

Town Recreation Departments Come to Winter Rescue

Millis and Medway Recreation Departments offer programs for school vacation plus adult programming

By J.D. O'GARA

Looking for stuff to do for February vacation? Don't forget to check out your local recreation departments which are continuing to come up with creative ways to pass the time during the pandemic.

The Millis Recreation Department, along with other local recreation departments, recently wrapped up a successful E-Sports tournament that began in December.

"Thinking outside the box, video games are huge. We collaborated with the towns around us and put together (an E-sports) winter league, and that's been pretty successful. We did a tournament over winter break, and then we did the league itself," said Kris Fogarty, Millis Recreation Director.

Fogarty says the Learn to Skate program is running in February but basketball could not run due to the water damage in Veterans Memorial Building gym.

"They just started last week to replace the floor," she said, in mid-January, "so we still have some hope!"

Shen's Gymnastics, of Holliston, will offer a February vacation program through Millis Recreation for kids aged 3.5 to 12 with options for one-day, several days, or a full week; and a Winter Wonderland of Art program will take place at the Burke-Memorial School gym in Medway and be offered by Ida Matuskova.

For adults, Millis Rec is offering a Ladies' Night Out for Valentine's Day on Feb. 10 to be

**FEBRUARY
VACATION**

held at Molly's Apothecary in Medway.

For more information or to register online for Millis Recreation programs at www.millisma.gov under "Recreation" or email kfogarty@millisma.gov with questions.

Medway Parks & Recreation Director Julie Harrington says planning anything during the Covid-19 crisis has been difficult.

RECREATION
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SURVIVE
to Thrive

Former Medway Residents Launch Sibling Support Group

The Giovangelo family launches mental health support group for youth ages 9 to 13

By THERESA KNAPP

Former Medway residents Judy Giovangelo and Michael Giovangelo have launched the "Survive to Thrive" Sibling Support Group as part of the Ben Speaks nonprofit organization. The support group aims to help Massachusetts youth ages 9 to 13 who have

siblings struggling with mental health and behavioral issues.

Judy Giovangelo founded Ben Speaks just five months after losing her son Ben to suicide in 2009. Michael Giovangelo is the brother of Ben and

THRIVE
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COVID-19 vaccination sites nearby

Vaccines available if you qualify

By THERESA KNAPP

COVID-19 vaccines are available at the following locations, if you qualify under "Phase 1." To receive the vaccine, you must be a COVID-facing healthcare worker, work in a long-term care facility, be a first responder (EMS, Fire, Police), or be part of a "congregate care setting" (correction facility, shelter, etc.).

Nearby sites include Gillette Stadium, Parking Lot 22, Foxborough; Needham Clinic, 100 2nd Avenue, Needham; UMass Memorial Marlborough Hospital, 157 Union Street, Marlborough; and Holzman Medical, 1180 Beacon Street, Brookline.

Gillette Stadium is the first sports and entertainment venue in the northeast to open for mass vaccinations and is the third NFL stadium in the country to do so, according to a stadium press release on www.gillettestadium.com, where you can also make an appointment for the vaccine.

"Gillette Stadium is accustomed to accommodating large audiences and we are honored to provide a safe location to expedite the vaccination of first responders, and to soon expand to residents throughout the Commonwealth," said Jim Nolan, the stadium's Chief Operation Officer.

For more information, visit www.mass.gov/COVIDvaccine



RECREATION

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"It's always challenging, and we're always trying to keep everyone safe. We did do a December vacation program that was mainly outdoors, and that went well. For February vacation, we have a program that is an extension of our summer camp program," said Harrington.

The February vacation program, for kids in grades K-5, will run from 9 a.m. until 1 p.m., at Choate Park.

"We'll use the playground, play games, (do) arts and crafts, scavenger hunts. We keep the program small and spend most of our time outdoors to be safe," said Harrington, who has been trying to highlight Medway's nature trails with several outdoor scavenger hunts. If temperatures dip too low during camp weeks, distanced indoor programming will take place inside the Thayer house.

Medway's other winter programs offer in-person and virtual options.

"We've had success with our virtual escape room class, chess and a Lego Jedi class," said Harrington. "We are offering in-person classes outdoors. We have a preschool treasure hike class, pint-sized Picassos, and pre-K soccer. We also offer weekly youth sports classes -- street hockey, multisport and dodgeball -- that are held outdoors."

For more information, visit <https://medwayma.myrec.com>

Source: Facebook @millis.recreationdept

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Medway Lions to hold bottle and can drive on Feb. 6

The Medway Lions Club will hold its monthly Bottle & Can Drive on Saturday, Feb. 6, to help fund community efforts. Medway residents should place their donated redeemables at curbside by 9 a.m. Alternatively, donated redeemables can be dropped off at our Bottle & Can shed in front of West Medway Liquors or at the Town of Medway Recycling Center on Broad Street. For more information, visit www.medwaylions.org

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Your Money, Your Independence

Revisiting - Dividends: Evolve Beyond Yield

Two years ago, February 2019, I wrote about income investors becoming too attracted to high-yielding dividend stocks.

They'd ignore a company's business model, free cash flows, payout ratios, dividend growth and other key factors. Their mantra of "I don't care about the stock price, as long as I get my dividend" dramatically changed last year.

At first, all stocks fell. High-yielding companies were leveraged, faced earnings issues, industry headwinds and needed to preserve cash, so dividends were suspended or cut and stock prices stayed low. Meanwhile, efficient companies with growing business models recovered quickly, increased market share, stock prices accelerated and later dividends raised.

Bringing us to today and a conundrum for income investors.

Low Interest Rates Meet Inflation - Two year ago, certificates of deposits at 2.5% are renewing at 1% or less. Add the Fed indicating short-term rates will be held, even if inflation exceeds its 2% target rate. Thus those buying treasuries or investment-grade corporate bonds risk earning less than inflation.

Outdated Criteria Brings Concentration Risks - The philosophy of every investment must achieve a certain level of dividend yield is a fallacy. Meaning, you can't build a portfolio only of stocks with greater than 4%, 3% or even 2% yield.

For example, if 2% dividend yield is required to own a stock, a/o 1/20/21 you'd disqualify 76 of 120 (64%) largest companies in S&P 500 Index. Require a 4% dividend yield? Only 12 companies remain, limited to oil & gas, tobacco, drugs or telcom. That's not being selective, that's concentration risk and avoiding growing companies.

Income investors need a new perspective.

Seek Total Return Approach - Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

Growth of Dividends - Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from

cash flows, and many growth companies yield 1.5% or less. Given this, these are ignored by income investors. Huge mistake, let me explain.

Yield-On-Cost (YOC) - Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100. Real world example, large software company averages ~1.5% yield last 5 years. Dividend increases results in shares bought 5 years ago having 4.2% YOC, meaning your initial investment now pays 4.2% annually. Bonds can't do this, they're fixed. Now add over the 320% stock appreciation and you see the mistake of only selecting high dividend yields.

Evolve beyond yield and seek help when needed.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.



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THRIVE*continued from page 1*

president of the organization now based in Holliston.

"We are greatly aware through our life experience in the raising of three children, one with mental and emotional health challenges that we lost to suicide, the collateral impact on the siblings in the home. This is an unmet need in our world today, one we are grateful to fill," say the Giovangelos.

The first offering of the free 10-week virtual program started in January and quickly filled to capacity.

Siblings of family members with mental health needs may experience challenges and disruptions to their own emotional growth and development, especially as mental health cases continue to rise in relation to the pandemic.

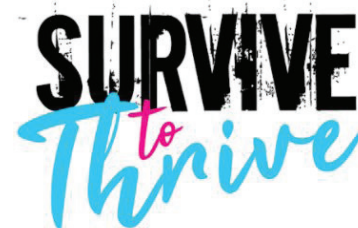
- For tips on how to recognize signs of stress in your child, or to assess how your child is coping with COVID-19, visit Health-children.org
- If you or a loved one is feeling depressed, hopeless or suicidal, call or text the Samaritans Help Line

at 877-870-4673 anytime 24/7, the service is free, confidential and anonymous. Samaritanshope.org also offers grief support services plus community, education and outreach services.

The Ben Speaks "Survive to Thrive" support group hopes to provide youth with a nurturing environment in which they can share their unique experiences, engage in empowering and fun expressive activities, and develop their own skills and resources, so they can thrive while facing the challenges they and their families encounter.

The program includes group sessions with opportunities for both open and themed discussions, expressive art activities, age-appropriate learning about mental health challenges and their impacts on families, and empowerment skills to enhance emotion regulation and effective communication. The series is facilitated by members of the Ben Speaks Board of Directors, Bretton Torkelson, Psy.D., Judy Giovangelo, Michael Giovangelo, and Penny Young.

For more information on the organization, visit www.benspeaks.org and follow them on Facebook @ben.speaks



Source: Facebook @ben.speaks

Source: www.benspeaks.org

Blood Donations Still Needed During Pandemic

By J.D. O'GARA

Did you miss National Blood Donor Month last month? There's still an opportunity to give blood.

According to the American Red Cross, someone in the United States needs blood every two seconds, with over 36,000 units of red blood cells needed every day. Blood and platelets cannot be manufactured, but nearly 7,000 units of platelets and 10,000 units of plasma are

needed daily in the U.S.

Currently, The American Red Cross is testing all blood, platelet and plasma donations for Covid-19 antibodies, and plasma from whole blood donations that test positive may help current coronavirus patients. Also, if you've recovered from a verified Covid-19 diagnosis, your convalescent plasma donation is sought to help up to four coronavirus patients. Adults who have received a Covid-19 vaccine may donate blood under FDA guidelines,

with no deferment of blood donation following a Pfizer or Moderna vaccine.

The American Red Cross notes that in most states, donors must be at least 16 years old in most states, healthy, and weigh at least 110 lbs. In fact, less than 38% of the U.S. population is eligible to give blood. Some may be turned away due to illness such as the common cold, being on a particular medication, low iron or having recently traveled outside the United States.

Type O is the blood type most in demand, but all blood types are needed, and while many hospital procedures have been put on hold due to the current pandemic, The American Red Cross is encouraging donors to donate now to ensure the supply as medical procedures resume, especially since many blood drives have been cancelled due to the Covid-19 concerns. Type O-negative blood and Type AB positive plasma can be transfused to patients of all blood types. Both are always in demand and often in short supply. Donors must wait 56 days before each whole blood donation, although they can donate platelets every seven days, up to 24 times a year.

If you have further eligibility questions, please call 1-800-RED CROSS (1-800-733-2767) or visit <https://www.redcross.org/give-blood.html>.

Want to give blood? Here are some local blood drives this month.

Tuesday, February 2, 2021

Dedham Blood Donation Center

180 Rustcraft Road
Dedham, MA 02026
12:15 – 6:45 p.m.

Wednesday, February 3, 2021

The Church of Jesus Christ of the Latter-Day Saints

91 Jordan Road
Franklin, MA 02038
1-6 p.m.

Dedham Blood Donation Center

180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Thursday, February 4, 2021

University Station

239 University Ave
Vacant Storefront next to ULTA
Westwood, MA 02090
9 a.m. – 2 p.m.

BLOOD DONATIONS

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Holliston committee issues letter of support for Hopping Brook warehouse

The massive warehouse facility in the Hopping Brook Industrial Park will affect Medway residents

By THERESA KNAPP

The Holliston Economic Development Committee has issued a letter of support for the proposed property development within 555 Hopping Brook Industrial Park where an 800,000 square foot warehouse facility is proposed and would affect Medway abutters.

After several months of discussion, including meetings with the public, the EDC expressed its support in a letter to the Planning Board on January 7, 2021.

"It is our viewpoint that the proposed property development within 555 Hopping Brook Park would be a positive addition to Holliston's local economy," read the EDC letter. "It is well within the landowner's rights to develop the property as currently proposed, with town approvals as required."

The letter also said the proposed development could "add more than \$1 million in new tax revenue to Holliston" and would increase the town's industrial tax revenue by 26 percent.

According to the EDC, the property owner - listed on documents as "New Hopping Brook Trust" with John Mark Delli Priscoli as trustee (and represented by Michael Milanowski at the EDC's December meeting), and the proposed tenant - listed as CRG Integrated Real Estate

Solutions - have agreed to several town enhancements including a new traffic signal at the intersection of Hopping Brook Park and Route 16, improvements to the pedestrian crosswalks for the Upper Charles Trail crossings at Hopping Brook Road and Church Street, and a looping of the water line within the Park.

Residents from both Holliston and abutting Medway have expressed concerns about decreasing property values, effects on local businesses, and a steep increase in traffic along Route 16 and South Street. One person said residents should be considered "collateral damage" with a project of this size.

In its letter to the Planning Board, the EDC acknowledged traffic concerns and said, "The developer has agreed to a restriction that all truck traffic is prohibited from the use of South Street to travel to or from the site." Residents say similar ordinances are frequently violated and not enforced. The EDC continued, "It is our understanding that this traffic will be traveling to and from the 495 interchange," adding that a facility of this size, with an estimated tax value of \$1 million, that does not send additional traffic through Holliston's downtown, "is an economic benefit to the community."

Medway abutters have also

expressed concerns which the EDC acknowledged. "The EDC is aware that the Developer has agreed to pay \$3,000 to every abutter in Medway and that the matter is a subject of litigation," noting that issue is outside the purview of the Holliston EDC.

The EDC has previously stated their role is only advisory; they cannot approve or deny a project and only assess if a project provides an economic advantage or disadvantage to the town. In their letter of support, they urged the Planning Board to seek a commitment in writing from the future tenant to give preference to Holliston residents when hiring.

The EDC letter was prepared in advance of a Planning Board hearing held on the matter on Jan. 7, 2021. At that meeting, town counsel Jason Talerman, Esq. raised questions about the design of the project which he described as an "intense" high-cube warehouse and not a "general warehouse" as the applicant has suggested.

"The designers of the project have produced a design that shows 170 truck bays and 423 truck parking spaces. That's big, that's intense; that's for a high-cube or an e-commerce facility," Talerman said, noting a general warehouse would be "a very different project."

Talerman also noted the traffic study conducted (and referenced in the EDC letter of support) was done on a general warehouse design and not the high-cube warehouse which

would have a very different impact. He also said if the applicant does not know yet what type of warehouse they want to build, the project should be reviewed it under the most intense warehouse use.

"You've got a traffic engineer touting one thing and project designers designing something else," Talerman said. "They don't square up right now and that's a big concern."

The applicant's counsel, Richard Nylen, Esq., said they are proposing a "customary warehouse" and not a high-cube warehouse, adding they take issue with the Planning Board (re) designing the warehouse.

"I find it interesting that the applicant is willing to confine themselves to a warehouse use but doesn't want to confine themselves to the design of a warehouse. You can't have it both ways," Talerman said.

That hearing was continued to Feb. 4 at 7:00 p.m. when the Planning Board will hold a public hearing on the 555 Hopping Brook Special Permit. The agenda and Zoom information, plus additional documents, can be found on the Holliston Planning Board website <https://www.townofholliston.us/planning-board/pages/555-hopping-brook-information>

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Medway Community Farm CSA shares now available and farm events are in the works

While most of us are settling in for a cozy winter's rest, the farmers at Medway Community Farm are sitting down with their seed catalogs, planning and dreaming of green fields loaded with produce to sell. Do you want to be guaranteed fresh organic produce this summer? Did you miss out last year? Well, now is your chance to order a Medway Community Farm CSA where there seems to be something for everyone, and you can even share with friends or neighbors.

The Medway Community Farm has six-week spring shares that run from May to June. If you are craving fresh greens, this is the share for you. The regular summer share runs for 12 weeks and is a great family option as you can pick up lots of fresh produce for your family every week. Also available are summer shares in a smaller size with an option for every week for 12 weeks or every-other-week for six weeks. The every-other-week pickup is the same size as the regular share

but with fewer weeks. The fall share is every-other-week, runs for 12 weeks, and is a great way to use fall veggies -- like root veggies, greens and the end of summer produce -- in new recipes.

Other share offerings are combo shares that are spring, summer and fall together, this takes away any worry of missing out on all the goodness - you are done for the season! The CSA is also offering:

- Mushroom shares with a choice of 1 pound or 3 pounds
- Meat shares with a monthly pickup
- Egg shares
- Flower shares, pick-your-own: Great Valentine's Day idea, a gift that keeps on giving
- Small veggie shares, pick-your-own: Great if you have small kids who can help and learn about the vegetables at the same time

- Fruit shares - runs for eight weeks starting in mid to late August

All shares require a membership fee to help defray the costs.

Medway Community Farm will continue with on-line ordering for curbside pickup and the Farm Store will be open on pickup days, three days a week (Tuesdays, Thursdays and Saturdays). As we navigate another year with Covid-19, patrons can be assured there will always be a place where you can get fresh, organically grown produce that is local and part of the community.

Working with Medway Community Education, the Farm will also continue with its education programs and is now planning events to be held later in the season.

Be on the lookout for the seedling sale in May. This has always been a great draw and in the past people have been able to pick up some different varieties as well as old favorites for their home gar-

dens. This will again be offered on-line as it was highly successful last year. By supporting the Farm by purchasing a share, buying seedlings or stopping in and picking up something for dinner, you are supporting an important community resource. The Medway Community Farm grows and donates produce for food pantries in town, the Medway Family Shelter, and also provides a valuable service to the community in bringing best farming practices back to the land.



Residents of the Regency at Glen Ellen, an over 55 community in Millis, held its first "Holiday Food Drive" in December to benefit the Millis Food Pantry. The residents donated more than 300 pounds of food goods expected to feed over 25 families. Pictured here are (l to r) Deborah Sarrey, Steve Manning, and project chair Elaine Yablonski. Missing is Robin Ciporkin. Courtesy Photo.

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Local Food Pantries Still Need Help

Medway food pantry highlighted on NBC Nightly News with Lester Holt

BY THERESA KNAPP

The Medway Village Church Food Pantry and its director Susan Dietrich were featured on NBC Nightly News with Lester Holt on Dec. 15, 2020, as part of a segment called "Food banks sound alarm on child hunger as Covid crisis drags on." Reporter Cynthia McFadden noted Norfolk County (the wealthiest county in Massachusetts) "has the greatest increase of child hunger of anyplace in the country, up 163 percent" in 2020, adding that food prices in the state are "more expensive here than almost anywhere in the country and unemployment is high."

In 2020, the Medway pantry, located at 170 Village Street, served 7,071 clients (including 2,720 children), an increase of 15.5 percent over the previous year. Last year, the pantry served residents of 30 towns with the majority of clients coming from

Medway, Milford, Bellingham and Millis.

"I will tell you, probably the most difficult thing I've seen throughout this pandemic are the families that come and bring their children," Dietrich said. told reporter Cynthia McFadden who noted food prices in Massachusetts are among the highest in the country. "To see a mom walk through the door, with her three little kids, and they're looking around and mom's struggling, she's never done this before either, that's something that really hits you."

According to the pantry's 2020 fact sheet provided by Dietrich, the Medway pantry saw a "significant increase in offerings of diapers, wipes, cleaners, detergents, & personal care items, along with more pantry staples like cooking oil, dry beans, and hearty ready-to-eat meals."

Currently, the pantry's most needed items are diced tomatoes, jars of pasta sauce, mayonnaise,



cereal, hand soap, diapers, and pull ups sizes 4T-5T.

Items always accepted and appreciated are meals in a can (chili, soup, stew), tuna and canned chicken, 100 percent fruit juices, cookies, toilet paper, paper towels, soap, toothbrushes and toothpaste.

The Millis Ecumenical Food Pantry, housed in the Church of Christ at 142 Exchange Street, has similar needs.

"Our pantry focuses on non-perishable food items so that would be our biggest need along with household paper products (paper towels and toilet paper)," said director Elizabeth Derwin,

who thanks the many Millis residents who have donated during the pandemic. "They have made it possible to keep our shelves well-stocked."

Other needed items include canned and boxed food, cereal, and laundry detergent. According to their website www.millisfoodpantry.com, "Basic items are great, as is a more upscale item that might be a treat for a family." Bulk donations are also appreciated, as are monetary donations.

Derwin says that, during COVID, they are serving clients in the parking lot and they have never missed a shift. The pantry's



Both the Medway Village Food Pantry and its director Susan Dietrich were featured on NBC Nightly News with Lester Holt on Dec. 15, 2020.

THE FOLLOWING PHOTOS PROVIDED BY MEDWAY VILLAGE CHURCH FOOD PANTRY

goal is to provide three days of food per person, plus a pound of butter and a package of hot dogs at each visit.

"Using a checklist of items, one volunteer asks the clients what they need, and then the checklist is sent inside to other volunteers who collect and bag up the desired items. Finally, we put the bagged groceries in the client's trunk," Dietrich said, noting the only requirement is proof of Millis residency.

FOOD PANTRY

continued on page 10

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Living Healthy

10 Things You Can Do Today to Prevent Vision Loss from Glaucoma

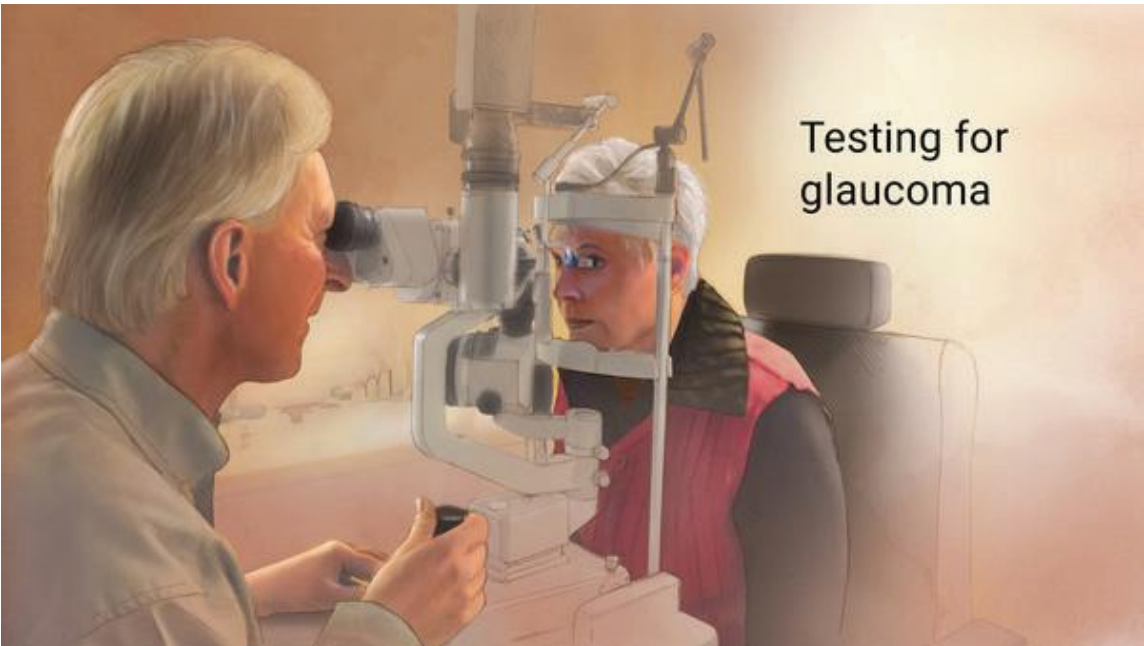
BY: ROGER M. KALDAWY, M.D.
Milford Franklin Eye Center

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

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

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

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



treatment in the early stages of the disease.

Glaucoma is a lifelong disease that will always require treat-

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

Ophthalmologists don't yet know how to stop glaucoma

from developing in the first place. However, there are ways to prevent serious vision loss and blindness from glaucoma. Here are 10 ways to help:

1. Catch this silent thief of sight before you lose vision. If you are at risk for glaucoma (family history, age 60 and above, Black, Asian or Hispanic, heart disease, diabetes or hypertension) you should see your ophthalmologist regularly for eye exams. They can find the disease in its early stages, then watch and

EYES

continued on page 9



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BLOOD DONATIONS

continued from page 4

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Friday, February 5, 2021

Dedham Blood Donation Center
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Dedham, MA 02026
7:45 a.m.-2 p.m.

Saturday, February 6, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m.-2 p.m.

Sunday, February 7, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. – 2 p.m.

Monday, February 8, 2021

North Attleboro Elks
52 Bulfinch Street
North Attleboro, MA 02760
1-6 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15 – 6:45 p.m.

BLOOD DONATIONS

continued on page 14

Living Healthy

EYES

continued from page 8

treat it. It's equally important to take your glaucoma medications exactly as your doctor says to.

2. Taking steroid medication? Talk with your eye doctor.

Taking steroids for long periods of time or in high doses can raise your eye pressure, especially if you have glaucoma. Steroids that you take by mouth or use around your eyes are the most likely to raise eye pressure. However, inhaled steroids even those over the counter can do the same damage. Always tell your eye doctor if you are taking any kind of steroids.

3. Eat well to see well. Eat plenty of leafy green vegetables and colored fruits, berries and vegetables every day.

They contain vitamins and minerals that protect your body and eyes. In fact, studies show that eye-healthy foods are better than vitamins at preventing glaucoma.

4. Exercise ... but carefully. Intense exercise that raises your heart rate can also raise your eye pressure. But brisk walking and regular exercise at a moderate pace can lower eye pressure and improve your overall health. If you lift heavy weights, have a qualified trainer show you how to breathe properly during this exercise.

5. Protect your eyes from injury. Eye injuries can lead to glaucoma. Always wear protective eyewear during sports or while working on your home and in your yard.

6. Avoid head-down positions. If you have glaucoma or you're at high risk of the disease,

don't place your head below your heart for long periods of time. That includes staying away from inversion tables or gravity boots for back pain. Head-down positions can greatly raise your eye pressure. Some people with severe glaucoma may need to avoid certain yoga positions. Ask your doctor if you need to avoid a head-down position in your exercise routine.

7. Sleep in the right position. If you have glaucoma, avoid sleeping with your eye against the pillow or on your arm. People who have obstructive sleep apnea (OSA) are at risk of glaucoma, or may have more serious disease. If you snore heavily or stop breathing throughout the night, get tested for OSA.

8. Protect your eyes from sunlight. There is some evidence that the sun's UV rays may cause a type of glaucoma. Wear quality polarized sunglasses and a hat when exploring the outdoors.

9. Keep your mouth clean. Recent research links gum disease with optic nerve damage in glaucoma. Brush and floss your teeth every day and see your dentist regularly.

10. Tell your ophthalmologist about your blood pressure medicine. If your blood pressure drops too low during sleep, it can worsen glaucoma damage. If you take blood pressure medicine at night, or if you have low blood pressure symptoms (like feeling woozy), tell your ophthalmologist. They can discuss this with your primary care doctor. Do not change your blood pressure medication on your own.

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ter, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens and 2 types of laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. With 8 providers, decades of established experience and thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care for treatment of glaucoma closer to home than ever before.

For more details, see our ad on page 8.



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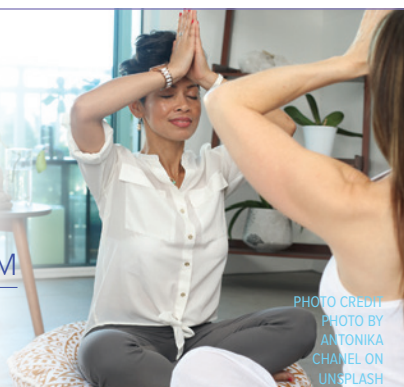


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FOOD PANTRY*continued from page 7***TIPS ON HOW TO BUILD A HABIT OF DONATING:**

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- Set a donation box in your home and collect items, bring in the box when it's full
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For more information, including how to become a client, visit www.medwayvillage.org and @MedwayVillageChurchFoodPantry on Facebook; or www.millisfoodpantry.com



Medway High School Inducts 54 Students into National Honor Society

SUBMITTED BY
MEDWAY PUBLIC SCHOOLS

MEDWAY: Superintendent Armand Pires and Medway High School Principal John Murray are pleased to announce that the Medway High School chapter of the National Honor Society inducted 54 new members during a virtual ceremony on Tuesday, Dec. 8, 2020.

The virtual ceremony included a video presentation prepared by the members of the NHS about their experiences as leaders as well as a video presentation by NHS officers detailing the four pillars of NHS before the newest members were recognized and inducted. A recording of the ceremony can be found at mhs.medwayschools.org

NHS inductees are students who demonstrate exceptional scholarship, character, leadership and community service. Medway High School juniors and seniors with a weighted GPA of 5.6 out of 7.0 are eligible for induction. Candidates write two essays, one of which details their leadership experiences, and one which demonstrates their dedication to community service. They also need three character references from teachers or community leaders before submitting their application to a Faculty Council, which elevates their portfolio and then selects students who embody the four pillars of NHS.

Medway students who are inducted into the society are required to perform at least 18 hours of community service projects each semester.

"We are incredibly fortunate to have students who continue to exemplify leadership, scholarship, character and community service in Medway's National



Honor Society, especially during these difficult times," Principal Murray said. "Their leadership by example is a characteristic we value greatly in Medway and we know each inductee will make us proud. Congratulations to all new members of this well-deserved achievement."

The 2020 Medway National Honor Society inductees include:

Sophie Brady, Caroline Calnan, Noelyn Campbell, Ellie Capalbo, Olivia Cardillo, Ella Cence, Rebecca Chleboski, Zachary Cioppa, Sophia Colletti, Maggie Connors, Megan D'Souza, Sarah DiBiasio, Kirsten Downing, Paige Dwyer, Allison Eddy, Lily Erving, Sydney Fleming, Madeline Gagnon, Connor Gilmore, Liam Harrigan, Michael Hevey, Jackson Huckins, Daniel Hudon, Margaret Labbe, Ryan Laidlaw, Anna Longval, Hannah Marsh, Sarah McCarthy, Gustavo Mercier, William Miller, Evan Monaghan, Sean Parrinello, Khushboo Patel, Sarah Pepin, Selena Phillips, Carter Pomponio, Jenna Rankin, Chloe Redfield, Margaret Regan, Maeve Richardson, Barbara Salgado, Jared Selby, Paige Sheehan, Erin Shipos, Gabrielle Smith, Jayline Steiding, Andie Taraborelli, Addison Thompson, Anna Tonelli, Adaeze Uzoegbu, Katherine Whyte, Mather Williamson, Brendan Woodring, Alaina Zambrowski. [end]

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Millis High School Inducts 40 Students into National Honor Society

By THERESA KNAPP

Millis High School Principal Mark Awdycki is pleased to announce the following students have been inducted in the National Honor Society, 39 students are from the Class of 2021 and one student graduated as part of the Class of 2020.

Awdycki said that, because of the sudden closure of school last March (2020) due to the COVID-19 pandemic, they were not able to have a formal induction ceremony.

"We are putting together a virtual ceremony to celebrate the accomplishments of these students that will be completed and shown in February," Awdycki said.

The 2020 Millis National Honor Society inductees include:

From the Class of 2021: Julia Albert, Allison Bennett, Livi

Calais, Callie Cassidy, Kaylie Corsi, Mahoney Cyr, Nicole Davies, Madison Donovan, Jordyn Ferrantino, Georgia Gelasco, Tessa Giardi (Secretary), Bernard Gorman, Michael Govoni, Ritika Hari, Benjamin Hurney (Treasurer), Max Jakubowski, Grace Jewett, William Johnson, Ryan Jurgelewicz, Bouasavanh Keomorokot, Nathan Lipy, Colton McCain, Marissa Melia, Abigail Miller (Vice President), Brian Nichols, Kathryn Nolan, Autumn O'Connell, Casey O'Toole, Janie Pasquantonio (Secretary), Eryn Rice, Joseph Scolponeti, Angelina Soares, Dory Stafanowicz, Bethany Steiner (President), Madelene Tavares, Emma Tomlin, Mitchell White, Megan Wilcox, Helena Zammarchi. Also inducted was Kenda Zarnofsky from the Class of 2020.



Medway High School students attend Central District Senior Concert Festival

Superintendent Armand Pires and Principal John Murray are pleased to announce that several Medway High School chorus students were accepted to attend the Massachusetts Music Educators Association Central District Senior Concert Festival which was held virtually on January 16, 2021 and consisted of a series of virtual master classes taught by esteemed music educators.

Chorus students from across Central Massachusetts were invited to audition for the festival by submitting a video performance of an Italian art song. The



following Medway High School students were chosen: Rebecca Chleboski, Sophia Flotta, Grace Gerard, Joe Harrah, Charlotte Kealey, Sarah McCarthy and Jared Selby.

"Congratulations to these students for their hard work in preparing their solo piece and their acceptance to this prestigious

festival," Principal Murray said, adding that though the festival was different this year due to social distancing efforts, it was still "a great learning experience for our young musicians and they should be very proud of this achievement."

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Clyde Brown School Receives Architectural Award

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>



SPARK Kindness Resilience Program

SPARK Kindness offers programs to families “to build a kind, resilient and welcoming community where no one feels alone, bullied, unsupported or unconnected.” Their February programs include:

Building Resilience in Middle School Students

Wednesday, February 3, 2021, 7 - 8pm
Parenting a middle schooler can be a time of stress and isolation for parents and caregivers. In this talk, psychologist and SPARK team member, Dr. Kristen Aberle will share tools and strategies to make the best of the middle school years and strengthen your child’s mental health and resilience. ASL interpretation will be provided at this event.

Strengthening Your Student’s Executive Function Skills and Independence During the Pandemic with Sarah Ward

Thursday, February 25, 2021, 7- 8pm
Hybrid? All remote? In the classroom? Regardless of the environment the demand on children’s executive function skills is greater than ever. More and more independence is required of students to navigate school schedules, assignments and due dates as well as manage the workload. Sarah Ward will share many practical executive function based interventions families could implement to improve organization, task and time management. Simultaneous ASL and Portuguese Language Interpretation will be provided at this event.

For more information, visit www.SPARKKindness.org
Source: www.sparkkindness.org





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Due to Covid-19, Almost Everyone Needs a New or Improved Health, Life, Disability, & Estate Plan!

By DENNIS SULLIVAN & ASSOCIATES, COUNSELORS AT LAW

Even before March of 2020, when the coronavirus hit our country with a vengeance, approximately 86% of estate, health and disability plans didn't work when they were most needed because they were already out of date!

The pandemic dealt our citizens a 1-2 punch: 1.) Many people who thought they "didn't need" an estate plan desperately need a plan that works now.

2.) People who thought they had a good estate plan are now just realizing they MUST update that plan due to the pandemic and recent and pending changes in state and federal taxes and laws.

Who Will Make Your Healthcare and Financial Decisions if Something Happens to You?

With the pandemic still raging, absolutely nothing is guaranteed. Unless you have a solid health, life and estate plan in place, all of this is at risk.

The time to take action to protect yourself, your loved ones and your estate is NOW.

The estate and elder law firm of Dennis Sullivan and Associates specializes in helping people and families just like yours. We have the team and the expertise to protect you, your family and your loved ones.

If you or a family member is stricken with Covid-19, who would care for your children? Who will make decisions for your grandchildren and parents? Who will make sure the rent, the mortgage and all the other bills are paid?

You need a trusted, caring, compassionate, and experienced team of professionals to help you design and establish your plan.

The founder of the Dennis Sullivan & Associates was educated at some of the finest universities in America, including master's degrees from the Boston University School of Law as well as from MIT, and he has more than 30 years of service.

All team members including our attorneys and CPAs, make it easy and enjoyable to put together your up-to-date estate

plan! In compliance with Massachusetts Covid-19 orders and leveraging current technology included with our services, you can review and complete your estate and elder law plan with your attorney virtually—from the safety and comfort of your own home!

As a result, you will be both well informed and in control of your planning process as you benefit from our unique personalized counselling process. No family should be unprepared, especially now with all the medical and, legal, and tax changes!

Dennis Sullivan & Associates is dedicated to protecting everything you have worked so hard to achieve, including your good health, home, spouse, family, legacy and lifesavings!

Covid-19 is Not Going Away Anytime Soon!

People all over the world of all ages are susceptible to Covid-19, but we in the U. S. are especially susceptible because we have the most cases and the highest number of deaths in the world.

While it is exciting news that vaccines are being rolled out, the roll-out is going much slower than expected and a large percentage of our population have said they will not take the vaccine.

Therefore, we are all still at risk. **THE TIME TO TAKE ACTION AND PROTECT YOUR FAMILY IS NOW!**

Don't let your family be a statistic because you failed to take action and are stuck with no plan or an outdated estate plan. Research statistics adjusted for Covid-19 show that 90% plus of health, life and estate plans are out of date.

Once You are 18 Years Old, a HUGE Change Happens!

Most families are shocked to learn that once a child or grandchild turns 18, no one automatically has the ability to make health or financial decisions for them—not even a parent, grandparent or spouse! (See our blog at Dsullivan.com for more information.)

Almost half of Americans 55+ don't have a Will and You Cannot Trust Wills You Get On-Line!

Americans age 55 + are at the greatest risk for serious complications and death from Covid-19. The mistake of using cheap or free on-line legal forms can cost your family thousands to hundreds of thousands of dollars and much more in terms of aggravation due to complete loss of control and sleepless nights. (See our blog at Dsullivan.com for more information.)

Estate and life planning is always essential but in the midst of a pandemic, it is Mandatory!

We hope you now understand that you and your family will tremendously benefit from having much more than just a will. Wouldn't you and your family prefer the peace of mind understanding how your family is protected now and for generations to follow?

The reason you need much more than just a will is because a will is only effective when you die. You need to be protected while you are alive, not only from Covid-19, but as you need to be protected in the event of disability.

Disability is six times more likely than death in any given year, but 2021 is a more precarious year than most.

The documents an estate and elder law firm will create for you and your family members will provide each person you care about with peace of mind. Yes, there is a light shining at the end of the long, arduous Covid-19 tunnel. Let's all be safe and well protected together on our journeys. You and your loved ones will be able to control your estate, your finances, your investments and, most importantly, your health care decisions without the expense or interference of the courts, medical, or the legal system.

Those benefits alone could save you thousands to hundreds of thousands of dollars AND save you a huge amount of time, headache, sleepless nights, and aggravation as well!

Dennis Sullivan & Associ-

ates is a caring, compassionate team of professionals who have been protecting families for generations by providing a unique estate planning and asset protection service for families in Massachusetts and surrounding states for more than 27 years. We currently provide virtual (on-line) discovery sessions, as well as personal counseling, and limited in-person consultations so you can get the high-quality life and estate plan you deserve at a reasonable investment for the lifetime protection for your family for generations.

Through our unique process you can complete all of your important protection virtually (on-line), staying warm, safe and healthy in the comfort of your home while a team of experienced, caring, compassionate and professionals creates a comprehensive estate plan that will provide you and your family members total peace of mind now and for generations that follow.

The most important phone call you can make today is to call our discovery line 800-964-4295 (24 hours a day, 7 days a week) or 781-237-2815 weekdays to register for discovery sessions and see how to qualify for your personalized review and counselling session. You can also register online at DSullivan.com. Due to the emergency we are doing our best as essential service providers to help those who qualify by understanding how much they can and should do for their family now.

Dennis Sullivan & Associates is a team of caring, compassionate highly-trained professionals who Protect Families for Generations.

Book a free online discovery session with us today. You'll see how easy and feasible it is now to protect your family's health and home, to protect your spouse, family, legacy, and life savings. You and your family will benefit from the peace of mind of knowing you have done everything you can to protect yourself and your loved ones for generations. Call now 800-964-4295 or register for a free meeting at www.DSullivan.com



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What Do Low Interest Rates Mean for Retirement?

When interest rates are low, you may have questions about how this affects your financial strategy. Low interest rates often make investors worry about lagging returns. Investors might consider adding income annuities to their retirement portfolio.

How to compare income-generating solutions when interest rates are low. When looking at ways to achieve financial security in retirement, individuals need to compare a range of available income-generating options. At any interest rate level, creating retirement income from bonds or CDs may produce less income relative to income annuities since one's lifespan is never known.

With income annuities, that longevity risk is off-loaded to an insurance company, so higher levels of safe retirement income can be generated. Even when rates are lower, solutions like income annuities are more attractive on a relative basis. Investors need not time the market when buying income annuities. Not only are income annuities less sensitive to interest rates, their payouts are not tied to the market. Some mutual companies like New York Life Insurance Company also offer income annuities with the opportunity for more income via non-guaranteed dividends.

It should be noted that income annuities have limited withdrawal features and investors

should read the policies carefully for details. Bonds and CDs are more liquid (with CDs having shorter term). At maturity of the CD or bond, the purchaser recovers the full principal back. Keep in mind, too, that these products have differing insurance protections.

Even when interest rates fluctuate, income annuities make good sense.

Income annuities are less sensitive to interest rates than other fixed income instruments like bonds or CDs because part of an income annuity payout is in the form of "mortality credits." These mortality credits do not fluctuate with interest rates and are only available via the mortal-

ity pool of an annuity. Simply put, in low interest rate environments generating income from bonds or CDs is very expensive, especially when you need to plan for the chance of living to an advanced age. There is wide academic support for the finding that income annuities have an advantage to bonds or CDs in generating retirement income because they provide mortality credits that results in an income stream that one cannot outlive.

What you need to know about mortality credits.

An income annuity is a way to create a "pension-like" income for life. Because annuity premiums are based off mortality tables that estimate life expectancy at every age, premiums paid by those who die earlier than expected contribute to the overall pool. This can provide a higher yield to survivors than individuals could achieve through individual investments. Mortality credits are a hedge against longevity risk, often creating an income stream that would be difficult to match in the broader financial markets.

In short, fluctuations in monetary policy will not have a great impact on income annuities. Income annuity payouts are not particularly sensitive to changes in interest rates or other economic debt instruments such as

10-year treasury notes. Income annuities provide a base of guaranteed income that might allow the purchaser to take more risk with the rest of the portfolio, knowing that a portion is guaranteed. Pre-retirees and retirees seeking solutions to address the range of financial risks in retirement, such as longevity, inflation, or sequence of return risks, can create a stable, guaranteed income for life through income annuities.

Mutual Income Annuity products are issued by New York Life Insurance Company, 51 Madison Avenue, New York, NY 10010. All guarantees are dependent on the claims-paying ability of the issuer. Available in jurisdictions where approved. The policy form number for the New York Lifetime Mutual Income Annuity is 214-P200. The policy form number for the New York Future Mutual Income Annuity is 215-P200. State variations may apply.

This educational third-party article is provided as a courtesy by Michael Damon, Agent, New York Life Insurance Company and a Registered Representative of NYLIFE Securities LLC (member FINRA, SIPC), a Licensed Insurance Agency and New York Life Company, 201 Jones Road, Waltham MA 02145 781-647-4100. To learn more about the information or topics discussed, please contact Michael Damon at 508-321-2101.



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BLOOD DONATIONS

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Tuesday, February 9, 2021

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239 University Ave
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1-6 p.m.

Faith Community Church
146 East Main St.
Hopkinton, MA 01748
2 -7 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
12:15- 6:45 p.m.

Wednesday, February 10, 2021

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. - 2 p.m.

Thursday, February 11, 2021

Franklin Elks
1077 Pond Street
Franklin, MA 02038
1 p.m. - 6 p.m.

Wednesday, February 17

St. Mary's Church
58 Carpenter Street
Foxboro, MA 02035
9 a.m. - 2 p.m.

Dedham Blood Donation Center
180 Rustcraft Road
Dedham, MA 02026
7:45 a.m. - 2 p.m.

Thursday, February 18, 2021

Plainridge Park Casino
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Plainville, MA 02762
10 a.m. - 3 p.m.

BLOOD DONATIONS

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DA Morrissey provides information on obtaining restraining orders during COVID

People experiencing sexual assault, domestic violence, or sexual harassment, can still obtain protective orders from their local district courts, even while those courts are closed to most other business, according to Norfolk District Attorney Michael W. Morrissey.

Safety planning and referrals to services beyond the court process are also available.

"COVID shutdowns have changed how people access protective orders under Chapter 209A and 258E, but my office has trained domestic violence and sexual assault advocates working in every courthouse –

including the Norfolk County Probate Court – available to help with the process," District Attorney Morrissey said.

Residents of Foxborough, Franklin, Medway, Millis, Norfolk, Plainville, Walpole, and Wrentham are served by the Wrentham District Court, located at 60 East Street. Local police can help obtain emergency restraining orders on weekends, holidays, and at night. During business hours, except in situations that require a call to 911 for immediate safety, those seeking assistance can call the court clerk's designated restraining order and harassment preven-

tion order line, 508-384-3106 Ext. 231.

People can also access blank restraining order and harassment prevention order applications online at <https://www.mass.gov/lists/restraining-orderabuse-prevention-order-court-forms> for intimate partner related abuse or at <https://www.mass.gov/harassment-prevention-orders> for situations including harassment, stalking, or sexual assault. "In addition to providing initial information on the court process, the clerk's office can connect applicants to the appropriate advocate within the District Attorney's Office as well to the civil-

ian advocates affiliated with local sexual and domestic violence community-based programs," District Attorney Morrissey said.

"While their roles in the process are different, both the DA's office advocates and these community-based civilian advocates can help explain the process, provide safety planning, guide people through the forms, provide support during hearings, and smooth the way for those who need help," District Attorney Morrissey said.

People can also contact the civilian advocates directly. To find a nearby program, Jane Doe Inc., the statewide coalition

against sexual and domestic violence, has an online directory to search by city/town or zip code at <https://janedoe.org/findhelp>.

"Those in immediate danger should call 911. Those with the space to do so can also access the process through the district courts – even as they remain closed to most business," DA Morrissey said. "We are still available to help."

Massachusetts' state-wide SafeLink hotline is also still in operation at 877-785-2020 to talk to a trained advocate for free and confidential services.

Former Medway Dentist, known for his traveling dental clinic in a converted Winebago, dies at age 88

In the early 1970s, Dr. Fitzgerald, Sr. became known to several nursing homes around Massachusetts as "The King of the Road" as he converted a 27 foot Winnebago into a state of the

art mobile dental clinic complete with a working elevator

Dr. William D. Fitzgerald, Sr. 88 years old, of Middletown, RI, passed peacefully on January 9,

2021, surrounded by his loving family. He was born in Brockton, MA, was a native of Whitinsville, and was a graduate of Northbridge High School.

He was a Korean War Veteran, having served two years of active duty in the U.S. Navy. Dr. Fitzgerald attended the University of Massachusetts and graduated from the Baltimore College of Dental Surgery, University of Maryland. He was a member of the Massachusetts Dental Society and the American Dental Association. He was formerly an advisory board member of the Catholic Charitable Bureau of Boston.

Dr. Fitzgerald began his career with his private dental practice in Medway. During his 37 year career, Dr. Fitzgerald developed a particular passion for providing dental care to seniors and veterans. During the early 1970s, he became known to several nursing homes around Massachusetts as "The King of the Road" as he converted a 27 foot Winnebago into a state of the art mobile dental clinic complete with a working elevator. This Winnebago transformation allowed him to travel to nursing homes and provide dental care to seniors.

Bill leaves his beloved wife and best friend of sixty three years, Maureen Mullin Fitzgerald, formerly of Hopkinton, MA, seven children, Deborah Ascoytia



(Hugo), William D. Fitzgerald Jr. (Louise), Susan Horton (Edward pre-deceased), Kevin Fitzgerald, Erin Ruggieri (Paul), Colleen Biello (Tim), Sean Fitzgerald (Kim), twelve grandchildren and two great grandchildren. He was predeceased by his mother and father, Andrew and Edna (Boutlier) Fitzgerald, brother Andrew, and sister Nancy Fitzgerald.

Find his full obituary at www.legacy.com

Photo from www.legacy.com

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Legislature Passes Racial Justice and Maternal Health Equity Legislation

Establishes a commission to address racial inequities in maternal mortality and morbidity

The Massachusetts Legislature on Tuesday passed legislation aimed at eliminating racial inequities in maternal health.

A Resolve reducing racial inequities in maternal health creates a special legislative commission to make recommendations to address barriers that result in racial inequities, including women of color dying of pregnancy-related causes. The Commission is charged with gathering statewide data on maternal mortality and making recommendations to reduce and eliminate racial barriers to accessing equitable maternal care.

“Black people giving birth in Massachusetts are twice as likely as white people to die due to complications during and after childbirth. We cannot allow that to stand, nor can we tackle a problem without understanding the full extent of its impact,” said lead sponsor Senator Becca Rausch (D-Needham). “The maternal health disparities commission established by this legislation will center the experiences of Black and brown birthing people and directly enable the crafting and enactment of legislation that combats these stark health inequities and advances affordable, accessible, and safe maternal health care regardless of race or zip code. I am grateful to Senate President Karen Spilka, Senate Rules Committee Chair Joan Lovely, my House co-filers Representatives Liz Miranda and Kay Khan, and the many advocates whose collaboration made this commission possible.”

“At a time when inequities in our health care system are being highlighted by a global pandemic, I am proud to see Massachusetts

take this step to address racial inequity in maternal health,” stated Senate President Karen E. Spilka (D-Ashland). “The commission established by this legislation is just the beginning of our efforts to turn the tide on the tragic imbalance in treatment and outcomes that exists in maternal health, particularly in our Black and brown communities, and ensuring all pregnant people and new mothers have access to the care they need. I’d like to express my gratitude to Senators Becca Rausch and Joan Lovely for their work to advance this legislation, as well as Speaker Mariano and Rep. Kay Khan and Rep. Miranda for their collaboration and steadfast advocacy.”

“The Legislature took an important step toward reducing racial inequities in maternal health with this legislation, and I’m proud of the House’s work on how to ensure maternal health equity,” said House Speaker Ronald J. Mariano (D-Quincy). “I am grateful to Chair Khan, Representative Miranda and Chair Mahoney for their hard work, and I thank Senate President Spilka for her partnership on this critical issue.”

The commission members include public health experts, physicians, midwives, a doula, and individuals with first-hand experience with health disparities, including a survivor of maternal morbidity. The bill requires that a majority of commission members be from Massachusetts communities most impacted by maternal health inequity, which statistically are Black and brown communities.

“Despite our world-class health care system, Massachu-

setts is experiencing a maternal mortality and morbidity crisis, in which Black and Brown mothers face life-threatening inequities,” said Representative Kay Khan (D-Newton), Chair of the Joint Committee on Children, Families and Persons with Disabilities. “I am proud that under Speaker Mariano and Senate President Spilka’s leadership, the Legislature prioritized the enactment of this bill to address structural racism and discrimination in our maternal health care system. I am grateful to my legislative partners in this effort, Representative Liz Miranda, Chair John Mahoney, and Senator Becca Rausch, as well as our colleagues who voted unanimously for the passage of this critical maternal equity legislation.”

“Even with the best institutions in the world right here in the Commonwealth, maternal mortality is still a public health crisis that impacts all women, but particularly black women who die at twice the rate of white women in Massachusetts,” said Representative Liz Miranda (D-Boston). “This legislation allows

us to approach the maternal mortality crisis as both a racial justice and public health issue by seeking to understand both the socioeconomic determinants of health while also tackling the issue of racism head-on. Maternal justice is racial justice. I thank my colleagues Senator Rausch and Representative Khan for their partnership and leadership on this important issue.”

“The Legislature has acted today because racial inequities in maternal health have persisted. The creation of this Commission represents an important first step in eliminating those inequities and ensuring quality maternal healthcare for all,” said Senator Joan B. Lovely (D-Salem). “I am grateful to President Spilka for her leadership and Senator Rausch for her strong commitment to this issue that affects so many women in the Commonwealth.”

The 25-member commission will investigate and report on:

- Best-practices by other states or grass-roots organizations to reduce

or eliminate racial inequities in maternal health or severe maternal morbidity, including, among other approaches, culturally competent and affordable doula services;

- Accessibility and affordability of birthing centers, maternal medical homes, and doula care and the diversity and cultural competency of maternal health care providers;
- Barriers to accessing prenatal and postpartum care;
- How historical and current structural, institutional and individual forms of racism affect maternal mortality as well as potential solutions, such as bias training in hospital facilities and birthing centers; and
- Availability of statewide data relating to maternal mortality and morbidity and additional data deemed necessary.

The bill is now with the governor.

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Jay Kim Named New Executive Director of Foundation for MetroWest

Kim elevated from prior role as Foundation's Chief Operating Officer Longtime Executive Director Judy Salerno will remain with Foundation

The Foundation for MetroWest, the only community foundation serving the MetroWest region of Greater Boston, today announced that Jay Kim has been named the organization's new Executive Director. Kim previously led day-to-day operations as the Foundation's Chief Operating Officer and replaces Judy Salerno, who served as Executive Director for 15 years. Effective January 1, Salerno has retired from this leadership role, but will continue to work for the Foundation in a part-time capacity and help to ensure a smooth leadership transition, which had been planned for several years.

"The Foundation for MetroWest has been a critical connector and partner for the cities and towns that comprise our region for the past 25 years, and I am passionate about ensuring our communities have a strong community foundation," Kim said. "While I am excited and humbled by the opportunity to

lead this remarkable organization, I am indebted to Judy for her steadfast leadership, vision, and determination, which have molded the Foundation into the essential resource that it is today. We are committed to improving the quality of life for everyone in our area and will continue to advance that important mission."

"Since 2017, Jay has led the Foundation's daily operations, playing a key role in ensuring our organization connects philanthropic opportunity with demonstrated need within our community," Salerno said. "As Chief Operating Officer, Jay maximized the impact of our donors' giving, positioned our community foundation as a valuable resource for local nonprofit organizations, and improved the quality of life for MetroWest residents. While I am deeply proud of my work with the Foundation and will profoundly miss leading the organization, I am eager to help support Jay in his new role

and to watch him make his own imprint on our foundation and our region."

As Executive Director, Kim intends to build on the Foundation's recent momentum and solidify its role as the go-to organization for anyone who wants to support and strengthen the region. He will work to ensure that the Foundation lifts up the area's most vulnerable populations through partnerships with nonprofit organizations, municipalities, businesses, and more. The Foundation's extensive emergency relief grantmaking, which led to the distribution of more than \$4 million in funding in 2020, will continue to play a significant role in its efforts in 2021, as the COVID-19 pandemic continues to affect MetroWest individuals and families. Kim also plans to expand *Impact MetroWest*, the Foundation's interactive website featuring a trove of enlightening data specific to the region's communities, amplify diverse organizations and voices across the region, and continue educating the public on the Foundation's critical role in the community.

"Over the last several years, Jay has successfully overseen the day-to-day operations of the Foundation, worked hard to gain the confidence of the staff, Trustees, and MetroWest organizations, and demonstrated his devotion to the future success of the Foundation," said Louis Crosier, Board of Trustees Chair for the Foundation for MetroWest. "There is no better person to lead the Foundation into a new era."

Prior to joining the Foundation in 2017, Kim led fundraising and development work for nonprofit organizations in the Greater Boston area. He has previously fundraised for specific programs at The Boston Foundation and worked in corporate philanthropy at Target Corporation. Kim also managed homelessness initiatives at the Fannie Mae Foundation and worked for Public Allies, a national AmeriCorps program. He began his career as a Corps Member at City Year Boston. He has a Bachelor of Arts degree from Brandeis University and currently lives in Sherborn with his wife and two children.

About Foundation for MetroWest

Established in 1995, the Foundation for MetroWest is the only community foundation serving the cities and towns in the region, encompassing 700,000 residents from Westborough to Waltham and Acton to Walpole, including Millis and Medway. The Foundation promotes philanthropy across the area, helps donors maximize the impact of their local giving, serves as a resource for local nonprofits and enhances the quality of life for all our residents. The Foundation is supported by a wide range of businesses, individuals, community groups and other philanthropic organizations. Since inception, the Foundation has granted \$23 million to its nonprofit partners and currently stewards more than \$26 million in charitable assets for current needs and future impact. To learn more, please visit <http://www.foundationmw.org/> or call 508-647-2260.

Senate Advances Police Reform Legislation

The Massachusetts State Senate today made changes to an amendment to An Act relative to justice, equity and accountability in law enforcement in the Commonwealth, sent by Governor Baker, thereby allowing the original bill to advance to the House of Representatives for further consideration. In doing so, the Senate responded to the Governor's concerns and potential veto of the legislation while maintaining the integrity of the original bill, one of the most comprehensive legislative responses in the nation to incidents involving police brutality.

Governor Baker threatened to veto a bill that included the

original language that would have placed drastic limitations on law enforcement's use of facial recognition technology, mandated transparency on its use and created a commission to inform future regulations. In an effort to preserve the totality of the bill, including the first-in-the-nation civilian-led Massachusetts' Peace Officer Standards and Training (POST) Commission, the Senate adopted changes to the amendment that limits law enforcement's use of facial recognition to appropriate circumstances while maintaining the original bill's requirements on transparency in data collection and the creation of a new commission

on facial surveillance.

The Governor's amendment would give the Municipal Police Training Committee (MPTC) control over promulgating regulations of use-of-force standards. Leaders in communities of color made it clear that it is critical for the civilian-led POST commission to have a say in the development of use of force regulations, so the Senate adopted a change that will give the POST commission and MPTC joint responsibility in approving, promulgating and implementing use of force regulations.

"It is my top priority to ensure that meaningful police reform and racial justice legislation get signed into law this session," stated Senate President Karen E. Spilka (D-Ashland). "The bill that we are advancing today is not a magic bullet to reverse the pain and injustice endured by communities of color and those disproportionately affected by law enforcement in Massachusetts—no one is claiming that it is, nor is it even possible for one bill to do that. But when given

the choice of making necessary compromises or letting this bill be vetoed, it was unconscionable to me to not do what was necessary to lay this important foundation of accountability and transparency. I am very proud of the efforts of Senator Brownsberger and Senator Chang-Díaz to get us to this point today, but our fight for justice and equity is not over. I remain committed to listening to communities of color and doing the hard work of advancing legislation that brings us closer to our goal."

"At this point, we are in the homestretch," said Senator Will Brownsberger (D-Belmont), Senate Chair of the Joint Committee on the Judiciary. "I am very hopeful that we will cross the finish line, because I see that all of the key leaders — the Senate President, the Speaker and the Governor feel strongly that this historic bill needs to get done."

"Communities of color pushed through heartbreak, rage, and exhaustion to get meaningful law enforcement reform this far—and made more sacrifices

and compromises than they should have been asked for," said MBLLC Member Senator Sonia Chang-Díaz (D-Boston). "There's a lot that remains undone, work that this bill will not finish. And yet this bill is a testament to the fact that, in the face of so many righteous voices calling for justice, the political system does bend to effort. 'Power concedes nothing without a demand,' and over the past several months, gutsy, sustained organizing has wrought landscape-changing reform to reduce police misconduct and strengthen accountability. It's because of advocates, organizers, and community members that this legislation stands so close to becoming law, and it's because of their ongoing efforts that next session we will continue on this path towards necessary, long-overdue justice."

Other changes are administrative or clarifying in nature. The amended language now goes to the House of Representatives for further action.

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Millis High School Confirms Graduation Date

The graduation date for the Millis High School Class of 2021 is set for June 3, 2021. For updated information, visit <http://hs.millisps.org/>



Medway confirms Class of 2021 Graduation Date

The Medway School Committee has approved the graduation date for the Class of 2021 as June 13, 2021. For updated information, visit <https://mhs.medway-schools.org>

Credit: Theresa Knapp



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Sports

Millis High's Miller, Rice Display Class & Dignity

Pandemic Thwarts Accolades For Hoop Stars

BY KEN HAMWEY
STAFF SPORTS WRITER

Covid-19 has a way of interfering with personal achievement.

Two Millis High basketball players — Abby Miller and Eryn Rice — will not get the opportunity to compete for a Sectional or State championship this season, and neither will likely get the chance to become 1,000-point scorers.

Because of the coronavirus pandemic, the Mass. Interscholastic Athletic Association (MIAA) eliminated post-season playoff games and also recommended schedules be reduced. So, instead of a 20-game schedule, the Mohawks are playing only 10. Miller began the season with 691 points and had 742 at Local Town Pages deadline (Jan. 15). Rice had 802 points to start the campaign, then added 22 after three games for a total of 824.

Although they know a 1,000-point milestone is a longshot, they harbor no animosity or anger. Sadness and disappointment are difficult emotions to shed, so they choose to focus on a different number — the pandemic's death toll.

"The health and safety of everyone is what's most important," Miller said. "Hopefully, it'll be in our past soon and we can all be living normal lifestyles. There is a sense of disappointment because our team could have done some amazing things. It was realistic that we could have advanced deep, if there were playoffs. As for missing out on 1,000 points, I'm also disappointed, but I'm leaving a good blueprint behind and that's more important than my point total."

Rice says she is disappointed on both fronts but glad a vaccine is on the way. "That will help a lot," she emphasized. "My two goals were to win a State title and to top 1,000 points but the health and safety of everyone in the country is the top priority. When I was a fourth-grader playing youth basketball, I thought about scoring 1,000 points. But, I still feel fortunate and I'm glad we're playing this season."

Their achievements at Millis have not only been amazing but also incredibly similar.

Both are four-year veterans in basketball, both are captains and both have been two-time Tri Valley League all-stars. Both have played key roles in leading the Mohawks to one TVL crown and one Sectional championship. And, even when they aren't wearing a Millis uniform, they're both on the same team. They both have played seven years of AAU basketball for the Mass. Mavericks.

Miller, a 5-foot-6 point guard, and Rice, a 5-foot-7 wing/forward, are three-sport athletes. Miller competed in soccer and she has another season of outdoor track before she graduates. Rice will play volleyball and softball when basketball concludes. Miller was a captain in soccer and Rice is a two-time captain in softball.

The seniors are also dynamic in the classroom. Both are National Honor Society students who'll be in college next fall — Miller at Babson College and Rice most likely at either the University of New Hampshire or Trinity College.

"Abby is a very talented basketball player," said Millis coach Dave Fallon. "She's always been a great shooter but she also has



Eryn Rice, left, and Abby Miller admire the Sectional championship trophy that Millis High won when they were sophomores.

the ability to create her own shot in a variety of ways. Most importantly, she's the type of emotional leader who inspires her teammates."

Miller is an aggressive pass-first point guard whose best shot is a three-pointer. Her strengths are a high basketball IQ, technical skills, athleticism, court awareness, and speed. The 18-year-old Millis native displayed her ability under pressure when the Mohawks faced Tyngsboro last year in the second round of the Sectional tourney.

"We were down a point with 1½ minutes left," she recalled. "I got a steal and a lay-up, then sank four straight free throws for a five-point win. I finished with 21 points."

Being a league all-star and a captain are high honors but Miller's top thrill in her career is simply "being part of a fantastic program." Millis has qualified for tourney play 12 times in the last 13 years and during that stretch has won three State crowns and six Sectional titles.

"The culture is super special," Miller said. "We're a small town where you play sports with your friends at an early age. From grade seven up, a sense of unity is created and we become close-knit."

Miller, who averaged 14.1 points and 3.1 assists last year, has adjusted well to the modifications implemented by the MIAA.

"I played soccer with a mask on," she noted. "I'm flexible with any changes and just pleased that we're allowed to play."

Calling all teammates, past and present, "awesome," Miller also lauds the way Fallon directs the squad. "Coach Fallon is a great motivator who's helped me to enhance my skills," she emphasized. "He knows the game and he's tuned in to his players."

Fallon is also bullish on Rice's front-court play. Last year, she averaged 11.9 points and 6.5 rebounds a game. "Eryn is a dangerous player on the basketball court, especially in the open court," he said. "Her speed and finishing ability make her a tough player to cover. She's a hard-worker who does a lot of little things that often go unnoticed."

An aggressive two-way player, Rice enjoys driving to the hoop and her favorite shot is a mid-range jumper. Her strengths are similar to Miller's and she is a vocal and supportive captain who leads by example.

Rice demonstrated terrific leadership qualities in last year's matchup against Westwood. She scored 12 points, grabbed 10 rebounds and blocked 5 shots. "We won by six and the year before we beat them for the first time in eight years," she said. "I wanted to make it two straight wins and it was rewarding to play a complete game. My top thrills at Millis are winning the Sectional tourney as



Eryn Rice, left, and Abby Miller take a break during a Millis High practice.

a sophomore, becoming a league all-star twice and being part of a great program."

Rice, who plans on majoring in child psychology in college, rates all her teammates in a positive light — "they're caring, understanding, accountable and solid team players." Fallon also gets high marks. "Coach Fallon knows the game and he's always been supportive of his players," Rice said. "He also is very motivating."

Rice and Miller complement one another perfectly on the court. Miller is the team's quarterback, controlling the pace effectively. Rice is a finisher on offense and a rebounder who gets her share of put-backs. She also is an adept shot-blocker.

At Local Town Pages deadline, the Mohawks were 2-1. There'll be no Sectional or State tourneys for Miller and Rice, and reaching 1,000 points is unlikely. But there are no regrets. They've shown class and dignity in dealing with those disappointments.

Both know that two championships, being captains, all-stars, and honor students are blessings. And, they know the value of team success.

Abby Miller and Eryn Rice also know the importance of overcoming adversity. That means bringing an end to the pandemic.

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Medway Restaurant Week to be Feb. 21 to 27

**Medway Business Council announces
Medway Restaurant Week will be Feb. 21-27**

Working in cooperation with the Town of Medway and its Economic Development Committee, the Medway Business Council is launching a "Medway Restaurant Week" running Monday February 21st through the 27th, and shines a spotlight on the restaurants, caterers, and fast food establishments in Medway.

All owners/operators in Medway are welcome to participate by offering price promotions, discounts, a prix fixe menu, or any other promotion marking the week's festivities. There is no cost to participate, and members of the Medway Business Council are especially encouraged to do so.

"Medway Restaurant Week is an event, a fun way for our organization and the Town of Medway to encourage people to try something new and support our local businesses this week – and beyond," said Julie Dennehy, President of the Medway Business Council. "Coming off of our successful '21 Days of Giveaways' retail-focused promotion throughout January, Medway Restaurant Week encourages not only a 'shop local' mindset, but gives business owners a chance to stretch creatively and attract new customers."

Restaurateurs are encouraged to think out of the box, perhaps partnering with Medway

Community Farm or other local food/drink purveyors. They may also hold a virtual trivia night or online promotion to encourage engagement and new customers. Anyone can support restaurants during Medway Restaurant Week, and only Medway businesses are in the spotlight.

Medway Restaurant Week will be promoted in local media

as well as on the town and organization's websites and Facebook pages.

For more information about business participation in Medway Restaurant Week, simply sign up by emailing shopmedway@gmail.com. A list of participating restaurants will be published

on the town and organization's Facebook pages. For membership information about Medway Business Council, visit medway-businesscouncil.org/join-us.

Medway Schools Seek Substitute Teachers

The Medway Public School system is accepting applications through Feb. 1 for on-call substitute teachers for Pre-K - Grade 12 for the 2020-2021 school year. Interested candidates should apply through School Spring using this link: <https://bit.ly/38odY9q>. Bachelors Degree and consent to participate in weekly staff COVID-19 Testing required. For more information, contact Jessica Sinclair at jsinclair@medwayschools.org

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\$50,000 Awarded to the SAFE Coalition

SAFE Coalition has announced a \$50,000 award provided to them by the Department of Public Health from the fiscal 2021 Massachusetts state budget. These funds will be utilized to enhance community supportive services related to substance use disorder, improved access to care for community members, and increase trainings for SAFE Coalition volunteers.

"We are beyond thankful for the tireless work of State Representative Jeffrey Roy. His dedication to improving our community and aiding us in receiving funding to do this important work is astounding. These funds will allow our families and friends to receive a variety of supportive options with dignity and in a timely, compassion manner. This pandemic has dramatically shifted the landscape of care and we have seen our request for support more than double. Listening to the community and providing new programming, updated training, and technological care is crucial for sustained recovery." Jennifer Knight-Levine, Co-founder and Executive Director

"While most state funding requests were being reduced or eliminated, Representative Roy recognized that this was no time to cut funding for mental health and substance use disorder services. Since the arrival of this pandemic, we have seen a dramatic rise in call volume. This grant provides the critical funding needed offer services throughout the communities we serve." James Derick, Co-Founder and Board President.

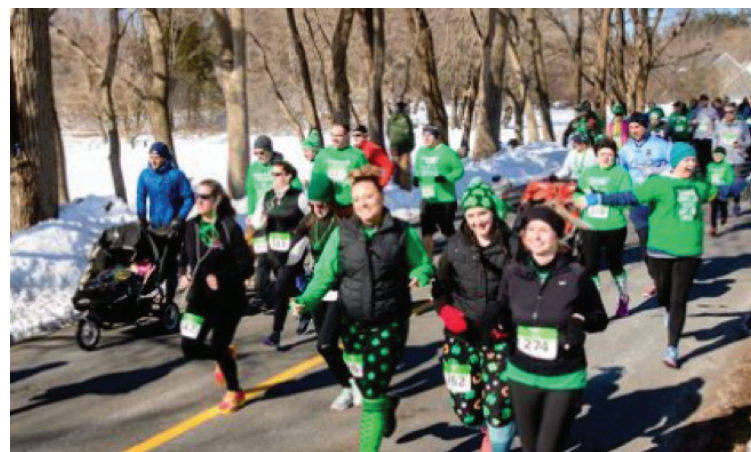
Features and benefits of funding include:

- Training – Increase training for employees and volunteers on recovery, peer work, and diversity
- Community Services – Develop two new recovery programs for adolescent and caregiver support
- Increased Access to Care – provide individuals with technology and/or training to better utilize virtual services

Availability:

- Training - will be available starting February 15, 2021.
- Community Service Supports - will be available starting March 1, 2021
- Increased Access to Care – will be available February 15, 2021

About SAFE Coalition: The SAFE Coalition is a non-profit organization that provides supportive services to those impacted by Substance Use Disorder. We focus on prevention, education, peer connection and treatment options. Some of our partnerships include Wayside Youth and Families Support Services, The Providers Council, Turning Point Recovery Center, Norfolk County District Attorney, Norfolk County Sheriff's Department, Wrentham District Court, the Commission on Grandparents Raising Grandchildren, the Hockomock Area YMCA, and school, police, fire, and faith communities. We believe in the opportunity of recovery and recognize the value in community collaboration.



Medway Shamrock Shuffle

The 10th Annual MEPTO Shamrock Shuffle is going virtual! You choose the time and the location – simply lace up your running shoes and take the first step! Your route could be a favorite trail, your daily running route, a local track or park – even a treadmill.

The Shamrock Shuffle is still one of the largest fundraising events for the Medway Elementary PTO. All proceeds will be used to support the creative arts programs at both John McGovern and Burke Memorial Schools. Registration is \$12 per person through March 31. You can also order a t-shirt and medal for \$15 more through Feb. 28.

Participants can sign up to run/walk their race between March 1, 2021 and March 31, 2021. Results will be posted by Racewire on April 1st. T-Shirts and Medals will be distributed on April 1 at a location TBD.

There will be NO chip timing for this VIRTUAL event. Results will be based on the honor system.

You can submit your results using the link found in your confirmation email between Monday, March 1st and Wednesday, March 31st.

To register, visit <https://racewire.com/register.php?id=11940>
Source: <https://www.facebook.com/MEPTO/>

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3 Meadow Road, Medway - 5 Maple Street, Bellingham - 5 Quail Drive, Medway - 6 Francesco Ave, Franklin - 8 Curtis Lane, Medway - 10 Hamilton Street, Plymouth - 14 Brookview Road, Millis - 9 Autumn Road, Medway - 15 Judy Lane, Bellingham - 18 Villa Drive, Medway - 14 Sanford Street, Unit 67, Medway - 200 North Main Street, Unit 1, Bellingham - 32 Acorn Street, Millis - 16 Broken Tree Road, Medway - 109 Twin Brook Road, Bellingham - 8C Frontier Lane, Millis - 21 Farm Street, Medway - 8 Heritage Drive, Medway - 174B Main Street, Medway - 14 Dogwood Lane, Medway - 138 Village Street, Millis - 14 Sanford Street, Unit 27, Medway - 80 East Bluff, Ashland - 20 South Hight Street, Milford - 42 Carriage House Path, Ashland - 2 Caden Court, Upton - 54 Beaman Lane, Marlborough - 33 Forest View Drive, Millville - 3004 Maple Brook Road, Bellingham - 24 Causeway Street, Hudson - 14 Brookview Road, Millis - 19 Vanbuskirk Way, Sandwich - 62 Adams Street, Medway - 172 Spring Street, Walpole - 11 Wing Ave, Freetown - 12 Oakland Street, Medway - 34 Lovering Street, Medway - 9 Sanderson Street, Medway - 79 Farm Street, Millis - 6 Francesco Avenue, Franklin - 8 Ainsley Drive, Franklin - 152 Ridge Street, Millis - 79 Silver Lake Road, Bellingham - 62 Locust Street, Holliston - 24 Broken Tree Road, Medway - 19 George Road, Franklin - 7 Olde Surrey, Medway - 34 Acorn Street, Millis - 15 Hayward Street, Franklin - 12 Casey Drive, Milford - 6 Ellis Street, Medway - 88 Patricia Drive, Bellingham - 608 Maple Brook, Bellingham - 543 Coronation Drive, Franklin - 157 Mill Street, Hopedale - 49 Turner Farm Road, Uxbridge - 8 Laurel Lane, Bellingham - 72A Fisher Street, Medway - 4 Spruce Road, Medway - 16 Coral Street, Mansfield - 26 Chestnut Street, Blackstone - 10 Heritage Farm, Medway - 10 Horne Way, Millbury - 16 Carol Lane, Blackstone - 31 Ohlson Circle, Medway - 104 Leach Street, Salem - 305 Blackstone Street, Blackstone - 5 Kings Lane, Medway - 39 Bartlett Street, Chelmsford - 58 Douglas Drive, Bellingham - 23 Sandalwood Drive, Attleboro - 9 Iarussi Way, Medway - 14 Sanford Street, Unit 36, Medway - 47 Gorwin Drive, Medway - 20 Saddle Hill Road, Medway - 73 Prospect Street, Sherborn - 13-15 Cora Street, Mansfield - 121 Country Club Drive, Franklin - 179 Larch Road, Cambridge - 14 Sanford Street, Unit 15, Medway - 105 Main Street, Norfolk - 11 Paddock Lane, Medway - 4 Biltmore Circle, Bellingham - 6 Hillview Terrace, Medway - 2 Hickory Drive, Medway - 6 Westland Circle, West Boylston - 11 Cormier Circle, Milford - 5 Cloverleaf Lane, Franklin - 8 Colonial Road, Medway - 17 Diane Drive, Medway - 12 Hawthorne Village, Unit A, Franklin - 22 Aris Way, Milford - 69 Acorn Street, Millis - 15 Hemlock Drive, Medway - 44 Village Street, Medway - 200 North Main Street, Unit 2, Bellingham - 38 Congress Street, Milford - 16 Heritage Drive, Medway - 9 Lilac Court, Hopkinton - 13 Green Valley Drive, Medway - 132 Winthrop Street, Medway - 657 Old West Central Street, Franklin - 315 Forest Hills, Jamaica Plain - 46 West Street, Medway - 17 Mate Drive, New Bedford - 11 Villa Drive, Medway - 48 Lovering Street, Unit 7, Medway - 2 Iarussi Way, Medway - 2902 Maple Brook Road, Bellingham - 4 Koyview Place, Medway - 18 Rockingstone Road, Barre - 19 Kenney Drive, Medway - 2 Juna Way, Franklin - 26 Burnap Road, Unit 4, Holliston - 27 Pond Street, Medway - 10 Charles Drive, Franklin - 1 Abbey Lane, Franklin - 44 Taunton Street, Bellingham - 7 Blueberry Hill Road, Medway - 20 Carrier Street, Bellingham - 7 Colonial Road, Medway - 24 Topsfield Circle, Shrewsbury - 10 Wingate Road, Holliston - 14 Paddock Lane, Medway - 120 Union Street, Holliston - 26 Biltmore Street, Attleboro - 3 Stoney Ridge Road, Medway - 11 Kings Lane, Medway - 50 Silver Lake Road, Bellingham - 500 Hartford Avenue, Bellingham - 96 Prospect Street, Ashland - 14 Heritage Drive, Medway - 22 Highland Street, Medway - 12 Shaw Street, Medway - 402 Old Bridge Lane, Unit 4B, Bellingham - 96 Middlesex Street, Millis - 122 Pond Street, Rehoboth - 99 Holliston Street, Medway - 144 Village Street, Medway - 60 Meetinghouse Way, Norfolk - 5 Laurel Drive, Medfield - 22 Puddingstone Lane,

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Real Estate Corner

Durand to run for Sheriff 2022

In the Commonwealth of Massachusetts, the Sheriff of Norfolk County is sworn in on the first Wednesday of January in the year following the November Election. This year, on the day in which Patrick McDermott will be sworn in as the High Sheriff of Norfolk County, I announce my intent to run for Sheriff of Norfolk County as a Democrat in the 2022 Primary Election.

During Patrick McDermott’s recent campaign, he showcased a lack of law enforcement knowledge and ability to clearly define effective and creative solutions to balance the Sheriff’s Office budget, assist communities in law enforcement operations, manage a corrections facility, and take a stance on proposed police reform legislation in Massachusetts.

As a Democratic candidate for Sheriff, I will stand against the continual “turn-stile” of “typical” County Politicians like Patrick McDermott who have not demonstrated to our residents that they are

willing to help our County Government grow, prosper, and thrive. I see the Sheriff’s Office as a community law enforcement division of our government that needs to be more than a corrections facility.

I am a United States Air Force and Marine Corps Veteran. In addition to my service, I am a graduate of Curry College with a Bachelor of Arts Degree in Philosophy and Religious Studies. I am a licensed Emergency Medical Technician, a Certified Marksman Instructor through the Marine Corps, and I’m completing my Master of Theological Studies from Boston University and Master of Legal Studies from Washington University in St Louis.

I plan to run for Sheriff as a Democrat, but, more importantly as an impartial Law Enforcement professional that can guide Norfolk County to a more visible, successful, and effective government branch for our taxpayer’s future with my 7-point “Common Sense” plan:

- Institute an “ESU” or Emergency Service Unit that responds to Mental Health Crises and Suicide attempts. This will ease the burden on the already exhausted COVID-19 help lines which are largely unhelpful and ineffective and will assist our local Police Departments.
- Establishment of an “Emergency Medical Services” ambulance and special services division that will provide fair-cost Emergency Medical Service Response to the residents of Norfolk County, which will also provide a much-needed income stream to the County budget.
- Revive the ‘Block Parents Program,’ providing a safe haven of neighborhood parents that will protect our youth from possible kidnapping or unsafe situations.
- Roll out a County-wide internet safety and cybersecurity task force that will partner with the District Attorney’s Office and Local Law Enforcement Agencies to stop, arrest, and prosecute cyber-crimes such as text harassment and stalking via all mobile devices.
- Utilize low-risk jail population inmates for Public Works projects around the County that will save each municipality thousands of dollars in maintenance fees each month.
- Education of our first and second of ense prison population, including connections and of ers for work programs, GED/Associate Degree Programs, and reduced sentences for public service.
- Of er community classes that teach our residents, “What to expect” when being pulled over and how to safely interact with law enforcement if and when the situation arises during a traf ic stop and/or a criminal complaint.

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32 Dogwood Lane | Medway



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Senator Rausch to host virtual coffee hour for seniors on Feb. 9

Seniors are invited for a coffee over Zoom to discuss life during the COVID-19 pandemic and current issues on Beacon Hill

Senator Becca Rausch will host a Virtual Coffee Hour reserved exclusively for seniors of the Bristol, Norfolk, and Middlesex District on Tuesday, February 9th from 10 to 11 AM. During this time, constituents are welcome to share their questions and opinions on state issues with the Senator and her Beacon Hill team. To comply with public health precautions during the pandemic, the virtual conversation will take place over Zoom. Seniors can join the event either via phone or webcam.

"This pandemic has been a difficult time for all of us, but particularly our seniors," said Senator Rausch. "Hearing directly from my constituents is the best way to check on our community members during these difficult times and inform my legislative work as Vice Chair of the Joint Committee on Elder Affairs."

To register for the event, seniors can go to <https://bit.ly/38LTTdi>, email becca.rausch@masenate.gov or call 617-722-1555 by Sunday, Feb. 7.

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her second term, Senator Rausch serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.



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continued from page 14

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 1 - 6 p.m.

Sunday, February 21, 2021

Temple Sinai

25 Canton Street
 Sharon, MA 02067
 9 a.m. - 2 p.m.

Monday, February 22, 2021

Dedham Blood Donation Center

180 Rustcraft Road
 Dedham, MA 02026
 12:15-6:45 p.m.

Tuesday, February 23, 2021

Natick Community Senior Center

117 East Central St.
 Natick, MA 01760

Wednesday, February 24, 2021

Walpole Public Library

143 School Street
 Walpole, MA 02081
 1-6 p.m.

Lake Pearl

299 Creek Street
 Wrentham, MA 02093
 1-6 p.m.

MetroWest Medical Center

85 Lincoln Street
 Framingham, MA 01702
 2-7 p.m.

Thursday, February 25, 2021

Franklin Elks

1077 Pond Street
 Franklin, MA 02038
 1-6 p.m.

Friday, February 26, 2021

University Station

239 University Ave
 Vacant Storefront next to ULTA
 Westwood, MA 02090
 9 a.m. - 2 p.m.

Saturday, February 27, 2021

Saint John's Parish Center

20 Church St.
 Hopkinton, MA 01748
 11 a.m. - 4 p.m.

Sunday, February 28, 2021

Dedham Blood Donation Center

180 Rustcraft Road
 Dedham, MA 02026
 7:45 a.m. - 2 p.m.

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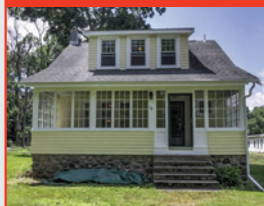
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SALE PENDING



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

SOLD



\$695,000
15 Carriage House Way, Medway
Laina Kaplan

SOLD



\$490,000
161 Lovering Street, Medway
Laina Kaplan

SALE PENDING



\$549,000
45 Dover Road Millis

NEW TO MARKET



11 B Hawthorne Village Dr., Franklin
Laina Kaplan

SOLD



\$550,000
10 Randy Road, Framingham
Jennifer McMahon



Client Testimonial to Jennifer McMahon:

“Amazing is the best word I can use to describe my experience working with Jennifer McMahon in selling our home in the midst of Covid! From our first interaction, until our final goodbye, Jennifer made the experience as comfortable, stress-free, safe (during COVID), and professional as I could have ever imagined. She is incredibly organized and was dedicated in presenting our home in the best possible light. She never quit working for us, from the staging to the negotiations and through to the inspection and final sale. She was very informative explaining the various steps in the process and offered her expertise every step of the way. She went above and beyond and I could not recommend her enough!” *Tracie Drayer, Millis*