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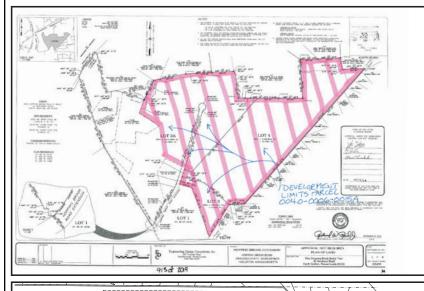
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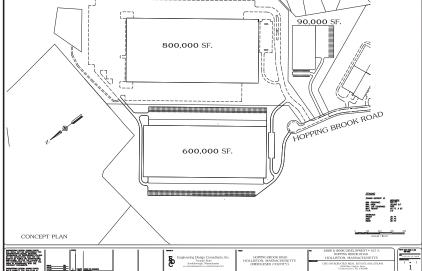
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Free to Every Home and Business Every Month

September 2020

## The Voice of Your Community





## Medway and Holliston Residents Concerned Over Hopping Brook Proposal

Construction would total nearly 1.5M Square Feet in Buildings Alone

By J.D. O'GARA

A good number of Medway and Holliston residents were disappointed at a postponement of a Holliston Planning Board public hearing to discuss a proposal by CRG Integrated Real Estate Solutions to build facilities at 555 Hopping Brook Road in Holliston that would total nearly 1.5 million square feet, with one 800,000 square-foot building, another 600,000 square-foot warehouse, and a smaller, 90,000 square-foot storage facility. The meeting, which was supposed to take place at 7:30 p.m. on August 6th, was postponed until September 17th at the request of CRG.

#### CONSTRUCTION

Shown are images for the proposed facility at 555 Hopping Brook, in Holliston. Residents of both Medway and Holliston are concerned about the impacts on traffic, light, noise and groundwater pollution and wildlife protections for such a large facility. The Holliston Planning Board's next public hearing on this matter will take place on September 17th, by Zoom.

## Hey Neighbor, Our Website is Your Website

Local Town Pages is excited to announce the re-launch of its website **www.Millismedwaynews.com**. It has a bright and



**WEBSITE** continued on page 10







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#### **CONSTRUCTION**

continued from page 1

(For perspective on how big this facility will be, Pond Plaza, in Ashland, where Market Basket is located, is 16,847 square feet, and a typical Wal-Mart store is about 180,000 square feet (Business Insider).)

"The size and the scope of this whole thing --nobody's going to build a building of this size on spec unless they've got a tenant. Who's going to rent 1.4 million square feet?" said Holliston resident and business owner David Wolfson, whose Classic Auto Sales is a tenant at Hopping Brook.

Wolfson echoes speculation among residents that the tenant in mind is Amazon. "Amazon has a bad reputation with Milford now," says Wolfson. "Milford doesn't know what to do with them." Wolfson asks. "It's big business. They have a way to make it sound like it wouldn't be a big deal, but we have a problem, being on South Street." Wolfson says the "rural country

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road" has become "a major cutthrough. You have 18-wheelers going through, and the road is not designed for it. Holliston and Medway cannot handle that amount of traffic. Downtown Holliston is out of control, and Hopping Brook cannot absorb that amount of traffic, either."

Ann McElhinney, of Medway, lives on Carriage House Way. She is a direct abutter.

"This proposal, this building, we really just learned about it in June," says McElhinney. "It's just an enormous monstrosity we never expected would be something we'd be dealing with in our lovely, quiet neighborhood. We're aware that land behind us has been zoned for commercial use years back." McElhinney says the proposal seems to be moving forward "quicker than anything I've ever seen." She said she's alarmed that the site will accommodate 473 tractor trailers and have 170 loading docks on two sides of the building - one that faces us."

"The concerning thing about this proposal is how it has been strategically moved along to get as much done without notice to residents and those that abut the land where this gorilla warehouse is proposed. The distraction of a pandemic was also in their favor. This is a ginormous type of distribution center."

The Medway resident was also upset about a variance requested that would allow the 800,000 sf building to be even bigger at 52 feet high instead of 40 feet as well as allow for more storage of hazardous materials.

"The scope and the capacity of this project will impact the quality of our life, our health, and overall well being not to mention the environmental and traffic impacts to Holliston and surrounding towns," said McElhinney.

Matt Mnich, a neighbor of Hoye, didn't get his own letter. He's been getting his neighbors together on his front lawn to discuss the proposal.

"I'm not a direct abutter but I'm going to hear it, I'm going to see it, I'm going to smell it from a diesel perspective, and the groundwater is an issue," says Mnich. "From a topography standpoint, everything cascades down from there to us," says Mnich. "They claim they have catch basins and a pond to catch water, but it's all granite, and I talked to a geologist who said the water is going to travel. They can't guarantee it's going to go all the way to the west."

Mnich points to a fire that took place at Hopping Brook in which runoff did contaminate water.

In fact, a letter dated July

30 from the Massachusetts Department of Environmental Protection to attorneys for the project indicates further review is required under the Massachusetts Environmental Policy Act (MEPA). The project was originally reviewed in 1982, and a Notice of Project Change (NPC) was reviewed in 2002. The letter states that CRG must submit another NPC, and that this must address the issues of wastewater, as no wastewater treatment plant has been constructed, but was supposed to have been constructed prior to Phase II of the project commencing. The new NPC must also include a report on the cumulative impacts of all Phase II construction at the site, including an already-constructed marijuana-processing facility, on current traffic conditions, as well as "an update on efforts to secure an open space Conservation Restriction on the site (which now includes 45 acres)."

Wolfson wasn't surprised to hear that a good number of Medway residents are up in arms over the proposed project. "It actually abuts Medway within 300 feet, says Wolfson.

Erin Hoye, a Medway resident, says approval was held off after Medway, Holliston and Milford residents voiced concerns about ground water, noise and light pollution, parking and

freight traffic, wildlife protections and the treatment of Native American burial mounds on the land they're building on. Local Town Pages reached out to Holliston town historian Joanne Hulbert regarding the burial mounds, but she noted that these were destroyed in early development at Hopping Brook.

"The number one thing we agree on as neighbors is the traffic issues," says Mnich, of the potential of over 1,400 tractor trailer trips per day. "but it needs to be harmonious, and it's not, and you know the shocking thing is we're only talking about \$500,000 in tax revenue for Holliston."

At Local Town Pages press time, the September 17th agenda for the Holliston Planning Board's public meeting was not yet posted. According to the office, instructions to join in on Zoom meetings have typically not changed from the following, but they recommend checking the town calendar closer to the meeting date:

You can participate by connecting to Zoom at https://zoom.us/j/288221782.Meeting Password: 13579. You can also join by phone only by calling 1-646-558-8656 then enter Meeting ID: 288 221 782 and when prompted for password enter: 13579.

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# Troop 367 Uses Local Resources to Replicate a Cancelled Camp

By J.D. O'GARA

Medway Boy Scout Troop 367 might not have gotten to enjoy Camp Squanto Boy Scouts Reservation this year thanks to Covid-19, but Troop leaders got creative, adding some outdoor fun and skill-building for Scouts after an otherwise pared-down summer season. In mid-August, Medway Boy Scouts donned their masks, minded their social distance and enjoyed a series of activities, including biking, canoeing, camping, and learning emergency preparedness from a member of the Medway Police Department.

"We've created a series of events this week to replicate what they'd find at Camp Squanto," said Fred Hopke, in mid-August, who worked with troop leaders Greg Green, Dave Bennett and Walter Greene in putting the events together, at local venues. Many of the activities were part of earning particular achievements, but the socialization was the real goal, said leaders.

In fact, the event included some shooting and a campout at Millis' Fin, Fur & Feather Club, after which the boys, from 6th grade to age 18, broke camp and Scouts headed by canoe to Rocky Narrows, in Sherborn. After the canoe trip, Troop 367 headed to the Milford Bike Trail for a 10mile ride, after which they built and shot their own rockets at Idylbrook Park in Medway, followed by working on emergency preparedness with Medway Police's Officer Nigro, himself an Eagle Scout. Hiking and swimming at Hale Reservation was the boys' next step, followed by a couple nights at Nobscot Scout Reservation.

"The older boys teaching the younger ones is really the secret

sauce of the troop," said Troop 367 Scoutmaster David Bennett. The week gave the boys, in the midst of the Coronavirus pandemic, "the chance to come and hang out, the social emotional learning educators say the kids' need," said Bennett.

The four adults put the plan together for the Scouts in mid-July. Bennett explains that just as the younger Scouts learn from the older ones, some of the more experienced leaders, such as Walter Greene, were great resources for their counterparts new to leading a troop. The week included some changes to the Boy Scouts' usual routine, including masks and social distancing, which extended to Scouts sleeping alone, rather than with a buddy, in their own tents

"We've been pretty successful keeping them apart and with masks and got them to socialize, being able to be with the other boys again," said Bennett. On the trip, the Scouts themselves prepared all meals, with some challenges such as cooking one meal over the fire pit, and set up and broke down camp. Bennett explains that the troop is "boyled down to a granular level. The boys believe they're in charge and they really are." The main ingredient for each activity chosen – that it be fun, says Bennett.

Outside of pandemic times, Troop 367 meets every Monday at 7 p.m. at the Christ Episcopal Church, 14 School St., Medway, at 7 p.m. If you're interested in joining, contact Greg Green, gsgreen128@verizon.net or David Bennett at bennettdavid7@gmail. com. Find Troop 367 online at http://troop367.us, on Facebook at "Troop367 Medway, MA on Facebook" or @Troop367MedwayMa on Twitter.



Medway Boy Scout Troop 367 faced a cancelled summer camp at Camp Squanto this year, so Troop Leaders created a bonding experience with the help of local venues, like Idylbrook Park in Medway.



Medway Police Officer Anthony Nigro helped the Troop work on its emergency preparedness.

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## **Guess What May Be Coming Back**

Though it never went away in Massachusetts, the last few years have been a respite from worry over federal estate taxes. That may soon come to an end. The government may be trying to get their hands into your and your loved ones' pockets again — and in a VERY BIG way!

We can't predict who will win in November and which party (or parties) will control the Presidency, Senate, and House. But we do need to let you know what may happen if Democrats wind up winning the Presidency and having a majority in the House and Senate, an event which is looking increasingly likely according to recent polls. Dennis Sullivan & Associates is not taking a political stand, we're a diverse and divided office politically, but we do want to discuss how taxes may change, and what actions can be taken now, so please don't shoot the messenger!

Democrats and media have raised significant issues about the wealth and income inequality rampant in our country. One solution for this inequality, now being expressed more vocally, is a major overhaul of the federal estate tax. For example, here's an article that appeared this summer in the *New York Times*, entitled "Tax the Rich and Their Heirs."

The current Estate Tax exemption, the amount that can be passed at death tax-free, is \$11.58 million (potentially twice that for a married couple). In short, very few people in the US need to worry about federal estate taxes.

In Massachusetts, we have an estate tax exemption of \$1 Million dollars. If you are married, there is no automatic doubling of the exemption, but it is possible with planning to double the amount to \$2 Million for a married couple.

However, as the cited article recommends, that exemption may be significantly reduced at any time. While the current exemption is \$11.58 Million, if it changes before you die, that is the exemption that applies to you. The only exemption that counts is the one in the law when you pass away — and a new

Congress and President could change that. There have already been calls to reduce the Estate Tax exemption to as little as \$1 million, with everything over that taxed at 40% or more, which would place many Massachusetts homeowners' families at risk of owing federal estate taxes!

## What Can You Do? Why Do It Now, Why NOT Wait Until November?

There *are* planning techniques, beyond a Living Trust, that you can use now to take advantage of the current large Estate Tax exemption while it's still in the law. Dennis Sullivan & Associates can help.

If you wait until the November election, there may not be enough time before year end to analyze your options and properly put into place the appropriate strategies. You may want to do some "pre-planning" now, make your choices ahead of the election and be ready to implement them right away after election day.

Don't wait until next year. It's likely that any Estate Tax change is likely to be made effective retroactively to January 1! Don't see your planning opportunities dry up.

Call our office for a free consultation. Don't wait, review your estate tax planning options now! Call (781) 237-2815 to learn more!

# Notice of Community Outreach Meeting

#### Advesa Wellness, Inc. to Discuss Proposed Marijuana Manufacture Site in Millis on September 9th

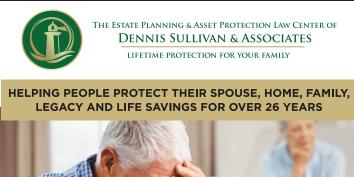
Notice is hereby given ADVESA WELLNESS, INC ("Advesa") will hold a Virtual Community Outreach Meeting on Wednesday, September 9, 2020 at 6 p.m. to discuss the proposed siting of a licensed Marijuana Product Manufacturing establishment at 1375 Main Street in Millis, Massachusetts 02054.

This Virtual Community Outreach Meeting will be held in accordance with the Massachusetts Cannabis Control Commission's Administrative Order Allowing Virtual Web-Based Community Outreach Meetings and the appli-cable requirements set forth in M.G.L. ch. 94G and 935 CMR 500.000 et seq.

The Virtual Community Outreach Meeting via Zoom is available using the following link: https://us02web.zoom.us/j/89270313116 or via telephone at (929) 205-6099 using Webinar ID: 89270313116#. The passcode to enter the meeting is 597420.

A copy of the meeting presentation will be made available at least 24 hours prior to the meeting at https://www.advesacorp.com/millis/.

Interested members of the community will have the opportunity to ask questions and receive answers from company representatives about the proposed facility and operations. Questions can be submitted in advance by emailing support@advesawellness.com or asked during the meeting after the presentation.





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## **Medway Commons Drive-In – A Taste of Normalcy**

## Series Continues Monday nights in Sept., Portion of Proceeds to National Suicide Prevention Lifeline (1-800-273-TALK)

By J.D. O'GARA

In a time where most events are being canceled, Medway Commons in August began offering drive-in movie nights, beginning at 8:30 p.m. The space can accommodate 46 vehicles, with a charge of \$10 per vehicle, and a portion of those proceeds will help support the National Suicide Prevention Lifeline (1-800-273-TALK). These will continue into September, scheduled for:

- Monday, September 7th-Jurassic Park (Rated PG-13) Visit https://prismaflicks. simpletix.com/e/55712
- Monday, September 14th-Field of Dreams (Rated PG) Visit https://prismaflicks. simpletix.com/e/55712

To attend, you must make advanced reservations on Event-brite and either bring a printed copy of your ticket or have your ticket ready to present on your smartphone via the Eventbrite pass for check-in.

- Vehicles will be allowed entry starting at 7:30 p.m.
- Vehicles will be spaced 6 feet apart. You must stay in the space surrounding your vehicle.
- In case of inclement weather, we will show the movie on the next night (Tuesday).

"The whole idea behind the drive-in was that the owners of Medway Commons wanted to give back to the community," said Colleen Stripp, Medway Commons spokesperson, in mid-August. Owners had done driveins at their other property, The Loop, in Methuen, with some success, she said, continuing, "People are just so cooped up in their homes, and kids aren't able to see their friends. (It was) one of the things you could do as a family, to be with a group but still be separated, even in or around their car, and enjoy their time."

Medway Commons' Drive-Ins will support the National Suicide Prevention Hotline, in fact, during National Suicide Prevention Month, September.

"For mental health, this is something to positive to look forward to – being outside, which is always great," said Stripp. The problem of suicide, she said, "is something that doesn't get a lot of attention, but it's important. Everyone needs attention on the physical as well as mental health."

In fact, Stripp added that one anonymous person in August reached out, expressing interest in purchasing a large group of tickets to one of the Drive-In movies at Medway Commons. The purchaser confided that they recently "lost a family member to suicide, and they would like to quietly honor their family member while spreading good karma and awareness for suicide prevention," said Stripp.

Inclement weather pushed the first Drive-in up a day, but on the 18th, Medway Commons was raring to go with its first drive-in experience.

"I think we're all starving for that feeling of normalcy. Anytime we can grab it, it's a good thing," said Stripp.

For more information on the National Suicide Prevention Lifeline, visit https://suicidepreventionlifeline.org/.







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## Massachusetts State Primaries Tuesday, September 1, 2020

#### Last Day to Register to Vote October 24th for November 3 Election

Worried about mailing a ballot? Don't be, say Millis and Medway Town Clerk's Offices. If you requested an absentee ballot, you can return it in person to the Town Clerk's Office during early voting, or you can return it in Millis to the mail slot used also by the Treasurers' Office, near the elevator in the front, or in Medway, in the lock box for ballots in front of Town Hall.

Both Town Clerks' offices recommend you put your request in early for an absentee ballot for the General Election. Each Town Clerk office is working with their town post office to keep ballots that they are mailing out in town, so as to avoid a delay that takes place when mail is sent to Brockton to be sorted and then brought back to town to be mailed.

Although it's too late at this point to vote early or absentee for the Primary Election on September 1st, registered voters can still vote in person for the Primary from 7 a.m. until 8 p.m. in Medway at Medway Middle School on Holliston Street and in Millis at the Veterans Memorial Building, 900 Main Street.

For the General Election, coming up on November 3rd, voters have the following options:

Early voting is available by mail and in person to all registered voters. No excuse is required.

Early voting by mail will begin as soon as ballots are ready.

In-person early voting for the State Election will be held October 17-30. (At this point, deadline has passed for early voting for primary.)

#### **Voting by MAIL:**

Voting by mail is available to all voters for all elections in 2020. You do not need an excuse to vote by mail this year.

To vote by mail in the state election, all you need to do is:

- 1. **Complete** a Vote by Mail Application; available here: https://www.sec.state.ma.us/ele/elepdf/2020-Vote-by-Mail-Application.pdf
- 2. **Deliver** your application by October 28th to your local election office;

• MEDWAY MAILING ADDRESS:

Town Clerk

155 Village Street

Medway, MA 02053 **EMAIL**: absenteeballot@townofmedway.org or mwhite@townofmedway.org FAX: (508) 533-3201

• MILLIS MAILING ADDRESS:

Town Clerk

900 Main Street

Millis, MA 02054

EMAIL: townclerk@millisma.gov FAX: (508) 376-7055

- 3. **Vote** when your ballot arrives;
- 4. **Return** your ballot by MAIL, postmarked no later than November 3 (must be back at your local election office no later than November 6)

Apply early, in order to have enough time to return your ballot.

For more information on voting by mail, find Voting by Mail FAQs at https://www.sec.state.ma.us/ele/eleev/early-voting-faq.htm

To download a Vote-by-Mail application, visit https://www.sec.state.ma.us/ele/eleev/early-voting-by-mail.htm

#### **In-Person Early Voting**

In-person early voting for the State Election will be held October 17-30.

You may vote at any early voting location in the city/town where you are registered to vote.

A list of early voting dates, times, and locations for your community will be posted at least one week before early voting begins. Please check www.MassEarlyVote.com at a later date for a full in-person early voting schedule.



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## **Local Artist to Create Series of On-Location Paintings**

Local artist Canman will create a series of large scale acrylic paintings that feature the four distinct seasons of New England. Each 5ft.x 6ft. canvas will be painted live at a location in Medway on a Thursday or Sunday. Painting pop-ups will take place during the Medway Farmers Market in Choate Park on Thursdays, September 3rd and September 10th, from 4-7 p.m.

The public is welcome to view the process from start to finish.

"The plan is to create four large paintings of the New England seasons live outdoors at busy local venues," says Mike Cannistraro, known as "Canman." Locations will include the Medway Farmers' Market, The Muffin House, and Rush Hour at Visions, but at press time all locations were not yet finalized.

The art would be displayed locally at such venues as the Medway Senior Center, the Medway Public Library, Medway Town Hall, or the Thayer house, says Canman. Later next year, the works would possibly auctioned off, with proceeds benefiting the Medway Cultural Council.



Medway Cultural Council

Mike (Canman) Cannistraro and his wife Angela own Visions Tattoo, Piercing & Art Gallery which has been in business for 16 years in Medway. Canman has been tattooing for 25 years and is an accomplished acrylic/ oil painter.

More information about Medway Cultural Council events can be found at

Facebook page https://www.facebook.com/townofmedwayc-ulturalcouncil/.

On August 7th, Canman was featured as the first artist in a new Artist Spotlight series by the Medway Cultural Council at the Town of Medway website https://www.townofmedway.org/cultural-council



In collaboration with the Medway Cultural Council, Medway artist "Canman" will demonstrate his talents and create four works of art at various locations in Medway. Photo by Angela Cannistraro

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## Millis Update on Fall Reopening

#### Published on Aug 17, 2020

The Millis Public Schools have been planning carefully and tirelessly for a Fall reopening of school with the safety and wellbeing of students and staff as the primary consideration. We have had several advisory groups that have been meeting and appreciate the feedback parents gave on a survey at the end of June. Since that time, we have received more guidance from the Department of Secondary and Elementary Education and incorporated it into our planning. On Aug. 6th the Millis School Committee voted to return to school in a remote model through at least mid-October, at which point we will reassess Massachusetts and Millis data regarding COVID-19 cases and other considerations. We have developed plans that would enable us to move to a Hybrid Model at such a time as it is deemed safe and advisable

The Department of Public Health has guidance for 6ft.

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distancing and Massachusetts DESE issued guidance of 3-6 ft. based on the research that shows that children are less likely to become infected, less likely to become ill, and less likely to pass the virus along. Our hybrid plan meets or exceeds all recommendations, with a minimum of 6ft. distancing. It is imperative that we consider the mental health of students as well. School, particularly being in school in person, is an important part of social-emotional well-being, feeds students who are food-insecure, provides behavioral and mental-health support for students and important educational supports that are hard to replicate remotely. It is clear that the students and families most negatively impacted by remote learning are low-income, students with disabilities, and students who are learning English.

Based upon guidance from the Commonwealth of Massachusetts, Public Health Officials, and the Department of Elemen-

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Uxbridge, MA

tary and Secondary Education (DESE), as well as significant input from our community stakeholders, Millis Public Schools proposes to reopen schools this fall using a Phased-In Remote Model.

A brief summary of our current plan:

**Phase One**, the first 10 days of the school year, is for staff training on all aspects of health and safety protocols as well as time for teachers to develop curricula and lessons.

**Phase Two**, We will include a two day Orientation portion at the beginning of this phase so that families and students are able to feel comfortable with all of the newly required protocols and procedures and so that we can emphasize student socialemotional wellness. We will also provide training for parents and guardians so that they can more easily assist their children with the technology required for remote learning. This training will be available on our website at all times as well.

Phase Three, Students begin attending school the third week of September in a Remote Model. During this period there will be time for teachers for professional development and lesson development provided every Wed. afternoon in order to assure more robust and effective remote instruction.

Phase Four, After a period that is as of yet undefined, using the metrics that were developed at the state level and in consultation with the School Committee, if it is deemed safe to do so, we will move to a hybrid model with all students maintaining 6 feet of distance in classrooms, as well as all other safety recommendations. Approximately 50% of students would attend two days per week on Monday and Tuesday, and 50% on Thursday and Friday, with Wednesdays as a remote day for both groups. Additional time for teachers for professional development and lesson development continues every Wed. afternoon.

At our recent graduation ceremony for our seniors, several of

the student speakers spoke of the importance of the friendships they have developed with practically every other member of the class throughout their years here. They also spoke of the welcoming, inclusive culture that embraces and honors every student. This is the hallmark of the Millis "Small School, Big Family" motto and I believe it's what makes the Millis Public Schools unique. We are committed to ensuring that culture continues even during remote or hybrid learning. The partnerships between you as parents and guardians at home and our teachers and staff will be even more essential during the upcoming school year. Our students will benefit from the diligent focus on their well-being from us all so please stay in touch. Thank you for your patience, support and communication as we further refine our plans that are in the best interest of our students.

With respect and gratitude,

Nancy Gustafson, Superintendent, Millis Public Schools





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## Medway Schools Decide on Opening Plan for Fall

School will open on September 16th in Medway, but the hybrid plan will look little like a regular school day. With one-way hallways, a focus on sanitizing hands, HVAC changes and open windows to promote fresh air, mandatory masks and social distanced desks and students, the town will bring students back with a mix of in-person and remote classes.

- Most of the grade 3-12 student population\*
  - o **Cohort A** will include  $\sim 50\%$  of grade 3-12 students
    - in person on Mondays and Tuesdays each week
    - at home Wednesdays, Thursdays, and Fridays
  - o **Cohort B** will include ~50% of grade 3-12 students
    - in person on Thursdays and Fridays
    - at home Mondays, Tuesdays, and Wednesdays
- ALL Grade PK-2 students and PK-12 identified students with special instructional and/or specialized needs\*

#### o Cohort C

- in person on Mondays, Tuesday, Thursdays, and Fridays
- at home on Wednesdays

\*All families will also have access to a full remote or Virtual School Student Learning Model

To see the plan in full, as well as the answers to detailed questions, visit https://www.medway-schools.org/news/what\_s\_new.

## Tri-County Reopening Plan

Following is a letter sent to Tri-County students, parents, faculty and staff from Tri-County Regional Vocational Technical High School from Stephen Dockray, Superintendent.

Dear Tri-County Families, Faculty and Staff:

Our School Committee unanimously approved the Tri-County Final District Reopening Plan at their August 5th School Committee Meeting. As required by the Department of Elementary and Secondary Education (DESE), we prepared In-Person, Hybrid and Remote Plans. The Committee voted to adopt the Hybrid Learning Model to begin the 2020-2021 school year. Phase 1 of the Hybrid Plan will be implemented starting September 16th. Under Phase I we would provide in-person vocational instruction two and one half days for underclassmen and two days for upperclassmen each week. On the other two days for underclassmen and two and one half days for upperclassmen students would receive remote vocational instruction. This would provide live instruction to 25% of our total student enrollment. If the logistics and safety protocols work out, we would expand this to Phase II with both grades in a particular vocational program attending together, or 50% of our total enrollment. For both Phase I and Phase II, academics would start remote. Phase III would begin a hybrid model for students to transition back to inperson academics.

We have posted our complete Reopening Plan on our website for your review at https://www.tri-county.us/news-events/return-to-school-september-2020-information/. Included

with the detailed Reopening Plan is an Executive Summary and a Letter from the Superintendent.

I would like to remind the community that while we have settled on a hybrid model to begin the year, we are still awaiting significant data and direction from DESE and the state. This includes guidance on athletics and using COVID-19 positivity rates to determine how we move into a full remote or full in-person learning. We are also anticipating some guidance on COVID-19 testing for educators and students. When this information is received, it will be incorporated into the plan.

We are also in the process of finalizing our school calendar for the 2020-2021 school year. The tentative start date for faculty and staff is September 3rd and the first day for students is scheduled for September 16th. Freshmen Orientation would take place on September 14 and 15, in-person, from 11 a.m. - 2:10 p.m. Once the full school calendar is approved by the School Committee, it will be posted to our website. Parents should already have received an email including a survey regarding transportation to and from school. This survey data is very important to our reopening plans. If you did not receive this survey please contact, Virginia Karpouzi in our Main Office, at karpouzi@tri-county.us. Please routinely check for emails from Tri-County in the coming weeks as information about virtual town halls, to answer family questions about the schedule and health and safety protocols, or other important issues will be coming out.

Stay well, Steve

### PLEASE RECYCLE THIS PAPER AND PRESERVE OUR TREES



## Friends of Medway Library Donations

This year, the Friends of the Medway Public Library was able to give over \$17,000 to the Medway Library for new materials and future programs as well as museum passes despite not having our annual May book-sale.

The Friends also worked with Ghost Story Games, a self-publishing game studio owned by Take-Two Interactive Software, Inc. to purchase two new workstations for the Makerspace. The company donated \$3,000 as part of their community outreach program.

In addition, the Friends of the Medway Library helped secure funds from community businesses and organizations for a free summer lunch program for children along with their caregivers and teens. We thank Medway Lions Club, Medway Oil and Propane Inc, Restaurant 45, Stop & Shop, Shaw's, Walgreens, BJ's Wholesale Club, Mahan Food Pantry, Roche Bros., Market Basket & Uno Pizzeria & Grill for supplying food and monetary donations.

The Friends do more than raise money for the Library. We have hosted in the past year programs such as the monthly Lego club, the annual Gingerbread Festival, and summer movies. We supply free books as part of the Library's summer reading program as well as a book giveaway on Halloween. More information about what we do can be found at www. medwaylib.org.

## Looking to advertise your business? Contact Jen: 508 570 6544 Jenschofield@localtownpages.com

## Roberts Mitchell Caruso Funeral





Medfield 508-359-2000

www.robertsmitchellcaruso.com

Millis 508-376-2000

## This is Veronica

Veronica is sad. She is sad because she spent waaaayyy too much on her divorce. She hired an expensive lawyer.

Over the next two years, she was so stressed she didn't eat.

While her lawyer is on a fancy vacation, Veronica can't even go to Starbs, yoga, or spin classes.

Veronica can't get her nails done or even get a decent cut and color because her divorce cost so much.

Veronica wishes she called the nice mediators, who are also experienced divorce lawyers, at Next Phase Legal & Dispute Resolution in Norfolk and used the divorce mediation process.

Don't be like Veronica. Call Next Phase to resolve your divorce or other family law conflict through mediation. Then you can still enjoy other nice things.





(508) 359-4043

65 Holbrook Street, Suite 270, Norfolk, MA 02056

NextPhaseLegal.com

#### **WEBSITE**

continued from page 1

streamlined new look. Our goal is to create a site that's about you, your neighborhood, your businesses, your community resources, your town's news, one stop — the voice of your community.

Online, you will be able to access the entire newspaper and features to empower you to become an active member of the community. Post events and what's happening around town directly to our community announcement page. Easily share to your social media! Don't forget to "like" us on Facebook! We have built an online directory, with maps, were you can effortlessly explore local businesses serving our community. Get updates on what's going on in your area on our event and calendar page. You'll find user-friendly guides to get information faster and a reference directory with links to the town schools, library, town government, fire, police, and more. You can easily link to the same resources in neighboring towns.

Remember, these have been difficult times, and it is so important to support the businesses that support our community. You can check out business profiles, leave a review, connect to their Facebook page and website.

Businesses – a corporate profile on our new directory can feature your company on our opening page and drive visitors to your website with links, a map, and graphics. You can take advantage of becoming a community sponsor, that will allow you a more prominent presence on Millismedwaynews.com. You can sponsor content that will keep you in mind with readers.

At Local Town Pages, we're part of your community. We're excited to highlight your town, and your neighboring towns, with a one-stop resource that opens the door to your hometown and what it has to offer.

## Jennifer Tefft to Perform at Tangerini's, September 5

Local rock/alternative performer Jennifer Tefft, who has performed at a number of venues, including the renowned South by Southwest (SXSW) Festival in Austin, Texas, will perform locally in Millis at Tangerini's Spring Street Farm, 139 Spring Street, Millis on September 5th, from 11 a.m. until 2 p.m. Find out more about Jennifer Tefft at Jennifer Tefft Music on Facebook and at www.jennifrtefft.com. Find Tangerini's Spring Street Farm on Facebook and at www.tangerinisfarm.com.





## 617 THC Holds Virtual Community Meeting

On July 23, 2020, 617 Therapeutic Health Center (THC) held a virtual community meeting to present its proposal to Town of Millis residents to open a marijuana cultivation and marijuana product manufacturing facility in the Town of Millis at 1073 Main Street. The property meets all current zoning requirements with the Town of Millis. The proposed marijuana cultivator and marijuana product manufacturer facility has already completed the Special Permit

Process and the Host Community Agreement and is currently before the Cannabis Control Commission (CCC) for its provisional license. 617 THC must also receive a license from the Millis Select Board.617 has submitted detailed odor and noise mitigation plans to the Town. Those documents are available through the Town of Millis for review.

The presentation is available under News & Announcements at www.millisma.gov.

# Fall Programs Coming in September from Medway Community Education

Medway Community Education is excited to announce its 2020 Fall Brochure is in the planning stages! A variety of both In-Person and Online programs will be available to the community.

We would like to thank the MANY families who participated in our Summer Adventures Camp and 32 additional summer programs - art, sports, theater, STEM - to

help make them a huge success! Throughout the summer, all health and safety guidelines were strictly followed, and we plan the same for fall programs.

Our 2020 Fall Brochure will be electronic and available at www.medwayce.org in September. For information or questions, please email communityed@medwayschools.org or call (508) 533-3222 option 4.

## Place your Holiday Inserts today!

Contact Jen for Pricing and Reservations: 508-570-6544 or email: jenschofield@localtownpages.com



## About Let's Laugh Today

All in person laughter clubs have been temporarily replaced by Zoom laughter clubs.

For more information, call Bill and Linda at (508) 660-2223 or send an email to billandlinda@letslaughtoday.com, or visit their website www.letslaughtoday.com.

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## **OpEd: Senator Rausch Explains Voting by Mail**

Free, fair, open, and safely accessible elections are a central pillar of our democracy. In the midst of a global pandemic of epic proportions that renders traditional in-person voting a public safety concern, it is critically important that we protect both our communities' health and our constitutional right to vote. That's why I spent months on Beacon Hill advocating for robust mail-in voting this year. I'm glad we passed a law allowing every registered Massachusetts voter to cast their ballot by mail or safely vote in person, whether during early voting or on Election Day. As one of the foremost champions of election access in the Legislature, I hope this information will help empower every voter to cast their ballots in the September 1st primary and the November 3rd general election. Comprehensive resources and links for online tools are available on my website: www.beccarauschma.com/2020-elections.

Register to vote: You must be registered to vote in order to request a mail-in-ballot. I urge you to register as soon as possible. Registering to vote and checking your registration status can be done online. (Information can be found at https://www.sec.state.ma.us/ele/eleifv/howreg.htm)

**Eligibility to vote by mail:** If you're a registered voter, you can vote by mail in 2020! That's it. No additional qualifications required.

Get a vote by mail ballot application: Every registered voter should have already received a vote-by-mail application in the mail. If you haven't received your application and wish to vote by mail, download the application or call 1-800-462-VOTE to request one be sent to your home. You can also write to your local election official requesting a mail-in-ballot if you include your full name, address, and signature.

Submit your application: I recommend sending in your application as soon as possible. Submit your application by mail, email, or drop-off. If you mail it, do it now in order to leave plenty of time for the application to arrive by the deadline (10 days before the election). No need to worry about postage; it's prepaid on the application sent to you. If you submit the application ballot via email, make sure the application still has your signature on it. No matter how you submit your application, you only have to do it once: if you check the "All 2020 Elections" box on the application, a ballot will be mailed to you for both the primary and general election.

Check that your application was received: You can track the status of your mail-in voting application online. If your status is listed as "pending" then your application was received and your ballot should be on its way. Call your local clerk with any concerns.

Get your mail-in ballot: If you've successfully applied to vote by mail, your ballot will be mailed to you. Primary ballots have already begun to arrive, so keep an eye on your mailbox.

Complete and submit your **ballot:** First things first: read the instructions! If you're voting by mail but get an instruction sheet for absentee voting, ignore the part that says you should check to be sure you're eligible; the eligibility requirements for voting absentee do not apply to voting by mail in 2020. Fill in the ovals on your ballot with a black pen or pencil. Remember to check the back side of your ballot and vote there too. Put your completed ballot inside the yellow ballot envelope. Seal the ballot envelope and complete the top portion of the exterior. **Do not forget to** sign it. Then, put the signed and sealed ballot envelope inside the white mailing envelope and seal that one. Like the application, the ballot mailing envelope will

HOSPICE & RESPITE CARE

be pre-addressed and postage prepaid. For the primary, your ballot must be received by your local clerk by 8:00 p.m. on Election Day, Tuesday, September 1, regardless of whether you mail it or drop it off. If you're mailing it, do so as soon as you can to ensure your ballot arrives on time and will be counted. The U.S. Postal Service is experiencing delays, sometimes up to or exceeding 10 days. Again, you can track your ballot online at https://www.sec.state. ma.us/wheredoivotema/track/ trackmyballot.aspx.

What about my "I voted" sticker?! Unfortunately, if you vote by mail, you're probably not getting an "I voted" sticker this year. It's disappointing, I know. It's definitely one of my (and my four-year-old's) favorite parts.

I want to change my mind: If you requested and received a mail-in ballot but decide not to use it, you can still vote in person. However, if you already cast your mail-in ballot, either by mailing it back or dropping it off, you may not vote in person.

In-person early voting: Along with voting by mail, voters this year also have expanded options for early in-person voting: one week of early voting for the primary, and two weeks for the general. Early voting schedules and

locations will be posted online at https://www.sec.state.ma.us/ ele/eleev/evidx.htm by Friday, October 9th for the general. You can also check with your local clerk for in-person early voting information. Wear a mask when you go to cast your vote.

In-person voting on Election Day: Polls will be open from 7a.m. - 8 p.m. on Election Day for both the primary and general election. Check your town or city clerk's website for more information on your polling place. Wear a mask when you go to cast your vote.

I am so proud that Massachusetts voters have broader voting options and increased safety precautions for this year's elections. I encourage everyone to vote by mail for both the September 1st primary and the November 3rd general election; if you choose to vote in person, please be diligent with your COVID-19 precautions -- wear a mask, keep your distance, and use hand sanitizer. Please visit www.beccarauschma. com/2020-elections for a detailed FAQ and email me directly at becca.rausch@masenate.gov with any specific questions or concerns. Happy voting, every-





## Millis Senior Center September Limited Programming

The Millis Senior Center is located at 900 Main Street on the ground floor of the Veterans Memorial building. The Center is open Monday, Tuesday, Wednesday and Thursday — 9 a.m.-4 p.m. Closed on Fridays. For more information call (508) 376-7051.

Regular Events: Have been postponed until further notice.

## Phase 3 Limited Programing

HOLLY'S OUTDOOR CHAIR YOGA Wednesdays, through September, at 9 a.m. Sign-ups required Outside behind ramp entry. Limited 10 participants with 14 ft. of social distancing. Millis residents will be signed up first.

ICE CREAM SANDWICH SOCIAL Tuesdays, through September 11:30 a.m.-12:30 p.m. Sign-up required. Limited to 10 participants with 6 ft. of social distancing. Under the tent area on Park Street side. Please bring your own chair. Millis residents will be signed up first.

OUTDOOR BINGO: Thursdays, through September at 12:30: Sign-up required Limited to 9 participants –3 per table with masks—Disposable cards supplied, bring your own marker—Bragging rights only- no money exchange. Millis residents will be signed-up first.

PASTRY: Every Thursday from 10-11 a.m. No sign-up required. No contact. We will have tables set up in the rear of the building. Come in via Park Rd. (please do not drive through parking lot) and tables will be on Park St. Stay in your vehicle. A white board will be set up with the available goods for the day. We will ask you what you would like, and a staff member will bring you the baked goods.

TRADER JOES FREE FLOWER GIVEAWAY: Every Wednesday, starting September 9th from 2-3 p.m. No sign-up required Outside in rear parking lot on Park Street. Masks and 5 ft. social distancing required. Millis residents only

PUZZLE GIVEAWAY: Monday, September 14th from 1-2 p.m. No sign-up required. Come by and pick out a puzzle to complete at home. Millis residents only

## Transportation: Medical and Shopping Only

• Limited hours, 8 a.m.- 1 p.m., 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 pickup.
- 3 passengers on van 3 per trip. 2 passengers on van 1. One passenger in vehicle.
- Riders are to sit separately
- Masks are required or 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 – Available Now

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

- Temperature checks and verbal wellness screening will be administered to all.
- 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.
- 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
- All persons including employees, residents and vendors should remain at least 6 feet apart or greater distance to the extent possible, both inside and outside workplaces.
- Drop in room is closed.

## Face Coverings: Required For Entry

- Must cover the nose and mouth, 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
- Staff may take off the mask in an isolated office, but must wear a face covering when leaving the office

#### **Fitness Room: Available Now**

- 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 temperature check prior to arrival
- Please keep 14 feet distance between others at all times
- Wipe every machine down after use with provided wipes



508-570-6544 or email: jenschofield@localtownpages.com







## Living Healthy

## **Computer Vision Syndrome**

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

As our scholars go back to schools and colleges, let it be in person or remotely, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you

#### 1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

#### 2. Reduce glare

Letters on a computer screen are not as clear as letters on a



printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under highwattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lowerwatt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.

#### 3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

#### 4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eves. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

#### 5. Get your eyes checked

Uncorrected vision problems-farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with agingcan contribute to eye strain and

musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common. As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. Seven dedicated eye care providers here to help you in 2 state-of-the-art facilities in Franklin and Milford. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

For more details, see our ad on this page.





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Main Street Pediatrics would like to announce that Dr. Katherine Pleet, MD has joined our practice and will start seeing patients as of September 2, 2020. She is accepting new patients of all ages.

Dr. Pleet received her undergraduate degree in Biology from Brown University. After graduating, she spent a year as an AmeriCorp member teaching and mentoring high school students in Dorchester, MA before attending medical school at Jefferson Medical College in Philadelphia. She completed her pediatric internship and residency in Boston at The Floating Hospital for Children at Tufts Medical Center. Dr. Pleet has had a long- standing passion for working with children and adolescents, and feels it is a great privilege to be a pediatrician.

Please call 508-435-5506 for an appointment 77R West Main St. Hopkinton • mainstreetpediatrics.com

## Living Healthy

## **Medway Senior Center in September**

The Medway Council on Aging is located at 76 Oakland St, Medway, Mass.

- **CURBSIDE LUNCH:** Medway Center is doing Curbside Lunch every Tuesday and Thursday from noon to 1 p.m. Its \$4 a meal and people need to call and sign up (508) 533-3210. Many stay and eat outside with others while social distancing. The Menu is published in the COA Newsletter as well as on the Medway COA Facebook Page.
- Medway Outreach workers are available for seniors or people with disabilities in our community, to explain community programs and benefits, to assist with applications to needed programs, to aide in the search for services and act as an advocate and support for the elderly or disabled. Outreach workers assist with: Home Visits, Food Stamps Applications, Heating Assistance Applications, Mass Health Applications, Crisis Intervention, Elder Abuse, Neglect and Financial Exploitation
- The Walking Path at Oakland Park is open, and we encourage people to come down and use it. The Staff at the Center would be happy to walk with you if you want company.
- Tuesday and Thursday morning is coffee and conversation outside the Center from 10 a.m. to noon.
- Tai Chi Classes are Monday evening 6-7 p.m. and Tuesday morning 8:30-9:30 a.m. Space is limited to 10 people and weather dependent.
- Online Programs: rebeccatredeaufitness.com
  - Are you up for trying your physical ability at Zumba, Muscle Conditioning, Strength Training, Barre, Pound, Balance, Bootcamp, Tap Dance or TapFit? Rebecca's site offers a variety of short fitness videos to help get you up and moving. Take a look, try a class.

## **PLEASE RECYCLE** THIS PAPER **PRESERVE OUR TREES**









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## **Mary Ann Morse Healthcare Corp. 2nd Annual Golf** Tournament

Mary Ann Morse Healthcare Corp. is sponsoring a day of fun and fundraising this fall, with a safe, socially distanced 2nd Annual Golf Tournament on Monday, October 5 at The Haven Country Club in Boylston, Mass.

Mary Ann Morse Healthcare Corporation is a 501(c)(3) nonprofit organization providing exceptional quality, trusted, affordable senior living and healthcare to families in the Metrowest area for over 25 years. The proceeds from the tournament will help us purchase a handicap accessible van to transport our residents. We're asking for your help supporting this great cause!

• Play golf! Join your colleagues at an assigned Tee Time for a safe, socially distanced event on the beautiful, championship 18-hole course

- **Sponsor** a Tee, Putting Green, our Bloody Mary/ Mimosa Bar or other sponsorship opportunities
- Donate items for our virtual Raffle and Auction (email Lisa Kubiak at lkubiak@ maryannmorse.org)
- Bid on items in our virtual Raffle and Auction to help us raise funds - link and information coming soon
- Make a monetary donation of any amount on our event

To participate, please visit www.maryannmorse.org/2ndannual-golf-tournament Our sincere thanks for helping us to raise funds for the vulnerable seniors in our communities.

## **Milford Federal Awards Scholarships to Local High School Students**

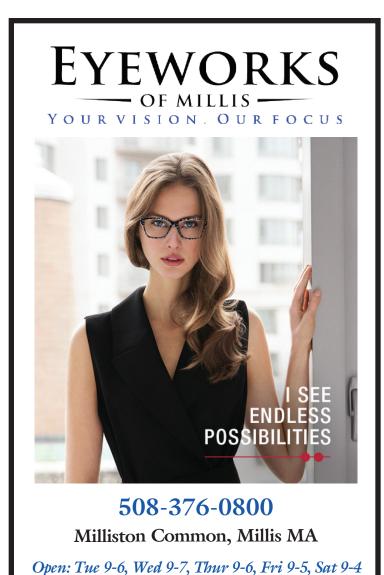
Milford Federal Bank has awarded several scholarships to local high school graduates towards expenses in furthering their education. "Milford Federal Bank is pleased to help each student pursue their dream of higher education," said Paul Gilbody, President and CEO of Milford Federal Bank. "As a community bank, we are committed to supporting the communities we serve. An investment in education is an investment in the future, and these bright students are the future of their communities.'

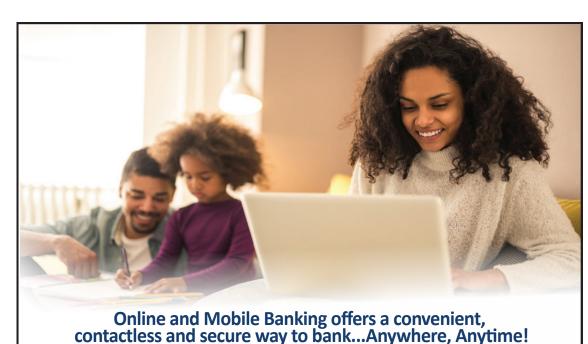
The Milford Federal scholarship program has awarded \$10,000 annually, for over 10 years. Each school selected a scholarship recipient based on need, academic standing, and involvement in school and extracurricular ac-

The following graduating high school seniors from Milford and surrounding areas were each awarded a \$1,000 scholarship: Blackstone Valley Regional Vocational Technical High School: Sage Hurteau, attending Coastal Carolina University; Hopedale High School: Taylor Maddalena, attending University of Tampa; Milford High School: Reese Dutcher, attending Pace University; Nipmuc Regional High School: Casey Costello, attending Bryant University; Northbridge High School: Hailey Bober, attending Hofstra University; Uxbridge High School: Sonila Murati, attending University of New Hampshire; Whitinsville Christian School: Hadley Koeman, attending Calvin University and Camily De Oliveira Sena of Douglas High School.

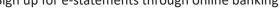
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## Sports

## Millis' Grant: 'Approval to Play Fall Sports Would Be a Blessing'

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

By KEN HAMWEY, STAFF SPORTS WRITER

September 2020

Chuck Grant knows a thing or two about interscholastic athlet-

Now in his 18th year as Millis High's athletic director, the 56-year-old Grant has seen the Mohawks win a plethora of championships — 20 Sectional crowns and 14 State titles.

But, in dealing with a pandemic that's claimed thousands of lives, the veteran athletic director admits that last spring's school cancellations that wiped out sports was different.

Very different.

He emphasizes that educators were in "unprecedented territory."

"There was no preparation for dealing with a pandemic," he said. "We had the Blizzard of 1978 and Triple E last fall, but never anything like this. All one can do is adjust day by day, be aware of all the hurdles and be ready to assume responsibility."

Grant, like so many other athletic directors, is awaiting a decision on fall sports. Are they on or

"It would be a blessing if we get the go-ahead to have a fall season," Grant noted. "A reduced season with no non-league games would be welcomed. I just want a situation where kids get an opportunity to compete. It's difficult to imagine a new school year beginning with no sports. Interscholastic athletics is the epicenter of social life for students, and without sports there's a giant

Grant, however, is acutely aware of the big picture, knowing that athletics is merely a small part of a large picture. "The priority is the health and safety of everyone — students, teachers, families, our state and country," he emphasized. "Many generations have had to make sacrifices. The students and athletes who've had to cope with this virus have learned a lesson in how to deal with and overcome adversity. It's a valuable life lesson but it's come early for them."

Grant isn't sure if athletics will be part of the fall season or whether they'll return in the winter or spring. But, he is sure there'll be changes. Major changes.

"Social distancing likely will be in effect at games," Grant said. "You'll have the participants competing with students and parents attending. Townwide fans may not be able to attend because of crowd limitations. There'll be changes in locker-rooms, training rooms and weight rooms. All three will be utilized in different ways. Locker-rooms may be a thing of the past, probably not used after games. Buses will be an issue. They'll be at a premium and we may be forced to change times of games, so parents can transport their kids. And, hand-sanitizing stations will be provided to ensure health."

Grant's background in athletics and as an educator is impressive. Before taking the administrative reins at Millis, he was an assistant ice hockey coach for Harvard's women's team. Before his role at Harvard, Grant coached and taught at Walpole High for 11 years. He taught history, law and banking, and he coached football, baseball, ice hockey and track. During his eight years as the Rebels varsity grid coach, his teams won two of three Super Bowls (Tewksbury and Lincoln-Sudbury)

A native of Walpole, Grant graduated in 1981 from Walpole High where he played football, hockey and baseball. A goalie in hockey, he was selected as the Bay State Conference's MVP as a senior. After a year at the Taft School in Connecticut, he enrolled at Providence College



where he earned his bachelor's degree in business and history. Grant has a Masters in school administration from Cambridge College.

Grant revealed that all the TVL's athletic directors were prepared for whatever adjustments were needed to compete last spring. When word came that schools would remain closed and that no sports would be scheduled, it was a first for the seasoned athletic director.

"Three times athletic directors changed schedules, going with a full slate, to no non-league contests, then to a reduced format," Grant said. "The pro leagues set the tone when they shut down. Their message was that the situation was serious, and they were going dormant. For me, it was very different. My job is all about relationships with studentathletes and an awareness that every game is special. I felt badly for the kids. Our senior class was poised for a great spring."

Grant kept tabs on what direction other states were going and how they were leaning. "A magazine (A.D. Insider) offered Zoom meetings and all sorts of ideas were offered - like shortening seasons, flipping seasons, and proceeding with guidelines for distancing, etc.," Grant said. "Once we knew sports were off for the spring, my emphasis was to allow the kids' sadness to subside, then let them legitimize their feelings of being cheated. What followed was a time to teach how sports can be a positive. Sports put kids in situations to be composed."

Grant also knew that his coaches didn't need to be pushed, because they were striving to keep their players ready. "If you have a good staff, an A.D. doesn't have to worry," he said. "They had no assurances, yet their players were ready. I gave them the information that painted a realistic picture. Then, the spike hit and there were no spring sports."

While Grant sympathized with seniors last spring because "they lost their final chance to play for Millis," he also understood the disappointment for the other three classes. "Juniors lost the opportunity to showcase their talent and possibly earn a scholarship and freshmen and sophomores were cheated out of a valuable learning experience a chance to be a varsity athlete and aspire to potentially setting records," Grant said.

Like so many other A.D.s, a summer of uncertainty has not been easy for Grant. But, he said, "You have to temper your enthusiasm and keep expectations realistic. The key is to avoid letting your emotions be like a yo-yo. Limit the ups and downs, stay on an even keel and minimize disappointment, if it occurs. You control what you can by adjusting to various situations. The summer tested our character and leadership. When you're under pressure, there's a need to be poised, calm, tough and confident."



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## **Sports**

## ADs Take Guarded Approach to State Agency's Sports Guidelines

EDITOR'S NOTE: The Mass. Interscholastic Athletic Association and the Department of Elementary and Secondary Education issued its guidelines as Local Town Pages was going to press. Sports for the fall season that are in the lower and moderate risk categories can compete with modifications but football, competitive cheer and unified basketball are classified as high risk. Those teams can only practice this fall but their seasons could get underway in a floating season that would run from late February to late April.

#### By KEN HAMWEY Staff Sports Writer

Four of the area's veteran athletic directors are taking a wait-and-see approach to the guidelines for youth and amateur athletics that were announced by the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) on Aug. 13.

The guidance, issued because of the coronavirus pandemic, puts football in a highly doubtful category. The Department of Elementary and Secondary Education (DESE) is expected to offer its guidelines soon and both sets will provide the Mass. Interscholastic Athletic Association (MIAA) with additional insight. To prepare for a fall season, the MIAA's COVID-19 Task Force will have to consider modifications for moderate- and high-risk sports to allow for competition.

If football is played this fall, games would have to eliminate

contact by replacing tackling with flags or playing a two-hand touch in a seven-on-seven format. Two options could be the creation of an additional season between winter and spring sports or playing football next spring.

Before detailing how the area's athletic directors reacted to the EEA's guidelines, here's a rundown on what's been spelled out. The guidance classifies sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey and soccer. Higher Risk fall sports are football and competitive cheerleading.

Moderate Risk sports are listed as "sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants." Higher Risk sports are listed as "sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants."

The EEA guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That would enable golf and cross country to compete and hold tournaments. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments. Those restrictions would be lifted if they meet "minimum mandatory standards for modification to play."

For soccer, field hockey, volleyball and football to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so that those groups remain at least 14 feet apart. No more than 25 people can be on a playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, volleyball and football to compete in games, two criteria must be followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in intermittent, close physical or face-to-face contact must be modified or eliminated, includ-



GARY BROWN King Philip Regional AD

ing restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Tom Angelo, Franklin High's AD, is concerned about overreaction. "Too many people are jumping to too many conclusions without hearing from all governing bodies," said Angelo, who has 36 years of experience as an educator. "Whatever is decided, Franklin High School will be prepared to provide our studentathletes with a safe environment, by adhering strictly to the proper protocols established by our own school district, the EEA, DESE, MIAA and the Hockomock League."

Chuck Grant, who's been Millis High's AD for the last 18 years, emphasizes that it's not time to panic.

"No decision has been made on whether fall sports will be canceled," Grant said. "We're still hanging in. Other guidelines were issued in July but these regulations focus "on more elaboration and more concerns."

"There's still time for the virus numbers to trend downward," Grant noted. "There's still a lot of data that can be looked at. My hope for Millis and the surrounding towns is that we give fall sports a try, and that includes football. We'll all deal with the changes needed to minimize the spread of COVID-19. The EEA's guidance was issued a month before pre-season practice would start (Sept. 14). A lot can still change."

Gary Brown, King Philip's AD who previously worked as an



TOM ANGELO Franklin High AD

associate AD at Harvard University, says many of the sports offerings for the fall at the regional school remain intact.

"As of now, we're planning on offering as many sports opportunities as possible for the fall, and that includes football, soccer, field hockey and volleyball," Brown said. "Our goal is to offer the best student-athlete experience while keeping health and wellness as our top priorities. Athletics continue to help student-athletes physically and mentally while competing in high school sports."

Brown emphasized that while athletics are an important element in youth development, "the big picture is still the health and safety of our students, families, communities, our state and nation."

Matt Baker, who's in his sixth year as Holliston's AD, is concerned the EEA's guidance clouds the fall sports picture because other agencies haven't weighed in.

"When I first heard there was guidance regarding athletics, my hope was it would start to give us some clarity regarding high school sports," said Baker, who previously worked in athletic administration at Framingham State. "I was inundated with calls, texts and emails. There was a lot of information everyone was trying to process and what it meant for high school sports. But as it turns out, this is just one set of guidelines being released by the state. We're still awaiting additional guidance from DESE and the MIAA and until then we're still in a holding pattern."



## **Sports**

## Parents of a Special Needs Child Have Special Needs, Too

As the parent of a special needs child, you know how rewarding-and challengingcaring for your loved one can be. And even though you've got it all under control right now, you can't help worrying about the future. After all, someday your child will have to go on without you, and you know how expensive it can be to maintain your child's quality of life. That's why a special needs trust (also called a supplemental needs trust) can be a tremendous source of comfort.

A special needs trust is a legal instrument that helps concerned parents like you set money aside for your child's future care. Best of all, it does it without reducing your child's eligibility for public assistance programs such as Medicare, Medicaid, and Supplemental Social Security Income (SSI)1. For obvious reasons, it is important that it be prepared with the input of qualified tax and legal advisors. Let's take a look at how these trusts work:

#### A trust protects your child's assets—and eligibility.

If your child relies on government assistance, it's important to know that many of these programs have strict asset limitations (usually \$2,000). A special needs trust can keep your child from exceeding these limits by making sure any assets he or she would otherwise inherit go directly into the trust. That way, you don't have to worry about jeopardizing your child's eligibility for assistance, and you can be sure that any money you earmark for his or her care will be used exclusively for that purpose.

#### You can fund a trust with a wide variety of assets.

You can use almost any combination of assets to fund your special needs trust: stocks, bonds, real estate—even the proceeds from a life insurance policy (provided you name the trust as the beneficiary). In fact, a whole life insurance policy can be a costeffective way to fund the trust, since they both pay a death benefit (provided premium requirements are met) and any cash value they generate will continue to grow tax-deferred until your

#### Make sure you use a qualified professional.

Your child's future is too im-

portant to leave anything to chance. While special needs trusts have been around for years, they are complex legal instruments that have to be set up properly. Be sure to work with an attorney l who has plenty of experience in this area, as well as a thorough knowledge of wills and estates.

It takes a special person to care for a special needs child—and to adequately prepare for the child's future. With a special needs trust, you can take comfort in the fact that you have done everything

you can to give your child the resources he or she will need to lead a long and happy life.

<sup>1</sup> Neither New York Life nor its agents or employees provide tax or legal advice. Please consult your tax and legal advisors before taking any action.

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## **Mass Audubon "Your Great Outdoors Photo Contest** 2020" Seeks Entries

Please Note: Trails are now open at all of our wildlife sanctuaries; buildings & most restrooms remain closed.

We're once again seeking photos that highlight people in nature and the beauty of Massachusetts wildlife and landscapes. Last year, we received more than 4,500 images—we can't wait to see what you have in store for us this year!

#### Submission deadline is September 30, 2020.

Be sure to read the contest guidelines and rules at https:// www.massaudubon.org/newsevents/photo-contest/detailsrules to learn all about how and what to enter. For those who have entered before, we have updated the submission guidelines at https://www.massaudubon. org/news-events/photo-contest/ enter-the-contest

The contest runs to September 30, and each month we will highlight some of the entries on our Facebook page, https://



www.facebook.com/MassAudubon/. Until then, happy snap-

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- Nature photography classes, & workshops > at https:// www.massaudubon.org/ get-outdoors/wildlife-sanctuaries/outdoor-fun/naturephotography
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## **Op-Ed: Submitted by Mass. Superintendent's Office**

#### Safely Reopening America's Schools and Communities

#### The AFT's flexible blueprint for imagining a new normal for public education, public health and our society

Until a vaccine is developed for COVID-19, each community is going to need support in charting a path to safely and responsibly reopen school buildings and other institutions crucial to the well-being and economic vitality of our communities.

The AFT's detailed, science-based "Plan to Safely Reopen America's Schools and Communities" features five core pillars based on the science as well as educator and healthcare expertise—not on politics or wishful thinking.

To gradually reopen, we need to:

- 1. Maintain physical distancing until the number of new cases declines for at least 14 consecutive days. Reducing the number of new cases is a prerequisite for transitioning to reopening plans on a community-by-community basis.
- 2. Put in place the infrastructure and resources to test, trace and isolate new cases. Transitioning from community-focused physical distancing and stay-in-place orders to casespecific interventions requires ramping up the capacity to test, trace and isolate each new case.
- 3. Deploy the public health tools that prevent the virus' spread and align them with education strategies that meet the needs of stu-
- 4. Involve workers, unions, parents and communities in all planning. Each workplace and community faces unique challenges related to COVID-19. To ensure that reopening plans address those challenges, broad worker and community involvement is necessary. They must be engaged, educated and empowered.

5. Invest in recovery: Do not abandon America's communities or forfeit America's future. These interventions will require more—not less—investment in public health and in our schools, universities, hospitals, and local and state governments. Strengthening communities should be a priority in the recovery.

The blueprint acknowledges Americans' eagerness to return to some semblance of "normal." But to do so, we must meet an unprecedented challenge: figuring out how to reimagine our society and the physical places we hold dear—public schools, places of worship, workplaces, restaurants and more—in ways that put our ultimate priorities first: the safety and well-being of working families, especially frontline workers, and the economic health of society.

The comprehensive document shows how, to effectively respond to the crisis, we must plan and align logistics, educational strategies and public health approaches into one coherent response. And we expect the plan to evolve as the data, and the facts, change.

AFT President Randi Weingarten said: "Our blueprint serves as a stark contrast to the conflicting guidance, bluster and lies of the Trump administration. The input of educators and healthcare workers, as well as parents, is crucial in making any reopening plan work. They are the eyes and ears, and are indispensable in making any plan work safely and effectively. We hope this blueprint will be the start of a real discussion on reopening schools, universities and other workplaces that allows our workers and families not only to dream of a safe and welcoming future, but to realize it."

The plan can be read at https://www.aft.org/sites/ default/files/covid19 reopen-america-schools.pdf.









## MassBay Adds 7 Fall Courses Exclusively for High **School Students**

MassBay Community Col-school students have the opporlege has added seven online and remotely-formatted courses this fall to be offered for high school students, exclusively. The courses include Medical Terminology, Drugs and Society, Law and Society, Entrepreneurship, Security Awareness, Environmental Studies I, and Intro to Communication (descriptions are below). High school students can also enroll in other MassBay courses or apply for dual enrollment courses.

"Due to the coronavirus, many high school students and their families have been contacting us to learn about all available options for fall courses, wanting to add to their high school course selection. Taking one or more college-level courses is a great way for high school students to jumpstart their college education," said Interim Vice President of Enrollment Management, Alison McCarty. "High tunity to earn college credits at an affordable price, and possibly find a career path that interests them. We hope by adding classes specifically for the high school population, MassBay can introduce them to college-level course work, as well as prepare them for their academic future."

Here are brief course descrip-

The Medical Terminology course prepares students to understand the construction of medical terms through common word roots, prefixes, and suffixes. Students will learn to master medical vocabulary through classroom instruction.

The Entrepreneurship course prepares students to develop business ideas and plans to start, develop, finance, market, manage, and launch a new business. This course gives students the skills and knowl-

edge they need to master the requirements of all the stages of launching a new business and the opportunity to build and implement a new business.

The Drugs and Society course examines the history of drugs in American culture. Topics may include the social, economic, legal, medical, and other issues concerning drug use and abuse; the causes of drug use and abuse; and the impact of drugs on the individual and society.

The Environmental Studies I course is an introduction to the science of ecology. Topics include classes of living organisms and their sources of energy, food chains, elements essential for plant and animal nutrition, mutation and evolution, chemicals that cause genetic or somatic injury, cancer, the atmosphere, and the human population.

The Introduction to Communication course introduces students to the history and principles of human communication. The course will cover the development of communication from signals, to speech, to writing, and to the mass communication technologies of print, broadcast media, and computers. Contemporary models and theories of human communication will be emphasized. The course will consider the growing field of communication as both an academic discipline and a career focus. The will enable students to make informed choices about their future study and job op-

The Law and Society course introduces students to the institutions and participants of the American legal system. Topics covered include court procedures, civil and criminal law, constitutional law, and public

policy. Students also read and analyze case law and statutes, and participate in class activi-

The Security Awareness computer science course provides a basic survey of data, computer, internet, and wireless security. The security principles—confidentiality, integrity, and availability—are introduced to students as well as the threats and attacks that undermine these principals.

High school students interested in taking one of these courses can view the class offerings and register at https:// www.massbay.edu/courses-forhigh-school-studentsor contact MassBay's Admissions office at (781) 239-2500 or admissions@ massbay.edu.



## Guest Op-Ed from the Massachusetts Association of School Superintendents (MASS): School Reopening Plans

By Thomas Scott and Robert N. Baldwin

Across the Commonwealth, school districts are beginning to announce their plans for the start of the 2020-2021 school year. Some communities are choosing not to reopen school buildings, opting instead for full distance learning for all students. Other communities are moving forward with a "hybrid" model, in which some groups of students alternate between in-person learning and distance learning, in order to ensure physical distancing in schools

Neither of these approaches is being met with universal acclaim. Superintendents and School Committees find themselves caught between the impassioned viewpoints of two opposing camps. They are hearing from parents who advocate for at least some return to in-person schooling, in part because of fears about the long-term effects of students being out of school, without the supports and interactions they need to thrive. They're also hearing from constituents, including many teachers' union leaders, who insist that school buildings should remain closed altogether to protect students and staff and to prevent the spread of

the virus.

Many of the 275 members of the Massachusetts Association of School Superintendents (MASS) were eager and hopeful to have their School Committee approve a hybrid model. Especially in communities where the COVID-19 infection rate is low, many superintendents are confident that schools can make the necessary adjustments to resume in-person instruction while protecting the health and safety of students and staff. These district leaders have worked diligently with local task forces throughout the spring and summer to craft reopening plans that adhere to state guidelines and "follow the science." While so many other states across the country cannot even consider reopening schools as the infection rate continues to soar, Massachusetts is in a very different position. Many Superintendents believe that the health and safety measures they will put in place – especially the redesign of schools to ensure physical distancing, along with requirements for face covering, hand-washing, symptom screening, and rigorous cleaning and sanitizing protocols - create the conditions to begin reopening schools incrementally and responsibly.

Despite these precautions, some communities ultimately will decide, as some already have, that even a partial reopening is not worth the risk, and begin the year with all students learning from home. In those communities, Superintendents will work with teachers' unions to design and implement distance learning plans that reflect lessons learned last spring about what worked well and what needs improvement. Districts will have to find creative ways for students and families to "meet" their new teachers, even if not in person, to establish relationships at the start of the school year. Districts operating fully remote models also will have to devise strategies to serve students with the greatest needs, particularly students with disabilities, English learners, children living in poverty, and others who were not fully engaged in distance learning from March to June. Challenging questions remain about how schools can provide additional services remotely to address students' socialemotional needs, especially their mental and physical health.

There is no shortage of opinions about what is the "right" way to approach the new school year. A quick scroll through any social media feed highlights the vast divide on this issue, with proponents from both sides growing increasingly fervent every day. While superintendents have urged State officials to provide more clear direction for school opening, unless State officials change their position in the days ahead, these decisions are left solely in the hands of the superintendents and school committees. Therefore, each Superintendent has a weighty responsibility to cut through the noise, examine the facts, weigh the pros and cons, and recommend a plan that best protects and educates the students in their community. Ultimately, each proposal must be approved by the School Committee, but even their decision is not final unless the terms are negotiated with the local teachers' union. All of this occurs while the public health situation - and the response to it - remains a moving target.

Whatever the outcome in each community, the new school year can begin successfully only if everyone involved commits to working together for the benefit of students. In the remaining weeks before students resume learning, we have a critical opportunity for parents, educators, union leaders, and community partners - regardless of the model they each wanted to see adopted - to move forward with a shared sense of purpose. We are living in imperfect times, to say the least, so while no plan can achieve a "perfect" result, let's all strive to be creative, openminded, resilient, and unequivocally determined to get our students back to learning.

Thomas Scott, Ed.D. is Executive Director of the Massachusetts Association of School Superintendents (MASS). Robert N. Baldwin, Ed.D. is President of MASS and Superintendent of the Fairhaven Public Schools.

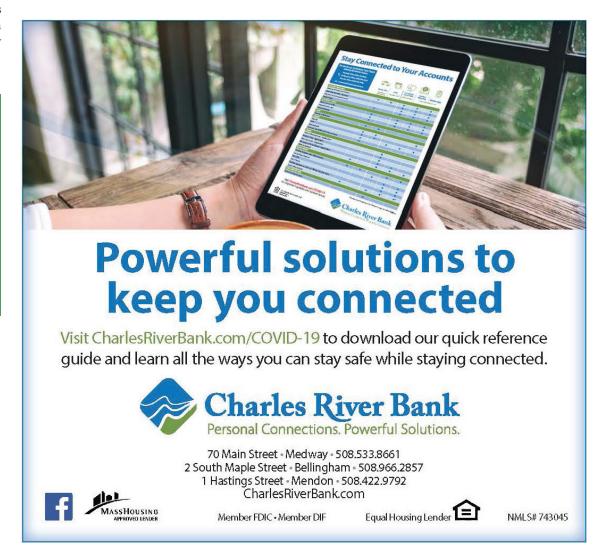
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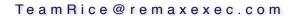
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- how to win a bidding war
- items to include in the offer that some buyers leave out
- · how to get the most from your home inspection.

Buying your home is likely the largest and most important financial commitment you will make. Buyers with the latest information will be more successful in the ever-changing real estate market.

#### **VA Home Loan Benefits:** Tuesday, Sept. 29 from 6:30 - 7:30 p.m.

This class will discuss the benefits of the VA guaranteed home loan. Available to active duty personnel, veterans, reservists and National Guard personnel,

as well as surviving spouses, VA loans can be used for purchases or refinances. Down payments are as low as 0 percent, with no private mortgage insurance.

Pre-registration is required for both seminars. Visit https:// keefeatnight.org/ and search for "Homebuying Seminar" or "Understanding and Using Your VA Home Loan Benefits" or call (508) 416-2170. The links for the events will be sent to you a week before the class.



For more information, call Mike at (508) 330-8487 or email mshain@bayeq.com.

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## **Milford Regional Medical Center Receives Get With The Guidelines-Stroke Gold Plus Quality Achievement Award**

Milford Regional Medical Center has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Milford Regional earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke

patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidencebased guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions

**AWARD** 

continued on page 27







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#### **AWARD**

continued from page 26

"Milford Regional is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," said Bert Thurlo-Walsh, MM, RN, CPHQ, Vice President for Clinical Transformation and Medical Staff Services/ Chief Quality Officer. "The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

Milford Regional has also met specific scientific guidelines as a Primary Stroke Center featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department.

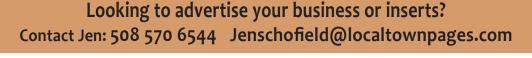
According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.



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"After interviewing several realtors I chose Jennifer McMahon to sell my home as she stood out as the most knowledgeable and experienced. I am so glad that I did. She explained the selling process so clearly and would answer any questions I had... She promptly responded to all my calls and messages. The staging and photography was so well done that I had over 30 parties come to the initial open house! She kept me very well informed each step of the way and gave me great guidance and honest opinions. I am at high risk for Covid and was concerned about selling my home during this period. Jennifer was very careful to protect me and the people she brought to my home... Jennifer went out of her way to do things for me...I highly recommend Jennifer" Christine Connolly, Millis

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