

The Voice of Your Community

Millis Community Begins Conversation over "Mohawks" Mascot

By J.D. O'GARA

By the third week in July, over 2,200 people signed an on-line petition to retire the Millis High School mascot, the Millis Mohawks (<https://www.change.org/retirethemascot>, Twitter/Instagram @retirethemohawk, Facebook: Retire the Millis Mascot). 2014 Millis High School graduate Bekah Kohls, now a resident of Texas and 2017 graduate of UMass Amherst, presented the poll to Millis residents via social media in the unrest that followed the highly publicized killing of George Floyd.

"It was kind of the wake of the Black Lives Matter movement, the killing of George Floyd and Breonna Taylor, and all of the events transpiring," says Kohls. "I wanted to stand up in all of the places I've worked and lived, addressing racial issues in all facets of my



Is now the time to retire the Millis Mohawks mascot? Some Millis alumni, faculty and town members think so and have brought a petition suggesting the move to the Millis School Committee.
Photo used courtesy of Adriana Arguijo Photography.

life." The mascot of her hometown, she says, was "definitely one of the most obvious issues," she says. Kohls and a group of about 50 others from Millis hope to change what she understands now to be a racist image.

"I attended countless rallies, football games, and athletic events with a feather in my hair

or with 'war paint' on my face," the petition reads. "After leaving Millis I was educated on the harmful implications of misusing and misrepresenting an indigenous people in western culture."

MOHAWKS
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Exelon Donates \$16K to Expand Medway Community Farm Program

Home-Grown, Fresh Produce for Medway Families in Need

Exelon Generation has supported several Medway organizations that enhance the community over the past five years and seeks to do even more this year with a couple of large donations, to make a real difference. The creative thinking and collaborative effort of Glenn Trindade, Medway Board of Selectmen Chair, Carol Collord, President of the Board of Directors, Medway Community Farm, and Mark Rodgers, Exelon Generation brought about a unique way to support the community.

The idea was to greatly expand on last year's smaller pilot program which nourished struggling families in Medway with fresh, organic produce from the Medway Community Farm. This year, Exelon Generation

is generously donating \$16,000 to fund an expanded program which includes partnering with the Medway Food Pantries and the Medway House Family Shelter.

"This was a great opportunity for us to enable Medway Community Farm to provide fresh, locally-grown, produce to the food pantries and family shelter in Medway. Though we made these plans prior to COVID-19, the nutritional support these direct-service organizations in Medway provide to families and individuals in need has become more important than ever," said Archie Gleason, General Manager, Northeast Region, Exelon Generation.

HOME-GROWN
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MOHAWKS*continued from page 1*

Not everyone agrees with the proposal, as the town's unofficial social media page, The Millis Public Forum, on Facebook, is rife with controversy over the issue. The discussion yielded over 900 comments.

"I got a lot of support, and I got a little backlash," says Kohls, "but I think at the end of the day we educated a lot more people than we infuriated. The primary goal was to make sure it was an issue on everyone's mind."

Kohls disagrees that the mascot honors the Mohawk people, saying it suggests a one-dimensional stereotype of indigenous people "by a majority white town that never had an indigenous person say they wanted that mascot. I would also add that those native populations have been asking for the removal of all native mascots for over 60 years, and if we were really honoring them, we would listen to their wishes."

Kohls adds that the Mohawk Nation plans to write an official ask of removal, which she will submit to the Millis School Com-

mittee with the petition. Kohls says her petition also has the support of the NCAI (The National Congress of American Indians), who sent an email to the Millis School Committee asking for the removal of the mascot.

Kerri Ann Roche, Chair of the Millis School Committee, commented on the petition in mid-July.

"We absolutely want to hear from her and the students and the community about this. The fall timing is perfect, and we look forward to that," said Roche, who noted that the School Committee's focus was currently on returning to school in the fall. The group, she says, plans to listen to "not just Bekah and her group, but to the Millis community and get everybody's input. We recognize it's not just the students. We kind of build a community around the Millis Mohawks name, and we want to give everyone a chance to think about it, talk about it and be all inclusive."

Local history enthusiast and teacher, as well as Millis High School football coach and former player, Brian Kraby is among those examining the Millis Mohawks mascot origins. Local folks he's spoken with place the mascot to the late 1950s. Fascinated by Native American history and culture, Kraby had posted a question awhile back about the origin of the mascot on social media.

"Every team was just Millis High School, or Medway High School, or Ashland High School, until the 50s or so," says Kraby.



S.2593, An Act prohibiting the use of Native American mascots by public schools in the Commonwealth, is currently up for consideration by the Massachusetts Senate. Currently, some citizens have petitioned the Millis School Committee to change the High School mascot. Photo used courtesy of Adriana Arguijo Photography.

"And then Medway became the Mustangs, and Ashland became the Clockers. It was a school meeting, and someone said, 'How about Millis Mohawks?'"

Kraby explains that Millis Historical Commission member Rusty Cushman has looked into the matter, perusing yearbooks for mention of "Mohawks."

"It was not mentioned prior to 1956," says Kraby, referring to Cushman's research. "The 1953 yearbook didn't say anything about the Mohawks, so Rusty thinks it was '56 or '57."

Kraby has his own opinion, but as a teacher, he says, he encourages his students to arrive at their own conclusions.

"It's sort of a pride thing ... When you say 'Redskins,' I think that's disparaging. 'I don't think 'Mohawks' is disparaging; it's an Iriquois tribe, but I do understand when people say they have no history (here), and I under-

stand why people want to change it. But, I'm biased. I grew up in Millis, and to be honest with you 100%, I just want to get the kids back to school."

Kraby says the historical record shows that the only Mohawks that came to this area were from the Albany, NY area, through the Mohawk Trail, (now Route 2). In fact, he says, during the King Philip war, "King Philip," or Metacom, had approached the Mohawks in 1676 to aid them in their war against the English. It didn't go well, says Kraby.

"(The Mohawks) killed 500 of his men," says Kraby. Had Metacom been successful in trying to get the Mohawks to ally, says Kraby, he might have had the chance to win the war.

Some suggest Massachusetts legislators may decide the fate of the Millis Mohawks mascot before the Town does. *Local Town*

Pages asked Rep. David Linsky for clarification.

"This bill, S.2593, *An Act prohibiting the use of Native American mascots by public schools in the Commonwealth*, was reported out favorably from the Committee on Education and referred to the Senate Committee on Ways and Means as a redraft of S.247 and H.443. The last movement of the bill was on March 12, 2020," says Linsky, referring to legislation first proposed in early 2019. "I have not heard from Millis residents nor school officials on this issue. Personally, I believe it is time to change these nicknames and logos, however, I believe it is a decision that should be made at the local level."

Linsky referred *Local Town Pages* to Sen. Becca Rausch on the bill, since it was still in the Senate, but had not heard back was not able to get a statement from Sen. Rausch by deadline.

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Medway Graduates Prepare for a Restricted College Experience

BY AIDAN POOLE

Medway High School graduates have mixed feelings about the fall 2020 semester, fueled by concerns over lackluster classes and limited social life due to precautions surrounding COVID-19.

As the COVID-19 pandemic challenges colleges to reopen in a way that ensures students' health, recent Medway graduates detailed how safety measures are manifesting on campus this fall. Sam McKeown, an incoming freshman at Colby College in Maine, said that "masks are required to be worn" on campus, all students will be tested for COVID-19, and classes will start in late August rather than early September.

McKeown explained that many colleges are starting classes early so students won't return to campus after Thanksgiving break, protecting them from a potential COVID-19 resurgence in the winter. Students at UMass Amherst will not be receiving extended weekends during the fall semester to finish in-person classes by Thanksgiving. Sacha Orcel, a rising sophomore at the University of North Carolina, explained that students at her school will lose their nearly week-long "fall break" in October to be home by Thanksgiving.

Another common precaution is reducing residence hall capacity to support social distancing. Dan Rice, a rising sophomore and prospective student at Bridgewater University, said the school is "turning all doubles into singles and all triples into doubles." At Colby, McKeown said, "a new hotel in the downtown

area will be used as extra dorm space" to make up for reduced on-campus housing.

Although many colleges are offering students the choice to return to campus, Medway graduates are concerned that online classes will detract from their education. Peter Jordan, a rising sophomore at UMass Amherst, spoke for many in his assertion that "you can't take away from a video what you would personally experience in class." Marissa Borkum, rising junior at UMass Lowell, shared this sentiment, explaining that the transition to online classes last spring made it "harder to pay attention" to school and punished "hands-on learners" like herself.

Borkum, a major in medical laboratory science, also noted she "has to have hands-on training" to be allowed to work in hospitals. "I'm scared I won't be prepared when I go on clinical rotation" if online classes continue, she said. Noah Garafolo, an incoming freshman at Franklin Pierce University, is also concerned about losing academic opportunities. He noted that if his school's sports programs don't run in the fall, he might have limited opportunities within his sports media major.

Alongside lackluster classes, Medway graduates are concerned the college social scene will shrink due to COVID-19 restrictions. Borkum said that UMass Lowell plans to cut down on students visiting other dorms and on-campus parties. These common measures, combined with online classes, will make it "much more difficult to interact with people" and connect with

people according to McKeown. Carolyn Hernandez, an incoming freshman at MassBay Community College, was "really looking forward to clubs and social groups on campus," but now worries they won't happen due to social distancing. She explained that freshman year should be a time for students to adjust to an independent lifestyle as a social adult. She's upset that COVID-19 has taken this away, asserting that "I'm robbed of the comfort of knowing what I'm doing" as well as the "college experience."

Jordan, recognizing the stress that freshmen are facing, encouraged them to stick with their schools, saying that "the next semester is not what college really is about." Although the fall will be different, he insisted that their college experience is not lost. "It will get better," he said.



Just as local public schools are considering how to approach the school year, so, too, are colleges and universities. Freshman year will look a lot different for recent Medway grads.

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HOME-GROWN

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Susan Dietrich, Director of the Medway Village Church Food Pantry organized discussions with Paul Galante, Director of the Medway Food Pantry at Mahan Circle, Heidi Sia, Director of the Medway House Family Shelter, and Ms. Collord to discuss the community's needs. Through many thoughtful discussions, it was determined that a "keep it simple" approach would be best to maximize the food assistance, especially since many of the families included younger children who are choosy eaters.

Typically, a Community Supported Agriculture share (CSA) includes items such as mint, arugula, mustard and collard greens, etc. These items were determined to not necessarily be practical for the families of the food pantries and shelter. This year, the share has been tailored to meet the "basic" needs of the families and include many types of greens such as tender lettuce, scallions, and beet greens.

"Last year, many of the families didn't know what to do with the vegetables they received in their share. This year, everyone who visits the food pantry is very happy to be receiving family-friendly produce such as greens and scallions. We are all very pleased with the program. Our deliveries have been neat, clean and well presented," said Paul Galante, Director of the Medway Food Pantry at Mahan Circle.

In order to accommodate the new plan of growing more family-friendly produce, the Community Farm had to make a few quick adjustments with their crop plans. Farm Manager, Seth Terramane modified their crop plan by creating a dedicated space to grow lots and lots of greens.

Every Saturday morning at 7:30 a.m., Farm Manager, Seth Terramane delivers beautiful, freshly picked produce to the Medway Village Food Pantry and the Medway House Shelter, and each Thursday, a community volunteer makes a special trip to the Mahan Circle Food Pantry.

"Because of the generosity of partners like Exelon Generation, the Medway Community Farm is able to realize its mission of fostering community spirit while helping to meet the needs of hundreds of families in our town and the surrounding communities. We're humbled and proud to be part of the solution when so many people are in need," said Carol Collord, President, Medway Community Farm Board of Directors.

Ms. Dietrich, Ms. Sia and Mr. Galante all agree that their respective organization's needs have significantly increased during these un-precedented times. In the wake of the current pandemic, the food pantries have seen an increased number of visitors. In April and May of 2020, The Village Church Food Pantry served 1,260 clients from 393 households, which represents a 50% increase over the same time period last year.



"In early 2019, the Medway Village Church Food Pantry was designated as a healthy pantry partner by the Greater Boston Food Bank. As a healthy pantry, we strive to offer the most nutritious food possible and to incorporate fresh items wherever we can. The collaboration and support from Exelon Generation and the Medway Community Farm aligns perfectly with our mission to provide healthy choices to our clients, and we are incredibly grateful," said Susan Dietrich, Director of the Medway Village Church Food Pantry.

The Mahan Circle Food Pantry has also seen an increase of over 700 clients more than last year at this time. In March thru June of 2019, the pantry served 1,386 clients compared to 2,988 clients in 2020, an increase of 1,602 clients.

Currently, the Medway House Shelter is housing five families and working with an additional 4 families that are living off-site. The needs of the shelter have remained consistent during the pandemic.

Most of these struggling families would never get the opportunity to experience visiting a farm stand or to consume fresh produce. It is unusual for the families that stay at the family shelter to experience anything other than going to a grocery store to purchase food. The opportunity that Exelon has provided community members has allowed those in need to broaden their horizons.

"The families that live at the Medway House Shelter are very encouraged and touched when someone or a local business does something to take care of them. Family members often comment

on how generous the community is," said Heidi Sia, Director of the Medway House Family Shelter

Experiences such as being able to visit the Medway farmers' market or to work with the local farm to learn about their growing seasons is immeasurable. Once COVID restrictions are softened, it is the plan of the staff at the Medway shelter to take families to the farm to experience it first-hand.

"It's a Win-Win for the community," said Trindade. "Exelon's donation is a huge benefit to the Medway Community Farm's operations, and it's a huge benefit to the Medway Village Church Food Pantry, the Food Pantry at Mahan Circle and the Medway House Shelter. We appreciate Exelon stepping up and doing this."

Millis & Medway Schools, Plus Medway Library, Keep Local Kids Fed

Lunch Programs Continue into August

By J.D. O'GARA

Times might be trying, but struggling local families needn't go hungry this summer.

The Medway Public Library might have been closed due to Covid-19 fears, but its summer lunch program is still running to keep local families fed, and its program complements that of local school lunch programs, running Tuesday, Thursday and Friday, from 12 Noon until 1 p.m.

This is the 4th year we've been doing it, the third year we've been doing it three days a week," says Perkins. The very first year, the program was done just once a week, she says.

"There's a number of organizations that have donated

money or food," says Perkins. Makerspace coordinator Diane Busa, who is also one of the co-presidents of the Friends of the Medway Public Library, works other Friends co-president Meg Hamilton to garner donations from the community. Sponsors this year include the Medway Lions Club, Restaurant 45, Medway Oil & Propane Inc., Shaws, Stop & Shop, Walgreens, BJ's Wholesale Club, the Mahan Circle Food Pantry, Roche Bros., Market Basket, Pizzeria Uno and several anonymous residents. Perkins adds that the Medway Village Food Pantry had also donated snacks for the Medway Library's afterschool snack program, "which barely got under-way before we shut down. Once

school starts up again, we will again offer this program," she says.

Obviously, she says, the summer lunch program at the library looks different this year.

"Years past, it was a communal lunch, where people come and play (following story hour)," says Perkins. "Unfortunately, all that is missing this year. We're doing (bagged lunch) on a grab-and-go basis. Everyone gets a sandwich and a fruit cup or snack, and dessert," she says. Lunches are set up outside, in the style of curbside pickup, and participants are asked to keep social distance and wear masks. "It's not quite the same, but it's better than nothing," says Perkins, "very similar to what we do with the books we're circulating."



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Joe Shea is OUR Norfolk County Commissioner



JOE SHEA COMMISSIONER

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- Initiate a plan to **modernize the County's financial and capital planning practices.**
- Make significant **investments at the Norfolk County Agricultural High School.**
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Millis Schools, Tri-County Look to Develop School Plans

By J.D. O'GARA

Summer 2020 was hardly a vacation for local school officials, with Millis Public Schools and Tri-County Vocational Regional Technical High School among public schools across the state working hard to develop plans to submit to the Massachusetts Department of Elementary and Secondary Education.

Initial guidance from DESE was released on June 25, 2020, with Comprehensive Special Education Guidance released July 9, 2020 and UPDATED Guidance and FAQ from DESE released July 10, 2020. Preliminary plans from each school were due to DESE by July 31st, (prior to *Local Town Pages*' deadline), with a Comprehensive Plan due in early to mid-August.

"We are working on developing the three plans that we have to submit to DESE by the end of the month: Full return, Hybrid with about 50% in school at a time, and 100% Remote," said Nancy Gustafson, Superintendent of Millis Public Schools, in mid-July. "We will present our DRAFT Plans to School Committee on the 21st. So much is up in the air, still."



Tri-County Superintendent Stephen Dockray, was tasked with this plan for his vocational high school, which encompasses 11 local towns and has an enrollment of close to 1,000 students.

"We have to look at trying to get as many kids into the school building as possible. It's going to be challenging," said Dockray, in mid-July. "We're still very much

in the preliminary stages of planning. Busing is a big issue, how many kids can we fit on a bus, how many kids are going to be able to be socially distant on a bus."

On the vocational side, Dockray noted, "It really doesn't lend itself to remote learning. We want to get kids back into the shops in person, but then you have

the safety and the health issues. I think the state is still unsure. Those are some of the questions, but then you compound that with where are the kids going to

eat lunch, and sports is another whole big issue we're still unsure of. We're waiting for some guidance on that."

Dockray says some teachers, as well, who might have underlying conditions and will feel unsafe in the school environment.

"We may not do what our member communities do. We're a vocational school, and I think it's important to get those students to earn the hours and the knowledge they need to gain. We're still not sure how we're going to do it. Most parents want to see in-person, but they only want to see in-person if you can guarantee the health of their student. It's going to be difficult to get all the students in here.

Dockray says students will definitely have to wear masks, but the school was looking at working breaks from the masks into the school day. Everything, he says, was dependent on the coronavirus remaining in check in the state.

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Medway Farmers' Market Open Thursday Afternoons

Patrons Are Asked to Wear Facial Coverings

By J.D. O'GARA

After a brief delay, the Medway Farmer's Market opened on July 23rd, at Choate Park. The market will run every Thursday afternoon from 4p.m -7p.m, through September.

"Our initial plan was (to open) June 18," says Allison Dempsey, of the Medway Farmer's Market. After consulting with Medway Parks and Recreation, going along with guidance from the state, Dempsey says, "We decided to go with July."

Choate Park, she says, is set up nicely to allow one way traffic, with one entrance and exit.

Market vendors are looking forward to providing fresh, local products. The Market will feature local farms, crafters, creators and small businesses.

Vendors attending the 2020 Medway Farmer's Market

- Simply Simple Farm, Med-



way, Mass. (<http://simplysimplefarm.com/>)

- Confectionary Creations, North Attleboro (www.confectionarycreations.com)
- MAY Hosta Collection, Franklin, Mass., (on Facebook at "MAY Hosta Collection")
- The Bird and Bear Collective, Medway, Mass. (www.birdandbearcollective.com)
- Medway Community Farm, Medway, Mass., (www.medwaycommunityfarm.org)
- Bearded Ginger Workshop, Medway, Mass. (on Facebook under "The Bearded Ginger Workshop")

- The Letter Hutch, Medway, Mass. (on Facebook at "the-letterhutch")
- Pure Haven, Roberta Wellman, Medway resident, representative, (www.purehaven.com)
- Scout and Cellar, wine representative Medway resident, Amanda (www.scoutandcellar.com)
- Fairmount Fruit Farm, Franklin, Mass., (www.fairmountfruitfarm.com)
- C&C Ice cream, Norfolk, Mass., (www.cncicecream-truck.com)
- Eric's Sharper Edge (knife-sharpening), Franklin, Mass. (find on Facebook at "Eric's Sharper Edge")



Medway Farmers' Market is open at Choate Park on Thursday afternoons, from 4-7 p.m. For safety, shoppers are asked to wear masks, provided with sanitation stations and encouraged to ask for rather than touch items. Photo used courtesy of Medway Farmers' Market

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Every vendor booth will be spread out in a socially distant set up, with hand sanitizer stations. Patrons are asked to wear a facial mask/covering. "The safety and well-being of our community members is of the upmost importance to us," says Dempsey, adding that shoppers will be encouraged NOT to touch products, including flowers or food, instead viewing selections and then asking vendors for the items. This is a change from the normal Farmers' Market procedure, Dempsey says, but she adds, "We look forward to providing the

community a place to shop locally, while supporting our amazing vendors."

Dempsey also planned, at press time, to put together a database of vendors, encouraging visitors to the market to patronize these businesses outside of the farmers' market. She hopes patrons will "continue to talk to our farmers, when shopping, only getting what you need and getting home, but then going deeper. One of our philosophies with the Medway market was to build a community and give people a place to shop. We don't want to lose that character, but

want to have a balance."

The database she plans to provide, she says, will allow those who don't want to wear a facemask with another option, perhaps making arrangements with a particular vendor for box pickup. The database will be posted on the Town of Medway social media and the Medway Farmer's Market Facebook page.

The Medway Farmers Market page on Facebook has also been posting profiles of its 2020 vendors. You can learn more about these farms and their stories on the page.

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Medway & Millis Schools Keep Feeding Kids through Pandemic

By J.D. O'GARA

Between Millis and Medway, schools might be out, but students are still being fed. Since students were sent home in the spring, due to Covid-19, Millis and Medway Public Schools have not only kept a free lunch program going, they've expanded upon it.

"We committed early on that we continue to support (students)," says Ryan Sherman, Wellness Director at Medway Public Schools. "Right out of the gate, we collaborated with Susan Dietrich, Director of the Medway Village Food Pantry. Right when school shut down, we decided to offer school lunches and breakfasts, as we would anyway. Families could come three days

a week, picking up enough food for seven days." At the food pantry, Sherman says, families could pick up groceries on Saturday mornings. "Some did both, some did one or the other. Basically, if a family wanted to do both, it would provide their student with breakfast, lunch and dinner for seven days a week."

Millis Public Schools, too, provided students with both breakfast and lunch, and according to Sherman, the Federal Government opened the program up to provide meals to anyone under 21.

According to Shawn Fallon, Director of Dining Services for both schools, by mid-July, the program provided just over 12,000 combined breakfasts and



Shown are prepared lunches offered at curbside pickup at both Millis Middle/High School and Medway Middle School. Thanks to federal funding, both districts have been able to offer any students who need it breakfast and lunch since the close of school. The program will continue through August.

Photos used courtesy of Shawn Fallon.



lunches in Millis and just over 12000 meals served, and just over 14500 meals served in Medway since school closed.

"Typically, we are reimbursed for the kids who are on free and reduced lunch, says Sherman, of Medway's program. "They waived that requirement and reimbursed us for the food we're serving to anyone." Fallon explains the waiver comes from

the USDA, which is reimbursing the districts for all meals served through August.

"There's definitely a need, and I wonder if that need might grow a little now that that extra benefit has run out," says Sherman.

Meals for all school aged children can be picked up at Millis High School on Mondays, Wednesdays and Fridays be-

tween 7:30 a.m. and 10:30 a.m., and between 7 a.m. and 9 a.m. in Medway at Medway Middle School.

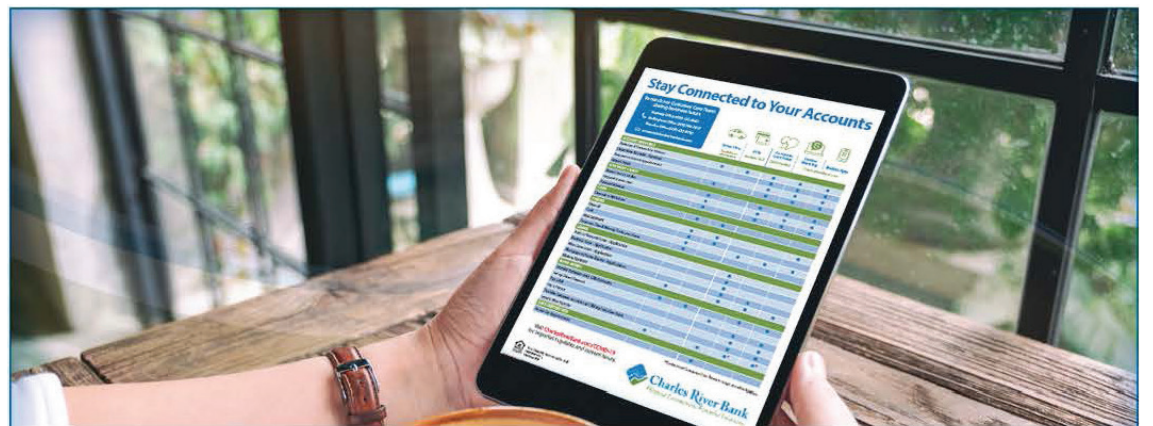
Sign-ups are not necessary, adds Fallon, who encourages anyone with questions to reach out to him at sfallon@millis-schools.org or sfallon@medway-schools.org, or call him at (508) 889-4014.

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Living Healthy

iStent Inject for Glaucoma

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

Glaucoma is a progressive disease of the optic nerve which works like a cable, connecting the eye and the brain. Glaucoma happens when the pressure inside the eye is higher than the optic nerve can withstand. The most common form of glaucoma is silent in the beginning but can cause a patient to slowly lose the vision if left untreated, starting with the peripheral vision. The most frustrating characteristic of glaucoma is that for many years, the loss of vision will go unnoticed by a patient.

The optic nerve is like a cable made up of over 1 million nerve fibers that carry the information collected by your eye (retina) to the visual cortex of the brain for processing. Glaucoma slowly, decreases the ability of your optic

nerve to carry this information to your brain.

The buildup of pressure, in your eye, causes glaucoma. There are currently two basic theories as to why excessive ocular pressure causes glaucoma. Either high intra-ocular pressure decreases blood flow to the optic nerve, or high pressure, over time, physically crushes and kills the individual nerve fibers.

At first, open-angle glaucoma has no symptoms. Vision stays normal, and there is no pain. As glaucoma remains untreated, people may notice that although they see clearly in front of them, they miss objects to the side and out of the corner of their eye. It may seem as though they are looking through a tunnel. Over time, the remaining vision may decrease until there is no vision left. Optic nerve damage caused by glaucoma is permanent;

therefore, it is important to seek treatment in the early stages of the disease.

Glaucoma is a lifelong disease that will always require treatment. Glaucoma is much like hypertension and diabetes. We can control these diseases, however we cannot, as of yet, cure them. Today, there are numerous ophthalmic medications available to us in the treatment of glaucoma. Some are eye drops that are used only once a day; others are used up to four times a day. More than one medication may be used to treat glaucoma. If glaucoma cannot be controlled with medications other procedures, including laser and surgery may be considered.

The laser can be used in a focused beam of light to treat the drainage angle of the eye in an additional attempt to lower the pressure. This surgery makes it

easier for fluid to flow out of the front part of the eye, decreasing pressure inside the eye. Selective laser trabeculoplasty or SLT is the name of the laser procedure used to lower the pressure. SLT has been in use for more than 25 years in the United States and around the world.

If drops and SLT are not controlling the pressure, glaucoma surgery may be needed. Minimally invasive glaucoma surgery is a newer approach to controlling pressure. When compared to classical glaucoma surgery, this approach leads to much less risk of complications. The iStent inject is small device that can be used during this type of minimally invasive surgery and can help reduce pressure inside the eye. The iStent *inject* can be performed as a stand-alone surgery or if cataract surgery is planned, at the same time as cataract surgery.

The iStent inject consists of two very small, titanium stents that are surgically implanted into the trabecular meshwork (the tissue that drains fluid away from the eye). The stents create tiny channels that fluid can drain through, which helps to lower eye pressure. Following the surgery, most patients are able to stop or reduce the number of eye drops they use to treat their glaucoma.

The published data over the last few years has shown that the iStent inject system is effective at lowering eye pressure. The procedure is very quick. Through a mini-incision in the front of the eye, a special surgical instrument

is used to implant the stent into the drainage tissue. A second stent is implanted in a different area of the tissue, before the instrument is removed from the eye. In experienced hands, the iStent inject takes roughly two minutes to insert.

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Living Healthy

Nirvana Tea House & Cafe – Inviting the World to Tea

Trekking in the Himalayas — over 5,000 miles away from his birthplace in Ireland — Ed Williamson was offered something that reminded him of home: a cup of tea.

“My mother was always putting a pot of tea on,” says Williamson, owner of the newly opened Nirvana tea house and cafe in Millis. Tea, he says, was a door to open conversation. He found it was no different at 13,000 feet in the mountains of Bhutan. It was starting to storm when Williamson and his guide, Kencho Dorjee of Noble Dreams Tours and Treks, encountered three yak farmers — grandmother, mother, and daughter — who invited them into their tent-like home.

“There we were,” Williamson says, “sitting on a dirt floor, and they’re making us tea. Honestly, holding that cup, I teared up.”

The welcoming nature of these strangers is what inspired Williamson, months later, to open the tea house. Nirvana is a gathering place where tea can serve as a doorway to create community. The result is an experience like nothing else in Millis, or anywhere in the surrounding area. A rustic, peaceful space with an international character, Nirvana is a place where everyone is welcome. Williamson’s experience in Bhutan comes through in the colors, design, and feel of the space. Nirvana’s benches are upholstered with Bhutanese fabric, the walls bear photos and paintings from Bhutan and leaves from a Bodhi tree in India, and even the rugs hail from the office of the king of Bhutan. Tying it together is a mural, hand-painted by Jason Sawtelle of BlackBeak studios, depicting the rolling hills of a tea field.

Along with creating community, the focus of the tea house is to support the environment and farmers, both locally and globally. Choosing teas from responsible farms and putting together a plant-based menu was the first step.

“Part of our mission is people understanding the story of where these teas come from,” says Kelly Harris, one of Nirvana’s managers. During the selection process,

Business spotlight

the startup team tasted nearly 100 teas, narrowing it down to the 41 the tea house now offers. “We were very conscious of the farms we chose,” says Harris. “We wanted to know about the people growing it. We chose them for a reason. We have teas from Indonesia, China, India, Nepal, Taiwan, Colombia, Kenya, South Africa, Rwanda—a broad range.” One source in China boasts a 2,700-year-old tea bush; another in India is elephant-friendly certified, leaving a path for wild elephants to cross its estate. Most of the teas are handpicked by eco-friendly, small-scale farmers.

Williamson explains that all tea leaves come from the same plant, but flavors differ “depending on the climate, elevation, rainfall, humidity, and season. It also varies based on how and when the leaves are picked, and the different ways it’s hand-processed.” Nirvana’s tea offerings include 11 types of loose-leaf tea: black, green, white, oolong, yellow, purple, Puer, Earl Grey, chai, Rooibos, and herbal. It also offers an array of iced teas and lattes.

The food menu includes a hearty, flavorful variety of sweet and savory bowls, salads and wraps, and a build-your-own Mediterranean platter. For a sweet treat, Nirvana offers tea-soaked dried fruits, tea cakes, and scones. On the weekend, visitors can enjoy light breakfast fare, including Nirvana’s signature banana malpua pancakes. The menu is fully plant-based and all but the baked goods are made in-house. “And everything tastes really good!” Williamson says. “[The managers] have done tremendous work. They make all the dressings and the baba ghanoush — we cook everything here.”

General manager Keith Maher says he, Harris, and manager Tamra Saegh worked to take the cafe where Ed wanted



it to go. Making a positive global impact is integral to Nirvana’s vision, including the use of compostable and recyclable materials. The tea house partners with City Compost, which picks up its biodegradable waste each week, and with Tangerini’s Farm for its tea treats and fresh veggies. Williamson pays generous wages to his employees, so all tips will be donated to organizations that support human rights, the environment, and hunger relief.



“Most importantly,” says Williamson, “tea is what opens the door.”

Nirvana tea house & cafe is located at 969 Main Street, Millis. You can reach them at (508)

376-2333. Visit them from 11 a.m.-9 p.m. Tuesday through Friday, Saturday 8 a.m.-9 p.m., and Sunday 8 a.m.-8 p.m. Find them online at Nirvanateahouse-cafe.com.

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Medway Public Library, August 2020

Medway Public Library might have its doors closed for now, but curbside pickup is still available, and home delivery of books is available for people who cannot get out, according to Medway Library Director Margaret Perkins. Call (508) 533-3217 to learn more.

"We also offer a number of virtual programs, and there are some nifty ones coming up," says Perkins.

The final week of July began a 4-week program presented by Mindful Minis Boston entitled "Bounce Back Summer Camp." Although all four weeks are recommended, parents can sign children ages 8-12 up for these Zoom virtual classes in August on a week-to-week basis.

Instructor Lauren will teach this social-emotional camp to help kids learn skills to bounce back from quarantine, including

- Emotional and physical awareness of big feelings;
- Dealing with uncertainty and unknowns
- Coping with frustrating or disappointing changes
- Being brave, feeling confident and empowered in the face of challenges

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Register for week 3 8/11 here: bit.ly/3h44UYC

Register for week 4 8/18 here: bit.ly/2Wpxs77

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The Library offers this amazing resource for our patrons which offer assistance at all stages of your learning life. Just go to the Library's database page under "Reference and Research" on our website and look for the link. You can also visit or call the Library for information on creating an account.

Practice tests and other tools can be found through the links below, but feel free to explore the many other features on your own. Subjects include College Prep, High School Equivalency, Career Preparation and Citizenship information.

Medway Public Library also offers digital movies, music and more through Hoopla. Visit <https://www.hoopladigital.com/>

You can also download ebooks and audiobooks from Libby for free at <https://www.overdrive.com/apps/libby/>

You can also access the digital catalog directly through the Minuteman Library Catalog, available at <https://minuteman.overdrive.com/>.

For more information on updated Medway Library programs, visit www.medwaylib.org.

Friends of the Millis Library Present Scholarship

The Friends of the Millis Public Library Annual Scholarship was presented at a special virtual ceremony. The scholarship is awarded to a deserving high school senior who plans to further his or her education and who has shown a commitment to community service, especially related to libraries and/or literacy and reading.



This year's recipient, chosen by the Scholarship Committee, was Jacquelyn Welby in recognition of her volunteer work at the Millis Library including planning and participating in the Harry Potter Party.

To earn her Girl Scout Gold Award, Jackie pursued a project based on encouraging literacy development. As part of her project, she hosted a presentation at the Millis Public Library to make the community more aware of the need to begin teaching literacy

development at an early age. She will be attending Drexel University in the fall.

The Friends of the Millis Public Library, founded in 1983, is a volunteer non-profit organization dedicated to the support and enhancement of library services. New members are always welcome. For more information about the Friends please visit our page at www.millislibrary.org.

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Next Phase Welcomes Attorney Kevin Fulcher to Team

Next Phase Legal & Dispute Resolution LLC, a domestic relations law firm in Norfolk, is pleased to announce that Attorney Kevin Fulcher recently joined the firm.

Attorney Fulcher has over 16 years of experience and continues to focus on divorce and fam-

ily law litigation. Most recently, Fulcher operated a solo law practice in Walpole.

Firm owner Stephen McDonough describes Fulcher as "a tenacious litigator that understands the complexities of family law practice, and is committed to helping clients achieve their

goals." He appears frequently in the probate and family courts throughout Massachusetts, especially in Norfolk and Bristol Counties.

Fulcher participates in the pro-bono "Lawyer for a Day" program at the Norfolk County Probate and Family court and



volunteers in the ARC (Attorneys Representing Children) program in Bristol County. As a volunteer attorney, he provides legal advice to individuals and families who are in court without their own representation. Kevin has a history of community service and

has been a hotline crisis counselor at the Samaritan's volunteer center.

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The Dangers of Do-It-Yourself Wills and Living Trusts

In light of the current pandemic, many Americans are becoming aware of the importance of creating or updating their estate planning documents. If you are considering writing your own will or using an online “do it yourself” (DIY) document creator, there are many reasons why this is one project you shouldn’t undertake without the help of a professional.

It is very easy to overlook important legal and technical planning points that can cause your estate to go to the wrong beneficiaries, or your beneficiaries to pay unnecessary higher taxes and/or expensive fees to attorneys or probate court. What may seem like a great deal could cost your family significantly in the long-run.

A notable case reflecting this is that of a successful Washington businessman who wrote his own Will assuming his assets would be free of estate tax. However, due to the language he used, the IRS interpreted the law differently and claimed all the assets he passed to his wife were subject to \$800,000 in estate tax plus

\$130,000 in back interest. His family went to court and eventually won, but only after nearly ten years of costly litigation and years of turmoil. One of the biggest problems with do-it-yourself plans is the lack of personal advice. You need a customized plan based on in-depth discussions about your family, their future and your legacy. In fact, many of the do-it-yourself resources have a strong disclaimer that says they are not a substitute for legal advice and to consult an attorney for help in understanding how the law may apply to your particular situation.

A comprehensive plan is based on knowing what questions to ask to understand your individual needs. Some examples:

- Owning real estate or a share in a small business
- Leaving money to your grandchildren separate of your children
- Having children from a previous marriage
- Wishing to arrange long-term care for a disabled beneficiary

- Having minor children
- Updates in laws that affect retirement investments
- Protecting beneficiaries from foolish financial decisions
- Potential taxes that will be paid or avoided
- Creditor or divorce protection for your children

We have had distraught clients come in after they used software. In one case, a grandfather used software he purchased to name his grandchildren as heirs instead of his children. Skipping a generation allowed the IRS to tax his assets twice, and the grandchildren only received 20% of the estate. Even a simple estate plan can run into trouble if not executed properly. For example, Massachusetts requires two witnesses for a Will who must be

present at the time the Will is signed. If one of those witnesses is also a beneficiary (like, for example, your spouse), that witness could be disqualified from receiving any assets from your Will or Trust. Some states allow handwritten wills, while others (including Massachusetts) do not recognize them.

Tax planning of your estate is especially complicated. Most people don’t know how much money they can pass, without paying taxes. While the 2020, federal estate tax exemption is \$11.58 million, in Massachusetts it is \$1 million. A married couple does not automatically get \$2 million tax free. Our office has seen too many DIY plans that do not plan for taxes, which can cost your family \$100,000 in unnecessary taxes to Massachusetts. These examples are just the tip

of the iceberg of things an estate planning attorney will help you consider. Do-it-yourself kits are simply not designed to cover all possible financial and taxation situations. Every person has their own unique goals and objectives, and an estate plan should reflect that.

An effective estate plan will provide financial stability to your spouse, children, or other beneficiaries, protect your assets for future generations, ensure your wishes are carried out, and protect the privacy of your loved ones. We are currently offering free personal estate planning consultations, call today to schedule yours (781) 237-2815.

This article was provided by the Estate Planning & Asset Protection Law Center of Dennis Sullivan & Associates.



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Sports

How to Make a Budget You'll Actually Stick with

It's one of the oldest pieces of advice out there, but it's one of the hardest to actually follow: Make a budget—and stick to it.

Only 39% of Americans say they are able to cover a \$1,000 unplanned expense, CNNMoney has reported.¹ One-third of households reported that they did have an unplanned expense, such as a car repair or a dental emergency, last year.¹ And 78% say they are extremely or somewhat concerned that they will not have enough money for retirement, reports CNBC.² The good

news? Putting together a simple budget is not difficult. Here are some tips:

Step 1: Gather the numbers.

To create a budget you can live with, examine your habits.

Think of yourself like a business. Essentially, you're trying to figure out how much you have left over—your “profit” so to speak—once you add up everything that comes in and goes out.

Use your pay stub to calculate how much you take home after subtracting out health insurance,

your 401(k), and taxes. That number will tell you how much money you have to cover your expenses (and put together some savings) in any given year.

Next, determine your expenses. Think through how much you spend on housing, food, your daily commute, and other recurring costs, like a monthly gym fee.

Now, subtract those recurring costs from your take-home pay. This is the amount you have for Step 2.

Step 2: Figure out your biggest unpredictable costs, and set a limit.

Now that you have your recurring costs, be honest with yourself—figure out how much you usually spend on extra things like going out to eat, traveling, or on entertainment.³ Go over your credit card statements to identify as many of these costs as possible.

Now, how much do you have left of that number you tallied at the end of Step 1?

Are you seeing lots of your favorite coffee charges on there? Or are you racking up bills at your favorite cosmetic shop? Chances are, you'll find a pattern of small purchases that really add up at the end of the month. Your budget is where you will map that out.

Here's the key: Once you know how much you are spending on average, it's time to set a limit.

A successful budget works directly with your current habits to set reasonable limits of what you can spend each month.

To stay with the coffee example, imagine you set a budget of \$70 a month for coffee. Divide \$70 by the cost of your favorite cup to determine how many coffees you can have per month.

Step 3: Prioritize.

Once you know your spending limits, you will need to prioritize. If you absolutely must have a coffee each day, that's fine. Perhaps you can find other places to cut back or look for cheaper options, like a regular coffee instead of a latte, or carrying your own in a thermos.

It's one thing to know that it's important to save money and quite another to make room in your budget to do it. We tend to think saving is hard, because it means giving up things we love. But if you've accurately mapped out your costs and your assets, you know exactly how much is left to save—and what's left over for you to enjoy.

It's all in the budget.

This educational, third-party article is provided as a courtesy by Michael Damon, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Michael Damon at (508) 321-2101. 1786437

Sources:

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<http://money.cnn.com/2018/01/18/pf/lack-of-savings-cover-unexpected-expense/index.html>

² Emmie Martin, “Here's How Much Americans Have Saved for Retirement,” CNBC, May 16, 2018.

<https://www.cnbc.com/2018/05/15/how-much-americans-have-saved-for-retirement.html>

³ Sophia Tulp, “Millennials Eat Up Savings by Dining Out a Lot, Study Shows,” USA Today, June 26, 2017.

<https://www.usatoday.com/story/money/business/2017/06/26/study-millennials-spending-eats-up-their-savings/103206984>



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Sports

Mazzola Hoping Football Will Be In Medway's Future

BY KEN HAMWEY, STAFF
SPORTS WRITER

EDITOR'S NOTE: At *Local Town Pages* deadline, neither Governor Baker nor the Department of Education had announced the status of interscholastic sports for the fall.

Anthony Mazzola led Medway High's football team to a respectable 7-4 record last year in his first season as the Mustangs' head coach, and he'd like to build on that success in 2020.

But, the Covid-19 pandemic could thwart his plans and the plans of a plethora of coaches throughout the state, no matter what sport they're directing. The 42-year-old Mazzola, who led Tri County Vocational to three play-off berths in his nine years at the Franklin school, is eagerly awaiting a decision on whether schools will be able to proceed with their fall sports schedules.

"The summer has been like walking on eggshells," Mazzola said. "The hardest part of dealing with the unknown is that we're out of the decision-making process. It's up to the governor and his task force. For us, our approach has been that a season will happen. We've got a plan and we can adjust it. We're ready for Aug. 21 (opening of pre-season camps)."

Mazzola, who's been a special education teacher for 10 years at Tri County, is acutely aware that football is strictly part of the small picture. As the father of three sons, he's been tuned in to the big picture from day one.

"What's most important is the health and safety of our nation," said Mazzola, who guided Tri County to a pair of vocational league Super Bowl appearances. "We don't want to prolong the pandemic. Football is just a game but I love it and breathe it. No game should outweigh the health and safety of our country. That's the top priority."

A native of Townsend, Mazzola's emotions on whether football is on for the fall are at opposite ends of the spectrum.

"If it's 'no,' I'll be upset and

devastated," he noted. "But, I fully understand the severity of the situation. It'll bother me, but we have to think of our family and our job. I'll want to be there for my players to help them get through the adversity. If we get the okay to play, my first thought will be to win the Tri Valley League. Let's go get it. I'll be ecstatic for the kids and the community, even if we have to be socially distanced in the stands. I'd definitely have a hop in my step."

Although Medway graduated some dynamic gridders like quarterback Drew Plunkett, running back Nick Sheehan, linebacker Liam Hoye, safety Nick Volz, and defensive tackle Rome Banaitis, there's a talented group of juniors on hand and some solid senior leaders.

"We've got depth and balance," Mazzola said. "Our defense should be strong, and I like our technical skills and our football IQ. We've lost some key players, but we'll strive to fill those gaps with a herd mentality. My goals are to win the TVL Small Division title, qualify for the play-offs, make a run in the playoffs and to beat the team next door (archrival Millis)."

Currently, the Mustangs have two captains but another pair likely will be named during the pre-season. Seniors Reece Curran (league all-star) and Max Hundertmark get high marks from Mazzola who labels them as "great leaders." Curran plays defensive end and Hundertmark competes at center and on the defensive line.

"Reece has a great skill-set," Mazzola said. "He's got the potential to be the best defensive end in the TVL Small Division. He's tough, quick and strong. It'll be difficult for opponents to run to his side. Max is a two-year starter who's one of the most intelligent kids I've coached. He's technically sound and has good instincts."

Four players headline a strong junior class. They include Connor Kewely (safety/receiver),

Darius Banaitis (tackle/defensive end), Jack Applebaum (two-way tackle) and Eric Lindstrom (receiver/linebacker).

"Connor was an all-star as a sophomore and led the team in interceptions," Mazzola said. "He's athletic, fast, smart and has length. Darius started as a sophomore. He's very athletic and has speed. He's long and strong. Jack is big (6-4, 270), clogs the middle and has decent hands and feet. We expect big things from him. Eric is 6-3, 180 and probably our fastest player. He's got good hands on defense, has speed and lots of athleticism."

Replacing Plunkett, an all-league QB, will not be easy but Mazzola says junior Sean Converse is capable. "Sean was a good back-up, and he played well at the jayvee level," Mazzola said. "He's got good mechanics, good length and a decent arm. His football IQ is high, and we've got confidence in him."

Mazzola's style and his philosophy of coaching are assets that Medway can bank on. He's all about building relationships, being approachable and communicative and making an impact on his players. And, he firmly believes that to be a high-caliber coach it's imperative to be a teacher first.

"My philosophy has always been to be a teacher first," he said. "I'll strive to develop a winning attitude and focus on the importance of overcoming adversity. We want our players to be positive role models, not only on the field but also in the classroom and in the community. Valuable life lessons can be learned in athletics. And, I enjoy seeing players be disciplined, respectful, unselfish, able to handle adversity and knowing how to persevere."

Mazzola prefers that his squads be balanced but he doesn't use that term the way other coaches do.

"Being balanced is really about adjusting and adapting when your opponent takes the lead or takes away what you do best," he noted. "Balance isn't



Medway coach Anthony Mazzola with last year's captains, from left, Liam Hoye, Rome Banaitis and Drew Plunkett

about throwing 50 percent of the time or running 50 percent of the time. It's about being resilient."

Mazzola played football at North Middlesex Regional and competed for a year at Fitchburg State where he was a running back and safety. He transferred to Westfield State where he graduated in 2001. He earned his masters degree in special education at Endicott College and has an advanced degree in educational leadership.

As the leader of Medway's football program, Mazzola knows there'll be new guidelines and rules for the sport. He knows there'll be distancing issues, cleanliness regulations, new locker-room and weight-room

protocols and sideline changes.

"Whatever guidelines come out, we'll abide by them," he emphasized. "Hopefully, they'll be temporary. We'd like the chance to play football and we'll adapt and overcome. For educators, there's been no reference point or training for a pandemic. There's no playbook, but it's being written now. There'll be mistakes, but we can learn from them."

If football gets the okay from the state, then the Mustangs will open their season at Westwood on Sept. 11. That game will be followed by two more non-league contests — home games against Norwood and Holliston. Two scrimmages have been scheduled against Medfield and Randolph.

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Millis Public Library Partial Re-Opening & Virtual Programs

As of late July, Millis Public Library's Director and the Board of Trustees had been working with Town leadership and local health officials to plan and prepare for the next phase of re-opening, with a top priority the health and safety of patrons and Library staff. At that time, the library was preparing to offer access by appointment to the Library building for computer and technology use only, anticipating being ready to offer this service in early August. Please be aware that this is subject to change based on public health factors and availability of equipment and supplies needed to

adequately prepare the building. More details will be released closer to that time.

In the meantime, Library staff is busy with the many virtual and contactless services we are currently offering. These include:

Curbside Hold Pickup – Reserve and pick up books, movies, music, magazines, and more! Visit <http://www.millislibrary.org/curbside/> to learn how it works.

Assistance by Telephone and Email – Library Staff are available during regular operating hours to answer questions, provide technology support, reserve books and other items, or make

reading suggestions! Call (508-376-8282) or email (milcirc@minlib.net) between 10 am and 8 pm Monday through Wednesday or between 10 am and 4 pm Thursday and Friday.

WiFi Access – For those of you who have your own devices, you can access the Library's WiFi connection outside the building. Feel free to bring your laptop, tablet, or phone and sit outside in the courtyard or connect from your car in the parking lot.

E-Books and other E-Library Resources – Download eBooks and eAudiobooks, read newspaper articles online, or access video courses to learn a new skill.

All available for free with your library card. Visit www.millislibrary.org/e-resources/ to learn more.

Virtual Programs: Visit www.millislibrary.org and click Events. Some August virtual events include:

- **Qijong: Mindfulness in Motion, Mondays, 10:30-11:30 a.m.** Contact Kim Tolson (508) 376-8282 ktolson@minlib.net

- **Millis Clicquot Book Club August 6th, via Zoom**

The Millis Public Library's great book club will meet next on Thursday, August 6th from 12-1:30 p.m., held via Zoom. For registration and login information, please email Esther at edavis@minlib.net.

- **Virtual Millis Memory Café, August 26th, 10:30 -11:30 a.m.**

This month's meeting will be held virtually using Zoom. Please contact Kim Tolson at ktolson@minlib.net to be sent the instructions on how to join. A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. Each Café event will feature guest artists and entertainers as well as time for socializing. Refreshments will also be provided. All are invited to attend! *Millis Memory Cafe is brought to you with federal funds*

provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners. Funding is also provided by the Friends of the Millis Public Library.

- **The Miracle Flowers - Pastel Painting Workshop (virtual), August 17, 6-8 p.m. (space limited)**

This program will be held virtually using Zoom. You will receive materials and instructions on how to join after signing up. Reserve your spot by contacting Kim Tolson at (508) 376-8282 or ktolson@minlib.net. Award-winning pastel artist Gregory Maichack will present this new, hands-on workshop. During this workshop, participants will enjoy producing their own pastel painting inspired by Georgia O'Keeffe's enormous mural, The Miracle Flower. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper, in this fun pastel painting workshop. All materials are provided. Workshop is open to adults 18 years and older. There is no cost to attend this workshop but space is limited so please sign up. This program is supported in part by a grant from the Millis Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Any questions can be directed to Kim Tolson, Library Director at (508) 376-8282 or ktolson@minlib.net.



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Enjoy Summer Fun with Medway Community Education

Summer Fun continues in the month of August! Medway Community Education has numerous fun and exciting programs for everyone in August. Sign up for Tiny Treasures crafts, Lego Civics, Kids in Action, Worldbuilding, Super Sports Marathon, Skyhawks Sports & Fitness programs, golf and more. Visit our website, www.medwayce.org, for more information and to register.

Watch for our fall brochure arriving in early September. We hope to offer programs for all ages in art, drama, sports, fitness, enrichment and business.

Calendar of Events

August 3

Medway Parks & Rec Presents Concerts in Your Car, 6-8 p.m., Oakland Park, Oakland St., Medway, performer Annie Brobst

August 6

Millis Clicquot Book Club (online Zoom meeting), 12-1:30 p.m., For registration and login information, please email Esther at edavis@minlib.net.

August 13

Rhode Island Blood Center blood drive, Thayer Homestead, 2B Oak Street from 3-7 p.m. Appointments at <https://bit.ly/32JlsBz>

August 17

The Miracle Flowers - Pastel Painting Workshop (virtual), August 17, 6-8 p.m. (space limited) This program will be held virtually using Zoom. You will receive materials and instructions on how to join after signing up. Reserve your spot by contacting Kim Tolson at (508) 376-8282 or ktolson@minlib.net

Medway Parks & Rec Presents Concerts in Your Car, 6-8 p.m., Oakland Park, Oakland St., Medway, performer August First

August 26

Virtual Millis Memory Café,

Medway Concerts in Your Car August 3, August 17

Oakland Park is the location for Medway Parks & Recreation's Concert series this year, with residents encouraged to drive in and park their cars, socially-distanced, to enjoy some live music. Community members can listen from their parked cars or in socially-distanced spots on the field. Remaining concert dates are August 3rd, featuring performer Annie Brobst, and August 17th, featuring August First, a rescheduling of the July 13th concert due to weather. Concerts take place from 6-8 p.m.

Sponsors include Medway Country Manor, Taylor Family Chiropractic, Medway Block Masonry & Hardscape Materials, and Charles River Bank.



On Monday, July 20, the band Pieces of Eight performed as part of Medway Parks & Recreation's Concerts in Your Car series at Oakland Park.

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Reopening Remains Uncertain for Medway Public Schools

BY AIDAN POOLE

Medway Public Schools hope to resume in-person classes this fall, but concern for social distancing in classrooms, buses, and cafeterias makes this difficult.

With years of experience as a middle school principal, current Medway Public Schools Superintendent Armand Pires said he's never encountered an obstacle to schooling as massive as COVID-19. "Never have I worked as many hours as I did during the school closure," he said, recalling the initial outbreak last spring. "This is absolutely, hopefully, a once in a lifetime event," he said.

Pires said the plan to reopen Medway Public Schools has been in progress for months, as he created a "district reopening committee" in early June to determine precautions that "needed to be put in place to keep employees safe" that work during the summer. He also explained that yearly summer programs such as Extended School Year services and the "Summer Adventures" summer camp are taking place despite COVID-19.



Medway School officials, in mid-July, were busy working on plans for three possible scenarios for school this coming fall, as required by the Massachusetts Department of Elementary and Secondary Education. At press time, school opening plans were not finalized.

Photo by Aidan Poole

"Kindergarten Camp" also got approval, made possible by lowering individual class sizes and including more teachers.

Pires, at press time, was working with the Medway School Committee to create a plan that will allow all students to return to school in-person, but the official decision likely won't be made until two weeks into August. He said, "everyone wants to know now," but it would be irresponsible to commit to a plan this early when COVID-19 faces him with "a continually evolving

situation." He said "it's like the longest snow day watch ever," meaning the school must wait for updates to make an informed decision.

According to Pires, the Department of Elementary and Secondary Education has required Medway Public Schools to make three plans for what teaching could look like this fall. The first plan is a full return, meaning all students would go to school wearing masks and socially distancing three to six feet. The second plan is a "hybrid

model" that allows only half of all students to enter the building on any given day. The third plan is a return to online classes, an option that Pires hopes to avoid, noting that "online classes just don't replace in-person classes" that allow for deeper connections between students and teachers. He mentioned that even if classes are available in-person, students and their families will have the choice to remain online.

Although the school year could begin later than usual to allow more time to plan, Pires has multiple concerns over how an in-person return will play out. He explained that transportation "will be a big area of challenge," since school buses are usually packed with students and many families rely on them. He is also concerned about social distancing in cafeterias, as they're crowded spaces and masks must be removed to eat. Pires suggested that outdoor seating could be available for school lunches, as is the case at Medway High School already. He mentioned that classes requiring students to remove masks, such as band

and chorus also pose obstacles for distancing mandates. Due to problems like these, Pires said, "we might have to fluctuate between the three plans" during the school year, meaning nothing is official.

Pires suggested that libraries and gymnasiums can be "used as alternative learning spaces" if a classroom is too crowded to observe social distance. Pires said that "ideally we can have all faculty, students, and staff back," but he remains skeptical.

Kevin Collins, a Medway High School English teacher for 13 years, said that although the transition to remote learning gave him the chance to create new resources for his teaching, "the simple prospect of returning to a classroom, to a physical space where collaboration can occur and relationships formed, is extremely attractive." Tara Barrows, a first grade teacher in Medway, shared this sentiment. She said the school is in good hands and she trusts the administration will "put students in the center of everything we do" as a school.

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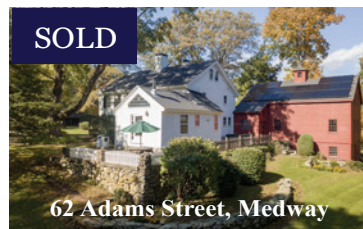
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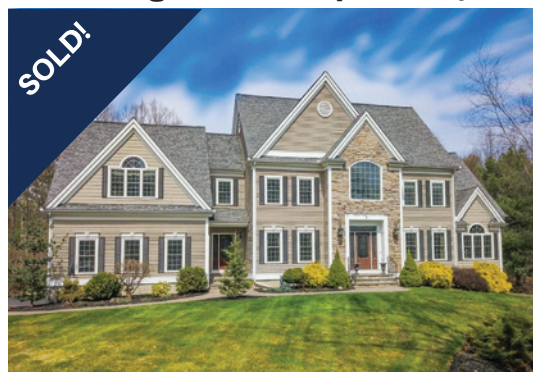
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Real Estate Corner

Millis Senior Center Opens on Limited Basis

The Millis Senior Center is located at 900 Main Street on the ground floor of the Veterans Memorial building. The telephone number is (508) 376-7051.

Regular Events: Have been postponed until further notice.

TRANSPORTATION: Medical and Shopping Only

- Limited hours 8-1. Monday - Thursday only Verbal wellness screening upon transportation booking
- Please take your temperature at home prior to trip. Any temperature 100.4 F or greater is considered a fever, please reschedule.
- Temperature checks and verbal wellness screening of all passengers upon pick-up

- LIMIT 3 passengers in van, 3 per trip. 2 passengers on van 1. 1 passenger in vehicle.
- Riders are to sit separately
- Masks required for all passengers and driver.
- We will clean and disinfect commonly touched surfaces in the vehicle at the end of each shift and between transporting passengers.

OUTREACH—APPOINTMENT ONLY

- All requests for appointments will given instructions regarding policies and a verbal health screening at the time of booking.

- Appointment only basis. Please take your temperature prior to coming into the Center. Any temperature 100.4 F or greater is considered a fever, please reschedule.
- Residents arrive for their program THROUGH THE RAMP ENTRY only. Mask required.
- Please arrive at your scheduled time and call (508) 376-7051. A staff member will unlock the door and escort you into the building. We cannot allow you in until your scheduled time. Please do not arrive earlier.
- Temperature checks and verbal wellness screening will be administrated to all visitors by front desk staff.

- Only one person allowed at receptionist desk at a time.
- All residents, employees, town hall staff, and vendors are required to sign-in at the My Senior Center database for contact tracing requirements.
- Mandatory use of sanitizing station before and after use of MSC database is required.
- All persons, including employees, residents, and vendors, should remain at least six feet apart to the greatest extent possible, both inside and outside workplaces.
- Drop in room is closed.

FACE COVERINGS : Required For Entry

- Must cover the nose and mouth are required for all employees and persons entering town buildings.
- If in a common area, i.e., the hallway, lunchroom, computer room, rest room, you must wear a face covering at all times.
- For Staff: In an isolated office, you do not need to wear a face covering in your office. You must wear a face covering once you leave the office.

Fitness Room : Open as of July 20th

- Will follow Town Hall entry guidelines above
- 4-person capacity in the room at one time
- Call ahead for reservation to ensure room is not over capacity
- Masks required for entry to Senior Center

- You must have a verbal wellness screening and a temperature check upon arrival
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- Wipe every machine down after use with provided wipes

Phase 3 Limited Programing: REQUIRES PRE-REGISTRATION. PLEASE CALL

Millis residents will be given first priority for programming. We are not able to provide coffee and snacks, but if you would like to bring your own you are more than welcome!

- Chatty Ladies (Formerly the Crafty Ladies) Tuesdays, 9:30-10:30 Limited to 10 participants with 6 ft of social distancing. In the field area under the tree. Bring your own chair.
- Podiatry Clinic with Dr. Cooper He's back! Dr Cooper will be at the Center on Wednesday, August 5th from 9-11 a.m. Pre-registration is required for all appointments. Please call the Center at 376-7051 prior to August 1st for an appointment and a 15-minute time slot. We will also be asking for you to call the Center upon your arrival for the appointment and wait in your vehicle until we come and escort you into the building. Cost is still \$30 for Center visits and \$50 for home visits.

We may relax these procedures in time. We will be working closely with our Board of Health to determine when we can safely make policy changes.

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\$399,900

UNDER AGREEMENT



15 Clewes Road, Millis
\$425,000



Medway Recreation Presents Paddle Nights at Choate Park

Come spend an evening on lovely Choate Park Pond. Fin and Feather from Upton will lead us on this summer adventure.

Staff will start with a safety demo and then go over equipment, and then open paddling on Choate Park Pond with group. All Participants will be required to wear a Personal Flotation Device (P.F.D.) at all times on the water. You may bring your own P.F.D. if desired. All children 5 y.o. or younger will be required to supply their own P.F.D.

Age restrictions:

Minimum age of 3 y.o. to be a passenger in a canoe with a Parent. Minimum age of 6 y.o. to paddle a tandem kayak with adult (over 16).

Minimum age of 9 y.o. to paddle a single kayak with a Parent on the water at the same time.

Boats Available:

Single Kayaks (1 man) – MAX OF 8 PER NIGHT

Canoes: - MAX OF 5 PER NIGHT

2-Man Canoe, 2 adults or 1 adult and 1 youth

3-Man Canoe, 3 adults or 1 adult and 2 youth over 6 or 2 adults and 1 child 3 y.o. or over

At press time, canoes were still available for August 4th and August 20th. Visit https://medwayma.myrec.com/info/activities/program_details.aspx?ProgramID=30009 to see prices and availability of boat rental*.

About Fin & Feather Sports:

Fin & Feather Sports is a family run outdoor sports business in Upton MA. Our founder, Bud LeClaire, started at home in the Spring of 1969 selling fishing tackle and bait. In 1970 he expanded to Canoes, Archery Equipment and Hunting gear. In 1973 we opened our current shop on Route 140 in Upton and expanded in a larger selection of sportsmen's (and women's) outdoor equipment.

***PLEASE NOTE:** The prices are based per person and have been adjusted due to cleaning procedures due to COVID-19. Please reach out with any questions.

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<p>SOLD</p>  <p>3 Kensington Millis</p>	<p>PENDING</p>  <p>79 Farm Street Millis - \$359,900</p>	<p>PENDING</p>  <p>38 Agnes Drive Framingham \$449,000</p>	<p>PENDING</p>  <p>27 Fisher Street Medway - \$424,900</p>
<p>SOLD</p>  <p>133 Woodland Street Sherborn - \$949K</p>	<p>KENSINGTON PLACE MILLIS New Construction - Ava Marie Model \$464,900</p> 		<p>SOLD</p>  <p>209 Farm Street Millis - \$429,900</p>
<p>SOLD</p>  <p>36 Stratford Road Natick - \$819,900</p>			<p>SOLD</p>  <p>8 Kensington Millis</p>
<p>SOLD</p>  <p>35 Hill Street Holliston - \$739K</p>	<p>PENDING</p>  <p>163 Village Street Millis - \$499,900</p>	<p>SOLD</p>  <p>8 Baltimore Street Millis - \$459,900</p>	<p>SOLD</p>  <p>50 Railroad Ave Millis - \$499Ka</p>



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 Realtor® ,CBR
 Life long Resident of Medway
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Janine Azzouz
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Jennifer Colella McMahon
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\$565,000
12 Charles View, Medway
Laina Kaplan



\$499,900
142 Holliston Street, Medway
Laina Kaplan



\$449,000
27 Norfolk Ave, Medway
Laina Kaplan



\$519,900
25 Fox Run Road, Medway
Laina Kaplan



\$425,000
6 Tuckerdale Way, Millis
Laina Kaplan



\$375,000
5 Robin Circle, Medway
Jennifer McMahon



\$673,500
104 Holliston Street, Medway



\$459,000
8 Baltimore Street, Millis
Buyer's Agent, Jennifer McMahon



\$490,000
14 Dogwood Lane, Medway
Buyer's Agent, Laina Kaplan



\$410,000
22 Meadow Road, Medway
Buyer's Agent, Laina Kaplan



\$370,000
370 Village Street, Medway
Jennifer McMahon



\$99,900
95 Winthrop Street, Medway
Laina Kaplan

- RECENT MEDWAY SALES**
- 14 Dogwood Ln
 - 104 Holliston St
 - 370 Village St
 - 22 Meadow Rd
 - 250 B Main St
 - 4 Oakview Cir
 - 6 Claybrook Farm



\$410,000
55 Walnut Street, Millis
Jennifer McMahon



\$719,900
27 Dover Circle, Franklin
Laina Kaplan

- RECENT MILLIS SALES**
- 55 Walnut St
 - 8 Baltimore St
 - 6 Tuckerdale Way
 - 4 Country Village Wy
 - 31 Bullard Lane
 - 12 Brandwine Ln
 - 364 Exchange St

Client Testimonial to Laina Kaplan:

"Could not recommend Laina enough! My wife and I were looking to buy a home and Laina knew so much about the area, the neighborhoods, the schools to give us more than enough information to help us with our tough decisions. She was always quick with her responses and flexible with her schedule to accommodate ours. As first time home buyers she just simplified process for us which we really appreciated. She provided so much insightful information that we hadn't considered and really took our preferences to heart to help us find our perfect home. We would recommend Laina's services to anyone considering Buying or Selling!" **Paul Rojee, Medway**