

# localtownpages Medway & Millis

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Free to Every Home and Business Every Month

October 1, 2026



The full project will include the construction of a new middle school and a renovated high school. Rendering source: [www.millisschoolproject.com](http://www.millisschoolproject.com)

## New Millis middle school could break ground in spring

Following town approval in December 2025 for the funding of a new Millis Middle School, and renovation of the high school, the School Building Committee (SBC), Tappe Architects, and project manager Vertex Engineering have started the process of hiring a General

Contractor (GC).

The SBC also secured approval to build using CM@Risk (Construction Manager at Risk), a requirement by the state, and the project team has been moving ahead ever since.

The CM@Risk process puts all the members of the team

together to review the plans and define the best possible ways to complete the project prior to any construction, while being cognizant of the overall budget.

“The MSBA list of General

### SCHOOLS

*continued on page 2*

## Medway Police investigating fatal bicycle-involved crash

*‘Local fixture’ Yuk Foo Chan succumbed to his injuries*

By THERESA KNAPP

In a Sept. 9 press release, the Medway Police Department said they, together with the Massachusetts State Police, were investigating a fatal motor vehicle crash involving a bicycle that occurred on Milford Street (Route 109) near the Milford/Medway town line.

“On Tues., Sept. 8, 2026, at approximately 8 p.m., the Medway Police Department responded to the area of Milford Street near Green Street for a report of a motor vehicle crash involving a bicyclist,” says the press release.

“Milford Police officers were

first to arrive on scene and located an elderly male bicyclist suffering from significant injuries. Milford officers immediately began rendering aid until Medway Police officers arrived and took over care. Medway Fire Department personnel arrived shortly thereafter and continued treatment before transporting the patient to Milford Regional Medical Center, where he later succumbed to his injuries.

“The bicyclist has been identified as Yuk Foo Chan, age 83, of West Roxbury. Mr. Chan has

### ACCIDENT

*continued on page 2*

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SCHOOLS

continued from page 1

Contractors was small and well vetted,” said Vice Chair Permanent Building Committee and School Building Committee Diane Jurmain. “We interviewed three GCs in February and selected Fontaine Brothers, Inc, who have completed in excess of 140 schools and are well known for the quality of their work. By early March, we began meeting with Fontaine,



Groundbreaking for the Millis Middle School (right) could happen in the spring. Rending source: www.millisschoolproject.com

Tappe, Vertex, MSBA and the SBC.”  
Jurmain says the design process is in progress and they are currently at 60% completion of the drawings which have been price checked. Many more efficient and cost-effective methods of construction have been identified and will continue through the last phase of the process.  
“This method was used on the New Clyde Brown School which ended up under budget. We are still well within budget and expect that to continue,”

said Jurmain.  
A large amount of exploratory work went on at the building during the summer so it would not interfere with school operations.  
The project should break ground in the spring. For more information or for updates on the project, visit [www.millisschoolproject.com](http://www.millisschoolproject.com).

ACCIDENT

continued from page 1

been a local fixture for many years.  
“The preliminary investigation indicates that at approximately 7:50 p.m., a vehicle traveling eastbound on Milford Street struck Mr. Chan, who was riding his pedal bicycle, and continued eastbound. The operator, whose identity will be withheld until the investigation is complete, was present and cooperative when responding officers arrived.  
“The Medway Police Detec-

tive Division responded to investigate. The Massachusetts State Police Collision Analysis and Reconstruction Section (CARS) and Crime Scene Services Section also responded and assisted with investigating and processing the crash scene.  
“The circumstances surrounding the crash remain under investigation by the Medway Police Department in coordination with the Norfolk County District Attorney’s Office. No arrests have been made at this time. Additional information will be released as it becomes available and as appropriate during the ongoing investigation.  
“We would like to recognize the police and fire personnel who responded for their immediate efforts to provide emergency care under extremely difficult circumstances, and thank the Milford and Holliston Police Departments for their assistance.  
“Chief William Kingsbury and the members of the Medway Police Department extend our deepest condolences to Mr. Chan’s loved ones during this difficult time.”  
The press release was also published on Facebook where the community gathered to



**On. Sept. 8, Yuk Foo Chan, age 83, a “local fixture” whose family owns Medway Lotus Restaurant, was struck by a car while pedaling his bicycle near the area of Green Street, not far from the restaurant.**  
remember Mr. Chan, whose family owns the Medway Lotus Restaurant. He was described as “amazing,” “a very nice man,” and “an inspiration.” One person posted, “Mr Chan was unbelievable. I was always amazed at how hard working and active he was. Always smiling;” and another added, “I’m so sad. I saw him almost every day. He worked so hard, even saw him shoveling snow off the Lotus roof once. Rest in peace dear man. You will be greatly missed.”

Invitation for Public Comments for NECHE Accreditation

**Dean College** will undergo a comprehensive evaluation visit on November 1-3, 2026 by a team representing the **New England Commission of Higher Education (NECHE)** (formerly the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, NEASC).

The New England Commission of Higher Education is a U.S. accrediting commission that provides institutional accreditation. Accreditation is voluntary and applies to the institution as a whole. The Commission, which is recognized by the U.S. Department of Education, accredits approximately 220 institutions in the United States as well as American-style institutions overseas.

Dean College has been accredited by the Commission since 1957 and was last reviewed in 2016. Its accreditation by the Commission encompasses the entire institution.

For the past year and a half, Dean College has been engaged in a process of self-study, addressing the Commission’s Standards for Accreditation. An evaluation team will visit the institution to gather evidence that the self-study is thorough and accurate. The team will recommend to the Commission a continuing status for the institution. Following a review process, the Commission itself will take the final action.

The public is invited to submit comments regarding the institution to:

Public Comment on Dean College  
New England Commission of Higher Education  
301 Edgewater Place, Suite 210  
Wakefield, MA 01880

E-mail: [info@neche.org](mailto:info@neche.org)

*Public Comments must address substantive matters related to the quality of the institution. The Commission cannot settle disputes between individuals and institutions, whether those involve faculty, students, administrators, or members of other groups. Comments will not be treated as confidential and must include the name, address, and telephone number of the person providing the comments. Public Comments must be received by November 3, 2026. The Commission cannot guarantee that comments received after that date will be considered.*



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# Millis High School receives national, local recognition

Millis High School recently earned both national and local recognition for outstanding student performance. Millis High School ranked 1,665 out of 17,945 schools analyzed in US News and World Report's 2026 rankings of top high schools in America (top 10%). MHS ranked 76 out of 408 high schools in Massachusetts (top 20%).

Ranking criteria included performance on state assessments (MCAS), performance of high needs students on state assessments, graduation rates, college readiness (performance on AP exams by grade 12 students), and college curriculum breadth (participation of grade 12 students in AP courses).

Locally, Millis High School received recognition in Boston Magazine's annual Best High Schools in Greater Boston rankings. Millis finished 26 out of 148 schools ranked by the magazine. Once again, Millis High

made the list of top 10 schools in "Bang For Your Housing Dollar."

Boston Magazine rankings were based on MCAS and AP scores, AP participation, class size, student to teacher ratio, participation in arts courses, participation in digital literacy and/or computer science, and graduation rate. In the rankings for "Bang For Your Housing Buck," Millis was among the top 10 Greater Boston high schools whose "school rankings most significantly surpassed their respective median home price."

According to Millis Superintendent Bob Mullaney, "These recognitions not only acknowledge the great work of our high school students and staff, but also reflect the tremendous work of Millis Middle School and Clyde Brown Elementary School in preparing students to have the skill and confidence to achieve and challenge themselves academically."

## Bang for Your Housing Buck\*

| 11                              | entries per page  | Search:          |  |
|---------------------------------|-------------------|------------------|--|
| SCHOOL                          | Median Home Price | High School Rank |  |
| Algonquin Regional High School  | \$857,157         | 19               |  |
| Apponequet Regional High School | \$638,386         | 60               |  |
| Carver Middle/High School       | \$585,000         | 79               |  |
| Holliston High School           | \$750,000         | 30               |  |
| Mansfield High School           | \$725,000         | 48               |  |
| Maynard High School             | \$630,000         | 46               |  |
| Millis High School              | \$737,450         | 26               |  |
| Pembroke High School            | \$650,000         | 68               |  |
| Sharon High School              | \$820,000         | 13               |  |
| Westborough High School         | \$798,550         | 24               |  |

**\*For this chart, Boston Magazine selected the institutions whose high school rankings most significantly surpassed the ranking of their respective median home price and listed them here alphabetically.**  
**Source: Boston Magazine**

More information about US News and World Report's rankings can be found at: [https://www.usnews.com/education/best-high-schools/massachusetts-](https://www.usnews.com/education/best-high-schools/massachusetts/districts/millis-public-schools/millis-high-school-9445)

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More information about Boston Magazine's rankings can be found at <https://www.bostonmagazine.com/news/best-public-high-schools-boston-2026-2027-chart/>

Submitted by Millis Public Schools

# Medway Friends of the Library to host book sales

In October, Medway Friends of the Library will host its semi-annual book sale. The library is located at 26 High St. in Medway.

On Sat., Oct. 17, from 10 a.m. to 2 p.m., the general public is invited to shop a huge selection of books, puzzles, games and multimedia. Cash, check and credit cards will be accepted at the sale.

A special preview sale will be held Fri., Oct. 16, from

6-8 p.m. for members of the Friends. Membership can be purchased at the door.

On Sat., Oct. 24, from 10 a.m. to 2 p.m., a \$5 bag sale will take place. Bags will be provided by the Friends.

The Friends and the staff of the Medway Library appreciate your support. Proceeds from the Friends' book sales and other fund raisers have enabled the

Library to sponsor programs, purchase museum passes and offer special events. In June, the Friends were happy to present Medway Library Director, Ivana Aguilar, with a check for the upcoming Library year.

For more information, visit [www.medwaylib.org/friends-of-the-library/](http://www.medwaylib.org/friends-of-the-library/) or contact the library at [medway@minlib.net](mailto:medway@minlib.net) or 508-533-3217.



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The Medway Historical Museum will hold a grand reopening on Sat., Oct. 3, from 1-4 p.m. with a special preview hour for members only from 12-1 p.m. Photo credit: Theresa Knapp

## Medway Historical Museum to reopen Oct. 3

The Medway Historical Society has been working to open our town museum and will hold a grand reopening on Sat., Oct. 3, from 1-4 p.m. A special preview hour will be held for members only from 12-1 p.m.

Visitors will see items from a recently discovered time capsule, an art exhibit, a military exhibit, and memorabilia from Medway anniversary celebrations. There will be light refreshments and door prizes.

The museum is located in the Jacob Ide House, 158 Main St., Medway.

For more information on the event, or to become a member, visit [www.medwayhistorical-society.org](http://www.medwayhistorical-society.org), email [info@MedwayHistoricalSociety.org](mailto:info@MedwayHistoricalSociety.org) or call 508-533-7222.

## Millis Council on Aging upcoming events

900 Main St., Millis  
(508) 376-7051  
Hours: 8:30 AM- 4:00 PM,  
Monday, Tuesday, Wednesday and  
Thursday  
8:30 AM- 12:30 PM Friday

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

**Tech Time:** Drop-In Help for computers & smartphones with Esther Davis of the Millis Public Library. Tuesday, October 13 at 12:00 PM

**History of Florence:** How did a small city in Italy have such a profound effect on our culture today? Join course leader Nancy Snow in a look at the factors that made Florence “the cradle of the Renaissance”. This beautiful city of culture & art still enchants visitors. Fridays: October 2 and 9

at 11:00 AM  
**Lunch & Learn: Medicare 101.** Medicare Open Enrollment is right around the corner and during this period, changes to Medicare Supplement Plans, Medicare Advantage Plans and Prescription Drug Plans can be made. You can join a new plan or switch plans effective January 1, 2027. Learn more about Medicare Parts A, B, C & D and a review of the different options to fill in the “gaps” of Medicare with a Medigap or Medicare Advantage Plan. Karyl Lew, SHINE Counselor. Sign up: (508) 376-7051. Friday, October 16 at 11:00 AM. Free. Sign up: (508) 376-7051

**Lunch & Learn: Safety at Home.** Join Mary McNiff of Senior Care Authority and learn about making your home spaces and bathrooms safer for

use. Low cost options and programs will be discussed. Friday, October 23 at 11:00 AM. Free. Sign up: (508) 376-7051

**Lunch & Learn: Recognize & Respond: Dementia.** Learn how to recognize changes in memory, behavior, and communication that may be signs of dementia. Colleen Parrish, Reflections Director at The Residence at Charles Meadow, returns to offer practical ways to respond with patience, compassion, and understanding while navigating the changes dementia can bring to a relationship. Gain strategies to support your loved one while also caring for yourself and maintaining connection, dignity, and meaningful moments together. Tuesday, October 27 at 11:00 AM. Free. Sign up: (508) 376-7051

## Millis Lions to hold 3rd annual holiday bazaar Oct. 24

The Millis Lions will hold its 3rd annual Holiday Bazaar on Sat., Oct. 24, from 10 a.m. to 2 p.m. at Millis High School, 245 Plain St., Millis.

The event will include trick-

or-treating and over 40 unique crafters and vendors, and food and drinks will be available for purchase.

For more information on the event, contact Kristy Lambert

at 508-244-8103 or [kmhl79@gmail.com](mailto:kmhl79@gmail.com).

To learn more about the Millis Lions Club, visit [www.millislionsclub.org](http://www.millislionsclub.org).

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Your Money, Your Independence

# Beyond medical bills: Using an HSA to fuel your retirement



Glenn Brown, CFP

Open enrollment for work benefits is coming. One critical choice often causes confusion: deciding between a PPO medical plan and a High Deductible Health Plan (HDHP) paired with a Health Savings Account (HSA). Understanding how these work can help you make smarter choices for 2027 and your future.

### Choosing the Right Medical Plan

- Selecting the right health plan comes down to three primary factors:
- 1. Provider Access:** Ensure your preferred doctors, specialists, and hospitals are in-network. No amount of tax savings offsets losing access to your trusted care team.
  - 2. Total Annual Cost:** Compare the guaranteed cost (monthly premiums) against potential care costs (deductible and

out-of-pocket maximum). Look at historical medical expenses, but also plan for expected upcoming care.

**3. Tax & Savings Strategy:** An HDHP paired with an HSA offers triple tax savings. While popular for those with low healthcare needs, HDHPs can also be cost-effective for heavy users—provided you have the cash flow to handle higher up-front expenses before insurance kicks in.

### Unlocking the "Triple Tax Advantage"

- An HSA provides three distinct layers of tax savings that no other financial account can match:
- Tax-Deductible Contributions:** Funds contributed directly or via payroll deduction reduce your taxable income for the year (saving federal, state, and FICA taxes).
  - Tax-Free Growth:** Earnings, interest, dividends, and investment gains grow compoundingly without triggering annual taxes.
  - Tax-Free Withdrawals:** Withdrawals used for qualified medical expenses—such as doctor visits, prescriptions, dental care, and vision—are completely federal tax-free.

**Real-World Tax Savings**  
Consider a family in the 24% federal tax bracket spending

\$4,000 annually on routine healthcare. By funding those out-of-pocket costs through an HSA, they can save roughly \$1,480 in taxes (federal, state, and FICA). A household in the 32% bracket maxing out the \$9,000 family contribution can save between \$3,500 and \$4,100 in taxes, depending on whether their individual earnings exceed the Social Security wage cap.

### Don't Leave "Free Money" on the Table

Surprisingly, more than half of eligible employees never open or fund an HSA. This is a costly oversight because many employers offer \$500 to \$2,000 per year in seed contributions or wellness incentives (such as completing an annual physical) to jump-start accounts. Contributing even a small amount per pay period ensures you capture these employer matches.

- 2027 IRS Contribution Limits & HDHP Requirements**  
The IRS has released limits for 2027:
- Individual: \$4,500
  - Family: \$9,000
  - Catch-Up (55+): \$1,000

Remember, employer contributions count toward the annual contribution caps.

### A Long-Term Wealth-Building & Retirement Tool

Unlike Flexible Spending Accounts (FSAs), your HSA balance belongs entirely to you. Unused funds never expire, thus any account balance rolls over and continues growing. Once your balance reaches your provider's investment threshold, you can invest those dollars into index funds. Some will choose to pay current medical bills out of pocket, allowing their HSA funds to compound untouched for years or even decades. This becomes a secondary tax-deferred retirement bucket. How? After age 65, the non-medical withdrawal penalty of 20% disappears. Thus, your HSA effectively functions like a Traditional IRA:

- Pull funds for healthcare (Medicare Part B/D, dental, long-term care) tax-free.
- Pull funds for general living expenses, paying standard income tax with zero penalty.

Plus, HSAs have no Required Minimum Distributions (RMDs), giving you total control

over your withdrawal schedule.

### The Bottom Line

Whether managing immediate healthcare expenses or building a tax-free nest egg for retirement, an HSA remains one of the most versatile financial wellness tools available. Take time during open enrollment to review your options, calculate your savings, and secure employer contributions. *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](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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# Medway receives \$1.3 million to power critical facilities during outages

In September, the Commonwealth of Massachusetts awarded \$40.3 million in grants to expand energy storage across Massachusetts, helping critical facilities stay powered during outages, supporting training for first responders and municipal officials, and advancing innovative long-duration storage technologies.

The Medway Department of Public Works received \$1,319,632 to “help keep critical facilities powered during outages, train first responders and support innovative energy storage projects,” according to a press release.

The Department of Energy Resources’ Advancing Massachusetts Power Energy Storage Grant Program awarded funding to 36 projects across three areas: Community Resilience, Safety and Education, and Long Duration Energy Storage. The projects include affordable housing developments, schools, community centers, public works facilities, wastewater treatment plants and other critical community infrastructure.

*Submitted by the Massachusetts Department of Energy Resources*

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# Millis Cultural Council applications due Oct. 15

The Millis Cultural Council is accepting grant proposals for the 2026-2027 fiscal year through Oct. 15, 2026. Applications should be submitted to <https://www.mass-culture.org/millis>.

Applicants are encouraged to include a sample of their work for consideration.

Priority will be given to proposals for programs that are (1) free and open to the public to benefit the Millis community; and (2) first-time submissions.

Proposal requirements include:

- A no-cost component for either participants and/or attendees (or some subset thereof)
- Proposed time frame of when the program will run
- If the program has received funding in the last three years, an explanation of actions to build the program’s sustainability
- Confirmation activity will take place within the town of Millis in the form of a letter from the organization or venue hosting (e.g., Millis Public Library, Millis Senior Center, Millis High School)

Special note: Millis High School Seniors may apply for funding to support their senior project requirement.

Through funds from the Massachusetts Cultural Council, the Millis Cultural Council was able to fund over \$7,400 in the 2025-2026 cycle. These projects included concert series, dance classes, hands-on art instruction, digital art and photography classes, cooking classes, a fairy house garden, community theatre, cultural education and more for audiences ranging from children to seniors. If you have a creative idea that would enrich the arts and culture of the Millis community, send in your proposal.

*Submitted by the Millis Cultural Council*

# Stony Brook Camera Club October meetings

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

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

SBBC includes and welcomes photographers of all levels. Meetings for October include:

- Oct. 1: (Zoom only) Member competition
- Oct. 8: (Hybrid meeting) Image Study
- Oct. 15: (Zoom only) “The Art and Craft of Better Seeing” with John Tunney
- Oct. 22: (Zoom only) “The Art of Abstraction” with Deb Loeb Bohren
- Oct. 29: (Zoom only) “Lightroom Power Tools” with Rob Knight

Visit [stonybrookcc.com](http://stonybrookcc.com) for a complete calendar of events and member information.

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# Sustainable investing means investing with purpose



Mark Freeman, CEPA

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When you think about investing, you probably want your money to grow. But maybe you also want it to make a positive difference in the world while you continue pursuing your financial goals. That's the foundation of sustainable investing — an approach that considers environmental, social and governance (ESG) factors alongside traditional financial analysis.

Sustainable investing allows you to support better business practices through your investment choices. It looks at how companies address issues ranging from climate change to worker well-being to corporate ethics. At its core, it's about aligning investments with personal values while still focusing on long-term financial outcomes.

Here are the three main areas of sustainable investing:

- **Environmental considerations** include how companies respond to climate change, use natural resources and manage pollution.
- **Social factors** address workforce well-being, product safety and efforts to reduce social inequities.
- **Governance** focuses on corporate behavior, ethics policies and financial transparency.

You may wonder whether investing sustainably means

sacrificing returns. Research suggests it doesn't. New York University's Stern Center for Sustainable Business reviewed more than 1,000 studies from 2015–20 and found that incorporating ESG factors does not inherently diminish returns, and in many cases is associated with improved financial performance. As with any investment approach, it's important to focus on high quality investments that help support more consistent long term returns.

Sustainable investing can take several forms:

- **ESG intentional strategies** spread out your investments and have clear goals for choosing companies that follow strong environmental, social and governance practices.
- **Sustainable thematic strategies** focus on specific issues, such as clean energy or water conservation.
- **Impact investments** go a step further, targeting measurable environmental or social

outcomes. Because they prioritize more narrow, specific objectives, they may carry higher volatility and potentially lower returns.

One concern you may hear about is "greenwashing," which happens when companies or funds exaggerate their environmental efforts. To help prevent this, the U.S. Securities and Exchange Commission created a rule in 2023 that requires any fund with "ESG" in its name to keep at least 80% of its assets in ESG aligned investments.

Another challenge is data consistency. Today, 99% of S&P 500 companies report ESG metrics, according to the Center for Audit Quality, but different rating providers still use different methods. Looking at relative rankings can help you compare companies and mutual funds in a more consistent way.

Deciding whether to include sustainable investments in your portfolio really depends on your

values and financial goals. You can build a well diversified portfolio with or without them. A qualified financial advisor can help you understand whether adding sustainable investments fits your overall strategy and makes sense for your situation.

As more companies disclose ESG data and more funds offer sustainable options, investors have increasing opportunities to align their portfolios with their values — without sacrificing their financial objectives.

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  
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# Medway Fall Town Meeting to be held Nov. 9

Medway Fall Town Meeting will take place on Mon., Nov. 9, at 7 p.m. at the Medway High School auditorium, 88 Summer St.

The warrant was not available at press time but can be found at [www.medwayma.gov](http://www.medwayma.gov).

For more information, visit [www.medwayma.gov](http://www.medwayma.gov).

## 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](mailto:editor@millismedwaynews.com).

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## Temple Etz Chaim Sisterhood donates \$1500 to fuel assistance fund



**Rev. Doreen Oughton, president of the Franklin Interfaith Council and Reverend at the Franklin Federated Church) accepts a \$1500 check from Temple Etz Chaim Sisterhood president Karen Dauer (center), Rabbi Rachel (far right) and TEC Sisterhood Members. Courtesy photo**

Temple Etz Chaim Sisterhood held its Welcome Brunch on Sun., Aug. 30, at the Temple Etz Chaim building at 186 Grove St. in Franklin. The ladies joined together for a potluck brunch and socializing. Temple Etz Chaim is celebrating its second year in its new building.

The Temple Etz Chaim Sisterhood donated \$1500 to the Franklin Interfaith Council Fuel Assistance Fund.

Karen Dauer, Temple Etz Chaim Sisterhood president, along with Sisterhood members and Rabbi Rachel Putterman,

presented the check to Rev. Doreen Oughton, Franklin Federated Church, and 2026-27 Franklin Interfaith Council president. At the brunch, Rev. Oughton spoke of the various goals of the Franklin Interfaith Council complete with the Interfaith Council Fuel Assistance Program. <https://franklin-mainterfaith.org/>

Temple Etz Chaim is a Reform Jewish Congregation that serves Franklin and the greater surrounding communities. Explore Temple Etz Chaim and the TEC Sisterhood. <https://temple-etzchaim.org/>

## Medway town-wide yard sale moved to Oct. 3

The Medway town-wide yard sale will be held on Sat., Oct. 3, from 8 a.m. to 2 p.m., with a new rain date of Oct. 4.

The yard sale was moved from its original September date due to an anticipated

nor'easter storm.

All donations support the annual Christmas Parade and Fireworks.

For more information, contact [christmasparade@medwayma.gov](mailto:christmasparade@medwayma.gov).



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# Howl-O-Ween doggy costume parade on Oct. 10

Join Medway Parks and Recreation for its fourth annual doggy costume parade on Oct. 10 at 1 p.m. at the Parks and Recreation Building, 123 Holliston Street.

Registration is required at <https://bit.ly/MedwayHowlOWeenParade2026>. There will have a prize for first place.



- The rules are as follows:
- All dogs must be current on their vaccinations.
  - All dogs must be currently licensed in the Town of Medway.
  - Dog owners assume responsibility for their dog’s actions for the duration of the event.
  - All dogs must be kept on fixed-length leashes (no longer than 6 ft.) at all times. No retractable leashes, no dogs off-leash.
  - Pets must be escorted by someone that is 18 years of age or older
  - Please do not allow anyone to pet or feed your dog.
  - Pet owners must pick up their dog’s waste.
  - No aggressive dogs of any type allowed.
  - No dog to dog interactions allowed.

This event will be busy, and the weather might be warm. Please ensure your dog is comfortable in these conditions before planning to attend the event.

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FREE PRESS

# Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT  
CONTRIBUTING WRITER

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

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

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

Schadler says the company has an environmentally friendly approach to disposal in which



it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving

## Business spotlight

around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown



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

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

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

As for Medway and Millis in particular, Schadler says they are proud to have many repeat customers and friends in the area. Hidden Hill Farms in Mil-

lis does all the business's welding work, and Affordable Junk sponsors the local girls high school hockey team. The Schadler family's go-to candlepin bowling alley, Ryan Family Amusements, is also located in Millis.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

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

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## Medway trail spotlight: Hoag Woods

BY ANDREA BURKE

It has been mentioned in several times in this column that not all walking trails in the town are owned by the town, but the ones featured in this media and in a forthcoming trail flyer, are all accessible to Medway resi-



**While traversing Hoag Woods, you will have a lovely view of Grace Pond. Photo source: Andrea Burke**

dents. This access is possible either due to an easement allowed by the owners of the property or connection with a conservation group with the same ideals of

water or land stewardship.

Recently, there was a grand opening of open space that aligns with Medway trails values. The Upper Charles Conservation Land Trust defines their aim is to conserve the natural resources of the upper

Charles River Valley. The 501C public charity focuses on land conservation and the creation of recreation trails in the Upper Charles River watershed. Their

newest conservation area, the Hoag Woods, is 15.5 acres in size and parking for four cars is located between 14-16 Winthrop Street or specifically at 116 R Winthrop Street. It also connects at Cider Mill Road though there is no parking there. The property was bequeathed to the UCCLT by David and Grace Hoag in the mid-2020s though it had been put under a conservation restriction for protection purposes in 1996.

At the trailhead of Hoag Woods is a kiosk thanks to the efforts of an Eagle Scout project. The trail is .8 mile long and extends around Grace Pond with a mowed path. This scenic path has been nicknamed the “Papa’s Woodsy Walk” and your canine friends are welcome to walk with you as long as they are leashed. There are two benches, a vernal pool, and beautiful wildflowers along the trail. Its relatively flat surface lends itself not only to walking but to cross country skiing in winter.

*The author is a member of the  
Open Space Committee and Trail  
Club in Medway*

# Volunteers needed to plant new Miyawaki Forest

***Register to plant on Oct. 3 or Oct. 4***

Volunteers are needed to help bring Medway's new Miyawaki Forest to life at the Idylbrook Conservation Area.

Children, adults, families, community groups, and volunteers of all ages are welcome to participate.

There are two planting dates in October: Oct. 3 and Oct. 4. There are two sessions on each date: 9-11 a.m. and 12-2 p.m. To sign up, visit <https://bit.ly/MiyawakiForestSignUp>.

The project is fully funded by the Conservation Commission and will create a lasting natural asset for the community while demonstrating an innovative approach to restoring native forests.

In partnership with BSC Design, the project will establish a 3,000-square-foot native forest featuring hundreds of plants, from understory shrubs

to full-canopy trees. Using the Miyawaki planting method, these native species are planted closely together to accelerate natural forest succession, allowing a healthy, diverse forest to establish much more quickly than with traditional planting methods.

To support the new forest, the project will use locally sourced compost and bio-materials collected from Medway's trail system, helping to create healthy soil while reusing natural materials from within the community.

For more information,  
visit the Miyawaki Forest  
Project Page at <https://bit.ly/3TOHBtX>.

Source: <https://medwayma.gov/miyawaki-forest-idylbrook-conservation-area/>

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# The b.LUXE *beauty beat*

## Nobody can prepare you for the hair part

### What to know about choosing a wig before or during medical hair loss

By GINA WOELFEL

A cancer diagnosis comes with an entirely new vocabulary and questions you never expected to ask. There is so much to take in, and all of it feels urgent.

Then someone mentions your hair.

The words may barely register at first. There is already so much to think about. Then it becomes your hair, your reflection and one more deeply personal thing changing without your permission.

Being told it may happen is not the same as being ready.

**October is Breast Cancer Awareness Month**, which brings important conversations into the open. This is one of them. Hair is not more important than health. But recognizing yourself in the mirror can matter greatly when so much feels unfamiliar.

### Start before you think you need to

If your medical team tells you that treatment may cause hair loss, you can begin looking at wigs before shedding starts. You do not need to make every decision that day. An early consultation gives you time to ask questions, understand your options and think about what will feel most familiar to you.

Consider the details that make your hair feel like yours. The way it falls around your face. The volume at the crown. The shade near your hairline. Bring a few favorite photos of yourself from a particularly good hair day.

You may want something close to your everyday style. You may decide to go shorter, lighter or easier. You may even choose the cut or color you have always wanted. There is no correct choice. There is only the one that feels right to you.

### Privacy changes everything

Hair loss is personal. Shopping for a wig in a busy retail

setting can feel like one more public experience during an already exhausting time.

At b.LUXE Wigs & Toppers (located inside the b.LUXE Studio in Medway), wig and topper consultations are private and unhurried. For one full hour, you will sit with Heather Cohen, owner of b.LUXE and a hair-loss solutions specialist, who listens, takes the measurements needed for a comfortable fit and helps you try different pieces. You do not need to arrive knowing exactly what you want. She'll help you find exactly the piece that feels like you.

A full wig may be the right choice. For partial hair loss, a topper can add coverage while blending naturally with your own hair.

The piece itself is only the beginning. A natural result comes from the fit, hairline, density and cut. Each LUXE Custom human-hair wig or topper is fitted, cut and styled for the woman who will wear it. She also leaves knowing how to secure it, change the part and care for it at home.

### Beyond LUXE Custom, b.LUXE Wigs offers several collections at different price points.

Women who already wear wigs and know their preferred measurements, cap construction, density and length can also shop online at bluxewigs.com. Each wig arrives with care instructions and access to helpful YouTube tutorials and frequently asked questions. Virtual consultations are available for anyone who would like personal guidance before ordering.

### Heather understands the other side of the chair

For b.LUXE owner Heather Cohen, adding wigs and toppers to the studio was personal. It began when medication for rheumatoid arthritis caused significant thinning in her own hair.

After a career helping others

with their hair, Heather found herself on the other side of the conversation. She knows the difference between explaining a wig and wearing one. She understands the worry that it may look too full, move strangely or announce itself before you do.

Her standard is simple. The hair should look like it belongs to the woman wearing it.

That understanding also guides b.LUXE's work with hospital teams across New England, helping women find private, knowledgeable support during medical hair loss.

### Ask us about the paperwork

Wigs purchased for medical hair loss may qualify for insurance reimbursement or payment with FSA or HSA funds. Coverage varies, so contact your provider before purchasing. Some plans require a prescription or letter of medical necessity using the term "cranial prosthesis."

For medical hair-loss clients, b.LUXE provides a superbill and supporting purchase information for insurance claims. We will also help you understand what paperwork your provider may require.

### Hair loss has more than one story

Breast cancer treatment is one reason a woman may experience hair loss. Alopecia, thyroid conditions, hormonal changes, stress and medications are others. The reason may differ, but the need is often the same: privacy, clear information and the freedom to make a choice without pressure.

October brings breast cancer into the conversation, but our commitment to women facing medical hair loss continues all year.

This month, Heather and her team will host informational support booths at the American Cancer Society's Making Strides Against Breast Cancer event and the Susan G. Komen Massachusetts MORE THAN PINK Walk. At both events, they'll answer questions, share resources and offer guidance about treatment-related hair loss.

b.LUXE will also participate in the New England Patriots Foundation's Day of Pampering at Gillette Stadium, an annual event honoring local cancer patients and survivors.



In recognition of Breast Cancer Awareness Month, b.LUXE will make a substantial donation to the Making Strides movement, supporting breast cancer research, patient services, early detection education and access to mammograms.

Learn more or schedule a private consultation at bluxe.com or bluxewigs.com.

No one can prepare you for every part of it. But when it comes to the hair part, you do not have to face it alone.

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# Medway Historical Cemetery Walk on Oct. 18

The Medway Historical Society will host a Historical Cemetery Walk on Oct. 18 from 4–7 p.m. at Evergreen Cemetery, 8 Green St., in Medway.

Guests will learn about the lives of some notable figures in Medway’s history. There is no admission fee for this event but donations are accepted.

Hot chocolate and donuts will be served at the conclusion of the walk. Please bring a flashlight as it may get a bit dark and spooky!

A rain date has been set for Oct. 25.

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



# Holly Club seeks new members

The Holly Club in Wrentham welcomes women interested in volunteering, supporting local causes and connecting with others in the community. As a member of the General Federation of Women’s Clubs, the club offers opportunities to take part in service projects locally and beyond. Membership is open to women outside Wrentham, and prospective members may attend a meeting before joining.

For more information, email [hollyclubwrentham@gmail.com](mailto:hollyclubwrentham@gmail.com) or visit the club’s Facebook page.



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LIVING HEALTHY

Macular Degeneration new frontiers

AREDS 3 and Photobiomodulation

BY: ROGER M. KALDAWY, M.D.  
MILFORD FRANKLIN EYE CENTER

For millions of older adults, Age-Related Macular Degeneration (AMD) represents one of the most significant threats to independent living and visual quality of life. AMD specifically targets the macula—the highly sensitive central area of the retina responsible for producing sharp, straight-ahead vision. When macular function declines, essential everyday tasks like reading fine print, driving safely, recognizing familiar faces, and enjoying hobbies become increasingly difficult.

While dry AMD historically presented limited active intervention options beyond basic nutritional support, major scientific advancements are transforming how eye specialists manage the condition. Today, patients have access to refined oral nutritional formulations alongside breakthrough light-

based clinical therapies—giving us more precise, non-invasive ways to protect precious vision.

Understanding AREDS 3: The Next Generation of Ocular Nutrition

For over twenty years, standard care for intermediate dry macular degeneration has centered around targeted nutritional supplementation. Grounded in the landmark clinical trials conducted by the National Eye Institute—the Age-Related Eye Disease Studies (AREDS and AREDS 2)—these specific high-dose vitamin combinations proved that antioxidant therapy could significantly slow the rate of disease progression.

The classic AREDS 2 formulation, which blends Vitamin C, Vitamin E, Lutein, Zeaxanthin, Zinc, and Copper, established itself as an indispensable tool in preventative ophthalmic care. However, ongoing nutritional

science and clinical research have driven further refinements, leading to the introduction of AREDS 3.

AREDS 3 represents an updated, highly tailored evolution in nutritional management rather than a complete overhaul. While AREDS 2 remains an effective, widely accessible standard, AREDS 3 incorporates crucial modifications designed to improve tolerability, enhance metabolic processing, and offer targeted protection based on individual patient profiles.

Key Clinical Differences in AREDS 3

- Adjusted and Reduced Zinc Levels: High-dose zinc (typically 80 mg in AREDS 2) plays a critical role in retinal enzyme function and antioxidant transport. However, high zinc intake can trigger gastrointestinal distress, stomach upset, or copper deficiency in sensitive individuals. Furthermore, ongoing



ing research suggests that individual genetic variations may influence how efficiently different patients process heavy metals. AREDS 3 offers tailored options with lowered zinc dosages, ensuring effective antioxidant delivery while reducing digestive and systemic burden.

- Incorporation of Ocular B-Vitamins: Emerging clinical research underscores the protective role of key B-complex vitamins (including B6, B9/folate, and B12) in managing ocular health. These vitamins help lower systemic blood levels of homocysteine—an amino acid associated with vascular stress, inflammation, and cellular damage within the delicate blood vessels supplying the retina. By adding essential B-vitamins, AREDS 3 addresses important metabolic risk factors beyond standard antioxidant protection.

- Patients who experience recurrent stomach upset, nausea, or digestive discomfort with standard AREDS 2 formulas.
- Individuals who require a reduced overall zinc intake due to systemic health conditions or personal medical considerations.
- Patients presenting with elevated vascular risk factors who stand to benefit from daily B-vitamin supplementation.

Deciding between AREDS 2 and AREDS 3 requires a comprehensive evaluation by your ophthalmologist, who can review your overall health history, lifestyle factors, and specific retinal status to recommend the precise formulation suited for your eyes.

Photobiomodulation: A Clinical Breakthrough for Intermediate Dry AMD

While tailored nutrition forms a crucial line of defense, modern eye care now offers direct therapeutic intervention for intermediate dry macular degeneration through Photobiomodulation (PBM).

Photobiomodulation is an advanced, painless, non-invasive treatment that utilizes precise, selected wavelengths of light (yellow, red, and near infrared)

Is AREDS 3 Always Indicated?

It is essential for patients to realize that AREDS 3 is not a mandatory replacement for AREDS 2.

AREDS 2 remains a proven, highly effective, and widely recommended standard for the vast majority of individuals with intermediate AMD. Instead, AREDS 3 provides eye care specialists with a valuable, highly specialized alternative tailored for specific clinical circumstances:

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# Medway Lion helped raise \$1.8 million for vision research

Medway Lion Patricia Kalicki, former Medway Lions President, wrapped up her one-year term as president of Massachusetts Lions Eye Research Fund, Inc. (MLERFi) on June 30, 2026.

Through her efforts, along with her other board members and Lions Clubs across Massachusetts, MLERFi was able to raise nearly \$1.8 million for cutting edge conceptual vision research.

The Massachusetts Lions Eye Research Fund was formed in October 1951, bestowing its first grant of \$5,000 to Dr. Ingalls at Harvard Medical School. Ingalls' research was instrumental in discovering the cause of "baby blindness" among premature babies, that was the result of too much oxygen being used in incubators. Today, over 125,000 adults can see because of the foresight and concern of these Lions.

Over the years, MLERF has



In June, Medway Lion Patricia Kalicki was honored with a citation from State Rep. James Arena DeRosa for her leadership of Massachusetts Lions Eye Research Fund, Inc. from 2025-2026. Courtesy photo

& Ear, Massachusetts Lions Eye Research Laboratory at Boston University Medical Center, and the Lions Laboratory for Genetic Research at Schepens Eye Research Institute. Since 1955, Lions Clubs of Massachusetts, in partnership with Lions International Foundation, has donated more than \$43 million in pure conceptual vision research projects, funding seed money for clinical research and initial clinical trials that pave the way for further research funding and many medical advancements and medical devices that have helped those with vision impairment.

To learn more about Massachusetts Lions Eye Research Fund, Inc., visit [www.mlerfi.org](http://www.mlerfi.org). If you're interested in learning more about Lions Clubs International or your local Lions Club, email Debbie Hayes at [info@millislionsclub.org](mailto:info@millislionsclub.org).

helped to establish three major eye research centers in Boston: Howe Laboratory of Ophthalmology at Massachusetts Eye

## EYES

*continued from page 14*

to target the retina. At a cellular level, these light wavelengths stimulate the mitochondria—the microscopic "powerhouses" of retinal cells. By boosting cellular energy production (ATP), reducing oxidative stress, and improving local circulation, PBM helps revitalize struggling retinal tissue and slow down cellular degeneration before irreversible sight loss occurs.

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## Millis Trick-or-Treating safety guidelines

The Millis Police Department is wishing everyone a fun, spooky, and SAFE Halloween!

There are no set hours for trick-or-treating but, as ghosts, goblins, superheroes, princesses, and all sorts of creatures take over the streets, we want to remind everyone of a few simple tips to keep the night enjoyable for the whole community.

**Trick-or-Treaters:** Younger children should have an adult with them, while older kids should travel in groups. Stick to sidewalks and use crosswalks whenever possible. Bring a flashlight, wear bright or reflective clothing, and keep an eye out for traffic while you're collecting those treats.

**Drivers:** Slow down and stay extra alert in residential neighborhoods. Kids may be excited about their next house full of candy and could unexpectedly dart into the street. Put down the phone, eliminate distractions,

and give trick-or-treaters plenty of space.

**Homeowners:** If you're handing out candy, make sure your walkways, stairs, and porches are well-lit and free of anything that could cause a trip or fall. And if you have pets, consider keeping them safely inside while the trick-or-treaters are out and about.

**Parents:** Before the candy-eating begins, take a quick look through those treats and make sure everything is safe and properly sealed.

**Everyone:** Look out for your neighbors, keep an eye on the little ones, and help us make Halloween in Millis a night filled with fun, laughter, and plenty of treats, without any tricks.

The Millis Police Department wishes everyone a fun, safe, and happy Halloween.

*Submitted by the Millis Police Department*

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# Happenings

Events happening in and around the area

## Through Oct. 31

Times vary. Pumpkin Patch, St. John's Church, 237 Pleasant St., Franklin. [www.stjohns-franklinma.org](http://www.stjohns-franklinma.org)

## Through Nov. 1

Times vary – The Great Jack O'-Lantern Journey, Southwick's Zoo, Mendon. [www.southwickzoo.com](http://www.southwickzoo.com)

## Oct. 3

1-4 p.m. – Medway Historical Museum Grand Reopening, Jacob Ide House, 158 Main St., Medway. Light refreshments, door prizes.

## Oct. 4

2 p.m. – "A Proper Fit," a book talk about the corset industry, Mendon Senior Center, 62 Providence St. Sponsored by Mendon Historical Society

## Oct. 17

10 a.m. – Upton Revolutionary War Encampment immersive event, Upton Town Common. 10 a.m. to 3:30 p.m.

6 p.m. – Milford High School Class of 1976 reunion. For details, contact Ann Robichaud at 508-473-0422 or [arobichaud1033@gmail.com](mailto:arobichaud1033@gmail.com).

## Oct 24

10 a.m. - 'Coffee and Conversations,' Millis Public Library. While topics range, conversations are moderated to focus less on debate and more on understanding. Event not sponsored by the Millis Public Library. Ends at 11:30 a.m. Next meeting on Nov. 21.

10 a.m. – National Prescription Drug Take Back Day. Drop off any medication you want to get rid of, including over-the-counter pills, prescription medications (including opioids), and medical devices (like vapes and cartridges). No questions asked, no judgment, just safe disposal. Drive-up locations at Medway Town Hall and Millis Fire Dept. Ends at noon.

## Oct. 30

6 p.m. – Milford Youth Center 'Night of Horror Classics,' 24 Pearl St., Milford. [www.milfordyouthcenter.org](http://www.milfordyouthcenter.org)

*Have an event? If you have an event you'd like listed in the calendar, send it to [editor@milfordfreepress.com](mailto:editor@milfordfreepress.com) [editor@uptonmendonfreepress.com](mailto:editor@uptonmendonfreepress.com)*

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

# Medway Pumpkin Walk on Oct. 30

On Fri., Oct. 30, from 7-9 p.m., Medway will hold its annual Pumpkin Walk at Choate Park.

Pre-registration is required. Medway residents can register now at <https://bit.ly/MedwayPumpkinWalk2026>. Non-residents can register starting on Oct. 5 at 9 a.m. using the same link.

New this year is an early entry time – 6:30 p.m. – for Medway residents with children under the age of 2. This early entry time will provide our youngest participants and their families with more space and time to enjoy walking the trail

before the larger crowds arrive.

Guests are asked to bring a flashlight to this nighttime event;

5 p.m. on the day of the event. Please label your pumpkin and include a tea light candle.



An entry from last year's Pumpkin Walk. Image source: @MedwayCable/Facebook

glow necklaces and bracelets will be provided.

If you would like your carved pumpkin to be part of the festivities, you can drop it off under the pavilion at Choate Park by

In the event of inclement weather, the rain date will be Sun., Nov. 1.

Note, the playground will not be accessible during the event.



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SPORTS

Culture-first approach has Medway Girls Soccer on the rise

By MATT HYLEN

After finishing last season with a strong 11-8-1 record (10-6 division record), along with a round of 16 playoff appearance as a top-20 ranked team (19) in the state, the Medway Mustangs are heading into 2026 with re-found expectations but the same mentality.

Led by Head Coach Ryan Elster, this team never forgets who they are and what they stand for. “Every season, we have five words we develop to define our team culture and what we stand for,” said Elster, now entering his fourth year as head coach of Medway High School Girls Soccer. “These are talked about and sometimes voted upon to make sure we have a defining culture that everyone stands for and believes in.”

This simple but powerful process has helped push the program in a clear direction since Elster arrived. The Mustangs have improved their regular season record in each year since Elster’s arrival, with their rankings within the state improving dramatically. It’s the kind of steady progress Elster is determined to build on.

“We hope to continue to build off the success we developed last year and take the next steps to become a premier team,” Elster said.

Looking at the linear im-

provement the program has achieved, Elster was quick to credit the people around him for the program’s growth, from his assistants to his captains.

“Delegation is crucial to success,” he said. “I have a fantastic assistant coach, JV coach and volunteer assistant who do so much work for myself and the team. I also believe in delegation to my captains and players on my team. Having players that help elevate my message and what we want to do as a team helps foster the environment and culture we want.”

Much of Elster’s coaching identity traces back to his father, who coached him through both club and high school soccer. “A lot of the foundation of my coaching mentality comes from my dad,” Elster said. “He has been my biggest supporter and mentor over the years.”

That influence shapes how he approaches his own staff and players. “Openness and self-reflection are two keys for myself as a coach. Teams and players constantly change so it is important to always be open.”

Elster’s leadership carries real weight with his captains. “Captains play a crucial role on any team,” he said. “They are the players who are looked up to on the team and do a lot of work even outside of what we do on the field every day that goes un-



The 2026 Medway High School Girls’ Soccer Team. Photo source: Instagram/Medway Girls Soccer

noticed. They are the pulse of the team and assist me in understanding how people are feeling and doing.”

Heading into the season, Elster’s ambitions are clear. “We would like to challenge for the TVL small title while also making sure we make the postseason tournament,” he said.

Whether or not the Mustangs get there, Elster said what he wants most is for the lessons to outlast the scoreboard. “I want my players to remember me as a coach that always wanted what is best for them and enjoyed

playing for me,” he said. “I want them to take away everything we talk about in regards to culture, mindset, work ethic. I want those things to stick with them no matter what path they go on after they leave me.”

Soccer has shaped nearly every part of Elster’s life. “Soccer has been a huge part of my life since the day I was born,” he said. “I have played since I was able to walk.” He grew up in Sutton, played club soccer for the Fuller Hamlets, then went on to play in college at Springfield College. His coach-

ing career started with a small club team, Fortis FC, before he spent two years as an assistant at Worcester State. He’s now in his fourth year at Medway and coaches full time for NEFC.

This passion and love for the sport, which has been injected into Elster’s veins ever since he was a kid, has rubbed off onto the Medway Girls’ Soccer program in the best of ways.

The players are bought in and the improvement speaks for itself, making 2026 potentially the best season yet under Elster.

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SPORTS

# Feeling Secure vs. Being Secure: 3 Gut Checks for Your Finances

*The data in NerdWallet's August Financial Resilience Index suggests that the majority of Americans' feeling that they're in control of their daily finances may be more felt than earned.*

WRITTEN BY ERIN EL ISSA  
EDITED BY ELIZABETH RENTER

Three-quarters of Americans (75%) feel in control of their day-to-day finances, according to NerdWallet's August Financial Resilience Index, indicating that many feel an overall sense of financial security. But the index also finds that a third of Americans (33%) couldn't cover an unexpected \$1,000 expense, and around the same percentage (36%) say they'll have to rely on credit for at least some of their expenses this month.

Is financial security measurable, or simply in the eye of the beholder? While there's something to be said for feeling good about your money, if that just means that you're able to pay your bills on time in a normal month, your actual financial security may be lacking. These three gut checks can reveal whether your good vibes are backed up by your bank account balance.

Could you cover an unexpected \$1,000 expense?

This question is part of NerdWallet's Financial Resilience Index for a reason — many Americans simply don't have a cash buffer to get them through financial hiccups, which could lead them to take on high-interest debt.



To add a layer of security to your financial plan, consider whether \$1,000 is a sufficient backstop for your situation. Start by reviewing your various insurance deductibles. While many potential emergency costs could be covered by some type of insurance, you'll generally have to first pay a deductible. That's the amount you're responsible for before your insurance company pays.

**Gut check:** Between those potential payouts and your current savings balance, could you cover your necessities for up to six months?

**If not:** Know what you're entitled to in the event of a lay-off. Many don't know that contractors generally don't qualify for unemployment benefits from their state. Look into the rules where you are, before you're facing a job loss, to see how much more you need to save up to withstand one. Saving enough to cover lost income could take a long time, but you're putting yourself in a more secure position with each dollar you save.

So back to the question: Is financial security in the eye of the beholder? To an extent. While security can mean different things to different people, some indicators of financial stability are clear cut: having enough

savings to cover unexpected expenses or a loss of income, and not relying on credit to cover cash shortages.

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# Millis Fall Town Meeting set for Nov. 9

Millis Fall Town Meeting is scheduled for Mon., Nov. 9, at 7:30 p.m. in the Millis Middle/High School auditorium, 245 Plain Street.

The warrant was not available at press time but will be available at [www.millisma.gov](http://www.millisma.gov) in the near future.

Residents are encouraged to read the Citizens Guide to Town Meeting and Citizens Guide to Citizen's Petition found at [www.millisma.gov/article/3131678](http://www.millisma.gov/article/3131678).

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# Medway Trunk or Treat to be held on Oct. 10

Medway Parks and Recreation will hold its annual Trunk or Treat on Oct. 10 from 10 a.m. to 12 p.m. at the Medway Parks and Recreation facility at 123 Holliston Street.

Decorate your car, wear costumes and have fun! You will also have an opportunity to vote for your favorite trunk. It is going to be a spoooooooktacular good time!

If you are interested in hosting a trunk, contact [parksan-drec@medwayma.gov](mailto:parksan-drec@medwayma.gov).

To attend, register at <https://bit.ly/MedwayTrunkOrTreat2026>.

# Millis Public Safety Log

## Assault, vandalism, brush fire, missing persons, recovered stolen vehicle

According to safety logs, Aug. 15 to Sept. 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, serve summons, escort/transport, larceny/forgery/fraud, lost/found property, general complaints, and assisting citizens.

- This is not an exhaustive list of all calls. Entries of note include:
- Aug. 17 at 10:48 a.m., Acorn St., vandalism
  - Aug. 17 at 3:16 p.m., Union St., assault
  - Aug. 18 at 8:16 a.m., Island Rd., suspicious activity
  - Aug. 19 at 4:07 p.m., Main St., suspicious activity
  - Aug. 19 at 5:47 p.m., Village St., suspicious activity
  - Aug. 19 at 11:13 p.m., Island Rd., disturbance
  - Aug. 21 at 12:37 p.m., Main St., larceny/forgery/fraud
  - Aug. 24 at 1:28 p.m., Main St.
  - Aug. 25 at 11:07 a.m., Dean St., larceny/forgery/fraud
  - Aug. 26 at 2:37 p.m., Main St., assault
  - Aug. 27 at 2:01 p.m., Stoney Brook Dr., suspicious activity
  - Aug. 28 at 1:47 p.m., Village St., disturbance, de-escalated
  - Aug. 28 at 6:31 p.m., Dover Rd., vandalism
  - Aug. 29 at 4:54 p.m., Hilltop Dr., brush fire
  - Sept. 2 at 11:23 a.m., Jameson Dr., missing person
  - Sept. 2 at 4:02 p.m., Jameson Dr., missing person
  - Sept. 5 at 12:55 a.m., Main St., missing person
  - Sept. 5 at 2:19 p.m., Main St., recovered stolen motor vehicle
  - Sept. 5 at 9:22 p.m., Main St., annoying phone calls
  - Sept. 6 at 1:46 a.m., Exchange St., suspicious activity
  - Sept. 10 at 12:23 p.m., Main St., vehicle fire
  - Sept. 10 at 2:17 p.m., Main St., disturbance, de-escalated
  - Sept. 15 at 7:22 p.m., Main St., lost/found property

Source: Millis Police Department

# Missing 5-year-old found near home

September 2 was the first day of school in Millis, and it was also a busy morning for the Millis Police Department.

According to a Facebook post by Millis Police Chief Christopher J. Soffayer on that day, "Residents may have noticed a significant police presence in the area of Village Street this morning. The Millis Police Department responded to the area for a report of a missing 5 year old autistic child."

"Upon arrival, officers immediately began searching the residence and surrounding property while additional personnel canvassed the neighborhood and nearby wooded areas."

"The child was located approximately 100 yards into the woods and was safely reunited with their family. The child was not injured and was evaluated by the Millis Fire Department as a precaution."

"Thank you to the responding personnel for their quick and coordinated efforts. Most importantly, we are grateful this incident had a safe and positive outcome."

Source: Facebook @millispolice

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# Pets of the Month: Rae & Marley, a bonded pair of tuxedo brothers

Rae and Marley are two 8-year-old tuxedo brothers who arrived at the shelter as surrenders. These two are a bonded pair and will need to be adopted together.

Rae is a handsome, dignified boy whose serious expression might fool you at first, but don't let it. Beneath that composed exterior is a cat who absolutely craves affection and isn't shy about asking for it. He is chatty, loves to curl up in your lap, and enjoys a good belly rub. When he isn't seeking attention, you'll likely find him perched up high, keeping a watchful eye over the

room. He can be playful when the mood strikes. A laser pointer has been known to catch his interest, though he may act as though he's far too mature for such things.

It's also worth noting that Rae has been known to help himself to his brother's dinner when given the chance, so meal-time may require a little supervision and redirection.

Marley, on the other hand, will win you over at the first meow. A lovebug who will instantly melt your heart. He is curious, vocal, and endlessly charming. He loves laser pointers, watching the world go by from a window, and stealing

all the attention he can get. He is also a social eater and tends to eat better with a little company, so don't be surprised if he expects you to stick around for meals.

Rae has been diagnosed with hypertrophic cardiomyopathy (HCM), a significant heart condition that requires regular veterinary monitoring. He is not currently on medication, but he does require a low sodium diet to help manage his condition. 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 for him and Marley.

Rae and Marley would do best in a calm, attentive home with people who don't mind a little chatter or being bossed around from time to time. They are mature boys who know what they like and aren't afraid to ask for it. They will reward you with loyal, loving companionship and no shortage of entertainment.

Adoptions are by appointment only. If you have an



interest in meeting Marley & Rae, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>).

Shelter update: Lily and Carly, who were previously featured in this column, have been adopted!

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## Recent Home Sale



The 3-bed, 3-bath, 2,880-square-foot house at 4 Mallard Drive in Medway recently sold for \$760,000. Image credit: [www.zillow.com](http://www.zillow.com)

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# Recent Home Sales

| Date       | Medway              | Amount     |
|------------|---------------------|------------|
| 09/15/2026 | 26 Timber Crest Dr. | \$1.04 mil |
| 09/14/2026 | 7 Hemlock Dr.       | \$500,000  |
| 09/11/2026 | 10 Ellis St.        | \$765,000  |
| 09/04/2026 | 50 Milford St.      | \$525,000  |
| 09/03/2026 | 284 Village St.     | \$620,000  |
| 08/31/2026 | 21 Lincoln St.      | \$597,500  |
| 08/28/2026 | 12 Alder St.        | \$980,000  |
| 08/28/2026 | 34 Broken Tree Rd.  | \$1.10 mil |
| 08/27/2026 | 4 Mallard Dr.       | \$760,000  |
| 08/27/2026 | 5 Diane Dr.         | \$900,000  |
| 08/26/2026 | 23 Williamsburg Way | \$650,000  |
| 08/25/2026 | 3 Pine Ridge Dr. #1 | \$805,000  |
| 08/21/2026 | 211 Village St.     | \$735,000  |
| 08/20/2026 | 32 Field Rd.        | \$1.10 mil |
| 08/18/2026 | 13 Fairway Ln.      | \$940,000  |

| Date       | Millis              | Amount     |
|------------|---------------------|------------|
| 09/16/2026 | 77 Dover Rd.        | \$840,000  |
| 09/16/2026 | 28 Heritage Path    | \$525,000  |
| 09/16/2026 | 663 Main St.        | \$350,000  |
| 08/27/2026 | 20 Glen Ellen Blvd. | \$1.30 mil |
| 08/26/2026 | 65 Glen Ellen Blvd. | \$885,000  |
| 08/25/2026 | 194 Ridge St.       | \$1.45 mil |
| 08/20/2026 | 13 Meadowbrook Rd.  | \$455,000  |

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

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Also, the number of available listings tend to drop during the autumn season, so your home will have less competition and more time to shine.



Jodi Kairit

REALTOR®

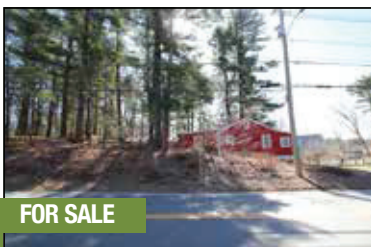
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[Jodi.Kairit@commonmoves.com](mailto:Jodi.Kairit@commonmoves.com)

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Commercial Properties



FOR SALE

196 Grove St, Franklin - Ind  
Land for Sale \$1.1 Mil



FOR SALE

198 Grove St, Franklin - Ind  
Land for Sale \$800K



FOR LEASE

233-1 W Central St, Franklin -  
1440sf - Prof Office \$21/SF/YR



FOR LEASE

233-2 W Central St, Franklin -  
1150sf - Prof Office \$21/SF/YR



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Over 475 Homes Sold!

COMING SOON



98 Granite St, Medfield -  
Coming Soon - \$819,000

SOLD



19 Selwyn Road  
Newton - \$1,500,000

SOLD



485 Main St.  
Millis - \$989,900

SOLD



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

SOLD



25 Birch St. - 1 acre lot plus  
8.2 acres of farmland  
Millis - \$579,900

COMING SOON



137 Acorn St  
Millis - \$1,150,000



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# YOUR HOMETOWN REAL ESTATE EXPERTS

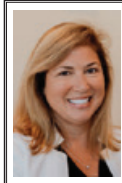
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*Jennifer (McMahon) Colella*  
Realtor®, Broker, ABR, SRS, CBR, LMC, CHS,  
CRB, BPOR, RENE, PSA, Team Signature  
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**Team Signature #1 in Homes Sold in Millis '25**



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COMING SOON



\$879,900  
12 Jasmine Road, Medway  
Laina Regan Kaplan

SOLD



\$597,500  
21 Lincoln Street, Medway  
Laina Regan Kaplan

SALE PENDING



\$750,000  
130 Island Road, Millis  
Sue Kuphal

SALE PENDING



\$629,900  
164 Ridge Street, Millis  
Jennifer/Team Signature

SOLD



\$1,100,000  
32 Field Road, Medway  
Laina Regan Kaplan

SOLD



\$714,000  
60 Hilltop Drive, Millis  
Jennifer/Team Signature

SOLD



\$425,000  
5 Delmar Road, Medway  
List Agent/Laina & Buyer Agent/Jennifer

SALE PENDING



\$379,888  
18 Cedar Square, Millis  
Sue Kuphal

SOLD



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

SALE PENDING



\$350,000  
698B Main Street, Millis  
Susan Kuphal

SOLD



\$1,400,000  
21 Stable Way, Medway  
Laina Regan Kaplan

SOLD-BUYER CLIENT



\$500,000  
7 Hemlock Drive, Medway  
Sue Kuphal

SOLD



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

SOLD



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

SOLD



\$695,000  
1 Riverstone Drive, Medway  
Sue Kuphal

SOLD



\$820,000  
10 Nouvelle Way, Unit S807, Natick  
Sue Kuphal

SOLD



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

SOLD



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

SOLD – BUYER CLIENT



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

Happy Halloween

