lengthy probate court and can be contested. Trusts remain completely private and transfer assets smoothly without court delays.

(Did I mention a revocable trust is about control?)

Protecting their independence

Preparing for evolving health needs, or the loss of a parent, spares your family from navigating an emotional crisis in the dark. By leading with empathy, collaborating with siblings, and setting up the right legal tools, you protect your parents’ autonomy and preserve peace of mind for everyone.

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

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

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Summer cleanout is greener 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 specializes 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

Business spotlight

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 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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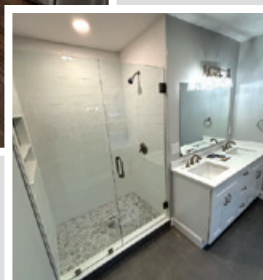
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Millis Garden Club holds children's Paint-A-Pot

In late June, to close out the year on a fun note, Millis Garden Club members sponsored a Paint-a-Pot/Plant-a-Seed activity at the Millis Public Library for 20 children 3 to 10 years old with Miss Rachel, the Children's Librarian.

Members brought along samples of painted pots, one with a seedling marigold not far from budding, so the children could see the end result of their efforts.

Delightedly, children lined up for their paints and practiced their budding artistic skills on terra cotta pots with family members cheering them on. When finished, they filled the pots with potting soil, moistened it and then planted marigold seeds for their own little home garden. Maybe by now they are sprouting!

Submitted by Millis Garden Club



Children participate in a Paint-a-Pot/Plant-a-Seed activity in Millis Public Library. Photo source: Millis Garden Club

First Millis Community Day set for Aug. 20

Organizers hope it becomes annual event

By Theresa Knapp

The first Millis Community Day event will be held on Aug. 20 from 4 to 8 p.m. at Millis Town Park, 900 Main St. The event is rain or shine.

The event is being organized by the Town of Millis Community Day Planning Committee, "a privately organized, all-volunteer committee," according to a Facebook post on the Town of Millis Facebook page on July 7.

"Millis Community Day brings neighbors together to celebrate the people, places, and traditions that make our town home. From local vendors

to family activities, it's a day designed for connection and community pride," according to <https://milliscommunityday.com>.

Alyson Rockwood is one of the organizers. "This was an idea following the last big event that took place in 2019." Its purpose, she says, is to "promote the town and essentially raise money to give back to the community and those in need."

Rockwood invites people to "bring your lawn chairs and hang out for a while."

Family-friendly activities will include a Kids Zone with bounce houses, face painting,

DJ, balloon artists, obstacle courses, animal shelters, K9 demonstration, 40 vendors, food, a chili contest, and more.

Admission is free and there are some costs for food, drink, and activities.

Vendor booths and sponsorships are still available.

The planning committee includes Nick Fontecchio, Shelley Goes, Theresa Mahoney, Kay Peneda, Autumn Richard, Alyson Rockwood, and Gina Woods. The committee is partnering with the town's police and fire departments, and the Department of Public Works.

For more information, visit www.milliscommunityday.com or email MillisDayEvent@gmail.com.



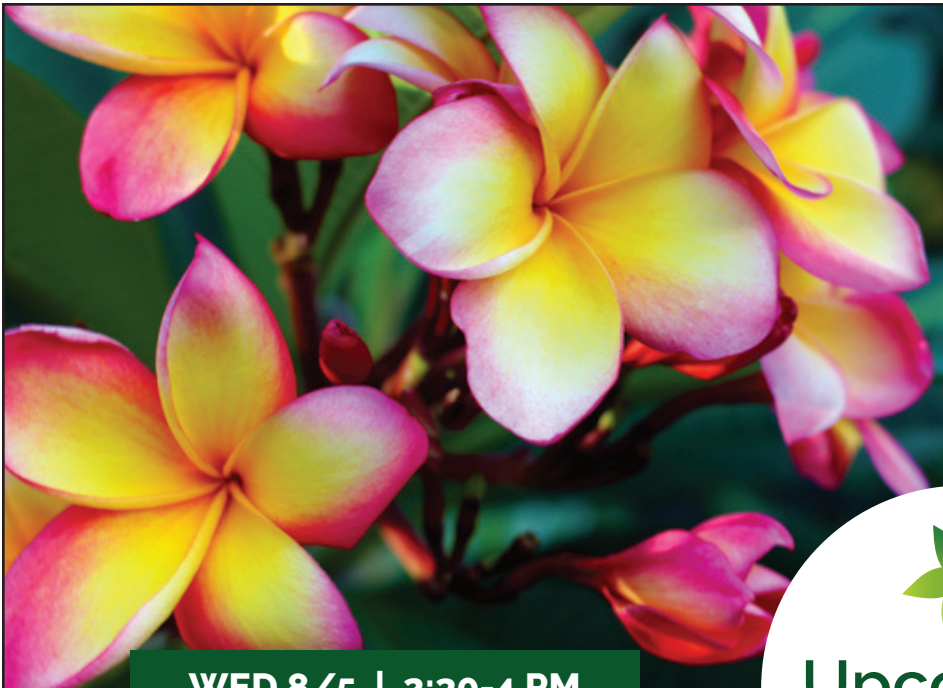
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Medway VFW charity golf tournament to benefit local veterans

The members of Medway VFW Post 1526 invite golfers, local businesses, and community members to support the 2026 Medway VFW Charity Golf Tournament, to be held on Mon., Aug. 24, at Blissful Meadows Golf Club in Uxbridge.

This annual fundraiser helps support the Post's mission of serving veterans and the local community. Proceeds benefit veteran assistance programs, Memorial Day and Veterans Day observances, community outreach initiatives, and scholarships for Medway High School students pursuing higher education.

The tournament is open

to golfers of all skill levels and includes contests, raffles, prizes, and a post-tournament dinner. Whether you're an experienced golfer or simply looking to enjoy a great day with friends while supporting a meaningful cause, we welcome your participation.

Community members are invited to register a foursome for a day of golf while supporting a worthy cause. Local businesses and organizations can also participate through sponsorship opportunities or by donating items for the tournament's raffle and silent auction.

Sponsorship Opportunities

are available, including hole sponsorships (custom sponsor signs displayed on the course), and event sponsorships.

Raffle and silent auction donations are welcomed. The tournament committee welcomes donations of gift certificates, gift baskets, merchandise, services, event tickets, golf-related items, unique experiences, etc.

Every sponsorship and donation helps provide valuable support to local veterans and community programs.

To register or learn more about sponsorship opportunities, visit: <https://birdease.com/34877/register>.

Millis Garden Club recreates garden, invites new members

Driving down Route 109 through Millis in either direction, it is not hard to witness Millis Garden Club members hard at work in one of the seven public gardens or arranging one of 13 planters around town. So, it was no surprise for residents to recently see the Millis DPW coordinating with club members to remove the overgrown shrubs in the garden at the junction of Route 115 and Village Street.

having fun activities with it, why not join us at our next meeting on Mon., Aug. 31, at 6:15 p.m. at the Millis Public Library. We'll be happy to see you and will be starting plans for the



The Millis Garden Club garden at the junction of Route 115 and Village Street. Courtesy photo

About the garden

Designed by Garden Club member Kathy Brink, the new garden boasts of the club mascot Oak Leaf Hydrangeas, azaleas, and small leaf rhododendron. Returned to the garden were spring bulbs, mums, lilies, and sedum. Not to be excluded, new iris insisted on moving in along with seedling zinnias, sunflowers, and pumpkins! To invite residents to linger, two birdhouses and a birdbath were added with a bench from which to watch nature at work.

winter Garden Photography Exhibit for which anyone in the community is welcome to submit their favorite garden/plant photograph.

Join the club

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Happenings

Events happening in and around the area

Aug. 3

6:30 p.m., Milford Summer Concert Series (Neil Diamond tribute), Plains Park, Milford.

Aug. 10

6:30 p.m., Milford Summer Concert Series (Johnny Cash tribute), Plains Park, Milford.

Aug. 29

9 a.m. – SAFE Coalition flag placing event for International Overdose Awareness Day. Medway Town Hall, Millis Town Hall. Find more locations and information at www.safecoalitionma.org.

Aug. 31

7 p.m., Exsultet! women’s choral group auditions, First Congregational Church, 725 Washington St., Holliston. For more info, contact carrie7975@gmail.com.

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

8 a.m. to 12 p.m. - Electronics Recycling Day, First Congregational Church of Milford, 4 Congress St., Milford. Cash payments only. Questions: 508-473-5259

Sept. 19

10 a.m. Hopedale Day in the Park, Hopedale Community House. Rain date: Sept. 20. For more info, visit <https://hopedale-ma.gov/1241/Hopedale-Cultural-Council>. The art show will be in the Draper Gym.

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.

Oct. 17

6 p.m. – Milford High School Class of 1976 reunion. For details, contact Ann Robichaud at 508-473-0422 or arobichaud1033@gmail.com.
If you have an event you would 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.

Students graduate from Millis Police Leadership Academy



This summer, two classes graduated from the Millis Police Leadership Academy, one in June and one in July (July photos shown). Each session included 20 students and was five days long. Participants learned about traffic enforcement and radar guns, spent time with therapy dogs and learned about their role in the community, acted as detectives in a pseudo missing person case, interacted with

Air Wing and MedFlight, went on the water with the Metro LEC Marine Unit, reviewed the department’s SWAT gear and detailed training, and ended the week with a graduation ceremony. Program collaborators

included Millis Police and Millis Fire personnel, Metro LEC Marine Unit, MedFlight crew, and other community partners. Find more photos on Facebook and Instagram @millispolice.
Source: @millispolice/Facebook

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The b.LUXE *beauty beat*

15 years later...

Fifteen years ago, we unlocked the doors to a brand new salon with a big dream, a small team, and absolutely no idea how many lives would eventually become part of our own.

Looking back, we've learned something that has very little to do with hair.

People rarely walk through our doors because they simply need a haircut, a color appointment, or a facial.

They come because something in life is changing.

Maybe it's a first date. A wedding. A new job. Senior pictures. A vacation they've been counting down to for months. Sometimes it's after having a baby. Sometimes it's after losing someone they love. Sometimes it's because they've spent months taking care of everyone else and finally decide it's time to do something for themselves.

And sometimes, they simply want to feel like themselves again.

For fifteen years, we've had the privilege of being part of those moments.

People often ask owner Heather Cohen what she's most proud of after fifteen years. Her answer is always the same.

"It isn't the renovations or the awards. It's hearing someone walk out the door saying, 'I feel like myself again.' The smile on their face is the best compliment of all."

Of course, the salon has changed too. Quite a bit, actually.

We've renovated multiple times over the years. First we doubled our space, and after the pandemic we took the biggest leap yet, expanding into the 4,000 square foot studio we call home today. Every time we grew, it wasn't because we wanted a bigger salon. It was because we wanted to create a better experience for the people who trusted us.

Looking back, we never sat down with a master plan that said, "One day we'll be a full-service beauty studio."

Most of what we've become happened because our guests kept asking for more, and we kept listening.

Someone wanted expert sk-

incare in the same place they already trusted for their hair. Someone else was looking for a makeup artist for a wedding. Curly-haired guests wanted specialists who truly understood their hair texture. Others were looking for extensions, lashes, waxing, smoothing treatments, or a little more time to relax and take care of themselves.

Instead of sending people somewhere else, we kept asking ourselves one simple question. "Why not offer it here?"

Somewhere along the way, skincare became a big part of our story too. We realized pretty quickly that caring for someone's skin isn't all that different from caring for their hair. It's personal. It's confidence. Sometimes it's simply giving someone permission to slow down for an hour.

One of the most meaningful chapters has been creating our private wig and topper studio.

For women experiencing hair loss from medical treatment, alopecia, hormonal changes, or thinning hair, this work is about so much more than finding the right piece. It's about restoring confidence during a season when confidence can feel hard to find. Every consultation is private. Every solution is customized. Every guest is welcomed with kindness because we know these conversations matter.

Looking back, it's funny. We spent fifteen years growing, but not always in the ways we expected.

Yes, the salon got bigger.

But the best kind of growth has been watching people grow alongside us.

Our apprenticeship program has become one of the things we're proudest of. Every experienced stylist once stood at the beginning of their career, and helping new artists build confidence, learn their craft, and eventually welcome guests of their own has become one of the most rewarding parts of what we do.

There were moments over the years when we had to stop and pinch ourselves.

Editorial photo shoots. National advertising campaigns.



b.LUXE
hair makeup skincare editorial wigs

The Stories Behind the Chair

Television appearances. Creative projects that challenged us and reminded us there's always something new to learn.

The best part?

Every bit of that experience came right back into the salon, making us better for the guests sitting in our chairs every day.

Some of our favorite memories haven't happened inside the salon at all.

They've happened throughout our community.

Over the years we've been lucky enough to support local charities, schools, sports teams, community organizations, and businesses that make this area such a special place to live.

We're also honored to continue funding two annual scholarships for students at our sister school, the Martello Beauty Institute in Cancun, Mexico. Helping future beauty professionals begin careers of their own feels like one of the best ways we can give back to an industry that has given us so much.

When we think about the last fifteen years, we don't think first about growing larger or even the milestones.

We think about the bride who trusted us on her wedding day and still comes in for her color every six weeks.

The teenager who nervously sat in one of our chairs before her first school dance and now brings in her own children.

The guest who looked in the mirror after experiencing hair loss and smiled because she finally saw herself again.

The friendships.

The conversations.

The laughs.

The trust you've placed in us.

Those are the things that built b.LUXE.

As Heather likes to say, *"People think we've spent fifteen years building a salon. Honestly, we've spent fifteen years building relationships. The salon just kept getting bigger along the way."*

The walls have changed.

The mirrors have changed.

The heart behind them never has.

To every guest who has trusted us, celebrated life's milestones with us, laughed with us, cried with us, recommended us to a friend, or simply walked through our doors, thank you.

You are the reason we've never stood still.

Here's to the next chapter...and to the countless stories still waiting to walk through our doors.

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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Thelma, a white rhinoceros at Southwick's Zoo, died in June

It is with profound sadness that we share difficult news with our zoo community. On Tuesday, June 30, 2026, we unexpectedly lost Thelma, one of our cherished white rhinoceroses. This loss has deeply affected our animal care staff, zoo team, and all who consider Southwick's Zoo family.



Thelma, a white rhinoceros at Southwick's Zoo, died on June 30. Photo source: Southwick's Zoo

Louise, Thelma's longtime companion, is currently receiving veterinary care and continues to show encouraging signs of improvement. Out of an abundance of caution, she will remain off exhibit while our veterinary team continues to monitor her closely and completes additional testing.

To better understand the circumstances surrounding Thelma's passing, an experienced pathology team from Tufts Veterinary Hospital performed a comprehensive necropsy. We are also grateful for the support and collaboration of veterinary professionals from Capron Park Zoo, Roger Williams Park Zoo, and Dr. Jonathan Bergman. Our own veterinary team, Dr. Samantha King and Dr. Peter Brewer, along with our dedicated hoofstock keepers and the entire Southwick's Zoo staff, have worked tirelessly throughout this process to ensure Louise receives the highest level of care.

As many of you know, our rhinos have played a special role in connecting guests with wildlife through educational experiences offered by our nonprofit conservation partner,

EARTH Ltd. Thelma was an extraordinary ambassador for her species. Through her calm demeanor and gentle personality, she inspired countless visitors to learn about rhino conservation and the challenges wild rhino populations face. The encounters she participated in helped raise meaningful support for rhino conservation initiatives in southern Africa, directly contributing to efforts that protect this remarkable species.

Those who had the privilege of working with Thelma knew her as a mellow, trusting, and gentle animal. She and Louise genuinely enjoyed spending time with their dedi-

cated keepers and encounter participants, often leaning in

for scratches and affection that would leave them completely

SOUTHWICK'S
continued on page 15



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Public Info Session: August 10, 2026 at 6:00 pm via Zoom. Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

Application Deadline: September 8, 2026 at 2:00 p.m.
Application must be completed online or delivered by this date. Applications may be emailed to info@sebhousing.com, faxed to (617) 782-4500, or mailed to SEB Housing, Re: 1060 Main Street, 257 Hillside Ave, Needham, MA 02494

Lottery: September 17, 2026 at 6:00pm via Zoom.
Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions.
To view the recorded sessions at a later date, please search for 1060 Main Street on the SEB Housing YouTube channel.

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LIVING HEALTHY

Give your child the gift of clear vision this school year

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

As summer winds down, parents are busy checking off back-to-school lists—backpacks, notebooks, pencils, clothes. But one critical factor for classroom success can't be bought in a store: healthy, clear vision.

August is Children's Eye Health and Safety Month, a timely reminder to prioritize kids' visual well-being. Experts estimate up to 80% of classroom learning is presented visually. Whether reading, writing, using computers, or watching the whiteboard, children's eyes work constantly. When they can't see clearly, learning becomes difficult, frustrating, and exhausting.

The hidden struggle: screenings vs. real exams

A common misconception is that children will complain if their vision is poor. In real-

ity, kids rarely realize they have a problem—with no point of comparison, they assume everyone sees the way they do, and simply adapt to blurry vision or eye strain.

Surprisingly, a child can pass a school vision screening and still have significant issues. Screening typically tests only distance acuity and aren't a substitute for a comprehensive eye exam. Studies show 1 in 17 preschoolers and nearly 1 in 4 school-aged children have undetected vision problems affecting their academic performance. Early diagnosis allows these conditions to be treated before they disrupt learning.

Warning signs to watch for

- Parents should watch for:
- Squinting, eye rubbing, or head tilting
 - Frequent headaches or eye strain after school

- Sitting too close to the TV
- Holding books or devices very close to the face
- Losing their place or skipping lines while reading
- Covering or closing one eye to focus
- Excessive tearing, redness, or light sensitivity
- Sudden avoidance of reading or homework

Trust your instincts—if something seems off, schedule an exam.

Digital eye strain

Modern classrooms rely heavily on computers, smartboards, and tablets, which has driven a rise in Computer Vision Syndrome (Digital Eye Strain). Symptoms include blurred vision, tired or dry eyes, headaches, light sensitivity, and neck or shoulder discomfort. Screen concentration reduces our blink rate, drying out the tear film and



fatiguing the eyes.

Simple habits help: the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds) relaxes focusing muscles. Kids should also blink deliberately, maintain a comfortable viewing distance, reduce glare, and take regular breaks from devices.

Notably, despite marketing claims, evidence doesn't show blue-light-blocking glasses meaningfully reduce digital eye strain. Proper viewing habits, breaks, and correcting refractive errors remain the most effective strategies.

The natural remedy: sunshine and outdoor play

One encouraging development is growing evidence that natural daylight helps reduce the risk of myopia (nearsightedness). Outdoor light exposure supports healthy eye growth, and outdoor activities encourage distance focusing rather than the near-focus demands of books and screens.

Experts recommend at least one to two hours outdoors daily—biking, playing soccer, swimming, or walking. This supports visual development while boosting physical fitness and emotional well-being. Digital devices are valuable educational tools, but shouldn't replace active outdoor play. Encouraging kids to disconnect and spend time in natural light is one of the simplest ways to promote lifelong eye health.

Safety and nutrition

This month is also a good time to focus on injury prevention. Many sports-related eye injuries can be avoided with pro-

TECTIVE polycarbonate eyewear during practices and games. At home, keep hazardous chemicals and sharp tools out of children's reach, and teach basic safety habits like not running with pencils or scissors.

Nutrition also supports growing eyes. A diet rich in colorful fruits and vegetables, leafy greens, omega-3-rich fish, eggs, and whole grains provides the vitamins and antioxidants needed for healthy retina development, tear production, and overall eye health.

A clear path to success

As the new school year begins, remember that clear vision is a cornerstone of your child's success, both academically and beyond. Early detection and treatment of vision problems can improve learning, confidence, athletic performance, and quality of life. Making a comprehensive eye exam part of your back-to-school routine is one of the most valuable investments you can make in your child's future.

At Milford Franklin Eye Center, our ophthalmologists and optometrists provide comprehensive eye care for children and adults using state-of-the-art technology. Our Children's Optical Boutique offers eyewear designed for infants, children, and teens, with an in-house lab for quick, precise service.

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SOUTHWICK'S

continued from page 13

relaxed - even drifting off to sleep. The bond they shared with their caregivers was truly special, making this loss especially difficult for everyone who knew and loved them.

Our hearts are heavy as we mourn Thelma, and our team remains focused on Louise's recovery. We are awaiting the final pathology results, which may provide additional information about the cause of Thelma's passing and help guide Louise's ongoing care. Until our veterinary team is confident that she has been fully evaluated and cleared, Louise will remain off exhibit.

We would like to express our deepest gratitude to the many veterinary professionals, animal care experts, and zoological colleagues who have generously shared their time, expertise, and compassion. We are especially thankful to the teams from Tufts Veterinary Hospital, Capron Park Zoo, Roger Williams Park Zoo, Dr. Jonathan Bergman, and our own veterinarians, Dr. Saman-

tha King and Dr. Peter Brewer, along with our dedicated hoofstock staff. Their countless hours of treatment, consultation, diagnostics, and unwavering commitment to Louise's care have been nothing short of extraordinary. The willingness of so many professionals to come together in support of our animals is a testament to the collaborative spirit of the zoological and veterinary community, and we are sincerely grateful for their dedication during this time.

We appreciate the compassion, patience, and support shown by our guests, members, colleagues, and the zoological community. Thank you for keeping our animal care team and Thelma and Louise in your thoughts as we work through this heartbreaking time together.

We will continue to provide updates as additional information becomes available regarding the necropsy findings and Louise's ongoing treatment and recovery.

Submitted by Southwick's Zoo

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Millis firefighters graduate from State Fire Academy

On July 16, the State Fire Marshal Jon M. Davine announced the graduation of more than two dozen recruits from the Massachusetts Firefighting Academy's Call/Volunteer Recruit Firefighter Training Program.

The members of Call/Volunteer Recruit Class #126 graduated at the Department of Fire Services' Springfield campus, and included Millis firefighters Hadley McPhee and Matthew Berrio.

Other departments represented included Athol, Ayer, Grafton, Hanover, Holden, Hubbardston, Lunenburg, Northbridge, Paxton, Pepperell, Princeton, Shirley, Stow, Westminster, and Weston.

"Massachusetts firefighters are on the frontlines protecting their communities every day, and these graduates are needed now more than ever," said State Fire Marshal Davine. "The hundreds of hours of foundational training they've received on nights and weekends will provide them with the physical,

mental, and technical skills to perform their jobs effectively and safely."

The Call/Volunteer Firefighter Recruit Training Program is unique in that it delivers a standard recruit training curriculum, meeting national standards, on nights and weekends to accommodate the schedule of firefighters in suburban and rural areas. Making the training more accessible means more firefighters can participate and allows them more time to practice training skills with instructors.

The MFA, a division of the Department of Fire Services, has offered the program since 2003. More than 3,000 call and volunteer recruits have graduated since then.

Today's firefighters train for all types of hazards and emergencies. They are the first ones called to chemical and environmental emergencies, ranging from the suspected presence of carbon monoxide to Fentanyl overdoses or a gas leak. They may be called to rescue children

who have fallen through the ice or locked themselves in a bathroom. They rescue people from stalled elevators and crashed vehicles. They must test, maintain, and utilize equipment such as self-contained breathing apparatus (SCBA), hydrants, hoses, power tools, and apparatus.

At the Massachusetts Firefighting Academy, they learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive program involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder



Massachusetts Firefighting Academy

Call/Volunteer Recruit Class #126 Graduation • July 16, 2026

Millis graduates firefighters Hadley McPhee (left) and Matthew Berrio.
Photo source: Mass. Dept. of Fire Services

operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple room structural fires.

Graduates have completed 240 hours of training on nights and weekends. Upon successful completion of this program, all students have met the national standards of NFPA 1010,

Standard for Fire Fighter Professional Qualifications. In addition, they may seek certification to the level of Firefighter I/II and Hazardous Materials Operational Level Responder.

A video of the graduation ceremony can be found at https://bit.ly/MassDeptFireSvcs_Class126.

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Medway trail series: Deerfield Pond Trail

Goals regularly mentioned in groups pertaining to the Medway Trails include having all Medway residents being reasonably accessible to a public walking trail no matter what area of

by nature’s beauty, this trail is an unexpected oasis in a sea of single-family homes. The trail is touted as a short five-minute walk, but for those folks who appreciate nature, the trail takes

bridges being constructed and in 2024, the Medway Trail Club updated the bridges and installed concrete steps for safety purposes.

Deerfield Pond was selected as a Clean Sweep project site and was also the property of choice for the Club’s Winterfire event in recent years.

It is requested that visitors abide by the speed limit of 20 mph due to the high pedestrian presence including dog walkers.

Bicycle riders are reminded to stay alert as the pond is adjacent to a narrow winding road.

Access from Fisher Street is the second Deerfield Road entrance from Route 109 and the first entrance from the Holiston side. Parking is in front of the pond at the intersection of Fisher Street and Deerfield Road.

Submitted by Medway Open Space Committee and Medway Trail Club



Source: @MedwayOpenSpace/Facebook



A map of the Deerfield Pond property located in the western part of West Medway off Fisher Street. Image credit: Medway Open Space Committee and Medway Trail Club

the town that they live in.

A great example of a residential area that is not considered to be in the mainstream of the town is Deerfield Pond located in the western part of West Medway off Fisher Street. A compact loop trail around a body of water framed

a lot longer to traverse if one is to take in all of its attractions. Swimming is not allowed though fishing is but the pond is NOT a state stocking pond like some other bodies of water in town.

Scout projects a few years pre-COVID-19 found two

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SPORTS

Medway Golf thriving under Coach James Bruce

By MATT HYLEN, SPORTS WRITER

The Medway Golf team is coming off three straight trips to the state tournament; no small feat in a league as deep as the Tri-Valley League (TVL). This year, the Mustangs will try to make it four in a row with a roster that looks almost nothing like the one that got them there.

For the first time in years, Head Coach James Bruce isn't rolling out a lineup stacked with upperclassmen. Medway graduated a strong senior class, and with no juniors currently in the mix, the Mustangs are set to field four seniors and four sophomores in an eight-player lineup.

"This is a different year for us now," Bruce said. "The last three years I've had sort of older teams, led by all the players... unless someone comes forward, we're not going to have any juniors. It might be four seniors and then four sophomores."

Bruce isn't treating the shift as a step back; if anything, he's

leaning harder on the group he does have. "I have four seniors who are strong players and strong character kids, and they're our leaders," he said.

Bruce's plan is to pair each senior with a sophomore in Medway's four twosomes, using the pairings to pass down more than just swing tips. "They're going to show these sophomores the mannerisms and the etiquette and the way you go about your business," he explained.

This kind of dependency on senior leadership has become the backbone of the program over Bruce's seven years at Medway, with three of those years capped by state tournament berths in a league he doesn't sugarcoat. "We're in the TVL, so that means you're playing some of the top teams in the state," he said.

Golf doesn't have a ranking system like most other sports, so Medway has had to earn its way in the hard way: finishing .500



The Medway Golf team before heading off for their first match last season. Courtesy of Jeff Parcells, Medway Athletic Director

or better against a brutal schedule, three years running.

Bruce emphasized that the culture behind those runs didn't exist when he first took over. "My first year coaching, it was too casual," he said. "We'd leave a match we'd just lost by two shots - a heartbreaking defeat - and the kids in the back could care less. That's not going to

work moving forward."

What changed, in his words, was a simple standard: the players have to care more than the coach does. "I tell the team every year that, if the coach cares more than the players, this will not work. 'You guys have to care more than me.'"

The results have shown up in more than just tournament

berths. Two of Medway's seniors from a season ago are moving on to play college golf, and the program has picked up a TVL sportsmanship award along the way, an honor Bruce takes seriously in a sport where reputations travel fast between the region's competitive programs.

To reinforce that standard, Bruce hands out a green jacket after every match, win or lose, and it rarely goes to the low scorer. "It usually goes to someone who struggled in the first three or four holes and then played the last five or six well," he said. "Or it could be our eighth player having the best round of the season for them. They should be proud. They should be recognized for what they did."

That balance of competitiveness that is not consumed by the scoreboard is something Bruce works to maintain even as the

SPORTS
continued on page 20

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Thank you to all our readers for your enthusiastic participation in making this contest a fun and successful community event!

Grand Prize Winner enjoys a day at Southwick's Zoo



Grand Prize winner Chelsea T. recently redeemed her four-pack of tickets to Southwick's Zoo, enjoying a memorable day with her extended family. Pictured above, Chelsea is the second from the right.

SPORTS

Why Even Retirees Need Emergency Funds

Wealth protects your lifestyle, but liquidity protects your wealth. Here's why a strategic cash cushion is still your portfolio's best line of defense.

By ROBERT H. YUNICH
PUBLISHED 2 WEEKS AGO
IN FEATURES

Imagine the stock markets are plummeting, your portfolio has incurred a significant unrealized loss and you need a substantial sum of cash immediately. What's your safety net?

Having an emergency fund minimizes the need to sell investments during market downturns. It protects your future profits by keeping your investments intact, allowing them to recover and grow.

It also helps cover expenses if your income stops or decreases, if you need to pay medical bills not covered by insurance, settle taxes, handle auto and home repairs or support family members.

An emergency fund is a highly liquid, risk-free asset that isn't affected by market volatility.

Typically, savings or money market accounts are the best choices because they prioritize protecting your principal over earning interest.

Also, your emergency fund should be hard to access for unnecessary spending and free from withdrawal penalties.

How much to save in an emergency fund

A standard guideline is having enough in savings to cover three to six months of essential expenses. If you are self-employed, have irregular income or support others, aim for the higher end of that range or even more.

Keep it up to date. Review it annually to be sure it still covers your expenses. And if you do dip into it, be sure to replenish it as soon as you can.

How should you build an emergency fund?

Decide on the dollar amount you want to reach eventually, then work toward it gradually, month by month. Here are some suggestions:

Transfers: Schedule monthly transfers from your investment income, your paycheck if you're still working or your Social Security benefit.

Non-employment income: Set aside a portion of



your freelance earnings.

Tax refunds and bonuses: Earmark a portion of refunds or bonuses.

Windfalls: Direct unexpected money gifts or an inheritance.

In short, an emergency fund is the smartest insurance policy you can have. It boosts your confidence by helping you stay calm during market declines, enabling you to make well-informed financial decisions from

a position of strength.

Note: This item first appeared in Kiplinger Retirement Report, our popular monthly periodical that covers key concerns of affluent older Americans who are retired or preparing for retirement. Subscribe for retirement advice that's right on the money.

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Millis Public Safety Log

Past breaking and entering, missing person, suspicious activity

According to safety logs, June 16 and July 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, larceny/forgery/fraud, serve warrants, general complaints, and assisting citizens.

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

- June 16 at 2:37 p.m., Spencer St., complaint
- June 16 at 3:08 p.m., Spencer St., complaint
- June 19 at 6:15 a.m., Pleasant St., breaking and entering past
- June 20 at 12:09 p.m., Main St., disturbance
- June 21 at 8:12 a.m., Main St., suspicious activity
- June 22 at 6:44 p.m., Main St., fire other
- June 24 at 6:05 p.m., Plain St., missing person
- June 26 at 10:35 p.m., Apple Rock Rd., disturbance
- June 27 at 1:35 p.m., Farm St., larceny/forgery/fraud
- June 28 at 3:03 p.m., Main St., larceny/forgery/fraud
- June 29 at 10:46 a.m., Spring St., suspicious activity
- June 29 at 3:22 p.m., Key St., fire other
- July 2 at 3:03 p.m., Stoney Brook Dr., disturbance de-escalated
- July 6 at 11:10 a.m., East St., escort/transport
- July 10 at 6:29 p.m., Ridge St., suspicious activity
- July 10 at 10:01 p.m., Spencer and Pleasant Sts., suspicious activity

Source: Millis Police Department

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SPORTS
continued from page 18

program has grown more serious. “We want to be competitive, we’re going to take it seriously,” he said. “But we don’t want to make it life or death. We want to find the middle ground.”

Bruce has also built out a genuine offseason structure for a sport that lives or dies on individual repetition. Players get a summer workout sheet in June, built around getting a club in their hands daily, whether that’s 10 minutes of putting, hitting into a net, or playing in junior tour events.

Indoor simulator work also continues through the winter. “It’s basically up to them if they’re going to put the work in,” Bruce said. “A coach knows right away, within a minute or two of the first day, who’s done the work and who hasn’t.”

Leading this year’s group are captains Evan Goodman, a four-year varsity player who’s been in Medway’s lineup since his freshman season; Kevin Collins, whose father coaches the JV team and who Bruce describes as a steady, by-the-book presence; Brayden Komola, a 6-foot-4 athlete Bruce calls the team’s highest ceiling; and Matt Plante, who Bruce describes as one of the lineup’s most consistent scorers.

Pet of the Month

Tippy, a loving boy with a heart of gold

Tippy is a two-year-old boy who was found as a stray. Affectionately nicknamed “Tippy Toes” for his charming, white-tipped front paw, he is a very sweet and affectionate cat with a gentle nature and a heart full of love.

He loves being with his people and is happiest when he has company. Tippy enjoys attention and will happily come over for pets, especially chin scratches, which are his absolute favorite. He is also quite happy to accept belly rubs and will quickly reward you with an instant, steady purr. He likes to be brushed and truly enjoys gentle interaction and closeness with his humans.

Tippy is very food-motivated and has a very convincing way of acting like he hasn’t been fed, even if he absolutely has. His dishes are mysteriously empty in no time, and he will happily remind you (with his sweet little meow) when it might be time for his next meal. While Tippy adores attention and affection, he firmly believes that food comes first. If you happen to offer pets and dinner at the same time, don’t be offended if he chooses the food bowl before coming back for cuddles!

Tippy is also playful and curious, enjoying toys and interactive play with his people. He is also just as happy settling in for some affection. He enjoys being held and cuddled and is always looking for an opportunity to be close to his favorite humans. He has a soft, gentle meow that he uses to ask for attention, food, and companionship. He is an all-around sweet boy who simply wants to be near people and be part of daily life.

Tippy has been diagnosed with hypertrophic cardiomyopathy (HCM), a significant heart condition that requires lifelong medication and regular veterinary monitoring. Because of the severity of his disease, his life expectancy may be shorter than average. He is looking for a very special family with a big heart, someone who can fully understand, accept, and cherish the time they have together, no matter how long that may be, and focus on making every day safe, loving, and meaningful.

Tippy has been an incredibly good patient and has been very cooperative with taking his medications, showing just how sweet and adaptable he is even with a medical routine.

Because of his condition, Tippy will do best in a calm home where he can avoid stress, and continue his medical routine. He would thrive with someone who can give him consistent love, a predictable environment, and attention to his health needs. Tippy could also do well with another calm, easygoing cat who enjoys companionship without roughhousing. He seems to appreciate having feline company, but because of his heart condition, he should not be expected to keep up with an energetic playmate or engage in overly vigorous play. A laid-back feline friend who is happy to relax and enjoy each other’s company could be a wonderful match for him.

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

Submitted by the Metrowest Humane Society



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Medway Police Youth Academy teaches students about public safety work

By THERESA KNAPP

July 2026 included another successful Medway Police Youth Academy.

According to Facebook posts made throughout the program, recruits learned the basics of drill and ceremony, and impairment testing; motorcycle policing; and how the department’s drone program can help locate missing people, document scenes, etc. They had a motorcycle demonstration by police motorcycle officers; and met with American K9 Detection Services during which a postal inspector K9 demonstrated the incredible capabilities of detection dogs and the important role they play in protecting the public.

Throughout the week, students also met with the Medway Fire Department which demonstrated its equipment; the

details of marine patrol operations, boating safety and complications of water policing; met with the METRO Law Enforcement Council Dive Team to learn about recovery techniques and tools; met the Massachusetts State Police Air Wing; had a SWAT demonstration that highlighted the details of high-risk operations; learned about police tools and TASERs and how to evaluate situations and select the appropriate response while emphasizing de-escalation and public safety.

For more information and photos, visit @MedwayPoliceDepartment on Facebook.

Source: @MedwayPoliceDepartment/Facebook

Medway Police Youth Academy held another successful program this year in which students learned about the many facets of public safety work. Photo source: @MedwayPoliceDepartment/Facebook



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Recent Home Sale



The 4-bed, 3-bath, 3,302-square-foot house at 133 Summer St. in Medway recently sold for \$950,000. Image credit: www.zillow.com



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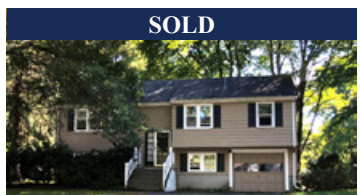
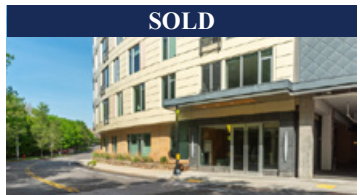


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