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Eagle Scout Project Results in Prayer Labyrinth for Local Church

By J.D. O'GARA

When Josh Auler, 17, a senior at Medway High School and member of Medway Boy Scout Troop 367, was searching for projects to work toward his Eagle Scout award two years ago, he wasn't sure what he wanted to do.

"Early last year, around the spring, I started looking for projects," said Auler, in December. "I was thinking about all the different places I could



Medway Boy Scout Josh Auler, organized and oversaw the building of a prayer labyrinth for his church, Christ the King Lutheran Church in Holliston, as his Eagle Scout project.

go to get ideas. I was going to go to the Holliston Rail Trail Committee, but then I started asking around at my church in Holliston, because Eagle Scout projects can be for religious institutions."

Auler attends Christ the King Lutheran Church in Holliston. Church members had entertained the idea of a meditation trail, but that didn't work for

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Eagle Scout Project Benefits Medway Community Farm

Medway Community Farm now has a nice resting spot on its trail near Chicken Brook, thanks to Medway High School sophomore and Medway Boy Scout Ethan Carney. Ethan recently completed his Eagle Scout project at the Medway Community Farm, clearing an area near the pond of its invasive plants, installing stones to stop regrowth as well as a bench for folks to enjoy the landscape.

"I chose the Medway Community Farm, because I feel like it's an often-overlooked part of our community," says Carney, 16. "I thought it would be nice to go do something to help out. I contacted Mrs. Colvard, she walked me around the farm and gave me a couple examples of projects that could be done. I like walking on trails myself, and a nice rest stop area overlooking the pond adds a nice place to relax and look



Medway Boy Scout Ethan Carney recently finished his Eagle Scout project, installing a stone bench on a trail at Medway Community Farm.

at the farm."

Ethan had his job cut out for him. "For starters, I had to propose the project to a leader (at the state level), propose it

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LABYRINTH

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ADA regulations due to the slope, he said. "Then, they told me about this other project, a prayer labyrinth, which had been their idea for a couple of years." The original idea, he says, came from church members Joanne Hynes and Martha White, and another church member, an engineer named Meredith Reynolds, had drawn up a design.

"I took a look at the area and the design, and that's when I knew I wanted to do that project," says Auler, who finished the project right before Thanksgiving, with the help of his fellow Boy Scouts and church members, especially, he says, Wayne Stoll, who helped out with an integral piece of equipment – his tractor.

"The important thing that I tell the Eagle candidate is find somebody you want to help and some place you want to help, and let your project flow from there," says Greg Green, a leader with Boy Scout Troop 367. "(Josh's) family are members of the church, and this is an idea

Labyrinths have been a part of human history for more than 4000 years. Found in almost every culture and every religious tradition around the world, they have been used as meditation and prayer tools for centuries.

The labyrinth is a metaphor for life. The Christian life is often described as a pilgrimage or journey with God. In life, as with the labyrinth, we don't always know where the path will take us, what twists and turns the future holds, but we trust that the path will arrive at the center, to God. Once we reach the center, we are in a place to receive answers to our questions. On the journey out, we are sent back into the world, potentially energized and with a broader sense of identity and ideas of how to be of service.

One approach is to think of the walk as a three-fold path.

THE WAY IN: Release. The way in is a time of letting go.

AT THE CENTER: Receive. Rest. Take as much time as you need. Stand, sit, or kneel.

THE WAY OUT: Return. Follow the path back out. This is a time of integrating whatever you received or learned and returning to the world.

This message on how to use the new prayer labyrinth recently appeared in the Christ the King newsletter.

that had been floated for many years."

Al Jesness, explained how church members had spoken about it prayer labyrinths they'd seen in Camp Calumet, in New Hampshire. "They thought it would be nice to have one at Christ the King, and the location we picked was just a shady area that grows moss." The labyrinth, he explained, would include prayer stones that members of

the congregation have been creating. "On Sunday morning, you can take one of these stones, and if there's something you want to unload or get off your chest, you can write on these stones and put it in the basket. The intent was these prayer stones would go into the labyrinth" at the base of the cross."

Jesness describes the work Josh and his crew did as "phenomenal. I think (Josh) learned

a lot about organizing and planning." The project, said Jesness, required fundraising to purchase cobblestones and stone dust as well as working with a retaining wall.

"There was a lot of grunt work, but also a lot of planning," said Green. In the middle of the project, for example, Josh found out the cobblestones he'd ordered wouldn't get there in time, so he had to find another source.

Green also pointed out that Josh had to coordinate volunteers, working with them to find times that worked, as well as performing temperature checks during the pandemic.

"There were definitely a lot of changes over the course of the project," said Josh. "For example, in the beginning, it took an entire day to dig out that wall, which took longer than I thought it would, and also we made some major design changes material-wise. I thought it would be a lot easier, but it turned out to be a lot harder," said the Scout, "But I did learn a lot about leadership and how to org everyone to come together and finish the project."

Of his volunteers, Josh said, "I think they did a great job with the direction that I gave them. Some of them had more landscaping experience than I did, but everyone worked hard, and in the end, it looked great.

The design of the labyrinth, says Auler, is designed to push water away from the church. "It's effective at that, and it looks really aesthetic with the stones, cobblestone and the marble chips in the cross."

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COMMUNITY FARM

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to them and get their approval, then I had to go gather all the things I needed – several tons of stone/gravel, a landscaper to clear the area, a bench, tools and a bunch of boys to help me out with my troop. I was lucky to get the help of Mr. Podzka; he drastically decreased the amount of time it would have taken to complete the project.'

Wayne Podzka, of W. Podzka Landscape lent his assistance and equipment to the project, and Carney received a donation of gravel from Medway Block Company and a discount on the stone bench from Swenson Granite.



The end result is a nice resting spot overlooking Chicken Brook.

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COMMUNITY FARM

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Ethan, who was happy to follow in the footsteps of his older brother, Ben, who attained Eagle Scout, says the experience “has been rewarding. Besides the practical things I’ve learned about nature and all those things from camping, I learned leadership, public speaking, how to get my ideas across effectively. There are good things I got from this project, and I’m very happy with the way it came out,” says Ethan, who worked with Scout leaders David Bennett and Greg Green. “It pretty much came out the way I was expecting, better than I expected. It went smoothly, and I’m very grateful for Mr. Podzka.”

Wayne Podzka has a 14-year-old son who is in Boy Scouts with Ethan. Podzka could see the Eagle candidate learned a lot after he delved into this project.

“At first, he just kind of knew

Carney and his crew of scouts shouldered the grunt work and the installation was more work than the Scout expected, but he was pleased with the results.

what he wanted,” says Podzka. “He asked me if I could help him clear out the brush with the machine. It was good of him to know he needed some help, but he needed a lot more help than he realized, and I think he applied it immensely.” Podzka was impressed Ethan approached him for help, “because it was very fitting for this project. There was some guidance that ended up going along with it. I offered him suggestions and let him still call the shots, but directed him, in a very hands off way. It’s nice to see these young men developing and trying to earn this prestigious merit, and hopefully people on the walking trail will stop and take a break and sit on Ethan’s bench he put in, and it will be a nice thing for the community as well.

“I was really impressed about Ethan’s project,” says Greg Green, Boy Scout Troop 367

Committee chair. “He figured out how to find the right people with the right tools to do the job effectively. That enabled him to do a lot more than he planned, and that’s important, from a troop perspective. This is a good lesson for scouts. We expect him to finish the project, and don’t be afraid to ask for help to make your project go faster by using people who are skilled and who use power equipment to make the road easier. They cleaned out a much wider area, and they put in a much nicer walkway to the bench.”

Carol Collard, of Medway Community Farm, couldn’t have been more pleased.

“The project came out great,” says Collard. “It absolutely was professionalism that was demonstrated by the Scouts that were there, and Ethan led them.”

Collard, who says one other

Eagle project had taken place at the community farm as well as a Girl Scout Gold Award project before Ethan came along, says she is encouraged to look to Scouts for future projects.

Green notes that Ethan is the 62nd Medway Boy Scout in the 25-year-old troop to work to attain his Eagle Scout award.

If you would like more information about Medway Boy Scouts, open to boys aged 11 and older, contact Green at (508) 446-6751 or gsgreen128@verizon.net.

For more information on the Medway Community Farm, visit www.medwaycommunityfarm.org.

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Charles River Bank Sponsors New Sign at Medway Community Farm Store

Recently, Medway Community Farm (MCF) has completed significant improvements to their Farm Store location at 50 Winthrop Street. A long-time supporter of MCF, Charles River Bank donated \$1,500 to sponsor the new road-side sign installed to attract the attention of those driving by the MCF Store.

Carol Collord, President of the MCF Board of Directors thanked Charles River Bank by stating, "We value the ongoing support they provide to us, for specific projects like the MCF Store sign, and other important programs. They have been accessible and responsive, which is especially appreciated during a year filled with so many unexpected operational challenges resulting from the pandemic."

Incorporated in 2009 and operating on 7 acres, MCF aims to provide locally-grown food, educational programming, volunteer opportunities and public events to the local community. Farm Manager Seth and Greenhouse Manager Christine Terramane, along with the farm crew, farm store staff, dedicated volunteers and the Farm's Board of Directors, work together to bring organic produce and flowers to the Medway community. The MCF Store operates seasonally, offering their produce, flowers and honey produced on site. In addition, you can find baked and canned goods, eggs and meat from other local organic farms, as well as handcrafted gift items. For enhanced social distancing, MCF offers online ordering and



Charles River Bank's Senior Vice President of Customer Care and Relationship Development Ann Sherry, along with Medway Community Farm's Board President Carol Collord and Farm Manger Seth Terramane, pose for a picture with the Farm's new road-side sign on Winthrop Street in Medway.

curbside pickup.

For those looking for Community Supported Agriculture (CSA) shares for produce and flowers, MCF offers full and half shares for spring, summer and fall, or full year options.

Additionally, MCF delivers many educational programs to children in our community, working closely with Medway Public Schools and Medway Community Education offering special programs during the summer and into the fall this year.

"The interest in organic, lo-

cally grown foods using sustainable, low-impact methods has never been greater. There is no better, healthier way to get your produce and flowers than right from your own community. Charles River Bank was founded in Medway in 1915 by local residents when farms and mills dominated the scenery of our town. Today we are proud to support Medway Community Farm and the critical role it plays in meeting this growing demand to get back to locally sourced agriculture," said Charles River Bank Senior Vice President Ann Sherry.

Information about MCF Store hours, purchasing CSA shares, volunteer opportunities and community programming can be found on their website www.medwaycommunityfarm.org.

Charles River Bank—with assets of \$280 million—was founded in 1915, and continues to offer a wide range of individual and business banking services. The Bank's Main Office is located at 70 Main Street in Medway, with state-of-the-art branches located on the Bellingham/Franklin town line on Route 140 and in Mendon at 1 Hastings Street, at the intersection of Rte. 16 and North Avenue. Charles River Bank also operates a branch in Medway High School that serves as an educational facility and full-service branch. In 2019, Charles River Bank contributed more than \$52,000 to community non-profit organizations.

For more information call 508-533-8661 or visit www.charlesriverbank.com.



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eMPower Millis Program: Launching January 2021 with rate of \$0.10634 per kWh

The town of Millis announces that it will launch its electricity aggregation program, known as eMPower Millis, in January 2021. The program is designed to provide Millis residents and businesses with competitive choice, longer-term price stability and more renewable energy options. This program was approved by Millis's Town Meeting in 2016. "This program has great potential to bring benefits to the residents and businesses in our community," said Bob Weiss, Energy Manager for the town of Millis. "Over the next three years, we will have stable electricity rates and an additional five (5) percent of MA Class I renewable electricity in our supply. That's a win-win." The program will offer a default electricity rate, Millis Regular, which has five percent additional local renewable energy compared to the minimum required by State law (known as MA Class I renewable energy). Even with this extra renewable energy, the default rate will be lower than the Eversource Residential Basic Service electricity rate of \$0.11882 per kilowatt hour (kWh) for the six month

period January through June 2021. Continued savings under eMPower Millis compared to the Eversource Residential Basic Service rate are not guaranteed because the Basic Service rates change every six months for residential and commercial accounts and every three months for industrial accounts. The program will also offer three program options: Millis Green which includes 50% additional renewable electricity, Millis Green+ at 100% renewable electricity, and a third option, Millis Basic, which includes only the minimum amount of renewable energy required by state law. The program option rates, resulting from a competitive bid with the assistance of Millis's independent consultant Good Energy, LP, will be fixed over the three years of the electric supply agreement (ESA) from January 2021 through December 2023. The eMPower Millis rates will be: Millis has initiated, and will continue, a broad-based education and outreach effort to make residents and businesses aware of the program. All Millis residential and business accounts on Eversource Basic Service are eli-

Default Rate	Options		
Millis Regular	Millis Green	Millis Green+	Millis Basic
5% Additional Renewable Energy	50% Additional Renewable Energy	100% additional Renewable Energy	No (0%) Additional Renewable Energy
\$0.10634 per kWh	\$0.12086 per kWh	\$0.13698 per kWh	\$0.10473per kWh

gible to participate in eMPower Millis and will automatically be enrolled in the default electricity option, Millis Regular, as of their January 2021 meter read date. Account holders that do not want to participate in eMPower Millis can opt out without penalty before the program begins or at any time during the program. On or about December 1, 2020, eligible residents and businesses should expect to receive a letter from the winning electricity supplier, Constellation NewEnergy, Inc. on behalf of the Town. The letter will provide detailed program information, instructions on how to choose an optional eMPower Millis rate, or how to opt out of eMPower Millis. No action is necessary to participate in eMPower Millis's default electricity product. Default Rate Options

Millis Regular
 Millis Green
 Millis Green+
 Millis Basic
 5% Additional Renewable Energy
 50% Additional Renewable Energy
 100% additional Renewable Energy
 No (0%) Additional Renewable Energy
 \$0.10634 per kWh
 \$0.12086 per kWh
 \$0.13698 per kWh
 \$0.10473per kWh

The MA Department of Public Utilities approved the Millis aggregation plan in November 2018 and a competitive bid to select an electricity supplier was held in April 2020. For more information about the program, go to empower.millisma.gov, or call (844) 645-5232. Contact: Robert Weiss, Energy Manager, town of Millis rweiss@millisma.gov or (508) 906-3742

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Hopping Brook Conversation Continues

By J.D. O'GARA

Mid-December, the town of Holliston's Economic Development Committee met with a representative of the owners of 555 Hopping Brook Road, although a Planning Board meeting scheduled for the following night was cancelled due to weather conditions.

Michael Milanowski gave an overview of the agreements with the town to date, noting that the landowner (listed as New Hopping Brook Trust) will be selling the property to CRG Integrated Solutions. Although he said 70% of the time a company like CRG will retain ownership and lease the property to a proposed client, he left open the possibility that whatever company that comes in may want to purchase the property. The facility proposed, which CRG hopes will be open by 2021 (and, he said, be on tax rolls by FY 2022), would run 24 hours, with the plurality of the estimated 300 to 400 workers (over half) in the first of three 8-hour shifts, about 8 a.m. – 4 p.m. or 7 a.m. – 3 p.m.

He noted adaptations in the original plans, including a notice of project change to MEFA regarding use of a proposed sec-

ond building from office space to the same as the first, reducing its water and sewer needs, a change in the water system to create a loop in the Hopping Brook area that the town of Holliston did not have before, mitigation at the Holliston Rail Trail that includes flashing signals and raised speed bumps, the installation of a new traffic signal the contractor will pay for that has been approved and reviewed by Mass DOT to reduce speed on Route 16 and an agreement by CRG Integrated Solutions to use only state-numbered roads to move trucks out, specifically not South Street.

On the economic side, the presenter noted that, at \$1.20 in taxes per square-foot, the project, estimated at \$100 million, would likely bring \$1 million in annual tax revenue to the town. He added that final building plans must be in place for an official assessment. He pointed out that the project, located on property that has always been zoned as industrial, is pending one more final approval by the Planning Board.

Matthew Coletti, of the EDC, questioned whether any businesses in town opposed the project, to which Milanowski replied



Residents opposed to the proposed facility at 555 Hopping Brook Road say one of their top concerns is truck traffic. The Holliston Planning Board meeting on this will take place the first week of January.

that he was not aware of any. Later, residents balked at this, pointing to an earlier recorded meeting where Rodenheiser Plumbing objected to the project.

When the meeting was opened to the public, residents expressed to the EDC that they feared their properties would lose value due

to this development. Milanowski replied he was unaware of any documentation that economic development has a negative impact on real estate development, and Peter Barbieri, of the EDC, added that he has not seen any reduction in values of residential properties in proximity to industrial parks. Residents disagreed, insisting their properties are already devalued.

Residents also balked at the South Street agreement, saying they see a high incidence of truckers skirting traffic laws in their neighborhood and questioning the enforceability of such an agreement and voicing safety concerns. Members of the EDC noted that they needed to focus on the financial benefit or loss to the town. To that end, residents spoke up about shouldering the financial risk, with one commenting that these residents are seen as "collateral damage" in a project of this magnitude.

Before the meeting closed, Christine Carosella, of the EDC,

suggested that she would like to hear from Holliston residents about what businesses they would like to see in town. If this is not the type of business residents want zoned in industrial parks, what is, she asked. A short discussion of a survey reaching out to Holliston residents was discussed.

The meeting closed with members of the EDC noting that they had no power of approval or disapproval over the project, that their province was that of looking at the economic advantage or disadvantage. They agreed to put together a letter, which Peter Barbieri would draft, by their next meeting, which they changed to January 6th, so that it would be completed in advance of the January 7th Planning Board meeting. (At press time, the Planning Board meeting on January 7th had not been announced, but was alluded to during the EDC meeting.)

Three more documents have been submitted to the Holliston Planning Board since its last meeting on 555 Hopping Brook Road. These are posted at <https://www.townofholliston.us/planning-board/pages/555-hopping-brook-information>.

Residents of the area near Hopping Brook have organized, with two Facebook pages, West of Hopping Brook and West of Hopping Brook Truck Traffic and Jake Braking. Resident David Bastille has created signs for the neighborhood, which read "Big trucks belong on the big roads." Fellow resident Suzanne Lehmert Adelman is helping distribute these signs, available for \$10 to cover production costs.

"We have a very big problem over here. We are under siege from these HUGE trucks, and it gets worse every day. We are doing our best, but let's face it ... they are bigger than us," says Lehmert Adelman, a school bus driver for the town of Holliston.




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Millis and Natick Awarded JAG Program Grant

Funding will support law enforcement across the Commonwealth

Boston - Representative David Linsky (D-Natick) announced today that the state has awarded \$4.3 million in funding under the Edward J Byrne Memorial Justice Assistance Grant (JAG) Program to cities and towns across the Commonwealth, including Natick and Millis. The JAG Program is a federal grant program that is the leading source of criminal justice funding awarded by the Department of Justice. This will provide Massachusetts with important funding to support law enforcement, prosecution, drug and violence prevention and education.

“In a year where it has become increasingly apparent that policing and law enforcement must change with needs of the community they represent, I am

pleased to see increased funding to police departments, increased training, and improved working conditions” said Representative Linsky. “This funding will help in our continued work to create a better more constructive relationship between law enforcement and the communities they work for. I want to thank the JAG program for awarding Natick and Millis with the generous grants.”

Specific Fifth Middlesex Towns were awarded the following:

Millis - \$15,016 for Trailer; Cones and Barricades; Radios

Natick - \$20,000 for Diversity Training

To learn more about the JAG program visit <https://www.mass.gov>

Clyde Brown School Receives Architectural Award

Millis, MA – The Clyde Brown Elementary School in Millis was recently recognized by American School & University, an architectural journal, with a 2020 Citation Award. A jury of five experts in architecture and engineering from around the country evaluated school building projects to select Citation winners. According to American School & University, “Awarded projects exhibited clarity of concept, innovation, and creativity in response to

the specifics of program, users, community, and site.” The magazine cited Clyde Brown’s design features that “support . . . exploration, inquiry, active learning, and collaboration.” The Clyde Brown School officially opened in September of 2019. Access to the portfolio issue of American School & University may be accessed at: <https://secure.viewer.zmags.com/publication/e436a9fc#/e436a9fc/1>

Millis Overnight Parking Ban

Please be advised the seasonal ban on overnight parking, 9:00 PM – 6:00 AM began November 15th through April 15th. The Millis Police Department shall have the authority to remove to some convenient place, including in a public garage, any vehicle interfering with the work of the Department of Public Works in removing or plowing of snow or in removing of ice from public ways.

Medway Friends of the Performing Arts

MFFPA 2020 - 2021 Monthly Meeting

The MFFPA invites all parents, guardians and community members to join our monthly meetings. All are welcome, we are always looking for new participants to get involved to help support the music and performing arts students in the Medway school system.

For more information, visit medwayfriendsofperformingarts@gmail.com.

MFFPA 2020-2021 Monthly Meeting Schedule

- November 10th

- December 8th
- January 12th
- February 9th
- March 9th
- April 13th
- May 11th
- June 8th
- July – No Meeting
- August – No Meeting

All meetings will be virtual. Attendees must RSVP for the link and must sign in as their full name to be admitted to the meeting.

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Living Healthy

Milford -Franklin Eye Center Decades of Service to the Community and a New Provider in 2021

BY ROGER M. KALDAWY, M.D.

MILFORD FRANKLIN EYE CENTER

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that we have grown to a dedicated group of 8 physicians and Optometrists. In January of 2021 Dr. Mai-Khuyen Nguyen, OD will join our team in our state-of-the-art medical offices in Franklin and Milford. Dr. Nguyen is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family.

With offices located in Milford and Franklin and a support staff of 50, we are proud to be the leading medical and surgical

eye care center in the area and one of the major eye care institutions in the State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No more need to travel miles and hours to have cataract surgery! Five experienced eye physicians/surgeons and 3 optometrists are here to provide comprehensive and excellent eye care for the entire family.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at University of Rochester and his fellowship in Cornea and Refractive Sur-

gery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of his trainees are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world including University of New York, Stanford University and University of Wisconsin, Madison. Dr. Kaldawy is proud

to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed tens of thousands of procedures and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy is the first and only surgeon in the area to offer bladeless laser-assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford.

Dr. Hatch is the only fellowship trained pediatric ophthalmologist in the area, and is a skilled surgeon with training in the latest techniques for straightening misaligned eyes. Dr. Hatch earned bachelors and master's degrees in engineering from Boston University and Dartmouth College. He completed his medical degree at the University of Massachusetts Medical School in 1988, followed by residency in Ophthalmology at Yale-New Haven Hospital and fellowship in Pediatric and Neuro-ophthalmology at Duke University. Returning to his home state in 1993, Dr. Hatch joined the Milford-Franklin Eye Center where he focuses on comprehensive pediatric and adult ophthalmology and adult strabismus.

Dr. Lashkari is our practicing vitreoretinal specialist as well as a scientist at the Schepens Eye Research Institute, Harvard Medical School. He is also a part-time Assistant Professor of Ophthalmology at the Harvard Medical School. Dr. Lashkari completed

a Medical-Surgical Fellowship in Vitreoretinal disease at Massachusetts Eye and Ear Infirmary.

Dr. Ahmed graduated Magna cum Laude with Honors from Brown University with a degree in Mechanical Engineering. She then pursued her medical degree at Medical College of Georgia followed by a medical internship at Mercy Hospital in Baltimore, MD. She completed her residency in Ophthalmology at Tufts Medical Center in Boston, MA followed by a Cornea and Anterior Segment Fellowship at Baylor College of Medicine in Houston, TX. Her specific interests include ocular surface disease, complex cataracts and corneal transplantation.

Dr. Perriello Consigli received her Bachelor of Science degree from Clark University in 1987. She went on to earn her Doctor of Optometry degree from New England College of Optometry in 1991. Dr. Consigli has over twenty five years of experience, spending several years in private practice. In February 2019, Dr. Consigli joined Milford-Franklin Eye Center. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye disease.

Dr. Adams, graduated from John Carroll University, Bachelors of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from The Ohio State University in 1997. In 2003 he received his

EYES

continued on page 9



MILFORD - FRANKLIN EYE CENTER

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Roger M. Kaldawy, M.D. John F. Hatch, M.D.
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Living Healthy

EYES

continued from page 8

Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease and laser refractive surgery.

Dr. Mai-Khuyen Nguyen joins Milford-Franklin Eye Center from the New England Carpenters Benefit Fund – Vision Center, where she served as Head of Optometry. She has over 9 years of experience in comprehensive eye exams for adult, geriatric, pediatric, and special needs populations. Her experience includes performing contact lens fitting and managing contact lens complications. Dr. Nguyen is also experienced in glasses fitting and lens edging. Her charitable activities include participating in Boston Cares program and the Boston Special Olympics.

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are dif-

ferent. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is you, your vision and excellent results. We are available, in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. We offer after-hours, same day emergency appointments and Saturday appointments. We have a new management focused on quality customer care. Eight providers dedicated to the best in eye medicine and surgery and now to even serve you better a new provider: Welcome Dr Nguyen. Please stop by and say Hi... We are here to serve you.

For more details, see our ad on page 8.

Millis Senior Center

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, and Thursday 9:00-4 Wednesday 9-2 Fridays 9-12:30. For more information call (508) 376-7051

Regular Events: Have been postponed until further notice.

Coffee Chat with Becky Grab your favorite cozy beverage and join the Coffee Chat Zoom meeting to discuss any and all things related to outreach! We can talk about accessing local resources, applying for Fuel Assistance or even brainstorm ways we can help out our community. Bring your questions and ideas on Tuesday, January 5th and January 19th @ 10am for a lively discussion. You must pre-register for this event. Call the COA and provide your email address to get the Zoom link.

Game Time with Becky Let's play virtual Scattergories on Fri-

day, January 15th at 11:00. I'll pick a letter and you come up with an Animal, Place, Name and Thing that begins with that letter. Fastest unique responses win's a bookmark! Preregister by calling the Center with your email address.

Pen Pal Program The COA is partnering with the Recreation Department to bring back the Sunshine Club! So often our snail mail is only bills and advertisements. Wouldn't it be nice to receive a card or note from a local family who would like to spread some cheer in the community? Sign-up to join this program at the COA. The Recreation Department will match a senior with one of their volunteer families. Your privacy will be protected, with all mail coming through the COA first and then distributed to participants. This program will begin February 1st and continue through the end of March. Any questions?

Call Becky

BLOOD PRESSURE CHECKS Thursday, January 7th and 21st from 11:00-11:30 Appointment only. Please call the Center when you arrive for your appointment. To ensure everyone's safety, we will meet you in the parking lot and do a temperature check and verbal wellness screening before you enter the Center.

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. We will ask you what you would like, and a staff member will bring you the baked goods. Leftover goodies will be delivered to Housing around 11:00.

SENIOR CENTER
continued on page 10

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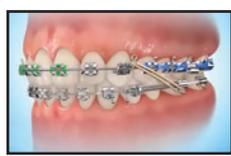
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SENIOR CENTER*continued from page 9*

TRADER JOES FREE FLOWER and PUZZLE GIVEAWAY Tuesday, January 12th and 26th from 2:00-2:30. No sign-up required Outside in rear parking lot on Park Street. Masks and 5 ft social distancing required.

Fitness Room :

- Will follow Town Hall entry guidelines above
- 4 person capacity in the room at one time
- Call ahead for reservation to ensure room is not over capacity
- Masks required for entry to Senior Center
- You must have a verbal wellness screening and a temperature check upon arrival
- Please keep 14 feet distance between others at all times
- Wipe every machine down after use with provided wipes

TRANSPORTATION: Medical and Shopping only

- Limited hours 8-1. Monday - Thursday only Verbal wellness screening upon transportation booking
- Please take your temperature at home prior to trip. Any temperature 100.4 F or greater

is considered a fever, please reschedule.

- Temperature checks and verbal wellness screening of all passengers upon pick-up
- 3 passengers on van 3 per trip. 2 passengers on van 1. 1 passenger in vehicle.
- Riders are to sit separately
- Masks required for all passengers and driver.
- We will clean and disinfect commonly touched surfaces in the vehicle at the end of each shift and between transporting passengers.

OUTREACH— APPOINTMENT ONLY: - Available Now

- All requests for appointments will be given instructions regarding policies and a verbal health screening at the time of booking.
- Appointment only basis. Please take your temperature prior to coming into the Center. Any temperature 100.4 F or greater is considered a fever, please reschedule.
- Residents arrive for their program through the ramp entry only. Mask required.
- Please arrive at your scheduled time and call (508) 376-7051. A staff member will unlock the door and escort you into the building. We cannot allow you in until your sched-

uled time. Please do not arrive earlier.

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

FACE COVERINGS : Required For Entry

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

Tri-County RVTHS Takes Extraordinary Steps for Fresh Air

Tri-County will be the areas first school to complete installation of an upgraded HVAC System that includes UV lights in ducts

Franklin, MA— December 1, 2020 — Tri-County Regional Vocational Technical High School's facilities department and HVAC Contractors have recently finished upgrading and replacing the school's central HVAC Systems, classroom and building VAV boxes, and unit heaters throughout the facility. New control valves and thermostats have been installed and tied into the new building control/management system to ensure the facility's equipment's proper operation.

This upgrade/replacement will improve building comfort by balancing the system and will address the building's indoor air quality (IAQ) and will help maximize the system's cubic feet per minute (CFM) output. The new energy management system allows the equipment to precisely control the flow of fresh air being brought into the building. The new units can bring in 100% outside air, which will enable us to dilute the indoor air with fresh air and dramatically increase overall

IAQ. The new control system allows fresh air to be brought in hours before the building will be occupied for the day. Classrooms will see a minimum of six air exchanges per hour. The air will now be scrubbed by two filtration racks equipped with high-efficiency air filters (rated at MERV 13 and higher) with a total filter thickness of 14" instead of the single rack 4" filter equipped in the old system. Tri-County's Facilities Department will be able to control the exhaust fans in the building and enable them to remove more air from the building and maintain a constant air exchange throughout the facility.

The next step in the process is to install UV Commercial lights in the HVAC ducts. UV lights kill toxins in the handler, which include: mold, bacteria, and other germs.

"We are excited to put this technology in place to help mitigate the threat of airborne germs," says Harry Takesian, Director of Facilities Management

For more information Contact:

Harry Takesian, Director of Facilities Management (508) 528-5400 x296 takesian@tri-county.us

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Housing Lottery: January 18, 2021 @ 7PM via Zoom Please call Susan Jacobson @ 508-440-2812 for Zoom Information or see Zoom Links on application

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Other Restriction Apply

To apply, please contact

Susan Jacobson, Norfolk Municipal Affordable Housing Trust, 508-440-2812

Application can be found at www.norfolk.ma.us, under "What's New"

Application can be sent via scan, fax or can be picked up by contacting Susan Jacobson and making an appointment to pick up at Norfolk Town Hall by appointment only

email contact: sjacobson@norfolk.ma.us

Use and resale restrictions apply



Town Reminds Residents on Power Outage Reporting

The Town of Medway reminds residents to text or call Eversource if you experience a power outage. Download the mobile app or text "OUT" to 23129 for outage updates.

In preparation for the storm,

please remember to charge your cell phone and power pack chargers in case you lose power.

More helpful tips on preparing for the storm can be found on the Eversource website: www.eversource.com.



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Medway Agricultural Commission Photo Contest

The Medway Agricultural Commission, in association with the Medway Cultural Council, held its First Annual Photography Contest ending October 8, 2020. With more than 30 submissions, judging resulted in three winners: Congratulations to the 3 prize winners! The 1st place prize goes to **Adam Ellis** for his photo of a steer up close! The 2nd place prize goes to **Lorie Brownell** for her photo of birds and plowing! The 3rd place prize goes to **Mary Weafer** for her photo of a sunflower blossoming in color!



1st Prize: Adam Ellis – Steer in Close Up

‘Wonderful composition and beautiful lighting. Excellent B&W conversion retaining excellent darks and shadows, as well as beautiful texture of the subject’s fur. Light in the steer’s eyes is lovely and makes for a soulful image. Background is well-suited for this mood also, offering little distraction from the subject of the photograph.’



2nd Prize: Lorie Brownell – Birds & Plowing

‘Wonderful dynamic storytelling image with the exposition of diligent earth focused working farmer oblivious to and contrasted against a flock of birds taking to the air. Good color capture of blue sky, green/brown earth, and colorful tractor.’



3rd Prize: Mary Weafer – Sunflower Blossoming

‘Nicely composed and set against additional sunflowers, adding depth to the photograph. Utilizes a vibrant and warm burst of color enhanced by the charm of a ladybug. Lighting is even and lovely offering good definition for each petal.’



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Medway Bags Hunger

On Saturday, December 12th, 2020, Medway Bags Hunger presented Holiday Helping Hands, a contactless drive-thru food drive for Medway Food Pantry at 600 Mahan Circle. Donors filled bags

with non-perishable food items, brought them to the Medway Food Pantry at Mahan Circle, and masked volunteers collected food bags directly from vehicle trunks.



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Millis Student Cherry Farrar Accepted to Bard Academy at Simon's Rock

It's not every day that high school students break with tradition to attend a school that prepares them to enter college after the 10th grade, but for this Millis, MA student, that's exactly the case. This year, Cherry Farrar joined the fall 2020 class at Bard Academy at Simon's Rock, the nation's first two-year high school for boarding and day students. Simon's Rock successfully created a safe, socially distanced learning environment this semester, with primarily in-per-

son classes as well as hybrid and remote offerings.

Farrar's academic and personal achievements stood out, securing Cherry a spot at Bard Academy this fall. Farrar will automatically matriculate into Bard College at Simon's Rock after 10th grade, establishing a clear path for continued intellectual engagement and success.

About Bard Academy at Simon's Rock Bard Academy students pursue an intensive curriculum

for 9th and 10th grades, taught by college professors who are leading scholars in their fields. Academy students will earn their Associate of Arts degree from Bard College at Simon's Rock after only four years and a Bachelor of Arts degree after only six years, giving them a significant head start on pursuing their personal and professional goals. For more information, visit bardacademy.simons-rock.edu.



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It's Never Been More Important or Easier to Create or Update Your Estate Plan

Estate Planning is more important now than ever before, and luckily it's never been easier to implement an estate plan.

Do you know who would make healthcare or financial decisions for you if you lost capacity? Who would care for your children? These are some of the important decisions an estate planning attorney can help you navigate. And for the first time in Massachusetts, you can complete your estate plan with an attorney virtually, from home.

Under emergency orders issued this spring, law firms in Massachusetts have the ability to witness and notarize estate planning documents virtually, so you can stay warm, safe and healthy and gain the peace of mind that comes with providing guidance, direction and securing your legacy for your family.

After you've reached the age of 18, no one automatically has the authority to make health or financial decisions for you, not even a spouse. It is essential that

you have the legal documents in place naming a person or people who can make decisions on your behalf. These disability planning documents, the Durable Power of Attorney, the Health Care Proxy/Living Will, the HIPAA Authorization form an essential part of your estate plan.

Almost half of Americans 55+ don't have a will, and data shows that these Americans are at the greatest risk for serious complications and death from COVID-19. Younger Americans are less likely to have a will, but because the pandemic has impacted people of all ages, its essentials for everyone to create or update their estate plan, no matter your age. Estate planning is essential whether or not there is a pandemic, but they are critical to have now.

Having a will and or trust in place allows you to control who manages your assets and cares for your loved ones if you lose capacity or pass away. You're able to designate guardianship for minor children and provide guidance for their care.

If you have an estate plan in place, it's essential that you review it and update it to reflect your current wishes and the current law. 86% of estate plans don't work when you need them to. Common reasons are that the plans are outdated, failing to keep up with the law, or failing to have the right people in positions of authority. If your will or trust is 15 years old, just think about all the things that have changed in your life in the last 15 years! Add to that changes in the law and you're in need of an update for sure.

Our office is offering virtual webinars to learn more about estate planning and how it can help you meet your goals and objectives, protect your legacy and help your family. We also offer virtual (and limited in-person) consultations to understand more about your goals and objectives and implement or update your estate plan.

This is a paid advertisement by Dennis Sullivan & Associates



Courtney Loney from All Things C Photography in Plainville.

Tri-County RVTHS' Michelle Tilden Awarded Leadership Award

Michelle Tilden of Tri-County's Early Education Program has been awarded the Graduate Student Leadership Award from Fitchburg State University

Tri-County's Michelle Tilden, Early Education Teacher, has enjoyed working with a diverse group of learners for nearly thirty years. Since 2002, she has been teaching early education at Tri-County and helping her students train for employment in the human services field.

Michelle was nominated for this award due to the numerous contributions she has made in her field, including accompanying students to the national SkillsUSA conference where they placed 4th. Michelle continued to be a lead advisor for several years and continues to coach individuals and teams from the early education program.

"I was honored to be nominated. When I received a phone call from President Lapidus of Fitchburg State University to congratulate me on being selected for the Graduate Leadership Award, that was a WOW moment for me," says Michelle.

At Tri-County, Michelle serves on numerous committees and training projects. She is the vocational representative for a team of teachers and administrators who work together to improve the educator evaluation process for their district. Their vision is for a collaborative coaching model of evaluation, emphasizing reflective practices to promote individual and school development and growth.

"Michelle's enthusiasm for vocational learning makes her an asset to the Tri-County community. For almost two decades, she has shared her passion with our students and faculty, and we look forward to seeing what the future holds." Stephen Dockray, Superintendent-Director.

This honor is awarded to Michelle as she finishes her graduate degree, an M.Ed., in Occupational Education. "My educational philosophy is strongly rooted in the value of vocational education for high school students; this was a natural path for me to pursue so that I can model these values for our students," Michelle said.

For more information Contact: Michelle Tilden, (508) 528-5400, tilden@tri-county.us

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Millis Public Library - Return to Contactless Service ONLY Effective 12/14/20

Dear Millis Library Patrons, Due to the designation of Millis as a "red" or high risk community for contracting COVID-19 the Millis Public Library is returning to contactless service only. We are honoring existing appointments on December 11th and 12th, and moving to completely contactless on Monday, December 14th. This decision was made in close collaboration with the Millis Board of Health, Town administration and our Board of Trustees. For patrons this means that until conditions improve, we will not be hosting anyone inside the building for Browsing or Desktop Computer Use appointments. During this time, the staff will continue to be in the building

during operating hours, so please feel free to call us to request books, set up curbside pickups, inquire about tech help or virtual programming, or to ask for help with your library account. We are hopeful that conditions will improve soon and that we will be able to see you in person again. Please do contact us if there is any way we can be of service- we love and miss our patrons, and wish you safety and warmth during this difficult season. Sincerely, The Staff of the Millis Public Library
www.millislibrary.org
contact@millislibrary.org
508-376-8282

Registration opens February 1 for Summer Adventures Camp

Online registration opens February 1 for Medway Community Education's Summer Adventures Camp at Medway Middle School. The camp will run for eight weeks from June 21-August 13 for children entering grades K-6. The camp features many

fun activities including arts & crafts, science activities, games, sports and more, making use of the fields and facilities at the Middle School. Register starting Monday, February 1 at www.medwayce.org

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Millis Schools will receive a total of \$5,113,893, which is a \$282,581 increase over FY20

Unrestricted General Government Aid (Local Aid) will be: Millis - \$1,111,757
Representative David P. Linsky (D-Natick) announced today that the Legislature and Governor Baker agreed to ensure significant increases to local aid and state aid for public schools across the Commonwealth, including the Fifth Middlesex District. This agreement will allow the towns and school districts to maintain success without significant budget cuts, which were feared by many. "I'm proud that in these very challenging times that we were able to continue to prioritize local aid and education in the Commonwealth," said Representative Linsky. "This agreement ensures the necessary local aid funding to keep our cities and towns, and public schools, running to the highest of standards."

ditional \$107 million in aid over FY20. Each school will also be receiving Elementary and Secondary School Emergency Relief and Coronavirus Relief Fund monies in order to provide assistance for schools' reopening needs. These funds were appropriated by the United States Congress and are being distributed through state government.
The total amount of funding in the Fifth Middlesex is as follows:
Millis Schools will receive a total of \$5,113,893, which is a \$282,581 increase over FY20.
Natick Schools will receive a total of \$11,713,593, which is a \$1,592,826 increase over FY20.
Sherborn will receive a total

of \$830,076, which is a \$136,493 increase over FY20.
Dover-Sherborn Regional School District will receive a total of \$2,679,365, a \$396,971 increase over FY20.
Tri-County Regional High School will receive a total of \$6,009,494, a \$292,656 increase over FY20.
Joseph P. Keefe Technical High School will receive a total of \$6,560,693, a \$1,233,264 increase over FY20.
Unrestricted General Government Aid (Local Aid) will be:
Millis - \$1,111,757
Natick - \$4,046,428
Sherborn - \$230,013
These funds are level funded at the same level as last year.

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The Sandwich Generation is Growing, and So are Its Responsibilities

Across the United States, millions of middle-aged adults struggle with the dual responsibilities of raising a child and caring for an aging parent. They are members of what is commonly called the sandwich generation. In fact, a 2018 Pew Research Center analysis of Bureau of Labor Statistics data found that 29% of adults have a child younger than 18 at home, and 12% of parents with a child at home provide unpaid care for an adult as well.¹

The rise of the sandwich generation is a byproduct of two powerful trends: (1) women giving birth later in life, and (2) the

increasing longevity of the U.S. population. When you combine these factors with a growing number of young adults living with their parents, it's easy to see why so many middle-aged Americans are concerned about the future. If you are one of them, here are a few steps you can take to protect your loved ones and prepare for the financial responsibilities ahead

Have a plan for eldercare.

Talk to your parents about the kind of care they'd prefer, and discuss it with your siblings. See which, if any, family members

have the capacity to help provide care and which home would be the most accessible. In case external help is needed, research local resources to see what is available—and at what cost. Most importantly, consult an attorney and make sure you have all the legal documents needed to make sudden medical and financial decisions if the need arises.

Evaluate your resources.

Before determining a course of action, make sure you know what resources are available. Can your parents pay for care on their own? Do they have long-term

care insurance? Do they own any whole life insurance policies with living benefits² that they may be able to use to pay for care? Can other family members contribute financially? Is public assistance a viable option?

Protect your children's lifestyle and future.

While caring for a parent is a huge responsibility, it's important to make sure your children's needs and your own retirement needs are also met. If you haven't done so already, set up a college fund and make funding it a priority. If your place of employment offers a 401(k), try to contribute the maximum amount allowable, and make sure you contribute at least enough to get the full company match. Also, consider purchasing a term or whole life insurance policy that can help to protect your family's future in case anything tragic happens to you.

¹ Gretchen Livingston, "More than One in Ten U.S. Parents Are Also Caring for an Adult," Pew Research Center, November 29, 2018. <https://www.pewresearch.org/fact-tank/2018/11/29/more-than-one-in-ten-u-s-parents-are-also-caring-for-an-adult/>.

² Loans against your policy accrue interest at the current rate and decrease the cash value and death benefit by the amount of the outstanding loan and interest.

The sandwich generation is growing, and so are its responsibilities.

Caring for children and aging relatives at the same time is never easy, but with the right planning and resources, it is possible to do both. With so many people joining the ranks of the sandwich generation, now's the time to start planning for the future.

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



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Medway Village Church Food Pantry Open to Those in Need

The Medway Village Church Food Pantry is open to all Massachusetts residents every Saturday morning, 8:00 am to 10:00 am. Due to COVID-19 restrictions, clients are asked to wait in their cars until directed to come inside and shop for groceries.

Our pantry offers 100% choice, which means that clients choose which items they need each week, including shelf-stable items, fresh eggs, produce (in season), frozen meat, cheese, bread, paper products (including diapers), and hygiene items.

We operate on a purely volun-

teer basis with minimal overhead expenses, so all donations go directly to providing necessary food and household items. All of our funding comes from grants and donations from individuals and businesses in the community.

Food donations may be brought to the church during office hours or dropped off at the pantry at 10:30 on Saturday mornings.

If you have questions about donating or volunteering, please call the church office at 508-533-6401 or email mvcfp170@gmail.com.

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Sports

Inexperience Will Be Medway Boys Quintet's Toughest Foe

By KEN HAMWEY
STAFF SPORTS WRITER

Eric Copeland is in his third year as the Medway High boys basketball coach and if it's anything like his first two campaigns, then maybe the Tri Valley League will have to break up the Mustangs.

All the 46-year-old Copeland achieved in his first two years on the job was two winning seasons that propelled Medway to a pair of TVL Small Division championships. To duplicate that success, however, won't be easy. The task could even be labeled as "Herculean."

Copeland, who was an assistant at Medway and Franklin for 20 years, is acutely aware that his team lacks experience and must create depth in a hurry.

"We graduated 10 seniors from last year's 17-5 squad and we've got only three returnees with varsity experience," he said. "We're inexperienced at all three positions and we've got a big learning curve. But, our returnees and the players up from the jayvees are athletic, coachable and possess a strong work ethic. We're working with a brand new group and that means going forward will be a big unknown for us."

The Mustangs no longer have point guard Drew Plunkett, power forward Ryan Johnson or off-guard Kyle Regan. The graduated seniors were an impactful trio. Plunkett was the TVL's MVP his last two years and Johnson was a league all-star twice. Regan was consistent and competitive.

Copeland gets results because he sets expectations high. That hasn't changed but this year's journey will be different. The Covid-19 pandemic forced the Mass. Interscholastic Athletic Association to modify some of the rules for winter sports. There'll be no Sectional or State play-offs and because basketball is in a high-risk category, there are new protocols.

Masks must be worn on the court and social distancing will

be required on the bench. Other changes include: no locker-room presence; limits on crowd size; no handshakes after games; no jump ball to start the game; only four players allowed in the lane for free throws; and all in-bound plays must be on the sideline. There are no halftimes and rosters must be no more than 12. Also, disinfecting the game ball between quarters and hand-sanitizer usage by each player before entering and exiting the game are mandatory.

"We're glad we have the chance to play," Copeland said. "Any normalcy for the kids is huge. We are adjusting to all the changes and we will control what we can. I am pleased that the changes for basketball don't drastically alter our game. What is important, however, is our priorities. We want health and safety for everyone, and mental health also must be considered."

Copeland's three returnees are all guards and they include juniors Liam Harrigan and Christian White and senior Ben DaFonte.

"Liam has some experience," Copeland said. "He's smart, can pass, and understands our offensive and defensive strategies. This is his second year on the varsity and we're hoping he'll be a consistent scorer and get assists. Ben is in his third year. He gets to the basket and can get the ball out fast in transition. He's quick, has speed and we're hoping his offensive game will be a plus. Christian is a second-year player who has got good shooting potential from the perimeter. He's a high-quality athlete who's defense-

minded. All three are unselfish players."

Two jayvee players, who were called up last year during the Sectional Tournament, are juniors Oliver Magliaro (guard) and Darias Banidias (forward). "They got the feel of being on a varsity team," Copeland noted. "They are coachable, hard-working and excellent teammates. We are looking forward to them contributing."

Other jayvee players who will be competing for playing time are seniors Andrew Benedetto (forward) and Brady McNamara (wing), and junior wing Shea O'Neil. "All showed flashes of success as jayvees," Copeland said. "It's our hope their success at the jayvee level will be repeated on the varsity."

The experience that Copeland gained as an assistant coach no doubt has been extremely valuable in his head-coaching role. He also has quality credentials as a player. He was a TVL all-star in basketball at Medway and he also played soccer. At Western New England College in Springfield, where he majored in criminal justice, he played three seasons at guard and was a two-time captain. Copeland currently is a sergeant for the Franklin Police Department.

Medway's corps of assistants this season are jayvee coach Steve Linehan, varsity assistant Shane Jackson, and freshman coach Andrew Tiernan.

Competing in the TVL Small Division is always a challenge and Copeland views two squads — Bellingham and Dover-Sherborn — as the teams to beat.



"They both have experience and talent," he said. "They're also skilled and athletic. Dedham also will be in the picture with TVL all-star Joe Powers returning. They could surprise everyone."

Medway may not be on opposing teams' radar as a formidable foe but don't discount the Mustangs' tenacity. Copeland's competitive philosophy is another plus.

"I strive to help the kids sharpen their skills and I challenge them with high expectations," he emphasized. "I also want open communication with the players and it's imperative that we build trust that goes both ways."

Medway's basketball team may be young and inexperienced, but two things are obvious — the program is in a healthy place and so, too, is its winning tradition.

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Sports

Tri County Vocational Cancels Winter Sports Season

By KEN HAMWEY, STAFF
SPORTS WRITER

A new year often signals that changes are coming, but for Tri County Vocational, it's status quo when it comes to interscholastic athletics. For the third consecutive season, the Cougars will not be competing in varsity athletics after the school district canceled all winter sports.

The decision was made on Nov. 30, and on Dec. 1 the Franklin school issued this statement regarding winter sports:

"While we have safely begun to transition our population back into the school building, there are still a myriad of hurdles to overcome. As we look ahead to the winter months, the health, safety and wellness of our student athletes, coaches and others associated with our athletic program remain our top priority. "Unfortunately, this factor in conjunction with the decisions of many other fellow Mayflower Athletic Conference schools, have led the District to cancel the winter athletic season."

Tri County, along with every other public school in Massachusetts, could not compete last spring, because the Massachusetts Interscholastic Athletic Association (MIAA) canceled all sports because of the coronavirus pandemic. But, when fall rolled around, most schools were back competing, even with autumn teams facing a plethora of modifications. Tri County and other Mayflower League schools, however, moved their fall sports to the

newly-created Fall 2 season that gets underway in late February.

"Cancelling the winter season was not an easy thing to do," said Sara Martin, Tri County's Athletic Director. "It's the hardest decision an administrator can make, because athletics are a part of kids' lives. A decision like this gets everyone upset. It's devastating for student-athletes, coaches and parents. We did not make this decision lightly."

Besides Martin, the regional school committee, the Tri County Principal (Michael Procaccini) and the Superintendent (Stephen Dockray) all were part of the decision-making process.

"Other Mayflower League schools faced challenges," Martin noted. "Schedules were staggered, and their gyms were transformed into classrooms. We were hoping to salvage basketball and hockey, and we held out as long as we could. When other league schools decided not to pursue those sports, that left us with what could be only non-league games. "We knew that scheduling games would be extremely difficult, because conferences, like the Tri Valley League, are competing strictly within their league."

Tri County's gym may have to be converted into part-time classrooms because the school is looking to bring in more students academically. And, with all the safety protocols and transportation limits (no more than 25 people on a bus) Martin said "we just couldn't make the pieces work."



Sara Martin, Tri County Vocational's athletic director, hopes students can return to varsity competition in the Fall 2 season.

At Local Town Pages deadline, Tri County was bringing students in for four days every other week for vocational learning, while fully remote for one half-day of vocational weeks and for all academics.

Besides Tri County, the Mayflower League schools include Norfolk Agricultural, Southeastern Regional, Bristol-Plymouth, Old Colony, Diman Voke, Blue Hills Regional, Upper Cape Regional, Cape Cod Tech and Bristol Agricultural. The communities that Tri County serves are Franklin, Millis, Medway, Norfolk, Wrentham, Sherborn, North Attleboro, Plainville, Seekonk and Walpole.

Martin is "cautiously optimistic" that the school will participate in the Fall 2 season when its

football, soccer, volleyball, golf and cross-country teams will get an opportunity. "We'll be happy to compete with whatever modifications are imposed," she emphasized. "I'd like those sports to be played, and we'll do our best to make it happen."

Martin, meanwhile, has started an intramural program at the school. On Dec. 14, students who signed up and registered could participate in basketball, volleyball and indoor track.

"I pushed for this," she said. "The kids need physical activities, and we need to help them unleash their energy by playing sports again. I am an athlete, and I miss competing. We are following protocols such as wearing masks, social distancing, hand sanitizing and crowd limitations. There is a cap for each sport, and no more than 25 students can compete at a time. The key is we are addressing social, emotional and physical needs."

Another opportunity arrives this month when open skating will be held at the Pirelli Veterans Arena in Franklin. Ice time was purchased early and now it will be used during January and half of February. "We have an hour available three times a week for

six weeks," Martin said.

Although vaccines will be offered soon, Martin says they should help and that "it'll be a long process, a part of the puzzle."

It's obvious that no matter how much education an administrator has, dealing with a pandemic has been all about on-the-job training. Martin has a bachelor's and master's degree in history from Providence College, and she also earned a second masters in administration from Framingham State. Not only does she handle all the athletic activities at Tri County, but she also teaches history.

"The pandemic causes changes and uncertainty every day," she said. "It's an exercise in patience and flexibility. I like to plan, but the changes and the uncertainty are somewhat prohibitive, because you can only plan for several scenarios."

Currently at Tri County, the focus is on getting varsity athletics back on the menu. Hopefully, the coronavirus will be conquered moving forward, enabling the Cougars' athletic teams to find some enjoyment in the Fall 2 season that begins next month.

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Medway Fire Department Advises on Snowblower Safety

Medway Fire Department would like to share a few operating tips with residents on snowblower safety. We can't emphasize enough to turn off the engine on a gas machine or unplug the motor on an electric

model before clearing a clog at the auger or discharge chute. Use the clearing tool or stick, never hands or feet, to remove the clog.

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M/M

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For youth and teens, try an Online STEM program, train to be a babysitter, or learn the art of karate! During February Vacation, join us In Person for either our Winter Wonderland

Arts & Craft program or for gymnastics fun and exercise!

For adults, we encourage you to try something new! How about Opera, Botanical Printing or Mosaic Art? Also, Yoga, Meditation and Tai Chi programs are offered for your health and well-being. Do you love Molly's Apothecary? We are delighted to offer two In Person Ladies Night Out pro-

grams - Hands & Body and Valentine's Day.

Visit us online at www.medwayce.org and browse our electronic Winter Brochure for detailed information on all programs and for registration. Please contact our Department with questions: communityed@medwayschools.org or call 508-533-3222 option 4.

Medway Parking Ban in Effect

Medway Police Chief Allen M. Tingley is advising all Medway residents that the overnight winter parking ban went into effect on Monday, November 30, 2020 at 1 a.m. and remains in effect until further notice.

During the winter parking ban, on street parking will not be permitted during the hours of 1 a.m. through 5a.m.

Residents are reminded that vehicles parked on the street during those hours will be ticketed, and if such parking interferes with snow removal, the

vehicle will be subject to towing at the owner's expense.

In the case of an extenuating circumstance where temporary overnight parking on the street is necessary, please contact the Medway Police Department at (508) 533-3212 to request permission. The Medway Police Department should be contacted for each occasion.

Chief Tingley also reminds residents that parking on the sidewalks is not an alternative to on street parking.

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Real Estate Corner

Register O'Donnell Announces 38,000th Book Printed at Registry of Deeds

Norfolk County Register of Deeds William P. O'Donnell recently announced a significant milestone as the Registry completed printing its 38,000th book of recorded land documents.

Register O'Donnell noted, "During the COVID-19 state of emergency which began in Massachusetts on March 10, 2020, the Norfolk County Registry of Deeds, although closed to the public, has remained fully operational. Through the work of our dedicated employees, we have been able to continue Reg-

istry operations without missing a beat. Documents have been getting recorded, scanned into our online computer system so they can be viewed online via our website www.norfolkdeeds.org, and verified to ensure accuracy. Additionally, we continue to print documents. Our 38,000th book, which includes land documents such as deeds, homesteads, mortgages and mortgage discharges, is an important milestone in the history of the Registry and a true testament to the volume of work completed each and every business day here at the Registry of Deeds. The printing of books

provides a link to the Registry's rich history which dates back to its founding in 1793."

"While the Registry continues to print books, it should be noted the Registry also continues to embrace and utilize state-of-the-art technologies, allowing us to record land documents instantaneously. Documents are scanned and available for viewing within 24 business hours of recording at www.norfolkdeeds.org."

"Our online computer systems are backed up on a nightly and weekly basis. This redun-

dancy allows the Registry to maintain a permanent record of all land document recordings in the event of a disaster affecting our building at 649 High Street, Dedham. Additionally, the Registry also microfilms all recorded land documents and ships the microfilm off-site to a secure location where it can be retrieved in the event of a catastrophe," stated the Register.

As indicated previously, the general public and users of the Registry are currently unable to visit the Registry of Deeds due to the COVID-19 pandemic. While we can not provide a time certain when public access will be restored, we are encouraged by news surrounding a viable vaccine. When the Registry does once again open its doors to the general public, residents and users will have options to view land documents by whichever means they are comfortable. Either hard copy via books or on-line by one of our many computer workstations available to the public or from the convenience of their home or work computer.

Concluding his remarks, Register O'Donnell stated, "During its existence, the core mission of the Registry of Deeds has remained unchanged; recording land documents in a safe, secure and accessible manner. Part of this charge is to serve as a depository for over 8 million land documents recorded from the Registry's beginning in 1793 right up to the present day. While we have embraced the latest technologies to improve efficiencies, the printing of books allows us to maintain a permanent hard copy record of each recorded land document on-site and continue a tradition that also dates back to the founding of the Registry of Deeds in 1793. Please know that we are hopeful our doors will be open to one and all sooner than later. Until then, be healthy, be safe."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds

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JODI@BHHSPageRealty.com



BERKSHIRE HATHAWAY
HomeServices
Page Realty

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Let's Laugh Today is Free EVERY Wednesday at 7:30pm on ZOOM!

Give Yourself the Gift of Laughter! Let's Laugh Today is free on ZOOM! 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. See www.letslaughtoday.com for link to the free 45 minute ZOOM

Meeting EVERY Wednesday at 7:30pm. All ages are welcome. You can sit or stand the entire time. No need to get down on the floor. It's a good time to try something new and take care of our mental and emotional health! Led by Certified Laughter Yoga Master Trainers and Laughter Ambassadors, Linda and Bill Hamaker.

Our Ad & Editorial Deadline is the **15th of each month**, for the following month's issue.



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Happy New Year!

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SOLD	 <p>12-14 Clark Street Framingham - \$600,000</p>	SOLD
SOLD	 <p>36 Stratford Road Natick - \$819,900</p>	SOLD
SOLD	 <p>KENSINGTON PLACE MILLIS New Construction - Ava Marie Model \$479,900</p>	SOLD
SOLD	 <p>79 Farm Street Millis - \$369,000</p>	NEW LISTING
SOLD	 <p>177 Plain Street Millis Townhouse - \$559,000</p>	NEW CONSTRUCTION
SOLD	 <p>166 Village Street Millis - \$574,900</p>	SOLD
SOLD	 <p>163 Village Street Millis - \$499,900</p>	SOLD



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 Realtor® ,CBR
 Life long Resident of Medway
DIRECT: 508-577-3538



Janine Azzouz
 Realtor®
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DIRECT: 585-354-6897



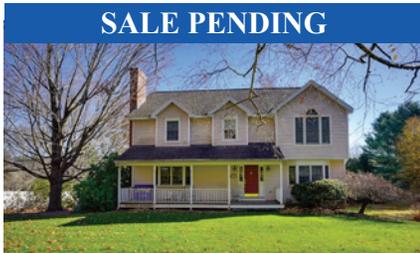
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 LMC, CHS, CRB, BPOR, RENE
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\$549,000
45 Dover Road Millis



\$300,000
14 Sanford Street, Unit #61, Medway
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\$450,000
13 Heritage Path, Millis
Jennifer McMahon



\$585,000
2 Nobscott Road, Medway
Laina Kaplan



\$540,000
25 Fox Run Road, Medway
Laina Kaplan



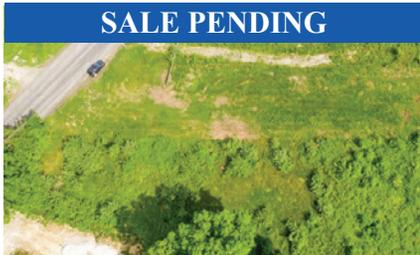
\$689,900
15 Carriage House Way, Medway
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\$490,000
161 Lovering Street, Medway
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\$580,000
12 Charles View, Medway
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\$99,900
95 Winthrop Street, Medway
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\$499,900
10 Randy Road Framingham
Jennifer McMahon



\$476,000
2 Tillotson Road Hopedale
Jennifer McMahon

Client Testimonial to Laina Kaplan:

"Laina Kaplan helped us both buy and sell houses. She was the third realtor we have used in various real estate transactions, and she was by far the best. Laina always made us feel like she truly enjoyed helping us. She was a positive and calming voice, during what can be a stressful time. There can be so many things to do, but Laina went above and beyond to make sure that no small detail was missed. She recommended a home inspector and closing attorney who were both excellent. There are so many unknowns with real estate, but we always knew that we could count on Laina as a strong advocate for our best interests. We can't recommend her highly enough." *Tom & Susan Lally*