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November 2020

The Voice of Your Community

Getting Creative during Covid

Local Businesses and Groups that Support Them Adapt to Changing Times

By J.D. O'GARA

As the holiday season approaches in the time of COVID-19, the focus of groups aimed at keeping Medway and Millis businesses thriving is "Shop Local."

"In Medway, local businesses are facing the same obstacles as millions of small businesses throughout America. Our first obstacle was navigating the pandemic support system and finding out how to successfully apply for and obtain much-needed federal and state funding while all but essential businesses were closed in March and April," says Julie Dennehy, president of the Medway Business Council. Although she doesn't have specifics on which businesses have shuttered their doors due to COVID in town, she cites a Facebook survey that 31% of small- and medium-sized businesses have shut down in the last three months, either because of government orders or financial challenges. Hardest hit industries, she quotes, are personal businesses (52%), hotels, cafes/restaurants (43%), and services like wellness, grooming, fitness or other professional services (41%). In Millis, two restaurants – Jasper Hill Café and the new Millis Clicquot Coffee were confirmed to have been permanent casualties of the COVID-19 shutdown.

Bob Weiss, of Millis' Economic Development Committee echoes Dennehy that, early on, Millis business owners wanted an assessment of what public and private resources were available, mainly practical information.



"The EDC created a page on the Town's website to provide application forms for businesses to apply for CARES and other stimulus funding, says Weiss. "The EDC then announced a series of virtual meetings to hear what businesses needed in order to sustain their operations. Members of this new group of local business leaders worked on a campaign to promote local businesses to Millis residents. Others met

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holiday Craft Fair

65-Year-Old Jolly Holly Fair Goes Virtual for this Year

Jolly Holly Online Marketplace Nov. 15-December 4 Supports Millis Church of Christ, Congregational

By J.D. O'GARA

It's been taking place every year since 1955, and COVID-19 isn't going to stop it this year. The Millis Church of Christ, Congregational is excited to announce that its annual Jolly Holly event – the church's biggest fundraiser of the year, is still on – but this year it will be taking place online.

From Noon on Sunday, November 15 to Noon on Friday,

December 4, the church will be hosting the Jolly Holly Online Marketplace. Online sales will feature a Silent Auction with a wide collection of items to bid on or purchase, including themed baskets, handcrafted knits, gift cards, unique gifts, and a variety of other popular items. The online marketplace

JOLLY HOLLY
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SHOP LOCAL*continued from page 1*

with Town staff to discuss the creation of a Millis business event," he says.

Most recently, on October 5th, Millis' Select Board voted unanimously to grant a 50% fee reduction for the licenses they issue, with the exception of alcohol package stores, for calendar year 2021. Similarly, Medway has extended the outdoor dining permits to 60 days beyond the end of the state of emergency.

The Medway Business Council recently launched an initiative, #ShopMedway, aimed at promoting the town's businesses.

"We have found residents to be generously supportive of our restaurants, retailers, salons/barbershops, auto service and supply businesses," says Dennehy. "The support for #ShopMedway and to choose local has been fantastic. We encouraged residents to buy gift certificates for future use, shop online or use curbside pickup, go online and leave good reviews, tip generously (especially the service staff), and to simply buy local whenever possible."

Dennehy, lauds how many local businesses have adapted their business models to keep afloat during these times.

"I would like to recognize that Medway's business owners have been very inventive, quickly pivoting their business structure to accommodate rapidly changing local and state health and safety guidelines. I've seen local small business owners turn a thriving location-based business into a safer "to-go/mobile/online class" model in a matter of weeks, and have shown such creativity and entrepreneurial spirit. It's incredible to see business owners in Medway assisting each other," she says.

Tumble Beans Café & Play, for example, says Dennehy, went from in-person play to devising home kits, online sessions and when allowed to open "private play" by reservation.

Luna Baima, of Luna's Flowers, in Medway, also adapted, after having to close a month after she opened. "After we were allowed to open again, (in April), the challenge was staying open from 9-5 and getting all the deliveries out on time with limited staff. (Now), we encourage people to call ahead and place an order to ensure someone is there to help them in-person," says Baima, who feels fortunate to have been able to stay open.

Joyce Boiardi, owner of Permanent Makeup by Joyce, now relocated at the Mill in Medway, had to close her doors in her Medfield location on March 10th, due to COVID-19 regulations in the state. "I was Phase II and couldn't even think about opening until mid-June, and then my landlord, because his staff had to stay so many feet apart, they needed the space," she says. Governed by the Board of Health, she was ahead of the game in terms of COVID-19 protocols, but she has seen one notable change in her business with mask-wearing, "I'm doing more permanent makeup on brows," she says.

Faina Shapiro, of Berkshire Hathaway Home Services Page Realty in Medway is considered an essential worker, but she has had to make significant changes to the way she shows properties. During open houses, she says, "I have a table outside with all the information and all the sanitation products, and then I only allow one party in on each level at a time, as opposed to before, you could have 10, 20, 30 people on a level at a time. Now, it's two couples max." Of course, she says, all expected COVID-19 masks and protocols are in place, with Shapiro "spraying everything down after each person." Low interest rates have created a surge of serious buyers and a seller's market, says Shapiro, who works to ensure her buyers make decisions in their best interest.

This holiday season, the all-volunteer Medway Business Council, made up of local business leaders, has increased its social media content and advertising for its #ShopMedway campaign and its professional development programs. "We provided a free LinkedIn Zoom webinar for anyone in the community looking to connect better using this important platform, and we have begun opening up our online public directory of member businesses on medwaybusinesscouncil.org to non-members to support the entire business community," says Dennehy.

Internally, says Dennehy the Medway Business Council has been connecting to regional Chambers of Commerce/business councils/downtown associations through Senate President Karen Spilka to discuss and share best practices.

She adds, "We also work closely to support both the Medway Economic Development committee's efforts and are working closely with the Medway Cultural Council to bring public art to drive more traffic toward our businesses."

Final Tally Finds Clyde Brown School Project \$3.5 Million Under Budget

The Elementary School Building Committee (ESBC) is pleased to announce the final budget results for the new school project. Entering the final audit phase of the project, the project is \$3.5 Million under budget. Our funder, the MSBA, has already reimbursed expenses of \$19.9 Million and there may be potentially greater savings

over the next few months of the audit. The project team (made up of the Project Manager, the Architect, the General Contractor and managed by the ESBC) has achieved these savings with careful management and control throughout the project. The savings means that the Town will not have to borrow additional funds for the project.

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Medway Public Library Receives IMLS Cares Grant

The Medway Public Library is excited to be a recipient of an IMLS Cares grant, which means some great distance learning programs and outreach are coming up. Among other things, we'll be working with crafts like sewing circuits, cross stitch, and button making; meeting some of you online in Animal Crossing; sharing a StoryWalk at Choate Park; expanding our 3D printing with a design contest; and starting some online game afternoons.

Keep an eye on our revamped website at medwaylib.org for more information!

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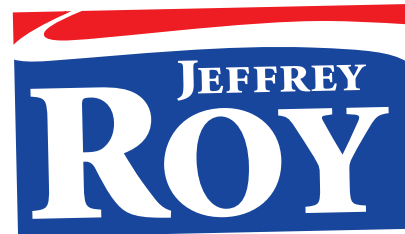
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JOLLY HOLLY

continued from page 1

will also highlight a number of local vendors. Get a jump on your holiday shopping from the comfort of your home. Details are available on the church website at www.millisucc.org and on Facebook at MillisUCCChurch.

“The women’s fellowship started the fair in about 1955,” says Beck Abalutzk, who is co-chairing this year’s event with Gail Luck. The fair originated around the time Burl Ives’ “A Holly Jolly Christmas” was popular, and so as not to use a trademarked name, original planners chose to call it a “Jolly Holly” event, as it has remained.

“It’s been a long-standing tradition, and to the best of my knowledge, since they started the fair, they’ve never missed a year,” says Abalutzk, “so I’m doing my best to maintain that.”

The goal, says Abalutzk, was to make the holiday fair “happen in some way, shape or form.” Abalutzk had considered an outdoor fair such as a Weihnachtsmarkt, or German Christmas market, “but I wasn’t sure that was going to work, because of course, everything has been fluctuating with Covid-19 – you can have only so many people for a gathering,” she says.

Abalutzk, who is a music instructor at Encore, learned through that channel about online silent auction programs. She and Luck explored the option and settled on online host 32 Auctions to make it work.

“We have to set it up ourselves,” says Abalutzk. “They basically just host it.”

Visitors to the Millis UCC website will find a page with a link to the silent auction items as well as links to the participating vendors. For those who are looking to shop local, Abalutzk explains that nearly all the church’s vendors are local people who began their own business. At press time, Touchstone Crystals and crafter Alicia Thomas had confirmed their participation.

Although silent auction items were not entirely confirmed at press time, Luck says this year, folks can bid on wine baskets, piano and instrument lessons, a Covid cleaning basket, a pie-making service, home-made holiday décor, a doll accessories basket, signed Bruins pucks, Red Sox paraphernalia, a tea basket, and coffee basket, as well as gift certificates for several local restaurants and businesses such as Unlikely Story, Roche Bros, and even a local oil company.

This year’s fair will not be able to feature its typical baked goods section, says the organizer, as “by regulations, we can’t sell any kind of food.”

Abalutzk knows that the annual fundraiser may take a hit this year, but she remains hopeful. “I have not sat and done the number crunching, but a lot of our initial cost to run the fair is actually done through donation, including all the food we sell. So, we don’t have the food (this year), but we also don’t have to spend money on utensils. The overhead is probably going to be about the same.”

“This fair is extremely important to the church, and I think it’s important to the community, since it’s such a long-standing tradition. I think our effort to maintain the fair is also an effort to maybe maintain some kind of normalcy in our current state,” says Abalutzk.

Online fairgoers will have the chance to pick up their items at the culmination of the event, with vendors set up in the parking lot. Complete plans at press time were not yet finalized, but will be posted at the church’s website, www.millisucc.org.

Abalutzk adds, “We’re trying to stay flexible and meet any of the challenges as they arise.”

National Weather Service Concludes Small Tornado Occurred in Millis

For residents who’ve been talking about it, your suspicions that a tornado occurred on October 7th in Millis has been supported by a report by the National Weather Service.

According to the report, released Saturday, October 17th:

“BASED ON INFORMATION RECEIVED FROM EMERGENCY MANAGEMENT OFFICIALS AND BASED ON DOPPLER RADAR IMAGERY FROM OCTOBER 7TH, THE NATIONAL WEATHER SERVICE RECENTLY CONDUCTED A DAMAGE SURVEY IN THE TOWNS OF MEDWAY, MILLIS, AND MEDFIELD IN NORFOLK COUNTY. EVEN THOUGH IT WAS MORE THAN ONE WEEK AGO, WE WERE ABLE TO DETERMINE THAT A WEAK EF-0 TORNADO CIRCULATION OCCURRED IN A SMALL PORTION OF THE TOWN OF MILLIS, MA. IT WAS EMBEDDED WITHIN THE LARGER AREA OF THE DERECHO/STRAIGHT-LINE WIND EVENT THAT OCCURRED THAT DAY. THE TORNADO WAS ON THE GROUND FOR LESS THAN A MINUTE, TRAVELING A DISTANCE OF ABOUT ONE-HALF MILE. THE PATH WIDTH WAS ESTIMATED AT ONLY 50 YARDS AND MAXIMUM WIND SPEED WAS ESTIMATED AT 75 TO 80 MPH.

THE TORNADO BEGAN NEAR ORCHARD STREET, JUST TO THE WEST OF RIDGE STREET, AND TRAVELED EAST-SOUTHEASTWARD TO THE OAK GROVE PLAYGROUND/MILLIS HISTORICAL COMMISSION ON

EXCHANGE STREET. ON ORCHARD STREET, THE TOPS OF A FEW LARGE TREES WERE SHEARED OFF. ACCORDING TO ONE RESIDENT, SHE HAD TWO TREES DOWN FROM WEST TO EAST IN HER BACKYARD BUT SHE OBSERVED THE WIND CHANGE DIRECTIONS AND THE AFOREMENTIONED TREE TOPS WERE BLOWN NORTHWARD, LANDING IN

HER YARD. AT THE OAK GROVE PLAYGROUND, A LARGE TREE WAS DOWNED FROM WEST TO EAST BUT A METAL MAILBOX POST WAS BLOWN NORTHWESTWARD TOWARD THAT TREE. OTHER TREES WERE OBSERVED DOWN FROM AS FAR WEST AS NEAR TUPELLO ROAD TO AS FAR SOUTH AS CAUSEWAY STREET AND ISLAND ROAD. DAMAGE REPORTEDLY WENT

AS FAR EAST AS ENVIRONMENTAL DRIVE, LARCH ROAD, AND DWIGHT STREET, BUT THAT HAD SINCE BEEN CLEANED UP. THOSE DAMAGE AREAS LIKELY WERE ASSOCIATED WITH THE BROADER STRAIGHT-LINE WINDS OF THE LARGE-SCALE DERECHO THAT IMPACTED MUCH OF MASSACHUSETTS AND NORTHERN RHODE ISLAND ON OCTOBER 7TH.

THE NATIONAL WEATHER SERVICE WOULD LIKE TO THANK THE EMERGENCY MANAGEMENT DIRECTORS IN MEDWAY AND MILLIS AND THE RESIDENT WHO SPOKE WITH US.”

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Color, Creativity and Compassion – Permanent Makeup By Joyce

Joyce Boiardi has found her passion – making people feel good about themselves. A creative soul with a flair for turning her interests into business opportunities, Boiardi has channeled her lifelong love of color and design into a service of care and compassion for her clients. She recently relocated her studio, Permanent Makeup by Joyce, to a warm, inviting space at Medway’s Stone Mill.

“My passion for hair and makeup has always been a part of me since I was very little,” says Boiardi. Childhood dreams of becoming a Hollywood makeup artist were tempered by her parents’ more conservative vision, but Joyce’s business schooling would serve her well as she turned her talents into a lucrative home décor business and later, a lofty position at Ethan Allen. Her heart, however, would lead her to revisit her girlhood dream after her youngest graduated college, when she applied for a makeup artist job at a local Clinique counter. As much as she just wanted to have fun playing with makeup and skin care, Clinique, impressed by her business acumen, hired Joyce to run the Massachusetts satellite counter.

After four years, Joyce started coursework to become an esthetician. Upon graduation, she worked as a freelance makeup artist and trained to become a lash extension artist. Her esthetician’s license allowed her to volunteer with the Look Good Feel Better Program, teaching cancer patients skin care and makeup. Joyce found the experience more uplifting for her than for the women she helped. “To watch the transformation from

Business spotlight

being timid and reserved, worried that their wig would be noticed, to taking it off and playing with makeup like when they were little kids, laughing and sharing thoughts, was most rewarding,” says Joyce. These women shared that the loss of hair, brows, lashes were sometimes harder for them than the disease itself.

This led Joyce to another career path – Permanent Makeup. “Most people take one course, but I ended up taking five courses. I wanted to make sure I was doing right by my clients,” she says. In fact, both the Medfield and Medway Boards of Health, under which she is governed, assert that her qualifications go above and beyond what is required to operate.

“My first client I ever did had alopecia. She was bald, had no lashes and no eyebrows, and I gave her eyebrows and eyeliner, and she cried with such happiness. It changed her self-esteem. Now, I do all kinds of permanent makeup, brows, eyeliner and lip color,” says Boiardi, whose clients range in age from mid 20’s to 80. She’s also able to remove permanent makeup done incorrectly by others or done so long ago they used tattoo ink instead of the pigment used today. She uses the Softap method of permanent makeup, which is a manual method of application.

Permanent makeup, explains Joyce, “doesn’t go as deep into the dermis (as a tattoo),” and many variables affect how long it



will last. Joyce discusses options in depth with each client, and there are always two visits. “I want them to get the best results, and there’s certain paperwork, protocol and some contraindications,” she says. Visits are conducted in a sterile, masked and gloved environment. “I don’t touch you with any of the disposable one-time-use instruments until we agree on shape or the color,” she says. After the first treatment, clients are sent home with products to care for their new permanent color, and after 6-8 weeks, they come in for a touch-up. How long the permanent makeup will last after that depends on how well the customers take care of it, their skin types and their environment.

Boiardi is often conservative in her approach to color choice and shape, and she helps clients of all ages manage realistic expectations versus current fashion trends.

“There are a lot of people who want big bold brows, but just like when skinny brows were in, they went out of style. If next



year, the natural look is in, then they’re coming to me or someone else to remove that brow, not an easy process.” The artist advises, “Allow me to give the most natural-looking brow, to enhance the look to complement your eyes and our features, and if you want something thicker and bolder for a night, pencil it in. You’ll like me a lot more if I do less.” The same goes for eyeliner.

Joyce has the best interests of her clients in mind, and she feels fortunate to have located her new studio among the women-owned businesses in the Mill. “I think there’s a lot of positive energy,” says Boiardi. “There’s a sisterhood, and I see how much they care about their clients. I think that’s why I like it so much here.”

Joyce hasn’t stopped doing lashes. In fact, she has expanded on her trade and now offers her knowledge teaching esthetician students at Tri-County and will be offering classes there for licensed cosmetologists and esthetician in 2021.

Joyce is also a trained reiki practitioner, who offers this as a separate service, but also uses it while performing her permanent makeup application.

Permanent Makeup by Joyce is located at 165 Main St., Suite 102, in Medway. You can reach her at (508) 667-7256 or find Permanent Makeup By Joyce on Facebook. Gift certificates are available, and ask Joyce about her half-price service for cancer patients who are in remission!

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MABA Holds Hot Shots Competition

Medway Amateur Basketball Association (MABA) held its first annual "Hot Shots" completion on Saturday, October 10, 2020. The event was held for the 350 players this year since the basketball season was in limbo due to COVID-19. Held outside, in a socially-distant event behind the Medway Middle School, in-

dividuals had two opportunities to shoot baskets for 90-seconds, competing against themselves and each other, with prizes for the winner. The event was aimed at inspiring kids to keep playing basketball.

Here are some images of the day, courtesy of MABA.



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Hopping Mad about Hopping Brook

By JANE LEBAK

On October 5th, Medway and Holliston residents awoke to the sound of trees crashing down, “one a minute” according to one of the abutters of 555 Hopping Brook Road.

It would take two days for the Town of Holliston to get a temporary restraining order against CRG Integrated Real Estate Solutions, only the latest in a series of issues surrounding the planned industrial development.

“They’re grossly in violation of so many different things,” says Matthew Mnich, a Medway resident spearheading the fight against the development. “There’s a big groundswell of people that have amassed, not just in Medway as direct abutters, but folks in the town of Holliston and Milford as well. We’re applauding the board for their swift action, but asking them to revoke all the permits currently issued and asking them to start over.”

The development at 555 Hopping Brook Road has caused such turmoil that it has its own page at the Town of Holliston website as well as a Facebook group, West of Hopping Brook, that’s working to mitigate the impact on the town.

Plans for the site include three warehouses, one at 90,000 square feet, and two much larger ones at 600,000 and 800,000 square feet with 170 loading docks as well as space for 473 tractor trailers.

No one has identified the prospective tenant that requires 1.5 million square feet of warehouse space.

Holliston residents have raised three main concerns about the development and its impact on everyday life in Holliston: traffic, the environmental impact, and the lack of respect for the area’s character.

Such a large facility will inevitably increase traffic on Route 16, and also on South Street.

Mnich says, “Their traffic study was about 1,500 tractor trailer trips a day. That’s pretty astronomical in terms of the impact to a local community. But the Department of Transportation estimates over 7,500 trips a day.”

Traffic is a primary concern for Jan Klein, a nine-year resident of the Balancing Rock condominiums. Klein says, “I already sit five minutes on Balancing Rock Drive trying to get onto Route 16. The increase in traffic is unacceptable.”

To reach the closest highway, trucks will have to travel the length of the Hopping Brook development, turn onto Route 16, and then turn onto Beaver Street or Fortune Boulevard in Milford. Smaller vehicles may take South Street to Route 109, greatly adding to the traffic on a residential road.

Klein adds, “If they’re going to have that many trucks, why aren’t they developing in a place where trucks have direct access to a highway?”

The environmental impact begins with the effects of the increase in traffic, but does not end there. Increased traffic results in rising levels of particulate matter in the air.

Moreover, the original site plan calls for removing eight to ten thousand trees from the site, which is not without consequences in terms of runoff and erosion.

Mnich says, “The original site plan required a wastewater treatment plant. Since that original permit was filed, the developer instead went with collection ponds. What will that do to our well water?”

The Town of Holliston Planning Board has responded to this comment by Mnich, noting that wastewater and stormwater should not be confused. “The stormwater management design



Local residents in Holliston and Medway are concerned that developer, CRG Integrated Real Estate Solutions, has no intention of working harmoniously with the community on its proposal at 555 Hopping Brook. Clear-cutting that began on October 5th in violation of a Town of Holliston Cease and Desist letter added to their apprehension.

includes detention ponds as their best management practice. The original park MEPA filing included development of a wastewater treatment plant for sewer. Individual septic systems are being proposed,” explains Karen Sherman, Town Planner.

The plan has no protocol for dealing with snow, nor for refueling trucks.

Mnich says, “There are three million square feet, flat footage, of hardscape. How do you plan to de-ice the hard pavement, and what to you plan on using? How do they plan on treating the contaminated water?”

Finally, residents are upset with the developers’ attitude toward the Town of Holliston itself.

For example, Holliston has many miles of “antique roads” still in use by pedestrians, but which may be lost as the land is developed. Mnich says, “They lead all the way out to the rail trail. Some people feel they have rights to still access those antique roads, but the developer felled trees preventing anyone from ac-

cessing those trails.”

The tree cutting is the most recent development. On September 29th, CRG began felling trees in violation of the guidelines, stating that because they weren’t removing the tree stumps, their action was lumber collection rather than clear cutting. The Town of Holliston issued a Cease and Desist under the Town’s Stormwater Management and Land Disturbance By-Law stating that they do not have approval to clear cut, nor do they have the proper permits for lumber collection.

This leads to the morning of October 5th, when CRG

brought two logging trucks onto the property and resumed cutting trees in violation of the Cease and Desist letter. The Town of Holliston applied to Middlesex County Superior Court to obtain an emergency restraining order, which was granted on October 7th with the hearing scheduled for October 16th (docket number 2081CV02415).

The court concluded that CRG could apply for a permit for tree-cutting from the Dept. of Conservation, but they cannot bar the town planner from access to the site. CRG needed to submit a detailed construction sequence plan for the Planning Board’s approval no later than 4 p.m. on October 22nd. As of Local Town Pages’ deadline, on October 21st, that updated plan had yet to be submitted to the Planning Board. In turn, the Planning Board was to hold a meeting regarding this submission no later than 7 p.m. on October 29, 2020. (The Planning Board suggests visiting the page on 555 Hopping Brook for any updates regarding their decision, and Local Town Pages will update this article on our website, www.hollistontownnews.com and www.millismedwaynews.com.)

Residents are concerned that the development will cause irreparable changes.

“As you know, the Balancing Rock fell recently. Was it the vibrations of all those trucks day

HOPPING

continued on page 13

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Mullaney to Take Superintendent Position in Millis

On December 1st, Millis Public Schools will see a familiar face at the helm, as Millis High School Principal Robert "Bob" Mullaney will take over the reins of Superintendent of Millis Public Schools, pending successful contract negotiations. Nancy Gustafson, who has been superintendent for 14 years, will be retiring.

Mullaney was chosen as the top candidate with a 4-1 Millis School Committee vote on October 13th. He has served as Millis High School principal for the last 14 years, coming to that position from a three-year role as Assistant Principal of Hingham High School. Prior to his administrative roles, Mullaney taught history at Sacred Heart Jr. High School, of Kingston, Mass., Trinity Catholic High School, in Newton, Mass., and Walpole High School, successively. Mullaney holds a master's degree from Endicott College in Organizational Management, as well as a master's degree in Secondary Education from the University of Massachusetts, Boston. He received his B.A. from Assumption College, and he has completed extensive coursework in the past 15 years, including a Certificate of Advanced Educational Leadership (CAEL) from the Harvard Graduate School of Education.

"I am very excited at the opportunity and challenge of leading our district," says Mullaney.

Medway & Millis Fall Town Meetings This Month

Millis Annual Fall Town Meeting, Saturday, November 7, 2020

Middle/High School Parking Lot

245 Plain St., Millis

12 p.m. to 1:30 p.m.

Medway Fall Town Meeting, Monday, November 16, 2020

Medway High School

88 Summer Street, Medway

7 p.m.

All social distancing protocols will be in place.

DRAFT Fall Town Meeting Warrant: <https://bit.ly/2Ffo00R>



Medway Memorial Committee Plans Private Ceremony for Veterans

Veterans will be honored on November 11th, at 11 a.m. in Medway in a small, private ceremony planned at Col. Matondi Square. Due to Covid-19 restrictions and week-by-week changes to them, the Medway Memorial Committee has opted for a very small gathering, and as of press time, program ceremonies were still being planned.



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Millis High School Announces National Merit Commended Students

Millis High School principal, Robert Mullaney, announced today that Callie Cassidy has been recognized as a Commended Student by the National Merit Scholarship Corporation. Commended Students placed among the top 50,000 scorers of more than 1.5 million students who took the 2019 PSAT exam, placing them in the top 3% of all test takers.

“Those being named Commended Students have demonstrated outstanding potential for academic success,” commented a spokesperson for the National Merit Scholarship Corporation. “These students represent a valuable national resource: recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success.”

Callie is the daughter of Myles and Theresa Cassidy of Millis. She is President of the Library Teen Council, a member of the Mohawk Post news-



paper staff, and involved in the Millis High School Drama Club and the Millis Theatre Group. Callie performs in the Millis High School Chorus, is a member of the school’s National Honor Society, and represented Millis in the YMCA’s Youth and Government program.

Medway Boy Scouts Hold Book Sale for Food Pantries

Event Replaced “Scouting for Food” this Year



By J.D. O’GARA

Each year, Medway Boy Scout Troop 108 usually embarks on its “Scouting for Food” program, supporting the Medway Village Food Pantry and the Medway Food Pantry at Mahan Circle. This year, due to Covid-19, the group of 14 boys, all 12 and older, couldn’t hold their annual event outside Shaw’s in Medway, so instead, they held a book sale at 2 Barber Street, in Medway on October 10th. The event yielded over \$600.

“Normally, we’d standing outside Shaw’s and the boys would be getting involved in sorting and stacking pantry shelves,” says adult leader Mat

Thomsen, “but it’s not possible right now.” Thomsen explains the group resumed meeting in May online, then began to meet over the summer, at Choate Pavilion, in July.”

“We’ve been trying to do outdoor activities for the boys, safe and socially distant,” says fellow adult leader Tamara Smith. Activities over the summer included a night hike, merit badge work, a 5-mile hike and trail cooking.

To find out more about Medway Boy Scout Troop 108, which is sponsored by St. Joseph’s Parish, find them on Facebook, under “Troop 108 Medway, MA.”

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New Partnership Provides Local Resource for Survivors of Domestic Abuse, Sexual Assault and Children Impacted by Substance Use

By J.D. O'GARA

The SAFE Coalition, a non-profit organization that provides supportive services to those impacted by Substance Use Disorder in nine local towns, including Norfolk, Franklin, Medway and Millis, has recently announced a partnership with Wayside Youth Services, a new style of clinical support for those impacted by sexual assault and children impacted by substance use. These clinical and informational supports provide direct care to victims and offer a new way for community members to receive clinical care.

“As COVID has impacted the environmental safety and recovery of our community members, these clinical resources allow for victims to receive the services in real time, in person, and in a confidential setting,” says Jennifer Levine, Executive Director and co-founder of The SAFE Coalition. “We are so thankful for this partnership and for the federal programs that are allowing us to do this work completely free of charge.”

Features and benefits include

- Sexual Assault Counselor – in person Friday 9 a.m.-5 p.m., free of charge, also provides legal advocacy
- Children Impacted by Substances – ongoing, in-person Friday 9 a.m.-5 p.m., free of charge
- Resource for services – QR code given on business card with no language for discretion, once scanned on a smart phone additional resources pop up

“The SAFE coalition will provide substance use training for Wayside, and then Wayside will provide clinical care in the form of therapists at the SAFE offices to survivors of domestic violence, sexual assault and to children impacted by substance use,” says Levine.

Levine says the SAFE Coalition routinely encounters the issue of domestic violence and sexual abuse “about three to four times a week. While SAFE started out of a need for substance use support, as we’ve grown, we’ve realized how intertwined domestic abuse and sexual assault were.”

According to Michelle Palladini, of the Norfolk Police Department, who is a school resource officer, mindfulness practitioner, developer of the L.E.A.P program, and member of the S.A.F.E. Board of Directors, the need for local counseling for these issues is great.

“It is challenging enough to try to navigate the healthcare system to find a provider that meets your needs, is local, has availability, and takes your insurance,” says Palladini. “In addition to all of that, it’s so hard for someone who has experienced domestic violence or sexual violence to ask for help, because of the stress, fear and shame that comes with those situations.

Palladini adds, “There are few places locally that specialize in clinical support for domestic violence and sexual assault. Our closest resource centers are DOVE in Quincy, and NEW HOPE in Attleboro ... Having an option for clinical support, or just someone to talk to/point you in the right direction right in Norfolk is going to be an unbelievable option. It will help survivors of these types of crimes get confidential assistance for FREE (without making multiple phone



calls) which is invaluable and reduces the stress of an already traumatic event.”

“At Wayside, we are ‘empowering children, young adults and families to achieve greater independence and emotional well-being,’” says Nanci Coelho (DaSilva), Wayside Program Coordinator and Clinician. “Our Wayside Trauma Intervention Services and SAFE Coalition both have the tag line ‘You are not alone,’ and that is exactly how we want services to be carried out. The hope is, one day, any service an individual or family seeks in the state of Massachusetts, will be trauma-informed and have resources readily available for whatever challenge they may be facing. This is an important partnership for moving out of our silos and helping community partners get the support they need and appropriately streamline resources for individuals and their families

around mental health, trauma and substance use.”

Palladini believes these resources provide add a layer of protection to the community.

“From a law enforcement perspective, Palladini says, “I believe that when we look at the root causes of substance abuse, and ancillary crimes that sometimes ensue, it is most often determined that the person has experienced some type of trauma in their life. By supporting those who are survivors of domestic and sexual violence, we are able to help establish healthy coping skills, as opposed to them developing negative coping mechanisms, such as drugs or alcohol, or other addictions.”

For more information on the SAFE Coalition, visit www.safe-coalitionma.org.

For more information on Wayside Youth and Family Support Network, visit www.waysideyouth.org.



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Top 3 Things You Can Do to Keep Safe if Living with an Abuser during COVID-19

The following was published at Wayside Youth & Family Support Network's website, at www.waysideyouth.org.

1. Programs across the state are running virtually. Find a program in your region by visiting Jane Doe Inc.'s website (<https://janedoe.org/covid19/>) for resources. Reach out to a local Domestic Violence and Sexual Assault program to connect with an advocate. Wayside Youth and Family Network is running a FREE hotline without interruption 24/7 at 1-800-511-5070.

2. **Create a step by step safety plan.** An advocate can help survivors devise a plan that is specific to your situation. Don't afraid to use an advocate's time.

Safety planning is crucial, so when it's time to leave a survivor knows who to contact or where to go. Shelters may be a difficult option right now – investigate alternative safe places, such as religious centers or staying with a friend. Connect with family, friends and/or an advocate to make them aware of the plan. This can be when the abuser is in the shower or sleeping. If survivors have children, consider their needs and how to keep them safe. Locate important documents like divorce papers, custody documents, birth certificates, immigration documents, and put them in a place that is easy to access during an emergency.

Store contact information for health care providers and prescriptions in your phone if possible, or try to memorize it.

3. **Practice self-care.** Taking care of basic needs is the foundation of self-care. To stay grounded, survivors can remind themselves of what they have overcome in the past and know that they can get through this as well. Practice mindfulness strategies such as mediation and yoga to help stay focused. Pay to what you can control when you feel like you're losing control. Try making a list of things to remind you how strong you are.

Other resources in Mass. from Jane Doe's website:

- View a list of rape crisis center hotlines and direct links to their websites at <https://www.mass.gov/service-details/rape-crisis-centers>.
- Domestic Violence Safelink (a 24-hour multilingual statewide hotline) – 1-877-785-2020 TTY: 1-877-521-2601
- Intimate Partner Abuse Education Program (<https://www.mass.gov/service-details/rape-crisis-centers>)
- Children Exposed to Domestic Violence (<https://www.mass.gov/media/1858451/download>)
- Supervised Visitation – (<https://www.mass.gov/media/1858451/download>)
- Civil legal needs for survivors of sexual assault and rape – Victim Rights Law Center (<http://www.victimrights.org/>)

Town of Medway Notes

Presidential Election:

In-person voting will take place on November 3rd at the Medway Middle School, 45 Holliston Street from 7 a.m.-8 p.m.

Fall Town Meeting

Fall Town Meeting is Monday, November 16 at 7 p.m. The meeting will take place in the auditorium at the Medway High School, 88 Summer Street. All social distancing protocols will be in place.

Town Clerk's Office Announces Secure Ballot Box located at Town Hall - 155 Village Street

The Town Clerk's Office would like to make residents aware that the Town of Medway now has an official ballot drop box. The drop box is located behind the town hall at 155 Village a Street. Ballots may be returned via mail, hand-delivered to Town Clerk's Office during normal business hours, or dropped off at the lockbox 24/7.

Haven't received your ballot yet? Voters who have requested an Absentee or Early Voting by mail ballot now have the ability to track their ballot through

the Massachusetts Secretary of State. Visit <https://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx>

FAQ's: Who can track their ballot?

All registered voters in Massachusetts will automatically receive an application to apply for a mailed ballot. Voters may return these applications in order to receive a ballot by mail or may choose to vote early in-person or on Election Day. Mailed ballots may be returned by mail or delivered to the election ballot drop box located in the rear of the Town Hall. If you have requested a mailed ballot, no matter how you return your ballot, you may track its progress and know when it has been safely received for counting!

How Does Track My Ballot know where my ballot is?

Track My Ballot takes the information directly from the Voter Registration Information System that is used by all towns and cities in Massachusetts, the same information the Town Clerk's office uses to track the ballot it issues and receives back.

If you have trouble accessing the Track My Ballot System or have any other Election questions, please call the Town of Medway's Town Clerk's Office at (508) 533-3204.

Special Item Curbside Pick-Up Procedure Reminder

DPW would like to remind residents of the procedure to schedule a Special Item Curbside Pick-Up. "Special Items" are accepted for pick up every Tuesday and include white goods, large metal items, and large bulk items. There is a limit of a total of 4 of these items per year. Appointments are required. Please call (508) 533-5200 to schedule your pickup.

Medway Cultural Council Announces Grant Application Process is OPEN!

Medway Cultural Council is now accepting grant submissions. For an application, visit <https://massculturalcouncil.org/communities/local-cultural-council-program/application-process/>

For questions, email medwayculturalcouncil@gmail.com

Deadline is November 16.



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Fall Programs Continue at Medway Community Education

Fall is upon us and many of our programs are still open for you to enjoy. Join us for one of the following Online or In Person programs starting in November or December. Our programs are available to all area residents at no additional charge.

Youth & Teen Programs:

- Wonderful Weaving
- The Magic Crayon Box
- Drama Kids
- Drama Kids Acting Academy
- Cake Pops - Parent & Child
- ESports & Play: Rocket League
- ESports & Play: Fortnite
- Deep Blue Sea
- Game Design 101 with Tynker
- Parkour (Freerunning)

Adult Programs:

- Zumba Classes
- Wreath 101-DIY Natural Decor
- Tapping Out Cravings & Stress
- Organize Your Personal Library
- Cake Pops - Parent & Child
- Handmade Pasta
- The College Admissions Game
- Real Estate Investing Workshop

Visit www.medwayce.org to browse our Fall Brochure and register for available programs. Please call our office at (508) 533-3222 with questions.



Millis Veterans Day Observance, Wednesday, November 11, 2020

Memorial Square, WW1 Memorial in front of the American Legion Hall at 136 Curve St., Millis

The Ceremony begins promptly at 11 a.m. with a moment of silence.

This year, November 11th at 11 a.m. marks the 102nd anniversary of what was known as the Armistice, which brought an end to World War I. World War I was a global war originating in Europe that lasted from 28 July 1914 to 11 November 1918. Approximately 117,000 American Military personnel died during the war. It was then known as the "Great War" and the war to end all wars. Armistice Day is now known as "Veterans Day," which is dedicated to the "living" who have served or are now serving in the United States Military.



This year also marks the 100th anniversary of the founding of the American Legion Post 208 in Millis.

This year's observance is open to the public. Although the ceremony will be shorter and smaller than usual, it will not detract from paying tribute to all those who have served or are now serving in the United States Armed Forces.

Photos by Mark Slayton



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continued from page 7

and night?" asks Jan Klein. "Add a few thousand vehicles, and then what happens to Holliston? I don't understand why they're going forward with this."

Mnich adds, "I don't think anybody wants to stand in the way of development, but it has to be done in a harmonious way. This project may go forward in one shape or form, but they've

got to do it the right way. We want to make as many people aware of this as possible in surrounding towns. Know what's going on. Get involved. Voice your opinion."

The 555 Hopping Brook Place development will be revisited at the November 12th Town Planning Board meeting. Residents who are concerned about the issue can watch the meeting on Zoom. All details and documents, as well as details about

the Zoom meeting, are available at <https://www.townofholliston.us/planning-board/pages/555-hopping-brook-information>.

You can access the November 12th meeting 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.

Hopping Brook Timeline

- November 16, 2019:** Initial site plan created
- March 11, 2020:** Site plan approved
- June 1:** Zoning Board receives height variance application for 800,000 s.f. and 600,000,s.f. structures
- June, 2020:** Abutters are notified
- June 24:** Variance approved to increase building height (currently under appeal)
- June 30:** Application for Planning Board Special Permit for proposed 800,400 s.f. warehouse use and outdoor storage filed
- July 2:** Abutters notified of July 23rd public hearing
- July 23:** Planning Board public hearing opened and continued to August 6
- July 30:** Mass. MEPA Unit requests an updated Notice of Project Change addressing wastewater issues and traffic references
- August 6:** Developer requests continuance of public hearing; Planning Board continues hearing until September 17
- September 17:** Developer requests continuance of public hearing; Planning Board continues public hearing until November 12
- September 28:** Developer begins cutting trees; Holliston issues a Cease and Desist letter
- October 5:** Developer resumes clearing trees
- October 7:** Emergency restraining order again halts tree-cutting
- October 16:** Hearing at Middlesex County Superior Court regarding land-clearing
- October 22:** Deadline, according to court ruling, for CRG to submit detailed construction sequence plan to Planning Board
- October 29:** Planning Board meeting regarding updated construction sequence plan
- November 12, 7:15 p.m.:** Continued special permit public hearing for the proposed use and outdoor storage (Zoom at <https://zoom.us/j/288221782>. Meeting Password: 13579, or call (646) 558-8656, Meeting ID: 288 221 782, password: 13579

Correction:

Previous coverage in the September issue of *Local Town Pages* insinuated that Market Basket is located within Pond Plaza, in Ashland. Pond Plaza is a 16,847-square-foot space adjacent to the shopping plaza in which Market Basket is located.



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For those celebrating Festivus on December 23rd, the traditional "Airing of Grievances" may create some issues at home.

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Living Healthy

Eyelid Margin Disease

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

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily

particles and bacteria near the base of the eyelashes. This condition is very common and unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

With eyelid margin disease the eyelids are inflamed. Symptoms include: Eye and eyelid irritation, a film in the eye, itchiness of the eye, redness of the eye and a burning sensation.

helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.



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This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What is demodex blepharitis?

Some people with oily (seborrheic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum), and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such as rosacea and blepharitis. Another version of these mites (demodex brevis) can be found more generally in oil glands of the skin and eyelids, which also may contribute to blepharitis symptoms. While presence of these tiny mites is common in everyone, researchers speculate that some people develop demodex blepharitis due to unusual allergic or immune system reactions leading to inflammation.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but sometimes bacteria thrive in the skin at the base of the eyelashes. Large amounts of bacteria around the eyelashes can cause dandruff-like scales and particles to form along the lashes and eyelid margins.

Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eyelids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea.”

What if I get a stye?

A stye develops from an eyelash follicle or an eyelid oil gland that becomes clogged from excess oil, debris or bacteria. Styes can be a complication of blepharitis. If you have a stye, treat it like you treat blepharitis, and if not better within two weeks, see your ophthalmologist.

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular rosacea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also

EYES

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MILFORD REGIONAL PHYSICIAN GROUP

Welcome New Neurologists

Aditi Ahlawat, MD

Dr. Ahlawat earned her medical degree from the University of Massachusetts Medical School in Worcester and completed internships at Yale-New Haven Hospital and Beth Israel Deaconess Medical Center/Harvard Neurology. Dr. Ahlawat also completed a fellowship in clinical neurophysiology/EMG at BIDMC. Her clinical interests include neuromuscular disorders such as Myasthenia Gravis, ALS, muscular dystrophies, and various neuropathies. Dr. Ahlawat is fluent in French.



Aditi Ahlawat, MD



Eliezer Sternberg, MD

Eliezer Sternberg, MD

Dr. Sternberg earned his medical degree from Tufts University School of Medicine and completed his residency in neurology at Yale-New Haven Hospital. He completed fellowships in clinical neurophysiology and epilepsy at Massachusetts General Hospital. Dr. Sternberg is board certified in neurology with a broad clinical practice and specialty in the management of seizures and epilepsy. His clinical interests include seizures, epilepsy, headache, movement disorders, stroke and neurovascular disease, cognitive decline and disorders of consciousness.

Both neurologists are accepting new patients and can be reached at 508-381-5016.

Milford Regional Physician Group

Milford Regional Neurology

Milford Regional Medical Center / Hill Health Building
14 Prospect Street • Milford, MA
508-381-5016 • milfordregionalphysicians.org
Member of the Milford Regional Healthcare System

Living Healthy

EYES

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How is blepharitis treated?

Blepharitis is often a chronic condition, but it can be controlled with the following treatment:

- Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)-an enlarged lump caused by clogged oil secretions in the eyelid.
- Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo,

gently scrub the base of your eyelashes for about 15 seconds per eyelid.

- Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.
- Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the "high" dryer setting is helpful. Avoid makeup for at least 1 week and discard all old

makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorus acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

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now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of seven providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

For more details, see our ad on page 14.



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Living Healthy

Milford Regional Earns National Recognition for Promoting Organ, Eye, and Tissue Donation

Milford Regional has earned national recognition for its efforts to increase organ, eye, and tissue donor registrations across the state through the Workplace Partnership for Life (WPFL) Hospital Organ Donation Campaign. The WPFL is a national initiative that unites the U.S. Department of Health and Human

Services, Health Resources and Services Administration (HRSA), and the organ donation community with workplaces across the nation in spreading the word about the importance of donation.

The WPFL Hospital Organ Donation Campaign challenges hospitals and healthcare orga-

nizations to “let life bloom” by educating their staff, patients, visitors, and communities about the critical need for organ, eye, and tissue donation, including offering opportunities to register as organ donors.

Milford Regional was one of 1,700 organizations to participate in the 2020 campaign.

Millis Senior Center November 2020

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.. For more information call (508) 376-7051.

Regular Events: Have been postponed until further notice. Covid-19 regulations in place; face coverings and social distancing required.

Phase 3 Limited Programing

Turkey Stroll, Thursday, November 19th

Please join us for a stroll around the Town Park followed by a slice a pie at noon to celebrate Thanksgiving. There will be three different walking distances mapped out for you to choose from: 1/4 of a mile (11:50 a.m.), 1/2 mile (11:40 a.m.) or 3/4 of a mile (11:30 a.m.). If you want a longer walk you can combine different routes. All of the walks start at the Senior Center and stay within the confines of the Town Park area. If the stroll doesn't interest you, just come by at 12 p.m. for the pie.

All participants must wear masks for the stroll, and we will set-up the pie distribution so everyone feels safe. You can either enjoy your pie at a safe distance from others outside of the Senior Center, or you can take it home to enjoy later.

Limited space available! Reservations are required. Please call the Center before November 16th. Rain Date: Tuesday, November 24th.

BLOOD PRESSURE CHECKS: Thursday, November 5th and 19th from 11-11:30, by appointment only. Please call the Center when you arrive for your appointment. We will meet you in the parking lot and do a temperature check and verbal wellness screening before you enter the Center.

HOLLY'S OUTDOOR CHAIR YOGA Wednesdays at 10:30 Sign-ups required; \$3 Outside behind ramp entry. Limited 10 participants with 14 ft of social distancing. Millis residents will be signed-up first.

DRIVE THROUGH BREAD AND PASTRY—Every Thursday from 10-10:30. 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 and PUZZLE GIVEAWAY Tuesday, November 10th and 24th from 2-2:30 p.m. No sign-up required. Outside in rear parking lot on Park Street. Masks and 6 ft. social distancing required. Millis residents only

SENIOR

continued on page 20

MILFORD REGIONAL PHYSICIAN GROUP

Is Joint Pain Affecting Your Quality of Life?

It may be time to do something about it.

Milford Regional Physician Group (MRPG) is proud to welcome our new orthopedic surgeon, Geoffrey Stoker, MD. He comes to MRPG from world renowned New England Baptist Hospital, where he completed his fellowship in hip and knee replacement.

He earned his medical degree from Washington University in St. Louis and completed his orthopedic residency at Tufts Medical Center.

Offering innovative surgical options customized for each patient, Dr. Stoker's practice focuses on partial and total knee and hip replacement, including revision procedures. He looks forward to evaluating and treating patients with a variety of hip and knee problems, such as arthritis, avascular necrosis, and other joint conditions.

Dr. Stoker is currently accepting new patients and can be reached at 774-462-3345.



Geoffrey Stoker, MD

Don't let joint pain take over your life. Let us fix it – so you can continue doing the things you love.

Milford Regional Physician Group

Milford Regional Orthopedics

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Understanding the Sequence of Returns Risk:

Why Timing Can Be Important in Retirement

Although “time is money” is a popular adage, when it comes to retirement, it’s often timing that matters most. Significant losses or depletions to your savings early in retirement can shrink your nest egg. This is known as the sequence of returns risk, and it is an important concept to know about so you can adequately plan for your financial wellness in retirement.

Let’s take a closer look at some important considerations that can help create financial security later in life.

Avoiding early losses. Losses and significant depletions occurring early in retirement can have significant consequences for your portfolio. Reducing the size of your retirement nest egg means that any possible future gains would now accrue off a smaller base, so you may not have ample time to benefit from a market recovery, particularly if you need to make additional withdrawals from your retirement account.

Minimizing risks yet maintaining equity exposure. It may seem that a simple solution for reducing a retiree’s sequence of returns risk would be for you to reduce your equity holdings in your portfolio in favor of fixed-income investments. However, this approach compromises the portfolio’s upside potential and may lead to quicker—and premature—reduction of your long-term savings.

Finding solutions that hedge against risk. Whether you’re in your 40s or 50s and looking for upside investment potential, or are nearing your retirement years and find guaranteed options more appealing, annuity solutions can address a range of long term retirement planning needs. **Income annuities** are a useful hedge against sequence of returns risk for two main reasons:

- 1) they provide a guaranteed source of lifetime income that is not correlated to market ups and downs or interest rate fluctuations, and
- 2) annuity income, lowers the withdrawals that you might need to take to cover expenses. This is particularly good news should the market perform poorly in the early years of one’s retire-

ment because these solutions can help retirees avoid selling at the bottom.

Closing the “risk gap” supports growth. Often emotions can influence your investment decisions, particularly if you’ve been burned before. Fear of losses may leave worried investors sitting on the sidelines. Often, there’s a gap between the exposure investors are willing to take and the exposure that may be needed to potentially grow your retirement nest eggs. A **variable annuity** with the purchase of **an optional accumulation benefit rider** addresses this “risk perception gap,” because it can provide equity exposure coupled with principal protection on the initial investment. Those who utilize this retirement planning solution aren’t facing sequencing risks during those critical, early years of their retirement.

Without proper planning, the sequence of returns early in retirement can have a significant consequence to your financial well-being later on. Let’s talk about your priorities and work together to discuss strategies that ensure you can enjoy the retirement you’ve worked hard to create.

Important information:

Guarantees are based on the claims-paying ability of the issuer. For variable annuities, guarantees do not apply to monies allocated to the variable investment options as they are subject to market risk and will fluctuate in value.

Withdrawals from annuities may be subject to ordinary income taxes and, if made prior to age 59½, may be subject to a 10% IRS penalty. Surrender charges may also apply.

Certain New York Life variable annuities provide access to an accumulation benefit rider called the Investment Preservation Rider 4.0 (IPR) which guarantees all premium payments from a loss that are made in the first policy year (less any proportional withdrawals) after the completion of a holding period. The IPR provides principal protection but does not protect the owner’s investment from day-to-day market fluctuations or against losses that could be realized prior to completion of the holding period.

Annuities contain certain fees, risks, limitations and restrictions. Investors should speak to a financial professional for costs and complete details.

Please consider the charges, risk, expenses, and investment objectives carefully before purchasing a variable annuity. For a prospectus containing this and other information, please contact a financial professional. Read the prospectus carefully before investing or sending money.

In most jurisdictions, the form numbers are as follows (state variations may apply): New York Life Guaranteed Lifetime Income Annuity is ICC11-P102 (it may be 211-P102); New York Life Premier Variable Annuity II

(ICC15-P301, or it may be 215-P301); Investment Preservation Rider 4.0 ((ICC19V-R01 or it may be NC19V-R01). Certain features and benefits may not be available in all states or jurisdictions.

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Medway Public Schools Recognizes 2020 Memorial School Plaque Honorees

The Medway School Committee is pleased to announce the 2020 Memorial Plaque Honorees. The honorees were recognized at a small ceremony on Thursday, Oct. 8.

The Memorial Plaque was placed in Burke-Memorial when it was built in 1997 to honor individuals who have given unselfishly and made a significant or memorable contribution to the town and/or school community. Through service, volunteerism or dedication, the honorees make Medway Schools or the town life better for those who follow. Nominations are submitted each spring and are voted on by the Medway School Committee each summer.

"This year's honorees have served Medway in many capacities, and this year all honorees have worked in our schools. Collectively, our honorees have worked in every level of educa-

tion here in Medway," Burke-Memorial Principal John Kelley said. "Individually our honorees' dedication to our community is impressive, collectively their contributions to our town define the meaning of service to others. They serve as an example to our students, staff, and our larger community. Congratulations to the 2020 Memorial Plaque Honorees."

Nancy Thompson

Nancy Thompson is a third-grade teacher who has taught in Medway for over 40 years. She has educated countless students, and has done so with integrity and grace. Thompson embedded a curriculum in Burke-Memorial that became ingrained in the school's culture. Her work on the history of Medway, including the always popular self-developed musical, was something that was celebrated yearly.



Nancy Thompson (middle) and Nancy Holland (right) were recognized on Thursday, Oct. 8 as 2020 Memorial School Plaque Honorees. Both women were third grade teachers who have taught in Medway for over 40 years. They are pictured with Robert Holland. (Photo courtesy Medway Public Schools)

Thompson establishes a welcoming community to all students and families yearly. She is dedicated to the learning and success of each one of her students and is described to have always brought out the best in each student regardless of individual academic abilities.

"Before coming to Medway, I worked in Boston public schools. When I told one of my principals about moving to Medway Schools, he shared that he grew up in Medway," Principal Kelley said. "He told me memories about his elementary experience at Burke. He went on to talk about his third-grade teacher, Ms. Thompson, and the amazing memories he still carried with him. It's a Medway welcoming I wish everyone could have. This is an example of Ms. Thompson's lasting impact on this community, and its long reach, which will provide the best kind of lessons for our community for years to come."

Nancy Holland

Nancy Holland has also taught third grade in Medway for over 40 years. She has partnered with Thompson through much of her tenure. Holland is spoken of with high regard as a teacher and person and described to be hardworking, dedicated, patient and caring. Her peers have spoken of her innate maternal instinct with her students, going on to say, "every student wanted

to be there." Fellow staff members shared the same sentiments about working in her classroom.

Holland has written, directed and produced the "Marvelous Medway" play. She is described as creative, organized and passionate about her students and the community. While at Burke-Memorial, Holland is described as a trusted colleague people could count on for help and support, and someone who is active in the school community through her participation in committees and clubs.

"Nancy's influence on the Medway community is still felt in Memorial's halls," Principal Kelley said. "It was not hard to find someone to jump at the chance to speak about her high-quality work as a teacher and colleague. We are so thankful for this as her influence continues to guide educators today."

Darlene Doherty Cellucci

Darlene Doherty Cellucci worked in Medway Schools for over 25 years. During her career, Cellucci worked in the elementary, middle and high schools and finished her career in the special education department before retiring in 2019.

In 2014, Darlene was recognized as "Teacher of the Year" by the high school principal. She later transitioned to working with students with social and emotional challenges. This is described as a natural fit for



Darlene Cellucci was recognized on Thursday, Oct. 8 as a 2020 Memorial School Plaque Honoree. She worked in Medway Schools for over 25 years in the elementary, middle and high schools and finished her career in the special education department before retiring in 2019. (Photo courtesy Medway Public Schools)

Cellucci who worked closely with her colleagues to support and educate all her students. Many former students and their families credit her efforts as the reason why they graduated high school, college, and found success in life. Cellucci is said to have always been in the students' corner educating, supporting and advocating.

She joined the Scholarship Committee to ensure special education students would be recognized. When she was diagnosed with Non-Hodgkin's lymphoma in 2007, she scheduled her daily treatments after school so she could still be there for her students.

"While these are a few powerful examples of her excellent work and selflessness, it was her quiet and humble day-to-day efforts that were a difference-maker for so many of her students," Principal Kelley said. "It's a passion and dedication that would never be expected to be replicated, but without question should be honored."

Thompson, Holland and Cellucci now join the 70 other individuals whose names appear on the Memorial Plaque and whose dedication to the Medway school community have made a special and long-lasting impact on Medway's children.

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Sports

Browne Was TVL's First Gridder To Play in the NFL

Millis Receiver Drafted by Jets in 2nd Round

By KEN HAMWEY,
STAFF SPORTS WRITER

Gordon Browne Jr. is a significant name to remember if casual conversation turns to Millis High football or Tri Valley League history. He was dominant in both venues, utilizing his size and skills to become the first football player from the TVL to be drafted and to play in the National Football League.

Browne's journey to the NFL, and specifically to the New York Jets, is fascinating and intriguing. A tight end and defensive end at Millis, he competed at 6-5 and 225 pounds for the smallest school in the TVL. Its home games were often scheduled on Saturday mornings at Welch Field before moderate-sized crowds.

Before graduating in 1969, Browne and his parents sifted through 50 scholarship offers that included powerhouse grid colleges like Ohio State, Penn State and Notre Dame.

"For three straight days during the recruiting process, legendary coaches Woody Hayes, Ara Parseghian and Joe Paterno came to Millis and each stayed for about six hours at our house," Browne said from his home in Fort Worth, Tex. "I chose to attend Boston College, because it was an up-and-coming program, and it was close, so my parents could attend all the games. When I visited there, I was impressed with the enthusiasm on campus."

After a solid career at BC, where he played tight end and offensive tackle, Browne was chosen to compete in three all-star games. At the prestigious Senior Bowl in Mobile, Ala., he was assigned to block Tennessee State's Ed "Too Tall" Jones, who later would star for the Dallas Cowboys.

"I had a decent day blocking him and lots of NFL coaches got to see me play," Browne said. "That game played a role in my getting drafted by the Jets on the second round (31st selection) in 1974."

Browne played three sports for Millis in the late 1960s (football, basketball and baseball) and his versatility led to all-star status in the TVL in all three sports. Able to catch a football in a crowd and block effectively, he excelled in a run-oriented offense. On defense, he was intimidating as an edge-rusher. Playing center in basketball, he averaged 17 points a game, and hit .320 in baseball where he pitched and handled first-base chores.

Browne's most memorable gridiron moments came against Medway and Holliston. "I caught two TD passes against Holliston as a junior, and had two interceptions playing middle linebacker for the first time against Medway my senior year," he recalled. "We beat Holliston, but lost the Thanksgiving Day game to Medway. That loss enabled Medway and Medfield to share the TVL championship with us. It was disappointing, just not our day. We were undefeated at 8-0 before that defeat."

Browne's top football thrill in high school was his selection to play in the Agganis All-star Classic at Boston University. He helped the South squad defeat the North. "That was sweet to play against the best of the best," he noted.

During his days at BC, Browne was 265 pounds, and he started out at tight end but was moved to offensive tackle as a junior. "Coach (Joe) Yukica needed help at tackle, so I was moved there. It was a situation where I had to learn a new set of skills. But it worked out."

Browne's best collegiate game occurred just before moving to tackle. He caught two touchdown passes in a victory over Pittsburgh. His ability to play



Gordon Browne during his playing days with the New York Jets.

two positions helped when the NFL draft arrived. Browne was on the Jets' radar, and they no doubt developed serious interest in him when their director of player personnel (Mike Holovak) scouted him and met him on the plane ride back to Massachusetts after the Senior Bowl.

"We talked on the plane, but never about the Jets drafting me," Browne said. "He played and coached at Boston College and was the Patriots head coach in the 1960s. He lived in Dover and was on his way back home after scouting the Senior Bowl."

When Browne was drafted, he talked with General Manager Weeb Ewbank, who had coached the Jets to a Super Bowl triumph over the Colts in 1969 with Joe Namath at QB.

"My top thrill in the NFL was getting chosen 31st in the draft," Browne said. "I played three years as a reserve tackle, and my best game came against the Patriots during my second season. I had a good day blocking Julius Adams. For a stretch, I blocked for Namath."

A shoulder separation suffered in 1976 against the Steelers led to Browne's being placed on injured waivers. He eventually was released. "It was disappointing," he emphasized. "I had dreams and expectations for a long career, but it didn't happen. I got



Gordon Browne with his wife Cheryl Anne, former Dallas Cowboys' cheerleader.

to the NFL and am proud of it. I went from Millis to Alumni Stadium at BC, then to Shea Stadium, which seats 68,000. I wish my career was longer, but it shows that a kid from a small town and a small school can get to the NFL."

A native of Boston, Browne is married, is the father of three and has six grandchildren. Still working at 68, he's employed

by Texas Health Resources. His degree from BC is in marketing and management, and he has a masters from Hofstra University.

Browne knew the value of hard work in high school and college, and it was that work ethic that earned him a job with the New York Jets. He is proof that coming from a small town and a small league aren't barriers that shatter dreams and expectations.

TOWN OF MILLIS DEPARTMENT OF PUBLIC WORKS REQUEST FOR SERVICES

The Town of Millis' Department of Public Works is seeking private snow plow contractors for snow removal. The town pays rates higher than Mass Highway Snow Removal Rates. Proposers must have a minimum of \$500,000.00 in Liability Insurance and \$100,000.00 in Property Insurance and must have Workmen's Compensation Insurance if they are not a sole proprietor. They also must provide an insurance certificate naming the Town of Millis as an additional insured for Snow Plow Operations. Contractors must have experience in plowing streets, sidewalks and parking lots. Applications can be found at the link below: https://www.millisma.gov/sites/g/files/vyhlf901/f/uploads/snow_removal_application_2020.pdf

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Top 10 Health Concerns of Baby Boomers, Part 2

By DENNIS SULLIVAN & ASSOCIATES

As baby boomers navigate aging, caregiving and trying to stay healthy, common health concerns arise. Top Concerns 10-6 were covered last issue and can also be found on our blog: www.DSullivan.com/blog.

Research has shown that people who stay active, eat healthy and avoid tobacco can lower their risk of developing chronic health conditions. Baby boomers are more health-conscious than the generations that came before them. Nevertheless, they face significant health challenges. Here are the top five:

1. Type 2 Diabetes

According to the CDC, the population of adults with Diabetes has more than tripled in the last 20 years. Diabetes increases the risk of serious health problems, including high blood pres-

sure, vision loss, kidney disease, nerve damage, foot problems, amputation and cardiovascular disease. Lifestyle changes and proper medical care can manage diabetes and its associated risks.

2. Heart Disease

Heart disease is the leading cause of death for those over 60. After age 45, the risk of developing heart disease increases significantly. Some risk factors (age or family history) are not in your control, but lifestyle changes and medical intervention can help you lower your risk. Exercise, diet and tobacco-free living will help limit your heart disease risk.

3. Cancer

Cancer affects everyone at any time of life, but for most cancers, aging is the most important risk factor according to the CDC. Cancer screenings are crucial as we age, they are routinely used to detect cancers at early stages, possibly before you can feel symptoms. Cancer-related deaths are declining, and if you contract cancer, your chances of surviving are now higher than they were in the past.

4. Depression

Depression can happen at any age, but often begins in adulthood, according to the National Institute of Mental Health. Depression, particularly in adults can co-occur with other medical illness, including cancer, heart disease, diabetes and

Parkinson's. Depression often causes the other conditions to worsen. Dr. Rey-zan Shali of Scripps Coastal Medical Center Vista says, "It is important for both physicians and patients to recognize that depression is not a normal process of aging. Unfortunately, many patients feel uncomfortable with the subject of depression. Many feel that seeking help is a sign of weakness. It is very important for you to accept that you need help. Your primary care physician is a great start for help."

5. Eye Problems

Get your annual vision screening. Over 20.5 million Americans are affected by cataracts, this number grows every year. Advancements in the safety and pre-

cision of cataract surgery result in faster surgeries, shorter and easier recoveries, and improved vision.

Many baby boomers feel the stress of being the sandwich generation, as well as the host of medical issues that come with aging. Don't struggle through this alone, reach out to your doctor for support and guidance. As you tackle the medical issues, make sure you also consider who can make medical decisions for you and speak with your friends and families about decision-making.

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SENIOR

continued from page 16

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Millis Cultural Council CALL FOR APPLICATIONS

Submissions are due November 16, 2020 to this website: <https://www.mass-culture.org/millis>

Priority will be given to proposals for programs that are:

- Free and open to the public to benefit the Millis community
- First-time submissions

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

Proposal requirements include:

- A no-cost component for either participants and/or attendees (or some subset thereof)
- Letters of support from the proposed partnering organization(s)
- Proposed timeframe of when the program will run
- If the program has received funding in the last three years, an explanation of actions to build the program's sustainability
- Confirmation of location within the Town of Millis

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

Millis Cultural Council

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Medway Cultural Council Invites Grant Applications

The Mass Cultural Council's Local Cultural Council Program supports projects in the arts, humanities and sciences by distributing funds to local cultural councils who grant funds to their own communities. Applicants may apply to the program for projects, operating support, ticket subsidy programs, artist residencies, fellowships or other activities. Local Town of Medway guidelines for grants and a link to the application can be found at <https://www.townofmedway.org/cultural-council>

This year, the grant deadlines have been advanced one month from the typical cycle. The online application opens on October 1 and the deadline to apply is November 16.

Questions can be sent via email to the Medway Cultural Council at Medcc@townofmedway.org.



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New Temple Beth Torah Rabbi Took a Winding Road to the Rabbinate

As a child in Vancouver, British Columbia, Rabbi Mimi Micner said she didn't think of herself as destined to be a rabbi, but there was always spirituality in her life.

"I grew up in a very strong Jewish community with a very strong Jewish identity," she said. "And, for me, even at a young age, I was always drawn into, kind of, the spiritual and ethical content that the tradition was offering."

Her mother's family is from Chile, and they moved to Israel and then Canada just before the Chilean dictatorship. They were secular Jews involved in progressive Zionist youth movements. Her father's family are Holocaust survivors from Poland, who moved to Canada along with many other European Jews hop-

ing to heal and restart their lives.

Micner went to Middlebury College in Vermont to study political science. She also studied Judaism, and became actively involved in building Jewish community through Hillel. It was her first experience of building Jewish community.

It wasn't until her 20's that the rabbi bug kicked in.

"I had a sense... that this would be a real way to do really, kind of, spiritually rich, transformative work, both in terms of the inner life and the wider world as well," she said. "Judaism is so much about who we are and who we can be."

After moving to Boston from Middlebury, Micner worked with a group called the Jewish Organizing Fellowship, which was a group of young Jews doing

community organizing work and building Jewish community together. Micner continued the organizing work right up until she went to rabbinical school.

While "Rabbi Mimi," as she likes to be called, has spent a good bit of time leading different campus Hillel groups, the job at Temple Beth Torah marks the first time Micner has run a congregation. Some might suggest it's an interesting choice for someone's first foray into being a pulpit rabbi. The Holliston synagogue has seen some amount of upheaval over the past few years. But Micner shrugged off the suggestion.

"I don't know a Jewish community that doesn't have some aspect of work to be done," she said with a laugh. "The more we can offer meaningful experi-

ence that really speaks to people's lives, and really speaks to people's questions and hopes and concerns, then the more will be a thriving and growing community."

Rabbi Micner said her background as a community organizer is perfect for the role. She spoke about creating adult learning programs, specific programming to appeal to young families and interfaith families and maybe adding more musical shabbat options.

Micner said there was instant chemistry for her when she meant the temple's search committee, which only has grown as she's gotten to know people – even remotely. She said she feels there's a real commitment and dedication to do what's best for the temple community.

"You know, communities really struggle with change and really struggle with, 'some of us want this one thing and the other people, they want this other thing and maybe we don't like them and we don't think it's legitimate or good enough,'" she said. "But this community, I felt like was so much heart and commitment and a lot of love for this community and for each other. And a really a real sense of like we're in it together. And a real desire to flourish for the sake of future generations and being willing to make innovations in that direction to allow that to be possible. And this is not true of every community."

Rabbi Mimi is married to Dr. Talia Lewis, and they live together in Watertown.

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Broadmoor Celebrates Grand Re-Opening of Indian Brook Trail

You're invited to a Do-It-Yourself Grand Re-opening of the Indian Brook Trail reroute, which was recently completed on a beautiful, gentle slope above the vernal pool. The change moves the trail out of wetland habitat – disruptive for wildlife, muddy and uncomfortable for visitors – to a terrific viewpoint of the Indian Brook marsh. To visit, take the right-hand trail branch from the nature center main trail along the field and into the woods past the vernal pool boardwalk overlook. The new trail rises upward from there. Be on the lookout for wood ducks in the wetland below. This is a favorite spot for them on fall migration.



Thanks to volunteers from the Appalachian Mountain Club and Terra Corps Service for help in clearing this trail.

Terra Corps Service Member Bea Oliva managed the staff and volunteers who collectively worked more than 80 hours on this reroute. Big thanks to the volunteers from Appalachian Mountain Club, who put the finishing touches on this project. The result: it looks like it's always been there and instead of watching your feet, you can enjoy the forest and wildlife.

Another beautiful option to explore was completed this summer and goes around the Mill Pond from Signpost 4 to Signpost 6. Most visitors cross the bridge,

but for a new view of the sanctuary, give this different route a try.

More trail improvements will be continuing throughout the year. Many thanks to the generous donors who contributed more than \$420,000 to make these improvements and created an endowment to ensure the trails will always be kept in top condition.

We hope to see you out on the new trail sections enjoying the

results of our community's hard work. Grab your sneakers and binoculars, and reserve your time to visit today!

Broadmoor Wildlife Sanctuary is located at 280 Eliot Street in Natick. To find out more about classes, visit <https://www.massaudubon.org/learn>. You can also check out their blog at <https://blogs.massaudubon.org/branchingoutatbroadmoor/> or find them on Facebook.



The newly opened trail at Broadmoor branches off from the right-hand trail branch of the nature center main trail.



The new trail offers a better, less muddy and less intrusive glimpse of Mill Pond.

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Let's Laugh Today Laughter Club is on ZOOM! In these challenging times, there is nothing like a good belly laugh to help release stress and anxiety. These laughter exercises and deep breathing help to bring more fresh oxygen into the body and brain helping you feel more energetic and healthy. It's a great way to connect with other people through eye contact while remaining socially distant, and it is thoroughly up-lifting and immunity-boosting! See www.letslaughtoday.com for the link to the Free ZOOM Meeting EVERY Wednesday at 7:30 p.m. All ages are welcome. You can sit or stand the entire time. It's a good time to try something new! Led by Certified Laughter Yoga Master Trainers, Bill and Linda Hamaker.

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Spring 2021 Semester at MassBay to be Almost Entirely Remote

WELLESLEY HILLS, Mass.- MassBay Community College will offer its spring 2021 courses exclusively online or remote, except for a handful that involve laboratory work. This format mirrors how the fall semester courses are currently being delivered to students.

Automotive Technology courses that contain a required hands-on laboratory component. The College has prepared and is following comprehensive access plans for each of its three campuses in Wellesley Hills, Framingham, and Ashland to accommodate students attending these lab-based courses.

"After carefully considering the current state of affairs regarding the pandemic, and in keeping with our paramount objective of limiting the spread of COVID-19 among the MassBay community, we have decided not to open the College to on-campus classes and activities this spring," said President Podell. "We have proven our ability to effectively offer our courses online and remotely while continuing to offer our students the robust academic and personal support services that are the hallmark of a Mass-Bay education."

This fall, compared to fall 2019, the College has doubled the number of courses that use free or Open Educational Resources (OER) to 74 courses, which makes these classes more affordable to students.

All fall semester courses at MassBay are being offered online or remotely except for a few Biotechnology, Health Sciences, and

Open Educational Resources are free or low-cost text, media, and other digital assets which are useful for teaching, learning, and research. They are offered under a Creative Commons license that permits others to reuse, revise, remix, and redistribute them. In this format, students receive free or low-cost (under \$40) access

REMOTE

continued on page 27

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REMOTE

continued from page 26

and use of the materials without the expense of buying or renting textbooks or other required course materials.

To learn more about Mass-Bay, plan to attend the virtual Fall Open House (<https://www.massbay.edu/openhouse>) on Saturday, November 14th from 9 a.m. – 12 p.m., or visit www.massbay.edu.



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