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Inside Pages



Millis students write opinion essays on how best to attend classes during pandemic

MILLIS - Students in Mrs. Foley's fifth grade class at Clyde F. Brown Elementary School in Millis recently wrote opinion essays on "Should students be in school full time, hybrid, or fully remote during the pandemic?"

Foley says the essays led to a lively conversation in the classroom. "We had a discussion about their opinions and they were so passionate about their beliefs."

Of these students, eight said school should be fully in person, six said hybrid, and three said fully remote. Here are some (mostly unedited) excerpts from those essays.

I think we should be fully in person because we need to be outside and be around more with people. Like I said before if you look at a screen for too long it can mess up your eyes and cause a lot of other stuff. It can mess up

your eyes because the screen is so bright. Also we all need to be outside for at least 10 mins everyday to get away from screens. Also when people are at home and they have lunch and recess they dont go outside they go on electronics and stuff. - *Molly Tobin*

In conclusion, learning at home can be stressful to students and teachers., bad for

ESSAYS

continued on page 2

Amazon distribution center identified for Medway/Holliston town line

MAPC says Holliston site is a planned Amazon location

BY THERESA KNAPP

HOLLISTON - A report by the Metropolitan Area Planning Council has confirmed what many residents have feared:

AMAZON

continued on page 2



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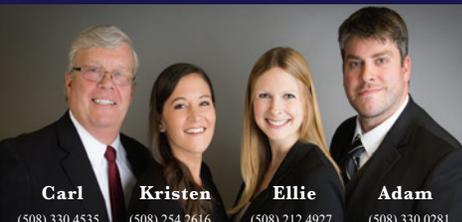

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ESSAYS

continued from page 1

your overall health, and not good for a child's social skills. These are just some examples of why we should be fully in person. I believe that Millis Public Schools should learn fully in person. - *Jacob Mussi*

In this time it is better to do hybrid, it is safe and it's healthy. As you should not be on your device all day everyday. Hybrid is good because we do need to stay healthy. You can learn better in school and you can stay healthy. In this time it is a good mix between online and in person school. So schools and the readers make sure to show this to your principles or your parents that we should be hybrid. - *Nathan Summer*

With zoom ruining kids education to screen time giving children bad headaches why would you not want to return to school. Don't forget that COVID-9 is under control making it safer too. And lots of students are feeling more stressed after all of this. I think it's about time we return to school for good. - *Logan Berube*

Most kids work better in person than online...It is way easier to communicate with your teachers and friends...Understanding people online is very hard...Too much screen time for kids is not good... - *Elizabeth McCarthy*

I think we should be hybrid because it is safer for kids. Also you can socialize 2 times a week, we get a chance to leave our houses and hybrid combines staying safe at home and being able to socialize. - *Gabby*

These are all the reasons why I think we should be Fully in person. Going to a school hybrid or fully remote can cause sickness when you're at the computer for too long, your house can get really distracting and you might not have everything you need to participate. - *Anonymus*

Reasons why we should be fully remote: not everybody wears masks all the time neither do they stay social distances and that is why it's getting worse and worse as the year goes on. If you are fully remote you don't need to worry about being late or driving in the snow. You have a half day every wednesday so you don't have too much screen time, and you don't need to worry about getting covid. - *Arabella Giourard*

I think we should be fully in person because we have masks on and the only time we don't is when we are outside 6 feet away...It is hard to focus at home...Younger children and kids with special needs learn best in school...Your wifi can be so glitchy and it gets very annoying when you miss out on part of the

directions...people have not seen their friends for a while and i bet they want to see their friends. School can be a safe place. Students said it can be a way to escape troubled family lives...It is good for kids to talk and do stuff. - *Joe Barisano*

One reason I believe we should be Fully Remote is because Covid is easily spreadable and the numbers just keep going up. As of December 8th, 2020, the total case count in our current town, (Millis) is 142 and counting...I believe we should be Fully Remote because there will be more equality in terms of academic attention. Kids won't have to feel left out when they are online and others are having a party in-person. (hybrid). Though, if they're all remote, they don't have to be jealous or hurt that they aren't included [and] kids will be able to learn in a more suitable, comfy, homey environment. - *Audrey Holmes*

Covid-19 is a virus that has killed so many people I can't count. It was such a tragedy when it hit, shops closed, restaurants closed, offices closed, schools closed, almost everything closed! We all had to shut ourselves up in our houses like a turtle in its shell. We had to do remote learning after Covid hit in March...Hybrid is a safer, better, and more productive way of learning in quarantine and it gives more opportunities for families than other ways of quarantine learning. People are taking precautions and working really hard for students to be able to have fun in school. Teachers

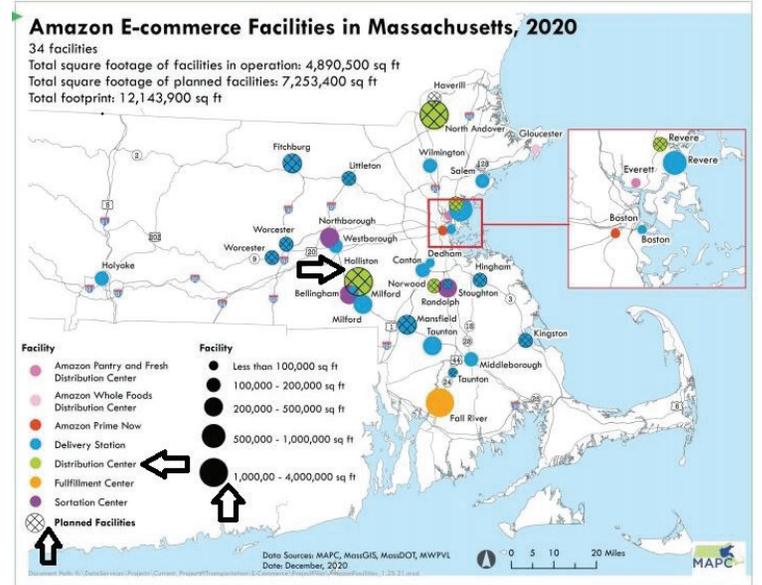
AMAZON

continued from page 1

The massive development at 555 Hopping Brook in Holliston is a planned Amazon Distribution Center.

Plain Sight: Impacts of E-Commerce in Massachusetts, the Holliston site is listed as a "planned" facility that would be between 1 million and 4 million square feet.

At a Planning Board hearing on March 18, CRG representatives described the building as



Amazon proposes a massive distribution center at 555 Hopping Brook Road in Holliston. Source: www.mapc.org

When developer CRG Integrated Real Estate Solutions started construction in the area last year, residents were told it would not be an Amazon facility, but according to a MAPC February report entitled "Hidden and in

820,000 square feet and said "We don't know who the tenant is."

The proposed facility lies within the town lines of Holliston where it is making its way through the permitting process.

want their students to be able to get a good education even with everything being so hard, and I believe that hybrid learning is the best choice for that. - *Margaret Scavone*

That reason why I chose fully remote is because coronavirus is constantly changing. Since it is

always changing, we will never know if it's safe to go to school. If you do manage to catch it, your symptoms could be not as bad as older people, you could give it to a family member or a grandpar-

ESSAYS
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Your Money, Your Independence

Rising Rates, Sinking Values: Are Bonds Dead?

Interest rates are rising due to expectations of better economic growth.

Economists expected inflation to perk up this spring due to higher prices from pent-up demand. Still, they don't expect the increase to be sharp enough or sustain long enough for the Fed to take action. In fact, the Fed reiterated in March rate hikes are unlikely through 2023, confirming a willingness to let inflation and U.S. economy run hot.

Over the last 6 months, investors have cooled on bonds, causing rates to move higher, take 10-year US Treasury rising from 0.66% to 1.73% ending March 19, 2021. Beyond affecting new mortgages and refinancing, investment portfolios with bonds are feeling an impact.

The Barclays US Aggregate Bond Market Index which returned +7.5% for 2020. This year through 3/19 it is down -3.6%, aligning to how bond performance works: when rates go up, bond prices go down.

While it's early, understand since 1976 this bond market index has been negative just 3 times in 44 years, with the worst return being -2.9% (1994).

So do you abandon bonds?

The better question: why do you hold bonds?

Stability during market stress. Consider last spring, Treasuries continued to maintain their status as a safe haven during market stress. Other alternatives that could fill that role? In a month (2/13/20 - 3/13/20), Bitcoin lost -52%, Gold down -5%,

while Treasuries rose.

Aid in lower portfolio volatility. Risk control and income for those depending on regular distributions from their portfolios. Additionally, investors who can't handle the stress of portfolio swings cause more harm by switching around positions or going to cash, than if they'd been diversified with focus on staying invested over the long-term.

What can be done now?

Diversification. Origins of the 60/40 portfolio date back to stocks and bonds being the only two major asset classes. The evolution and access to indexes, funds and technology over the last few decades has provided choice for broadly diversified portfolios. Within fixed income, consider "Core & Explore".

Core stability from Treasuries and highly rated corporate bonds, then explore global fixed income with higher yields - if you can tolerate the higher volatility.

A TIP about inflation. When markets think one way and the opposite happens, shocks occur for extended periods. Markets think inflation is controlled. Treasury Inflation-Protected Bonds (TIPs), commodities, hard assets and real-estate investment trusts (REITs) help hedge against inflation or stagflation. When inflation heats up, stock-bond correlation will increase together, thus these should help bring lower volatility.

Goals-based planning. Financial planners can help implement broadly diversified portfolios to align to an individual/family's goals, needs, time-



Glenn Brown

lines and risk tolerance whether you are in an accumulation or distribution phase of your life.

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.

Medway's executive arm is now "Medway Select Board"

The Town Clerk's Office has received notification from the Attorney General's Office of the Commonwealth of MA that Article 15 (Citizen's Petition) of the November 16, 2020 Town Meeting has been approved. The Board of Selectmen will now be referred to as the Select Board. Added work is needed to finalize this change on the Medway Charter. *Source: Facebook/MedwayTownHall*



The Millis Lions Club is in the midst of its first virtual auction. The event runs from March 26 to April 9 with all proceeds going directly to the Millis Lions Club Scholarship & Charities Fund. New items are added daily at <https://milfordchamber.schoolauction.net/millislions2021/homepages/show>.

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Quality Cleaners: Dependable, Adaptable and Excellent!

BY DAVE PASQUANTONIO

Quality Cleaners, located at 969 Main Street in Millis, has been a mainstay in town for decades. Quay Vuong bought the business in 2017 and has grown to love the community as much as the community loves his service.

Quality Cleaners had to adapt to survive the pandemic's devastating toll on small businesses. And adapt they did. They now offer free, contactless pickup and delivery to towns up to 20 miles away. They keep their storefront clean and welcoming while offering every precaution to keep their customers safe. They use the most eco-friendly cleaning agents to treat garments with respect and make them last longer. They've eliminated plastic bags. And they continue to provide top-notch service from start to finish.

A customer recently said that Quay doesn't merely clean clothes—he manages expectations. When your customers think of you as a partner making their lives better, you're doing something right.

Business spotlight

Quality Cleaners uses cutting-edge technology to make transactions ridiculously easy. The team affixes a tiny bar code to each garment to track it along with all of the other items in the customer's order so that everything is ready at the same time. Customers even get a text letting them know that their items are ready for pickup or that their scheduled delivery is on its way.

Quay looks to a garment's care tag for the initial sort. "I don't like to go rogue," he says. But sometimes consumers remove the tags—or sometimes the care tags themselves are incorrect—and that's where experience kicks in. It's another reason why customers trust Quality Cleaners.

Dry cleaning isn't done dry—clothes are soaked in a solvent instead of in water. It's the best way to get rid of oils, plus some



garments can be harmed by cleaning with water. At Quality Cleaners, the days of using perchloroethylene—"perc"—for dry cleaning are long gone. Instead, they use hydrocarbons, leading-edge additives that are safe and gentle (and excellent at removing oils and stains).

However, natural cleaning agents also increase the need to treat spots and stains before the



cleaning. Quay has a dozens of bottles of pre-cleaning stain removal formulations to treat even the harshest of blemishes.

"Take a coffee stain," Quay says. "There are several components in that one stain: coffee, sugar, dairy. Many off-the-shelf spot removers can't handle those stains." Quality Cleaners can.

Other items are wet cleaned—washed with detergents and additives in specialized machinery. Still others, like button-down shirts, are destined for the laundry, while some garments are handwashed with dedicated additives and a lot of care and time.

So, why bring your clothes to a cleaner? Take ironing. It's a

simple task, but it can take forever, plus some items are too big to iron at home (and it's really hard to get that snappy pants crease).

Quality Cleaners uses a press system with a vacuum in the ironing board to prevent the garment from moving. They know when to apply steam, when to apply heat, and when to let the garment cool (the secret to that snappy pants crease!)

Back to that question: why bring your clothes to Quality Cleaners?

Because they're dedicated, they innovate, they save you time, and they extend the life of your garments. They'll come to you. Your clothes will look way better than if you clean them yourself. And when change comes knocking, you know that Quality Cleaners will be ready.

Quality Cleaners is open Mondays and Thursdays 8a-5p, Tuesdays and Fridays 1p-5p, Wednesdays 8a-4p, and Saturdays 9a-4p. Give them a call at (508) 376-9100 or visit them at www.qualitycleanersmillis.com.

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A profile in success, a Medway renaissance

By JEFFREY J. SEGARRA

The town of Medway has seen an amazing revitalization these past fifteen years. Dennis Crowley has seen it all and has been actively involved in this incredible transformation as a Medway Select Board member. For those who have not been in Medway that long, or may not remember, in 2006 the town was on the brink of bankruptcy. Medway was fast running out of money in reserves and had debt of approximately 2.3 million dollars. The State of Massachusetts stepped in with a 10-year, secure loan of 2 million dollars. Mr. Crowley had just retired as an experienced business owner. As a skilled financial manager, he felt he needed to get involved to help the town and his neighbors, so he ran for Select Board. After winning the election, Mr. Crowley worked closely with other Select Board members, and the Town Administrator at the time, Susan Kennedy, to help engineer a comeback plan. Within 8 years the Town of Medway paid off the state loan and developed a current General Reserve fund of over 3.6 million dollars.

Once the town was fiscally sound Mr. Crowley turned his attention to improving the lives

Business spotlight

of people in the community. In 2014, Dennis and fellow Select Board members selected our current Town Manager, Michael Boynton. Seven years later, Dennis is proud of the outstanding team that works every day on behalf of the Medway residents and businesses.

Knowing how to manage projects and negotiate with stakeholders, Mr. Crowley has prioritized and helped shepherd a long list of exciting and beneficial improvements. These improvements included recreation facilities and venues like three new turf fields which are available for use by the community through the Medway Parks and Recreation website and the Thayer House Facility available to be booked for events like birthdays and weddings. The renovation of Choate and Oakland Park included a children's splash pad that was argued as excessive by some but advocated and advanced by Mr. Crowley. The summer sounds of children's

laughter and splashing in the water were well worth the extra effort. Another great project was the establishment of the Medway Community Farm where residents are encouraged to buy local and eat healthy. These improvements not only attract people to come live in Medway, but they also attract customers for Medway's businesses keeping Medway strong and vital.

Mr. Crowley also recognized the need for town infrastructure projects to enhance the access, safety, and looks of the town. This realization kicked off a flurry of activity by the Select Board to enable projects for the reconstruction of the roads, sidewalks, and lights of Route 109, the main thoroughfare through town. In addition, the town constructed a new 13-million-dollar DPW facility without requiring a tax override. This new facil-

ity supports the equipment and workers of the town charged with keeping all roads, parks, and infrastructure clear, neat, and working properly. Mr. Crowley has supported Medway schools in numerous ways including facility and technology upgrades to better serve students, parents, and teachers. Mr. Crowley continues to find ways to finance and support these projects without negatively impacting the financial health of the town or burden taxpayers with excessive taxes. He also negotiated the return of \$500,000 to taxpayers from the Exelon project through yearly tax relief and achieved 10% affordable housing status.

Mr. Crowley actively invests his time and personal resources in the community. In addition to being a member of the Medway Lion's Club, contributing to local charities and community groups,



Dennis Crowley

he was also the co-founder of the Muffin House Cafe, providing local jobs and a favorite gathering spot for Medway residents. Mr. Crowley continues to look to the future and has a wide range of initiatives he would like to see developed to continue to improve the town, increase property values and attract business. Mr. Crowley is again running to be a member of the Select Board on May 18th.

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ESSAYS

continued from page 2

ent and they could get very very sick and maybe die. That's why I think it's safe to stay home where it's safe for everyone. - *Brayden*

I think that we should be hybrid because It makes sense

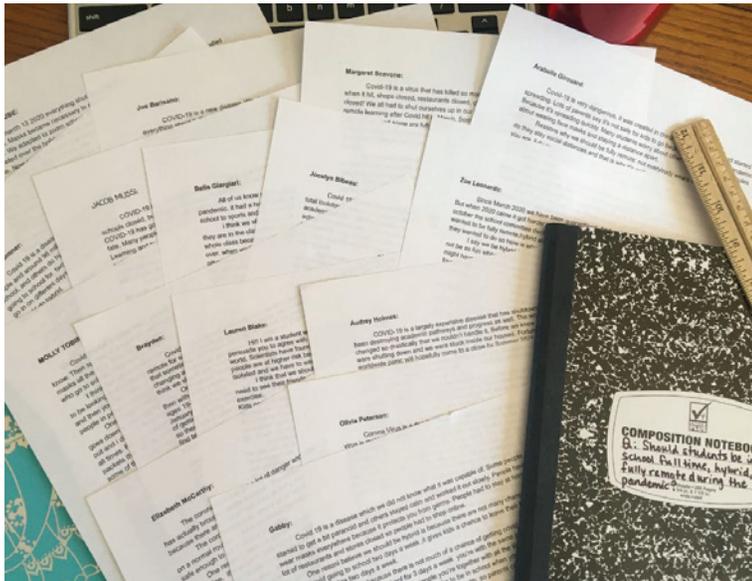
I believe we should be hybrid because Socialization is important for kids. No one has seen anyone for the past couple of months. It makes me sad because I really miss my friends and it is easier and makes me happier if I get to see them in school along with my other classmates...As long as we follow the right mea-

I think we should be fully in-person. First of all it's easier to learn with a teacher because they are in the classroom with you and can help you. Also you won't have to talk in front of the whole class because when you're in school you can just ask her for help and they will come over. when you're in school there are also no distractions from home like pets, siblings, parents, other zoom meetings etc... When you're not in school you can't play games, have lunch or do fun activities with each other because at home you just go into break out rooms. friends shoulnt have to be separated, so what if we have to wear masks at least we would be able to see them while being safe at the same time...it's so hard for people with mental health issues,

it's harder to focus because they aren't in school. in school you can get real help and won't have to ask in front of the whole class. mental health can make people have anxiety, get stressed out and will make them start over thinking too much when they really don't have too. - *Bella Giargiari*

I think that we should be Hybrid because it is safe right now My three reasons are: Kids need to see their friends again, looking at a screen all day is bad for you, and we need to get exercise. Trust me I love going in person but we just need to be safe right now. I also kind of like having half of the kids in the classroom. Thank you for taking your time to read my opinion!! And I know learning from home is different but please act like you are in

real school, take it seriously, and be calm. This is hard for everybody right now. Think about the teachers and first responders and everyone who lost their job because of Covid. Don't just think about yourself. Because the whole world needs you to help them by staying safe and being careful. - *Lauren Blake*



At Clyde F. Brown Elementary School, Mrs. Foley's fifth grade class answered the prompt: "Should students be in school full time, hybrid, or fully remote during the pandemic?" Credit: Theresa Knapp

because the cohorts are small, socializing with peers is good, and school gives kids more energy to learn and socialize... Some kids might get frustrated or angry about work and have a lot of stress when you have to do it all on a computer...Socializing with anyone takes you off the screen for a bit so your eyes don't hurt...You get to talk to new people, more excited and the cohorts are small. - *Zoe Leonardo*

Covid has had it's ups and downs. People think it's over, then another wave hits. Because of this us students can't learn much from staring at a screen at home. I have many problems with my internet. So it's very hard to understand and hear what they're saying. Too much screen time can damage the brain, and cause mental health problems. Online learning can cause stress, and anxiety. I learn better in person. More focused. Understanding more. And being able to see our friends. Corona Virus has been around for almost a year now. It has stopped us from doing the many things we love. Like playing sports, seeing friends, going on trips and more. It's harder to not socialize with friends and family. It's also hard for parents. Especially if they work from home. I strongly believe that it will be easier, more fun, and definitely understandable to be fully in person. - *Olivia Peterson*

ures we can see our friends while in school...In conclusion as you can see hybrid is good for kids with special needs, for kids to get social interaction and the stats about covid- 19 and how schools are preventing their staff and students from getting Covid. - *Jocelyn Bibeau*

Millis Recreation will present a "Bunny Drive-Thru" on Saturday, April 3, in the Town Hall parking lot. There will be two sessions 10:00 a.m. to 11:30 a.m. or 11:30 am. to 1:00 p.m. and tickets are \$25 per vehicle. The cost includes a photo with Bunny and two Easter kits (additional kits available for \$5 each). Registration required at www.millisrecreation.activityreg.com

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Millis Select Board discusses possible purchase of 30 acres on Village Street

Town has the option to purchase Braun property for \$1 million

By THERESA KNAPP

The Millis Select Board held a public hearing on March 1 to discuss whether the town should exercise its right of first refusal to purchase 23 acres of agricultural land owned at 377 Village Street.

If the town waives its rights, property owner Richard M. Braun can proceed with a signed purchase and sale agreement for \$1 million with local developer Robert Fox who proposes to build a senior residential community on the land. Fox also developed abutting Acorn Place.

This parcel is located near the intersection of Village, Acorn and Himelfarb Streets. There are wetlands and a small stream on the land which would impact future useability. It is in close proximity to two other town-owned parcels (one is a direct abutter at the back portion of the Braun property) totalling 35.4 acres. Those parcels are accessible from Village Street and are under the jurisdiction of the Conservation Commission.

Millis Select Board Chairperson Jim McCaffrey said “there is some urgency here” and the Select Board should decide in March if the town will waive its rights, or exercise the town’s right of first refusal and purchase the

land for \$1 million.

Town Administrator Mike Guzinski explained at the hearing the three funding options:

Borrow within the current tax levy cap, through the General Fund, which would not require a debt exclusion;

Borrow within the tax levy cap but also (apply for and) utilize some Community Preservation Funds (which would put some restrictions on the future use of the parcel, specifically restricting future construction on the land); or

Borrow using a debt exclusion (override) which would require a town meeting vote and a ballot question in the May election (estimated tax increase is \$30 per year per household for 20 years).

Community Preservation Committee Chairperson Nathan Maltinsky confirmed there are grant funds available in the Community Preservation Act account for this purchase.

Planning Board members spoke in favor of purchasing the land including Chairperson Richard Nichols. “To have a

piece of property like this come up does not happen very often and should be something the town should look at long and hard.” Nichols said the town could use the land as open space now and use it for something else in the future such as housing or a school when needed.

Conservation Commission Chairperson James Lederer said his commission is in support of

sues on town budgeting priorities, the need for a senior center, the current “underinvesting” in maintenance of current town properties, and a suggestion that \$1 million might be better spent elsewhere.

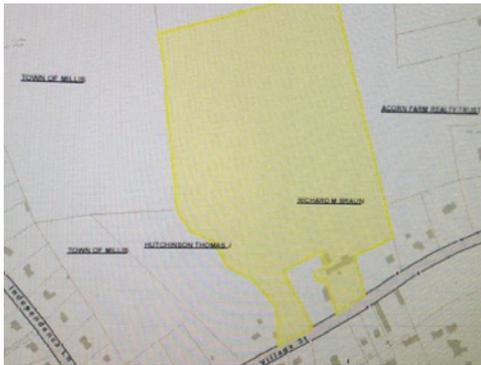
It was noted there is town water near 377 Village Street but town sewer would need to be extended.

If the town decides to waive its rights, developer Fox proposes to build a senior residential community to include 46 condominiums. He also intends to leave approximately 12 acres as open space (which he would grant to the town at no cost) where he would have walking trails to connect to the abutting town-owned land.

Fox’s attorney Edward Cannon said this development would have no impact on the schools and would generate \$10,346 per unit per year in tax revenue. This is a market-rate development, not based on income level.

Zoning Board of Appeals Chairperson Peter Koufopoulos supports the proposed development plan calling it a “win-win” for both sides. He also noted the small remaining residential lot that contains the Braun home will become a non-conforming lot and urged the town to work with the developer to make it conform.

As of press time, no decision had been made on how to proceed.



The Town of Millis has the opportunity to purchase 23 acres at 377 Village Street for \$1 million. Source: Millis Select Board

purchasing the property. “We’ve been discussing this at length. There are wetlands but there are lots of areas that can be built up for recreational use.”

Recreation Committee Chairperson Tim Davis said his board supports the purchase, adding “The immediate impact can be seen as a passive parcel but we are in desperate need of fields... Recreation as a whole is in need of more property to develop.”

Public comments raised is-

Millis town-owned land with public access

Town-owned land: Parks

- Oak Grove Farm, full access, 108.2 acres
- Town Park Fields, full access, 13.2 acres
- Pleasant Meadows Farm, full access, 32.5 acres
- **Village Street Conservation Area, full access, 35.4 acres**
- Dewey Property, full access, 5.5 acres
- Cassidy Property, full access, 36.4 acres

Town-owned land: Conservation

- Richardson’s Pond, full access, 13 acres
- South End Pond, full access, 9 acres
- Pleasant Street Conversation, full access, 4.5 acres
- Conservation area: Charles River Natural Valley Storage Areas, limited access, 131.8 acres
- Conservation area: Charles River Natural Valley Storage Areas, limited access, 107 acres
- Conservation area: Charles River Natural Valley Storage Areas, limited access, 14.6 acres
- Apple Knoll Farm, limited access, 10.6 acres
- Bogastow Brook, limited access, 6.1 acres

Town-owned land: School parks

- Millis High School Fields, limited access, 11.5 acres
- Clyde Brown Field, limited access, 17.7 acres
- Gerry Sisto Baseball Field, limited access, 3.3 acres

Source: Town of Millis Open Space and Recreation Plan (pages 41-49). www.millisma.gov (see map on pg. 41)

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The Millis Public Library will host “A Novel Occasion” on Saturday, May 1, from 12:00 p.m. to 2:30 p.m. The virtual fundraising event will feature bestselling authors Erica Ferencik, Jane Healey, Jane L. Rosen, Kerri Maher, B.A. Shapiro, Sheila Williams, and more. Tickets are available at www.millislibrary.org/friends

Planning and Protection Saved the Morgan's Health, Home, and Life Savings

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Through the years we have seen all too often a person or family who thought all was well, only to discover otherwise at the worst possible time ...

Mr. Morgan came to one of our free discovery seminars a while back. If you asked him at the time, he probably could not give you a specific answer as to why he showed up, other than, "I knew I had to do something and when I saw your information about the education and counseling process, I just felt like I had to be there."

It was fortunate that Mr. Morgan made this decision. We had noticed him sitting in the back. He was easy to spot in his red striped tie but more importantly because he never took his eyes off of us as we spoke. Talking with him afterwards, we could see why he was hanging on our every word regarding protecting your estate and assets.

His wife had recently become ill, and medical bills had begun to deplete their life savings. It had been their dream to live a com-

fortable lifestyle in retirement and eventually leave a financial legacy for their children and grandchildren, but now all this was in serious jeopardy. It was very possible, he said, that Mrs. Morgan might have to enter a nursing home, which would further rob them of hard-earned retirement savings earmarked for their loved ones.

Mr. Morgan's situation was very personal to our team. It struck at the very heart of our core values of Faith, Family and Finances. It is why we have done our very best to protect families in our community and region for generations! Does this sound like something that hits home for you as well?

Upon learning of Mr. and Mrs. Morgan's plight at our discovery session, we immediately set up an appointment with Mr. Morgan to dig deeper into the situation. In preparation for our meeting, we did a thorough and complete review of legal, financial and tax matters, including present finances, future goals and, most importantly, the major obstacles (medical and other-

wise) that could potentially rob this couple of their hard-earned money and retirement savings. Accordingly, we determined what they wished to do to make their children and grandchildren more comfortable. The end result was that Mr. and Mrs. Morgan were able to stay on track through a solid retirement, estate and asset protection plan we put in place for them.

What about your present situation? Might there be landmines on the horizon which could shatter your future dreams and plans? Based on what has happened to numerous clients, families have been unable to visit and/or coordinate matters from bill paying to document signing. Those who had the right legal documents and financial matters coordinated as well as the right people in place, were successful with what needed to be done. We have heard of many who did not have the right team and/or preparations in place, and the outcomes were not favorable. How has Covid-19 affected your family, friends and neighbors? What if Mr. Morgan

had not happened upon our free discovery workshop and personal counseling session? What might his and his wife's financial future have looked like? Do not let a healthcare catastrophe or another major event put an end to what you have been working towards for your golden years.

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discovery line 800-964-4295 (24 hours a day, 7 days a week) or 781-237-2815 (weekdays) to register for a Discovery Session and to see if you qualify for a personalized review and counseling session. You can also register online at DSullivan.com. Due to the current pandemic, we are doing our best as essential service providers to help those who qualify, understand how much they can and should do for their family now!

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

Book a free online discovery session today. You'll discover why 90% of all trust and estate plans fail as well as what you can do to protect your health, home, spouse, family, legacy, and life savings. You and your family will benefit from the peace of mind knowing you have done everything you can to protect yourself and your loved ones for generations. Call 800-964-4295 NOW to register for a Discovery Session or visit www.DSullivan.com.

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Living Healthy

Glaucoma Treatment: SLT

10 Commonly Asked Questions

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

Lasers can be very useful in treating many eye problems from helping patients eliminate the need for glasses to cosmetic procedures of the eyelids and blade-

less cataract surgery to treatment of glaucoma.

Glaucoma is a condition that can damage our field of vision. It affects us when the pressure inside the eye is higher than what the eye can tolerate. Glaucoma

is treatable with drops targeted at lowering the eye pressure. Laser technology can also be used in a focused beam of light to treat the drainage angle of the eye in an additional attempt to lower the pressure. This surgery makes it easier for fluid to flow out of the front part of the eye, decreasing pressure inside the eye. Selective

laser trabeculoplasty or SLT is the name of the laser procedure used to lower the pressure. SLT has been in use for more than 25 years in the United States and around the world.

parable to the IOP lowering of the most powerful and commonly used class of glaucoma medication (prostaglandin analogs). This effect may be reduced if the patient is already on glaucoma medications. The effect will generally last between 1-5 years, and in some cases, longer than that. If it does not last at least 6-12 months, it is usually not considered successful.

1. Who is a candidate for SLT? Patients who have primary or secondary open-angle glaucoma (the drainage system in the front part of the eye is open) and are in need of lowering of their intraocular pressure (IOP) are eligible for the procedure. Your eye doctor will make the final determination if you are a candidate.

2. How does it work? Laser energy is applied to the drainage tissue in the eye. This starts a chemical and biological change in the tissue that results in better drainage of fluid through the drain and out of the eye. This eventually results in lowering of IOP. It may take 1-3 months for the results to appear.

3. Why is it called Selective? The type of laser used has minimal heat energy absorption because it is only taken up by selected pigmented tissue in the eye. Sometimes it is referred to as a "cold laser." Because of this, the procedure produces less scar tissue and has minimal pain.

4. What are the risks? One key aspect of SLT is a favorable side effect profile, even when compared with glaucoma medications. Post-operative inflammation is common but generally mild, and treated with observation or eye drops or an oral non-steroidal anti-inflammatory drug. There is an approximately 5% incidence of IOP elevation after laser, which can be managed by glaucoma medications and usually goes away after 24 hours.

5. How effective is it and how long does it last? SLT lowers the IOP by about 30% when used as initial therapy. This is com-

6. What happens if it wears off? If SLT is effective at lowering IOP but this wears off over several years, the procedure can be repeated. Repeat treatments may or may not lower IOP as much as the first, and continued repeat laser will eventually not be effective. Some doctors may elect to treat half of the tissue on the first treatment, then treat the second half at a later date (this is not considered repeat treatment, and is completion of treatment). If SLT is not initially successful, repeat treatment is not likely to be effective. Alternatively, glaucoma medication can be used if the effect wears off over time.

7. What happens if it doesn't work? If SLT fails to lower the IOP, then the glaucoma is treated by other means such as additional medications or surgery. The laser does not affect the success of these other types of treatment.

8. What is the cost? Since the procedure is an accepted glaucoma treatment, and is FDA approved, it is covered by Medicare and medical insurance. The cost for an uninsured individual or with an insurance co-pay will vary.

9. Will I still need to use glaucoma medications? Some patients can be controlled with just laser treatment. Others require



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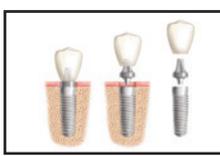
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continued from page 10

additional IOP lowering and may therefore need to use glaucoma medication as well. Think of the SLT as equivalent to one glaucoma medication. Just as some patients will require more than one glaucoma medication to control their IOP, some may also require laser plus one or more glaucoma medications. It is important to remember that SLT is not a cure for glaucoma, just as medication and surgery are not. Whatever method is used to treat glaucoma, appropriate follow up and testing with your eye care professional is critical.

10. What are the alternative laser treatments?

Other similar procedures are argon laser trabeculoplasty (ALT) and micro-pulse laser trabeculoplasty (MLT). ALT was the first laser trabeculoplasty procedure. It uses a thermal (heat) laser and may cause more scarring in the drainage angle than SLT, which may also limit its ability

to be repeated. MLT was designed to reduce the amount of energy delivered to ocular tissues by pulsing the energy in small increments. It therefore has similar potential benefits as SLT in terms of lower inflammation, tissue scarring and ability to repeat.

In summary:

SLT is a laser treatment for open-angle glaucoma that lowers eye pressure. It can be used as initial treatment, instead of eye drop medications, or as additional treatment when medications do not adequately reduce the eye pressure. It is often effective but that effectiveness may wear off after some period of time. It can be repeated but the effect may be reduced with repeat treatment. SLT is not a cure for glaucoma but one of many tools to keep it under control. At Milford Franklin Eye Center, Dr. Kaldawy was among the first surgeons to offer SLT in the area. We perform the procedure in a state-of-the-art surgery center in Milford and closer to home. With this center available to you here in your backyard there is no reason to travel hours to have eye surgery and laser glaucoma surgery. If your eye provider is still

recommending you travel miles away to have surgery we are available for a second opinion! We are proud to offer excellence in SLT- laser glaucoma surgery with world class outcomes and here is the great news: Here, in Milford, and closer to home than ever before!

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Board-certified in family medicine and osteopathic manipulative treatment, Dr. Andersen comes to MRPG from Southcoast Physicians Group and Sturdy Memorial, where he cared for patients in an urgent care environment.

After receiving his undergraduate degree from Holy Cross, Dr. Andersen earned his doctor of osteopathy from West Virginia School of Osteopathic Medicine and completed his residency in Family Medicine at Kent County Hospital in Rhode Island.

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Three investing mistakes most people make.

Investing in the stock market provides you with an opportunity to put your money to work, seeking to earn an impressive return. Historically, the Standard and Poor's 500 Index has returned close to 10 percent on an average annual basis.¹ Of course, past performance is no guarantee of future results. But most investors fail to take full advantage of this opportunity. In fact, they often earn considerably less than the average market return.

A 2015 report from DALBAR Inc. showed that the average investor underperformed the S&P 500 by 3.6 percent.² In 2016, the gap widened: The S&P 500 returned about 12 percent, while the average investor saw only

about a 5% return.³

Why does this happen? There are three big mistakes investors tend to make—over and over again.

Mistake #1: Trying to time the market.

It's impossible to predict when you should sell ahead of a downturn or start buying before a resurgence. When investors try to time the market, they often miss the mark, buying high or selling low—or both. In the process, they negatively affect their potential return.

People who think they know that the market is about to drop (or make a comeback) may be kidding themselves. No one

knows for certain what will happen next. What is predictable is that the market will experience periodic volatility.

So instead of trying to time the market, you can plan for volatility by engaging in a long-term investment strategy and using dollar-cost averaging—purchasing a certain amount of an investment on a set schedule. That way, you'll be purchasing more stock when the price is low, less when the price is high. Of course, a program of systematic investing does not guarantee a profit or protect against losses in declining markets. An investor should consider his or her ability to continue making purchases during periods of declining

prices, when the value of their investment may be falling.

Mistake #2: Reacting emotionally.

Warren Buffett, one of the most successful investors ever, famously advised against letting emotions sway investment decisions when he said, "Be fearful when others are greedy and greedy when others are fearful."⁴

It's easy to feel confident and excited about investing when markets go up. It's also natural to experience panic when markets drop and you start seeing losses in your portfolio.

But giving in to these emotions leads most investors to sell low (when the market goes down, and people are worried about "losing" money) and buy high (when the market goes up, and securities are more expensive).

Mistake #3: Believing you know more than the market.

Most economists and financial experts believe the stock market is efficient. This means the prices of securities in the market reflect their actual value.

But some investors act on hunches and predictions about what the market (or specific securities within it) will do next. Remember that professional investors and fund managers have access to an incredible amount of information that they use to make investment decisions, and this information is not readily available to the average investor.

The bottom line.

You can avoid these three common mistakes by contributing consistently to your in-

vestment accounts each month (regardless of what the market is doing), assuming that you can afford to do so, working with a financial professional who can keep you calm and thinking rationally when you want to react emotionally, and sticking to your overall financial plan and investment strategy—instead of trying to guess the next hot stock.

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

¹Paul A. Merriman, "Understanding Performance: The S&P 500 Index," MarketWatch, February 2015. <http://www.marketwatch.com/story/understanding-performance-the-sp-500-in-2015-02-18>

²DALBAR Inc, "DALBAR's 22nd Annual Quantitative Analysis of Investor Behavior," February 2016. <http://www.qidllc.com/wp-content/uploads/2016/02/2016-Dalbar-QAIB-Report.pdf>

³Tom Anderson, "Most Investors Didn't Come Close to Beating the S&P 500," CNBC, January 2017. <http://www.cnbc.com/2017/01/04/most-investors-didnt-come-close-to-beating-the-sp-500.html>

⁴Adam Brownlee, "Warren Buffett: Be Fearful When Others Are Greedy," Investopedia, Jan. 21, 2016. <http://www.investopedia.com/articles/investing/012116/warren-buffett-be-fearful-when-others-are-greedy.asp>

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Millis to Seek Funding to Study PFAS Removal from Water

Issue to be raised at May Town Meeting

By J.D. O'GARA

When Millis voters head to their Spring Town Meeting in early May, they'll have a new issue before them – funding to establish how to rid town wells of Per- and Polyfluoroalkyl Substances (PFAS).

PFAS has been found in all the town's six wells. Two of them, Wells 1 and 2 at the D'Angelis Water Treatment Plant (WTP), are testing slightly higher than the state's new standard of 20 nanograms per liter (ng/L), or parts per trillion (ppt), and remain offline. Wells 3 and 5 both tested over 10 ng/L and are being monitored monthly, while the remaining wells, with PFAS levels under 10 ng/L, are being tested quarterly.

PFAS, according to the Massachusetts Department of Environmental Protection (Mass

DEP), are man-made chemicals commonly used as coating in stain-resistant, water-resistant, and non-stick products. They don't break down easily, can accumulate in the food chain, and can cause a variety of negative health effects.

Mass DEP standards of 20 ng/L are more stringent than the federally accepted level of 70 ng/L. "Twenty parts per trillion is an eye drop in an Olympic-sized swimming pool," says Jim McKay, Millis DPW Director, who explains, "Millis volunteered for this pre-testing before the regulation was put into effect." With excavation taking place at such sites as the old Herman Shoe and GAF roofing factories, McKay saw an opportunity.

"I knew they were clearing, looking to sell these properties, and knowing what they did there,

I thought it was best to volunteer for this testing, and it paid off." Property owners thus far contacted by the Board of Health "are complying and have been very receptive to any request the town has asked for," says McKay. The question remains what to do about the PFAS in the water.

"We're looking at going out and designing a treatment plan," says McKay, and that needs to move quickly. The town has expended approximately \$40,000 in unbudgeted funds to respond to the PFAS testing, hiring a consultant, Kleinfelder, which proposed \$197,990 for the initial cost study and preliminary design for PFAS treatment for Wells 1 and 2. Millis has received a Mass DEP grant for that design, expected June 30, 2021. A preliminary estimate for the full project cost for those wells is currently \$3.5 million, but the study should yield an updated figure by November town meeting.

At the May town meeting, voters will be asked for \$255,600 to assess treatment for Wells 3, 4, 5 and 6, including whether they can be treated together. With voter approval, the study would begin July first, with project estimates expected by year-end.

With two wells already offline and a third nearing that 20 ng/L mark, losing one more well could propel the problem to emergency status. If that happens, "To install something on an emergency basis, we're looking at \$250,000 with an \$11,000 monthly cost, not including permits," says McKay, "We can't just sit back and wait."

Information regarding Millis PFAS testing is posted on its website, www.millisma.gov. The direct link is <https://www.millisma.gov/public-works-highway-department/pages/pfas-drinking-water-information>.

Dungeons & Dragons Lite begins on April 8

The spring session of Dungeons & Dragons Lite will start on Thursday, April 8, at 4:00 p.m.



and will meet weekly through May 6. In this program, students ages 10 to 14 will enjoy random, wacky adventures in a chaotic fantasy world where anything can happen. Be creative and silly by partaking in a new adventure every session. Led by all-knowing Dungeon Master Alex Krebs. For more information and to register, visit www.medwayschools.org



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Millis teens took polar plunge to benefit Special Olympics

Millis Deuces team raised over \$4,500 for the organization

By THERESA KNAPP

A group of Millis High School students took the polar plunge in Scituate on March 14 to benefit Special Olympics. The air temperature was 39 degrees.

Mackenzie Sullivan has been volunteering with her family for Special Olympics for many years. She considered taking the polar plunge this year with her father -- Joe Sullivan, a member of the Millis First Responders group that also took the plunge in March -- but then created her own team, the Millis Deuces.

"I thought it would be more fun to plunge with my group of

friends," said Sullivan, a 10th grader at Millis High School and the team's captain. "We are all athletes so we understand the benefits that being part of a sports team has and therefore the importance of an organization like Special Olympics. We were all in and excited to create our own team and do it together."

The Millis Deuces team members include: Mirola Arian, Lily Avakian, Jack Borst, Joe Bouret, Paige Chambers, Maryn Cyr, Connor Dibartola, Ava Hockman, Olivia Hockman, Ryan Leone, Alex Maher, Andrew Maher, Danny Pasquantonio,



The "Millis Deuces" took the polar plunge in March and raised more than \$4,500 for Special Olympics. Courtesy photo.

Norah Sugrue, Mackenzie Sullivan and Olivia Sumner.

To date, the team has raised \$4,589 for Special Olympics.

"We were very excited that we surpassed our fundraising

goal and were still getting more donations even as we were getting ready to plunge. We love all the support from our family and friends and community," Sullivan said, adding they might take the

plunge again next year "after we forget how cold the water was."

For more information, or to donate to the team, visit <https://fundraise.specialolympicsma.org/team/6088>

Friends of the Millis Library Offer Scholarship

The Friends of the Millis Public Library are proud to once again offer our annual scholarship to a deserving high school senior. All graduating seniors residing in Millis who will be attending a four-year college or university are

eligible for this scholarship. Emphasis will be placed on library volunteerism and efforts to promote literacy/reading.

The Friends of the Millis Public Library, founded in 1983, is a non-profit organization dedi-

cated to supporting and enhancing library services. The Friends have supported the library by providing museum passes, technical support, adult and children's programs, etc.

To apply for the scholarship,

Millis High School seniors should visit the Millis High School website: hs.millisps.org and click Scholarships under the Quick Links section. Students from other schools should contact their

Guidance Office for more information and to obtain an application. Students can start using the scholarship website on March 26 and the deadline for applications is Friday, April 23, 2021.

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Sports

Nichols, Govoni Eager To Play Again For Millis Nine

Both Captains Experienced Leaders

By KEN HAMWEY
STAFF SPORTS WRITER

Brian Nichols and Mike Govoni know what it's like to take on leadership roles.

The Millis High seniors, who'll be the baseball team's captains, already have experience in handling responsibilities that leaders often face. Nichols was a captain in football and Govoni was a two-time captain in ice hockey.

Both National Honor Society students, their thoughtful perspective and mature outlook will no doubt be major assets as they help coach Mike Carter get the Mohawks ready to re-start a baseball program that's been dormant for a year because of the covid-19 pandemic.

Both players were disappointed their junior seasons were lost after the Mass. Interscholastic Athletic Association canceled all spring sports last year when the coronavirus flexed its muscles. But, the duo is delighted to get the opportunity to play baseball one final time before graduation.

"I was angry and hurt when baseball was canceled last year," Nichols said. "Junior year is important because that's when colleges recruit players. Now, I'm really grateful to get this last chance. I'll be competing with guys I've been with since Little League. And, though there'll be modifications, like wearing masks and distancing on the bench, there should be no complaints. We've been wearing masks since last spring."

The 5-foot-10, 180-pound Nichols, who pitches and plays the infield, is acutely aware that the health and safety of everyone remains the No. 1 priority.

"Sports and gatherings shouldn't be prioritized over the health and safety of others," Nichols emphasized.

The 5-foot-8, 165-pound Govoni, who handles the catching chores, was in denial when baseball was shelved last year. "I was mad and sad and didn't think it was reality," he said. "Now that we've got the chance to play again, I'm pleased and I'll do what it takes to play. I'll even drive to games if I have to."

Govoni, however, knows that everyone's health and safety is crucial. But, he sees a downside in what the country has endured. "Covid-19 is dangerous but in the early months the lockdowns were very damaging to peoples' mental health," Govoni noted. "The good news is we're handling it better now. We're more cautious and gatherings are smaller in numbers."

The 18-year-old Nichols and the 17-year-old Govoni already know how they'll deal with the leadership reins they've been given.

"I'll lead by example on the field and will strive to be supportive," Nichols said. "If I get vocal, there'll be no discouragement. We've got a young team and I know Mike and I will work to develop our younger players."

Govoni will also lead by example and by providing support. "I wasn't the best hockey player on our team but I led by listening and by relying on a strong work ethic," he said. "My goals for our team are to win and to qualify for whatever playoffs we might have, but we also must enjoy the journey. We've got to appreciate the chance to compete again."

Both captains are natives of Millis and both have played baseball for over a decade in youth leagues, for club teams and for the Mohawk varsity.

As sophomores both had dynamic stretches. Nichols, a right-handed hurler who relies on a curve, fastball, slider and change-up, was called on for relief duty in the team's tourney opener against Bourne. Govoni dominated in a key, come-from-behind win over Dover-Sherborn.

"Brian came in during the fifth inning with two outs and two runners on with us leading, 5-4," recalled Carter. "He got us out of the inning with a big strikeout. He eventually pitched six innings (into the 11th) giving up six hits and only two runs. Unfortunately, we weren't able to score any runs for him."

Nichols labels that outing as "exciting, definitely my best pitching performance."



Brian Nichols (left) and Mike Govoni are Millis High's baseball captains.

Govoni, who hit .317 and caught 121 innings, had an offensive explosion at Dover. "I went 4-for-5, had two doubles, two singles, two RBIs, and scored twice," he said. "We rallied for a 14-11 victory by getting 11 runs in the sixth inning. That was my best game."

A contact hitter, Nichols is aggressive at the plate and relies on a quick swing. His overall baseball strengths include athleticism, good technical skills and a high baseball IQ. "The key to pitching is maintaining control and keeping the hitter guessing," Nichols said.

Carter has high praise for his pitcher, who'll likely be a starter this season. "We leaned on Brian to pitch in many pressure situations," he said. "He's a great leader by example. I teach him in Honors English this year and he's always prepared, engaged, and participating in class discussions. He's intelligent, very even keeled and has a mature, thoughtful perspective on and off the field."

Govoni is passionate about his catching role, relying on assets like a strong arm, mental and

physical toughness, an instinctive nature and a high baseball IQ. "I like catching because it gives me control of the game," he offered. "And, it allows me to be a leader."

Carter is extremely bullish on Govoni's ability and his devotion to handle the catching chores.

"Mike stepped up as a sophomore and learned the position because he knew our team was desperate for a catcher," Carter emphasized. "He caught 126.1 innings for us that season (every single inning except one). He threw out four runners stealing, but what really impressed me was the way he worked with our pitching staff. As a young player catching mostly upperclassmen, he was a terrific battery mate."

"Mike is competitive and works hard every minute of practice. As our only catcher, he had to put in so much extra work during offseason workouts, extra bullpen sessions after practice, and so on. We're really lucky to have such a solid player and leader."

Both players are quality athletes in their other sports endeavors.

A tailback, Nichols gained 400 yards rushing in only half a season as a junior and had four interceptions at cornerback. His first game this season got underway after Local Town Pages deadline. Govoni, a defenseman in hockey, had 2 goals and 7 assists skating for the Hopedale co-op team that went undefeated in 11 games. In golf, he was Millis' No. 4 player, averaging 43 for nine holes.

Both players' baseball objectives are to win as many games as possible and qualify for any league or sectional tourney. Both give high marks to their coach and the younger players aiming to nail down roster spots. "Coach Carter is a great motivator, he's energetic and competitive and he knows the game," they said. "Our new players want to learn, will work hard and we'll help them adjust."

Nichols expects to enroll at either Wentworth, WPI or the University of Vermont and major in civil engineering. He hopes to continue playing baseball in college. Govoni has been accepted at Babson College where he'll major in management. He plans to be a walk-on candidate in baseball.

While both players share a similar competitive philosophy, they make winning a high priority. Nichols says "it's important to do the little things right, like fielding a ground ball smoothly and making an accurate throw for the out." Govoni focuses on giving 100 percent and having fun.

As their final season at Millis is about to begin, both view the conclusion to their athletic careers as "bittersweet."

"Just getting this final chance to compete means I'll give my all and aim for a strong finish," Nichols said. "I've played baseball in Millis for 11 years and there's good memories. But there's a new chapter of my life to unfold in college."

Govoni said: "I'll miss my teammates. I want to leave a legacy and be remembered as a hard-worker and a leader."

Brian Nichols and Mike Govoni are outstanding ambassadors — not only for Millis High, but also the Millis community.

Medway Youth Against Racism strives to fight racism on all levels

Group includes current and former MHS students, and others

By THERESA KNAPP

Medway Youth Against Racism is a local group that started in the summer of 2020 after a former Medway High School student shared their experience on Facebook.

“One of our former classmates generously shared their experience as a Black student at Medway High School. They included a call to action for former white classmates to support the fight for Black lives and Black liberation, by looking at how our own community upholds white

supremacy,” said Kendall Trelagan, a member of MYAR who spoke with Millis Medway News recently. That post became the foundation for the group.

The group then extended its reach to other graduating classes, and was “pleasantly surprised by how many people across the Medway community are supportive of this work,” they say.

Current MYAR members range in age from 26 to 19 years old, and include Medway High School alumni; they will soon welcome current students who

are part of the MHS group TADA (Tolerance Acceptance Diversity Alliance).

Though most alumni no longer live in Medway (one member lives in Australia), “We still feel passionate about anti-racist progress in our hometown. We are composed of a wide variety of experiences, professions, and ideas all brought together by a shared passion of optimizing Medway’s value of inclusivity,” says the group.

The overall purpose of the group is “to fight racism and



Medway Youth Against Racism members (top, L to R) Kara Graney, Eust Eustis, Brian Walsh, Anne Muise, Kendall Trelegan; and (bottom, L to R) Christina Spinazola, Kerry Sendrick, Lindsay Boyle, Yashoda Dhole, Kaite McKenna. Courtesy photo.

white supremacy in our town, the U.S., and the world at large. We aim to do this through education, community building, and direct action” and MYAR members say that, as a youth group, “not only do we offer distinct perspectives

on areas of improvement, specifically within the schools, but also unique means to catalyze that change. We hope to be allies in this anti-racist work and inspire more youth to take action.”

Members say that, during the



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Black Lives Matter demonstrations in summer 2020, “many of us felt called to put in the work somewhere we know that desperately needs it: our hometown. Since Medway is predominantly white, our group being reflective of that, we must take responsibility for being a welcoming, inclusive, and safe place for all.”

The group also collaborates with Medway Marches (including the recent “Allies in Action” presentation), TADA, Medway’s School District’s Superintendent and Director of Student Services, and hopes to work with more groups in the near future. They also try to attend Town Select Board meetings to keep up with town events, particularly around the Inclusion, Diversity, and Equity Advisory (IDEA) Committee.

And people have embraced the group with open arms.

“Sometimes, when we have met with groups of older adults, they encourage us to be realistic with our goals and, yes, we do try to be strategic but we try not to let what seems ‘realistic’ get in the way of what we truly believe would be best for our community. Within our group, we represent a multitude of opinions

and perspectives so we definitely challenge each other in our discussions on how to best approach progress within the community,” the group says.

The group says its future plans include:

Completing a video project to highlight perspectives on Medway and reveal opportunities for improvement;

Forming an alumni network to “connect with current students as many of our members have learned invaluable lessons since graduating that we wish we knew while living in Medway; equipped with this new knowledge students could be empowered to improve Medway’s culture and dismantle systems of oppression that operate below consciousness;” and Welcoming additional members.

“We encourage EVERYONE to join the movement. You do not have to be educated about racism, or an experienced activist. What’s important is that we are all open to learning and listening, and committed to taking action,” according to the group’s Facebook page.

For more information, visit <https://www.facebook.com/>

Medway-Youth-Against-Racism-107435684338595, email

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Medway High School Chorus and Band Students Accepted to Central District Junior Festival

MEDWAY – Superintendent Armand Pires and Principal John Murray are pleased to announce that several Medway High School band and chorus students were accepted to attend the Massachusetts Music Educators Association (MMEA) Central District Junior Festival.

As part of the audition process for the Central District festival, band and chorus students from across central Massachusetts prepared a solo piece to perform to showcase their abilities.

Students submitted their solo as a video performance for consideration this year.

The following Medway High School students, each in ninth grade, were invited to attend the Central District Junior Festival:

Chorus: Jaina Campbell, Bella Diamandis, Sienna Flotta, Macie Hoben, Megan Keavany and Lily Mitchell

Band: Alexandra Montana, clarinet

“Congratulations to this group of young musicians on this

impressive accomplishment,” Principal Murray said. “We are proud of them for taking this opportunity to audition and participate in the Central District Festival which is a wonderful learning experience for our band and chorus students.”

Due to the COVID-19 pandemic, there are no in-person MMEA Central District events this year. A virtual clinic will be held on Saturday, May 1.



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Everyday ways to celebrate Earth Day 2021

Things to do on April 22 or any day to celebrate the Blue Planet

By THERESA KNAPP

This year, we celebrate Earth Day on Thursday, April 22. The now-worldwide event started in 1970 to bring attention to environmental issues.

According to www.earthday.org, it was the idea of then-Senator Gaylord Nelson who, in 1969, witnessed a massive oil spill in Santa Barbara, CA, and “wanted to infuse the energy of student anti-war protests with an emerging public consciousness about air and water pollution.” More than 50 years later, Earth Day has mobilized more than one billion people for action every Earth Day in more than 190 countries around the world, according to the site.

The following are several COVID-19-sensitive ways to celebrate Earth Day at home:

- Go for a walk and take a trash bag to clean up your neighborhood while you exercise.
- Support local restaurants by purchasing to-go meals once a week.
- Turn off lights if you’re not in the room.
- Go vegetarian/meat free for the day, week, month or however long you choose.
- Get organized: Create donation stations within your home while doing spring cleaning. Keep the items until you are able to donate to a local organization or sell online.
- Create a compost bin in your yard. Turn all your food scraps and yard trimmings into nourishment for a garden. The U.S. Environmental Protection Agency offers tips on how to compost at home. <https://www.epa.gov/composting>



www.epa.gov/recycle/composting-home

- Plan a garden. This is the perfect time to grow seeds and start a garden at home. By growing your own food, you may save some trips to the grocery store. Cornell University offers handy guides on how to grow vegetables and flowers, as well as advice on how to design a flower garden. <http://www.gardening.cornell.edu/homegardening/>
- Plant a pollinator garden. For tips, visit <http://putnam.cce.cornell.edu/gardening/pollinator-support>
- Build a bat house. Bats play a key role in pollinating plants. <https://www.nwf.org/Garden-for-Wildlife/Cover/Build-a-Bat-House>
- Build a bee boutique out of spare materials around the house. <https://www.foxleas.com/make-a-bee-hotel.asp>
- Make art out of recycled materials. Become an Artist for the Earth.
- Donate to a local food pantry.
- Take an Earth Day quiz. <https://www.earthday.org/earth-day-quizzes/>

Sources: <https://news.syr.edu/blog/2020/04/21/how-to-celebrate-earth-day-from-home/> and www.earthday.org



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*Per MLS



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Seller's Testimonial

★★★★★

"I can't say enough great things about my experience working with Linda! She is truly an expert in determining home values! Linda came in to do an assessment and gave us honest feedback on her recommendations for improvements and updates in order to get the best price for our home. With the help of her husband Mark and a team of expert contractors and stagers, we were able to get the house on the market within 3 weeks! In addition to a beautiful marketing brochure, Linda also created an exclusive website highlighting the home features. A great marketing tool especially during COVID. Ultimately, we received multiple offers in just one weekend of showings and accepted an offer well over asking price. I would highly recommend Linda to anyone looking for an extremely knowledgeable and professional Real Estate Agent and I would not hesitate to hire her again in the future."

16 Buttercup Lane, Medway
Sale Pending in 3 Days!



How Did We Do It?

Prep & Marketing:

- Complimentary professional staging
- Professional photography including aerial photos & custom floor plans
- 3D Matterport Virtual Tour
- Single property website (16Buttercup.com)
- Targeted Facebook & Instagram ads
- Direct mail campaign to surrounding neighborhoods
- And much more!

Results

- Multiple offers received in just 2 days
- 65 private showings and 18 offers
- Facebook ad reached 1580 people
- 1,200+ single property website views

What's Your Home Worth in Today's Market? MedwayMillisValues.com



Medway's #1 Real Estate Agent*

Linda Dumouchel, REALTOR®

Luxury Marketing Specialist | Certified Negotiation Specialist

Linda: 508.254.7406 visit Linda-Dumouchel.com

*#1 in sales individual agent in Sales Volume in Medway for 2016, 2017, 2018 2019 & 2020 YTD per MLSPin



Real Estate Corner



SOLD ON MARCH 2, 2021

Condo/Townhome
\$210,000

280 Village Street, Apt. H2, inside the former Anderson School in Medway, recently sold for \$210,000. Image credit: www.zillow.com

Recent Home Sales

Date	Millis	Amount
Feb. 16	69 Glen Ellen Blvd, Unit 203	\$731,959
Feb. 16	1032 Main Street, Apt 1	\$320,000
Feb. 22	40 Crestview Drive	\$580,000
Feb. 25	36 Charles Way #125	\$652,690
Feb. 26	23 Acord Place	\$507,600
Feb. 26	7 Alma Road	\$555,000
Feb. 26	3 Key Street #3	\$220,000
March 10	292 Exchange Street	\$430,000
March 11	13 Hemlock Circle	\$241,000

Date	Medway	Amount
Feb. 19	13 Granite Street	\$510,000
Feb. 23	7 Liberty Lane	\$1,140,000
Feb. 26	4 Carole Lane	\$355,000
Feb. 26	387 Village Street	\$435,000
Feb. 26	116 Holliston Street	\$378,900
Feb. 26	4 Daffodil Lane	\$937,500
March 2	280 Village Street #H2	\$210,000
March 5	14 Sanford Street #75	\$240,000
March 8	14 Virginia Road	\$430,000

Source: www.zillow.com / Compiled by Local Town Pages

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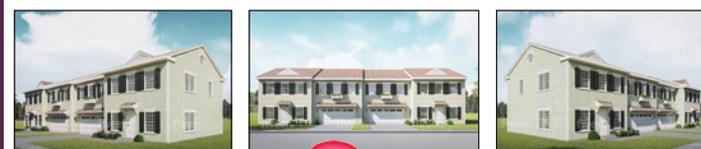
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Places to celebrate Earth Day 2021

- Musketaquid Earth Day 2021 – Ongoing through April 25 (Concord)
- Lecture: Climate Change and Prospects for a Clean Energy Transition – April 12 at 7:00 p.m. (Holliston)
- Medway Community Farm – April 22 at 9:00 a.m. (Medway)
- A conversation with Anja Kampmann, author of High as the Waters Rise (2018); and Amy Brady, who writes about arts, culture and the environment – April 22 at noon (Waltham)
- General Earth Day Event – April 22 at 7:00 p.m. (Boston)
- From Black Ecology, Human Ecology to Ikologiks – April 24 at 1:15 p.m. (Natick)

Sources: www.earthday.org/earth-day-2021 and www.hollistondems.org

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SOLD



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Millis	850k
Sharon	450k

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SOLD



198 Congress Street
Milford - \$589,000

KENSINGTON PLACE MILLIS

New Construction - Ava Marie Model \$479,900



SOLD



57 West Street
Medway - \$350,000

SOLD



36 Stratford Road
Natick - \$819,900

TOWN HOUSE



177 Plain Street
Millis Townhouse - \$559,000

NEW CONSTRUCTION



164 Village Street
Millis - \$589,000

PENDING



9 Willow Brook Lane
Blackstone - \$525,000

SOLD



79 Farm Street
Millis - \$369,000

NEW LISTING



64 Village Street
Millis - \$739,000



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FEATURED PROPERTY



\$834,900
308 Orchard Street, Millis
Gorgeous iconic custom colonial set back from the road featuring an open floor plan, great room over the 2 car garage, a beautiful setting with an expansive backyard & more!
Jennifer McMahon



NEW TO MARKET
\$559,900
32 Rockville Meadows, Millis
Jennifer McMahon



NEW TO MARKET
\$495,000
9 Susan Drive Blackstone
Laina Kaplan



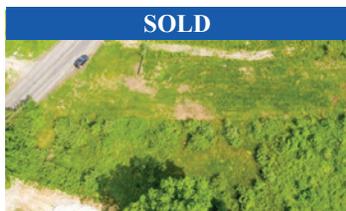
NEW TO MARKET
\$1,100,000
285 Parker St. #1 & Carriage House, Newton
Laina Kaplan



NEW TO MARKET
\$489,900
34 Village Street, Millis
Laina Kaplan



SALE PENDING
\$379,900
11 B Hawthorne Village Dr., Franklin
Laina Kaplan



SOLD
\$98,000
95 Winthrop Street, Medway
Laina Kaplan



SOLD
\$241,000
13 Hemlock Circle, Millis
Jannifer McMahon & Janine Azzouz



NEW TO MARKET
\$599,900
2 Sledding Hill Road, Medway
Laina Kaplan



SOLD
\$575,000
45 Dover Road Millis



SOLD
\$300,000
14 Sanford Street, Unit #61, Medway
Laina Kaplan



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



SOLD
\$679,900
5 Granite Drive, Millis
Laina Kaplan

Client Testimonial to Janine Azzouz & Jennifer McMahon:

"I just cannot give enough praise to Jennifer & Janine for their skill and professionalism. From the moment of our first meeting, when they were already prepared with an impressive amount of information about my property and its possibilities, and all the way through closing, I never did I once doubt my choice of broker. The process of selling a home can easily become overwhelming and stressful, but I can truthfully say that I experienced none of that. I found out that a real estate broker is much more than someone who just does the paperwork for you -- they are a partner in what really is a life changing event, and I know that I couldn't have found a better one. My home sold quickly and over listing price, and it doesn't get any better than that. But the overall service provided by Northeast Signature Properties goes far beyond the selling price, and in some ways, that's even more valuable. Thank you, Jennifer & Janine. You're simply the best!" *John Janulewicz, 13 Hemlock Circle, Millis*