

The Voice of Your Community

Commitment to the Community

As a young girl, needing assistance from the community was a very real part of Heather Cohen's childhood. Many times, her family had to rely on community programs and the generosity of neighbors to make ends meet.

"I remember going with my mother to our church to pick up meals and clothing. That experience stuck with me, and not because I felt ashamed or embarrassed. It was just the opposite, in fact! Everyone who helped us was so supportive and kind, it instilled in me a sense of community and inspired me in my commitment to give back."

Heather owns b.LUXE Hair and Makeup Studio, a brand new, 4000 sq ft beauty salon housed in the historic Medway Mills Complex. With soaring ceilings, natural light-

filled rooms and the areas most current and exciting salon services, b.LUXE is one of Metrowest's most impressive beauty destinations.

But just last year, all plans for the new studio were put on hold. Heather explains. "When we first shut-down, my initial mindset was to scrap the build-out and hunker down in our existing space. It was a tough time for all of us in the beauty industry. But, later, when we returned to work, there was a very different landscape waiting for us. My staff had to split shifts and reduce hours to accommodate the new safety guidelines. I knew right away they needed a bigger salon to work at full capacity and our clients needed a safe space to relax and enjoy their services."

A new plan began to



Photo Credit: Wendy Shea Photography

unfold for the studio when Heather realized that the timing of the pandemic actually enabled her to build a socially distanced salon from the ground up.

"I had to pivot away from our original design and rethink every inch of space."

And pivot she did! b.LUXE Hair and Makeup now has 16 socially-distanced styling stations, 3 treatment rooms, multiple processing areas and a private service space for high-

risk clients. They've also added a skincare department, organic tanning services and some of the most relaxing spa services around!

From concept to completion, the continuous thread that runs through this expansion is Heather's commitment to community.

A few of Heather's community contributions include free fundraising

B.LUXE

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Millis Ashram Opens Curbside Food Pantry for All

By J.D. O'GARA

Seva: The word means "selfless service" and for the spiritual Sikh community, it is an integral part of daily life – a practice of acting selflessly and helping others without any expectation of personal gain.

One act of seva is langar, the act of preparing and serving a free community meal, and in that spirit, Sikh Dharma of Massachusetts recently opened a new pick-up food pantry, operating every Saturday from noon to 2:00 p.m. in the drive-through parking lot of Woodside Montessori School at 350 Village Street in Millis.

Anyone from Massachusetts is welcome to the service.

"We'd been thinking about doing this for a long time, and in the spring, when Covid came, we decided to start. We hope to serve the larger community, and we're hoping to expand this, to go out into the community to feed people," said Dr. Manjit Kaur Khalsa, EdD, President of Guru Ram Das Ashram and Gurdwara, the New England regional center for Sikh Dharma and Kundalini Yoga, in Millis.

Members of this community, about 22 of whom live at the Ashram and 1,000 who come weekly (although the center is currently closed due to the pandemic), raised money to upgrade the Ashram's

ASHRAM

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ASHRAM

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kitchen to a commercial grade space. They plan to use "Guru Nanak's Community Kitchen," named for the 15th century founder of the Sikh religion, to prepare meals for neighbors in need. The food pantry is a part of that.

"It's really needed right now, considering the state of everything going on," said Edwin Meglio, food pantry coordinator. Meglio, who has come to the center for years for yoga and meditation, has used his experience in the national food industry to get the pantry up and running.

The group learned the rules and regulations of distributing food to people, and has received generous donations of non-perishable foods and toiletries from Trader Joes, among others.



Dr. Manjit Kaur Khalsa, EdD, President of Guru Ram Das Ashram and Gurdwara, stands in the recently updated kitchen at the Sikh Dharma center in Millis. "Guru Nanak's Community Kitchen" will provide free meals and as its first step has opened a Saturday morning drive-through food pantry at Woodside Montessori.

Since the Ashram is a vegetarian community, the foods distributed are vegetarian and as natural as possible, with most in bpa-free packaging. "We offer non-perishable foods that are cleaned and bagged up, stapled and sealed, along with personal hygiene items that are separate from the food," says Meglio, adding, "We're not looking to influence anyone religiously or spiritually, and there's no obligation to come to a service or anything like that."

Down the road, Dr. Khalsa envisions a community garden on the being added to the mix, "We have land we hope to farm, and we'll educate people on how to grow their own vegetables."

In the future, the group plans to conduct food drives for the food relief program.

For updates and more information, visit www.Nanakskitchen.org where you can also make a monetary donation. To volunteer, contact edwin@nanakskitchen.org.

Last month, a large postcard mailer regarding potential town purchase of 61A land was printed and mailed to Millis residents. Although the mailer featured a reprint of a **Local Town Pages** story, its content does not reflect the opinions of **Local Town Pages** which refrains from promoting any political opinion.

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Advertising Director
Kathy Benoit

Advertising Sales Manager
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

Multi Media Sales Consultant
Jeremy Wardwell
413-204-5296
jeremywardwell@localtownpages.com

Creative Design & Layout
Michelle McSherry
Kim Vasseur

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Millis Memorial Day Ceremony Going Forward

The Millis Memorial Day 2021 observance will take place on Monday, May 31, 2021. The ceremony will begin at 10:00 a.m. and will take place at the Memorial Park in front of Millis Town Hall at 900 Main St. (Rte. 109). It is important that we take time to honor all those who have served or are serving in the armed forces and especially those who have paid the ultimate sacrifice. The ceremony is open to all those who wish to attend. All updates may be found at www.millislegion.org

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If your taxes could talk, what would they say?

Get your taxes done?

You have until May 17th to complete and find out what they say about you. Specifically, what are you doing well and can be done better?

If you don't know, ask your accountant. If he/she can't answer, maybe it's time to get help with tax planning from a Certified Financial Planner (CFP).

A CFP's goal with tax planning is to help clients take proactive steps to save money on their taxes now and help reduce liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Once you're exhaled from completing your taxes, see if these apply for 2021:

Dedicate space to a home office. If you're self-employed or started a side-gig, dedicate a section of your house as a home office. Schedule C deductions are many and prorated across several aspects of expenses, maintenance and utilities on your entire home. Additionally, if you build or renovate a home office, there are additional deductions if you're self-employed.

Working From Home (WFH) becoming permanent. Is your company changing your role to WFH indefinitely, providing flexibility to move to another state? Understand workers are required to have taxes withheld in accordance with their state's tax rules, regardless of where their employer is located. Also, some states make employers withhold taxes from nonresident employees' wages.

Adjust your W-4. If you got a large refund, lower your withholding and do more with your money than letting the government sit on it. Additionally, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

Exercising Restricted Stock Units (RSUs). Did you sell some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of converting to stock to qualify for long-term, instead of short-term, capital gains.

Revisit Work Benefits. You can impact your adjusted gross income (AGI) through 401k contributions as well as funding

a HSA funding, FSA for dental/vision or FSA dependent care. Additionally, you may want to choose Roth instead of Traditional to eliminate future tax liabilities. If you can't make some changes until open enrollment, don't forget if you have a life event (new child, spouse loses or changes job) you have 30 days to revisit and reset your work benefits.

Tax planning is complex, but it doesn't need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

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

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.

b.LUXE

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events for local organizations where the b.LUXE artists host beauty nights with 100% of ticket sales donated to the organization. These events have hosted 50 guests and raised thousands of dollars.

Heather and her team also donate time to the Franklin Food Pantry, regularly volunteering at their food drives and back-to-school backpack programs.

Guests from The Franklin Senior center visit b.LUXE for free hair styling and grooming as well as the residents from The Medway House, who receive complimentary services whenever needed.



Every year, the b.LUXE team travels to Mexico to bring beauty supplies and cutting edge education to the Martello Institute of Beauty, Cancun. With each trip, Heather donates two full beauty

Business spotlight

scholarships to students, until last year, when the pandemic sidelined their travels, she donated three.

b.LUXE is also proud to work with The Hummingbird Foundation, Medway Parks and Rec, The Gilded Project and many

other local groups and organizations.

Heather's philosophy is simple, "We all have it within ourselves to help others and improve our community. So, do your best...and then do a little better."

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Ace Handyman Services: Bringing Can-Do to the To-Do List

By JANE LEBAK

Every home needs a little work. The sink that drips or the shutter that's askew, they're little repairs, but each repair takes time, tools, and expertise.

Enter the Ace Handyman Services craftsman packages, where a homeowner can hire a multi-skilled craftsman for half a day to complete their entire to-do list.

"Everyone around here knows Ace Hardware," says Bruce Baltz, owner of the Franklin, Massachusetts Ace Handyman franchise. "Ace Handyman Services carries the Ace Hardware commitment to quality right into your home."

"For homeowners working full-time, household maintenance and repair can get pushed off due to lack of time. Other homeowners don't feel confident enough to tinker with their home, their largest investment. The elderly in particular may find themselves unable to do the maintenance they need in order to remain safe in their homes. Then there's the matter of trust. How can a homeowner know which craftsmen will respect their home and do a quality job?"

Business spotlight



Baltz says, "Homeowners want the confidence of knowing they can get the work done--and not only 'done', but done safely, and done competitively-priced. We're serious about the trust our customers put in us."

The route to a thriving home starts at www.AceHandymanServices.com. Once a customer enters their zip code, the website links them to the closest office. The customer can then set their own schedule, uploading a list of all of their repairs and undone tasks while the website estimates how long each will take.



This is where Ace Handyman Services introduces their greatest innovation, the "package" model. "You can request a full-day or a half-day package, depending on how much you need," says Baltz. "These packages can be a multitude of different tasks, or they can focus around a single room."

Ace will match your repairs with the team member who's the best fit for the work. "All our craftsmen are trained, licensed, and background checked," says Baltz. "It's an added reassurance for the homeowner."



The website offers 1,162 different tasks to improve your home, along with a time estimate for each. For customers who feel more comfortable speaking with the office, the phone number is prominent in the right-hand corner.

Baltz says, "These packages are the single most exciting thing that Ace Handyman Services offers. They're the best value for your time as well as your money. Our multi-skilled craftsmen will arrive at your house capable of handling your entire list, with the complete tools and equipment to get it done."

Ace Handyman Services operates in the niche between independent handymen and professional licensed contractors, such as plumbers and electricians. Baltz says, "We make it a point to develop relationships with high-quality and trustworthy partners. When we encounter a problem that's out of our scope, we transfer our customers to those partners, but we still back up their repairs."

This means no homeowner will be stuck with unsafe or incomplete work. "Everything is tracked, accountable, and repeatable. Every single time you schedule, the experience will be the same. It's delivered the same way. Over time, you'll form a relationship with the craftsmen."

Ace Handyman Services promises to treat your home with respect. That means honoring your family's personal space, using protective materials on walls and floors, and leaving your home cleaner than they found it. They strive to communicate about every step of the process, from scheduling, to an on-the-way text, to written changes before adjusting any work order.

Baltz says, "All work is guaranteed for a full year. We want homeowners to feel confident that if something were to go wrong, we're there to make it right. We're bonded and insured, and that protects the homeowner."

Every Ace Handyman craftsman observes strict Covid-19 protocols. The craftsman arrives wearing a fresh face mask, shoe covers, and gloves. They adhere to social distancing standards and disinfectant use, and will re-sanitize the area after work is completed.

As homeowners become more comfortable with the package model, they can explore the more involved packages, such as bathroom and kitchen renovations.

"You live in your home," says Baltz. "We're honored when you invite us in to improve it."

To put the can-do in your to-do list, visit www.AceHandymanServices.com today. See how a team of multi-skilled craftsmen can improve your home!



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- Achieved 10% Affordable Housing Goal
- Enhanced Fire & EMT Service
- Rt. 109 Improvement Project
- Thayer House Development
- Remodeled Medway Middle School
- Construction of \$13 Million DPS Facility
- Hired Town Manager, Michael Boynton
- Supported Medway Community Farm

Top
Priorities

A commitment to no future overrides • Continue to support Medway schools

Foster business development to increase town revenue

Pursue additional tax relief opportunities • Improve roads and sidewalks

Paul M. Galante, Director Medway Food Pantry at Mahan Circle, and Medway Lion

"I'm so grateful for Dennis' support. Whether it's the Lions Pancake Breakfast, Medway Bags Hunger or directly supporting the Medway Food Pantry, I know Dennis is the one to call when I need a helping hand."

Jeffrey J. Segarra, Former Medway School Committee Member, and 20-year resident

"Bringing free, full-day kindergarten to Medway was a top priority for me. There is no way we could accomplish that without the support of Dennis and his participation in the generous allocation of the Exelon funding to the Medway School District."

What People Are Saying

Maryjane White, Retired Town Clerk

"Dennis has a strong financial background and spends countless hours reviewing the town budget. Nobody works harder than Dennis."

Andy Rodenhiser, Medway Planning Board, Chair

"Dennis asks the tough questions. He challenges us to think about proposed zoning changes and their relationship to Medway's fiscal needs, as well as the impacts to the residents."

Kathy Campbell, 18-year Medway Resident

"I am grateful for all the support Dennis has given to Medway Schools and our students over the past 15 years. He always has Medway's best interest at heart, whether it's our academics, arts or athletics. Dennis is always there for our town!"

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Live Your Best Life at Any Age

SALMON at Medway Opening Summer 2021

Close your eyes and imagine what comes to mind when you hear “retirement community.” Outdated and stale living quarters, bland food, knitting, card games and having to put a lot of money down to reserve a spot. Not to mention possibly having to move from one facility to another as your needs change.

Now think about what it could look like. Dynamic housing options, locally-grown fresh meals available all day, wellness-focused amenities, and flexible lease-style payments – all without having to worry if you need to move from independent to assisted or memory care living along the way. So isn't it time to ditch the been-there, done-that status quo and say 'hello' to senior living, reimagined.

Opening in Summer 2021, SALMON at Medway is not your grandfather's senior living community – but it could be. From deposit signing to move-in day, living life the SALMON way includes support and accommo-

dations at every step.

Operated by local, family-owned SALMON Health and Retirement -- a trusted leader in senior living since 1952 -- SALMON at Medway will focus on health, wellness and the longevity of its residents. Located at 44 Willow Pond Circle, SALMON at Medway will feature an integrated campus consisting of cottage and apartment-style independent living together with assisted living and memory care allowing SALMON's Continuum of Care to provide seniors and their families quality, thoughtful care at all stages of life.

When it comes to perks and privileges, SALMON at Medway will have countless amenities and activities to make every day better and easier for residents including a bank; spa; salon/barber shop; fitness center with personal trainers; on-site certified nutritionist; indoor pool; general store; library; billiards lounge; workshop; creative arts

studio; greenhouse; Great Room complete with stage and bar; and 'Pavilion' clubhouse.

In addition to having three miles of walking trails right at their doorsteps, residents can also take advantage of SALMON at Medway's private canoe and kayak launch into the Charles River and a variety of other ways to soak up their beautiful new surroundings.

If you are ready to make the most out of retirement or want to learn more for a loved one visit www.MedwaySeniorLiving.com or you can follow @salmonat-medway on Facebook, Instagram and TikTok.

Written by Jenna Anderson; as Chief Marketing Officer of SALMON Health & Retirement Jenna Anderson serves as a member of the company's leadership team where she ensures that all policies and procedures are implemented at the community levels to drive consistent and strong positioning of the trusted SALMON brand.

Opening Summer 2021

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Medway Master Plan Project Invites You to Share Your Perspective

The Medway Master Plan will be a 10-year vision and road map for Medway's future. The Plan will be the foundational policy document for the Town, guiding local decisions about future growth, preservation, and change.

There will be many opportunities for community members to help shape the Master Plan and we hope you will share your ideas along the way.

Join the Medway Master Plan Committee on Monday, May 24, 2021, at 7:00 p.m. for its first community-wide forum to learn about the project and share your perspective. This online event is free and open to the public.

During the forum, the Town's project consultants from JM Goldson will provide an overview

of the project and lead participants through interactive activities so you can share your insights about Medway.

- What makes Medway special?
- What makes community members proud to be part of this community?
- What are the community's greatest opportunities?
- What are the greatest challenges?

One of the statutory responsibilities of a Massachusetts municipal planning board is to establish the community's master plan. In 1999 and again in 2009, the Planning and Economic Development Board adopted a master plan; those plans

were subsequently affirmed by Town Meeting. The plans have been used over the past 20 years to guide the Town's planning and zoning initiatives.

Updating a local master plan is an essential way to understand forces that are shaping the built and natural environment, envision a desired future for a community, and identify priorities and develop specific strategies for implementation.

The project begins with an examination of existing conditions to identify issues and opportunities for seven primary elements: 1) land use; 2) open space and recreation; 3) natural resources; 4) housing; 5) economic development; 6) cultural and historical resources; 7) municipal services and facilities; and 8) transporta-

tion.

The Town will also consider community environmental and fiscal sustainability and resilience in the master plan. The Master Plan will integrate and build upon the Town's recent planning work to establish a meaningful vision and develop strategies that are realistic and fiscally responsible.

The process of developing a master plan allows the community to understand the forces shaping the town's built environment, identify desired futures for the community, and select effective strategies to achieve the community's vision and goals.

To this end, the Planning and Economic Development Board has established a Master Plan Committee (MPC). It includes representatives of various Town boards and committees, local organizations, and citizens at large. Committee members have been appointed for a two-year term. For more information about the Town's MPC: <https://www.townofmedway.org/master-plan-committee>

To register for the interactive Zoom forum, visit <https://tinyurl.com/4ndyxax5>. To learn more about the project, visit <https://tinyurl.com/yxkdrktm>

Medway Students Make St. Sebastian's Honor Roll

St. Sebastian's School is proud to announce that the following students were named to the Third Quarter Honor Roll:

- Eamon J. McCarthy, Grade 7, Honors with Distinction (Medway)

- John F. Williams, Grade 9, Honors with Distinction (Medway)

Categories include: High Honors: A- or above in all subjects, Honors with Distinction: B or above in all subjects, and Honors: B- or above in all subjects.

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government



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 - ★ Multiple roles at the Medway Village Food Pantry
 - ★ Cub Scout den leader for 5 years, various leadership roles in BSA
 - ★ Youth sports coach
 - ★ Member of the Medway Energy & Sustainability Committee
 - ★ Past member, vice chair, and chair of Medway Finance Committee
- ★ Strong proponent for transparency and communication in government
- ★ Advocate to ensure Medway is an inclusive community for underrepresented populations
- ★ Fiscally responsible supporter of progress in our community
- ★ Supporter of responsible resource utilization

My family has lived in Medway for 12 years and we have actively participated in its growth and development. I think the current Select Board has done a great job over the past 15 years, and I also think it is time to have a new voice and perspective in town government. I will work tirelessly to ensure that we continue to make Medway a great place to live for all of us. I would be honored to earn your vote for **Select Board on **Tuesday, May 18th!****

Signs of Spring Photo Contest

Medway residents of all ages are invited to participate in our Signs of Spring Photo Contest. Submit your original Spring-themed photos with your name and address (cell phone optional) to medwayculturalcouncil@gmail.com. Multiple entries are welcome from April 1st - May 31st (deadline for entries is Noon, May 31).

There is no cost to enter, all photos will be entered into a blind judging and posted both on our Medway Artists website (<https://medwayartists.wordpress.com/>) and the Medway Cultural Council's Facebook

page (<https://www.facebook.com/townofmedwayculturalcouncil/>). Winners will be announced on June 5th, recognized on-line and the news media will be notified as well.

To learn more about the Medway Cultural Council and both its Arts and Media committees and how you can support and cultivate the arts in Medway, visit us on the Town of Medway web page (<https://www.townofmedway.org/cultural-council>) and the Medway Artists Spotlight on Facebook (<https://medway-artists.wordpress.com/>).



Medway Cultural Council

Medway Cultural Council Photography Contest
SIGNS OF SPRING

SUBMIT YOUR SPRING THEMED PHOTOS TO MEDWAYCULTURALCOUNCIL@GMAIL.COM WITH NAME, ADDRESS, EMAIL, CELL PHONE (OPTIONAL), AND PHOTO(S)

ALL ENTRIES WILL BE POSTED ON OUR MEDWAY ARTISTS WEBSITE AND MEDCC FACEBOOK

Multiple entries are welcome from April 1st - May 31st.
Deadline - May 31st at noon.

Photos need a title. Multiple entries allowed. 1st, 2nd and 3rd place winners announced on June 5th.

WINNERS WILL RECEIVE RECOGNITION!
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Pictures from the photo contest will be used and republished by the Cultural Council.

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Glen Brook Way Apartments- Glen Brook Way Apartments LLC.
This project consists of 48 units of multi-family/income restricted apartments located at 33 West Street, Medway, MA 02053.

Dellbrook | JKS and Metro West Collaborative Development are looking for diverse candidates to work on the Glen Brook Way Apartments located at 33 West Street, Medway, MA.

This project is subject to government requirements for hiring a local and diverse workforce.

Proof of Residency is a requirement, a copy of your driver's license, MA id or utility bill will be accepted as proof and should be submitted with your application.

There are applications available on site with a drop box, or you can email your resume to ksearles@dellbrookjks.com.

<https://dellbrookjks.com/>

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Medway High School Alumni Association Banquet Postponed Until 2022

Due to the circumstances surrounding COVID, the Medway High School Alumni Association announces the postponement of this year's Alumni Banquet that's normally held each May. The Association is now looking forward to May 21, 2022 as the date for the banquet next year.

The Association is now letting members know about the MHS Scholarship Fundraiser. Each year, the Association awards \$3000 in annual scholarships to graduating Medway H.S. seniors. Tax-deductible donations can be made payable to MHS Alumni Association and mailed to PO Box 230, Medway, MA 02053. (Tax ID: 35-2168358 - 501c3 organization). Annual dues of \$5 can be sent to the same address.

On June 15 this year, the terms of all seven board positions expire, and the Association is accepting nominations for one-year board terms that run from June

2021 to June 2022. Nominations are due May 25 by email (MedwayHighAlumni@gmail.com) or regular mail, and nominees will be posted on the Association website (www.MedwayHighAlumni.com) on June 1. Members can then vote for board members until midnight June 14 via email, regular mail, or the website.

The Association is also accepting nominations for the 2021 MHS Hall of Excellence, which recognizes graduates for achievements in academics, athletics, arts, their careers, or to society. Nominations are due May 18 and can be emailed or sent via regular mail. Include nominee's name, year of graduation, and a summary of accomplishments.

For more information or to submit payments or contact information, email MedwayHighAlumni@gmail.com or send regular mail to PO Box 230, Medway, MA 02053.

Medway Voters to Act on \$29 million School Operating Budget on May 10

Budget approved by School Committee, now requires Town Meeting approval

MEDWAY — Superintendent Armand Pires is pleased to announce that the district's proposed Fiscal Year 2022 operating budget has been approved by the School Committee and will now be submitted to the Town of Medway.

Superintendent Pires and Director of Finance and Operations Donald Aicardi presented the proposed FY22 operating budget to the community during a public hearing on Thursday, March 18. To see the budget hearing presentation slideshow, visit www.medwayschoolnews.org; to watch a recording of the budget hearing, visit <https://livestream.com/medwaycable-access/events/8009224/videos/218942838>

The full proposed budget request is \$29,076,000. This amount represents a 2.4 percent increase over the current FY21

budget.

The district was able to balance estimated expenses with efficiencies and potential savings areas, while keeping in place teaching positions and services aligned with student needs, to propose a budget that was level with the Select Board's funding target for the schools.

In addition to the \$29,076,000 operating budget request, the district will have available additional state and federal funding resources related to COVID-19 relief. These funding resources will provide flexibility toward anticipated but unknown student needs as a result of COVID-19. The funds will be put to use as needs are determined.

"We appreciate the continued collaboration between the School Committee, Select Board and

Finance Subcommittee to meet the needs of our schools and our students," Superintendent Pires said. "We've always worked hard to present a balanced budget that fulfills students' educational needs, and we are pleased to have been able to do so again following a year with so many challenges and unknowns. The separate resources we will have at our disposal as a result of COVID funding will also allow us to respond to the needs of students and resolve any educational gaps resulting from the pandemic."

The budget was approved by the Medway School Committee on March 18. Residents will vote to approve the Fiscal Year 2022 operating budget on Monday, May 10 during the annual Medway Town Meeting.

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

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

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

one of the major eye care institutions in the State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No more need to travel miles and hours to have cataract surgery! Five experienced eye physicians/surgeons and 3 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your optometrist is still asking you to travel for eyecare to far away practices, be aware of this optometrist bias and call us for a second opinion.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training

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



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

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

ford-Franklin Eye Center where he focuses on comprehensive pediatric and adult ophthalmology and adult strabismus.

Dr. Lashkari is our practicing vitreoretinal specialist as well as a scientist at the Schepens Eye Research Institute, Harvard Medical School. He is also a part-time Assistant Professor of Ophthalmology at the Harvard Medical School. Dr. Lashkari completed a Medical-Surgical Fellow in Vitreoretinal disease at Massachusetts Eye and Ear Infirmary.

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

EYE

continued on page 11



MILFORD - FRANKLIN EYE CENTER

Optical Shop On-Site Roger M. Kaldawy, M.D. John F. Hatch, M.D.
Kameran A. Lashkari, M.D. Shazia S. Ahmed, M.D.
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PHOTO CREDIT: PHOTO BY ANTONIKA CHANEL ON UNPLASH

Living Healthy

EYE

continued from page 10

corneal transplantation.

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

Dr. Adams, graduated from John Carroll University, Bachelors of Science, summa cum laude, in 1995. He completed

his Masters in Biochemistry from The Ohio State University in 1997. In 2003 he received his Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease and laser refractive surgery.

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

Boston Cares program and the Boston Special Olympics.

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is you, your vision and excellent results. We are available, in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. We offer after-hours, same day emergency appointments

and Saturday appointments. We have great management focused on quality customer care. Eight providers dedicated to the best in eye medicine and surgery closer to home. Are they still asking you

to travel hours to other practices? Call us: We are available for a second opinion.

For more details, see our ad on page 10.

Medway Schools hiring paraprofessionals



Source www.medwayschools.org

The Medway Public School system is accepting applications for Instructional Paraprofessionals for the current school year. Interested candidates should submit a resume and three letters of reference to jsinclair@medwayschools.org. For additional information, visit www.schoolspring.com .

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Why you need life insurance – even with no dependents

You may think you don't need to worry about life insurance until, or if, you have children. After all, there's no one who relies on you to feed, clothe, and educate them.

Remaining uninsured, however, could prove to be a big financial mistake, even without dependents. Here's why.

If you and your partner simply want to protect each other, you may need coverage that will cover only one to two years of expenses.

Life insurance can shield your surviving loved ones from financial hardships they may face if you pass away unexpectedly. This could apply to anyone who relies on your ability to provide for them financially, including aging parents or a spouse who doesn't work outside the home.

Perhaps the most accurate way to measure how much you will require is to consider the amount your surviving spouse would need to handle his or her actual financial needs, whether it's paying off the mortgage, satisfying debts, or providing care to aging parents.

Even if your spouse has a full- or part-time job, consider what would happen if the income you bring in was permanently lost. Would your spouse be able to handle all living expenses — including large bills like mortgage payments? Would he or she be able to continue paying off any debts you share?

Life insurance can provide you with peace of mind and the knowledge that your surviving loved ones won't face serious financial hardship after you're gone.

Many partners would not be able to cover the expenses of their current lifestyles without two incomes. So considering life insurance to protect each other is a critical financial planning step.

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.

If you decide to look into life insurance, you will have to decide how much you and your spouse need to protect each other.

Michael Estrin, "7 Reasons to Buy Life Insurance Now," *Bankrate*, May 2015. <http://www.bankrate.com/finance/insurance/reasons-to-buy-life-insurance-now-1.aspx#slide=1>

There are several ways to determine how much coverage you will need. One method is to multiply your salary by five or 10. This may make the most sense, however, when you have minor dependents who will need financial help to see them through college and early adulthood.

Karen Carr, "How to Avoid Lifestyle Inflation," *Credit Karma*, March 2016. <https://www.creditkarma.com/article/avoid-lifestyle-inflation-31416>

Barbara Marquand, "How Much Life Insurance Do I Need?" *NerdWallet*, August 2015. <https://www.nerdwallet.com/blog/insurance/how-much-life-insurance-do-i-need/>

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We're Not In Bedrock and You're Not with The Flintstones

BY DENNIS SULLIVAN & ASSOCIATES,
COUNSELORS AT LAW

You may recall the popular television show of the 1960's "The Flintstones" who lived in the town of Bedrock. It happened to be the first-ever prime-time cartoon show. Here, Fred's biggest concerns were staying on the good side of his wife Wilma and avoiding getting tackled by his pet dinosaur Dino when he came through the door. Today, however, life in this COVID-19 World isn't as simple.

The word "Bedrock" also means strength. Being strong is something we all want to achieve. One way of getting there is to view your life in three facets such as depicted on a pyramid. The pyramid, as we view it, represents our **health, finances, and legacy**. Beneath this pyramid is the **bedrock of our core values**: the fundamental beliefs we hold dear. These guiding principles dictate our behavior and help us know the difference between right and wrong. Ideally, we share our core values with our loved ones. However, during this past year, core values have sometimes taken a back seat to the topsy-turvy COVID-19 landscape.

Principals and beliefs, while still important, can get lost in the mere challenge of navigating through COVID-19 restrictions, sickness, and turmoil. Likewise, career, finances, relationships, and yes, our mental and physical well-being in general have been jumbled. Worry and fear have become the norm for many. **Are you one of the many who have suffered through sleepless nights?**

Nevertheless, beneath all of this, you still have your bedrock of core values. This is where we can help in making sure you stay on a straight path in your health, financial and legacy pyramid, despite all you have been through.

As we enter the second year of Covid-19, we're here to help you explore and share your core values with loved ones. We offer **unique discovery counseling opportunities** with proven health, life, disability, estate, and asset protection planning processes to help guide you successfully through the COVID-19 landscape and other challenges you and your family may face. This is achieved through our new proprietary, peace of mind, **Legacy Planning System**. It



protects you for life, and most importantly passes on your core values and legacy for generations that follow. As you document your core values, you will **uncover what's most important to pass on** to those who follow in your footsteps for generations to come. Your legacy can be a fantastic legacy to pass along! It is prudent, today more than ever, to protect your health, home, spouse, family, life savings, and legacy. In these continued times of COVID-19, you owe it to yourself and those year hold dear. Don't let this Bedrock opportunity pass you by!

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. **Call 800-964-4295 NOW** or visit www.DSullivan.com to register for a Free Discovery Session! You will even qualify to **receive up to \$2,475 in valuable benefits** to update your trust and estate plans for the new Covid-19 world and build your own value-based legacy to guide future generations.

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Millis Senior Center Events in May

Regular events at the senior center have been postponed until further notice, however, these events are going forward:

BLOOD PRESSURE CHECKS: Thursday, May 6th from 11:00 a.m. to 11:30 a.m. Appointment only. Please call the Center when you arrive for your appointment. To ensure everyone's safety, we will meet you in the parking lot and do a temperature check and verbal wellness screening before you enter the Center.

BREAKFAST SANDWICH DRIVE-THRU: Monday, May 10th from 10:30 a.m. to 11 a.m. to pick up a delightful homemade ham & egg muffin. In honor of Mothers Day, all mothers will get a little

present. We will have tables set up in the rear of the building. Come in via Park Road (please do not drive through the parking lot) and tables will be on Park Street. Stay in your vehicle. Please let us know if you plan on driving through so we may plan accordingly.

DRIVE-THRU BREAD AND PASTRY: Every Thursday from 10 a.m. to 10:30 a.m. No sign-up required. No contact. We will have tables set up in the rear of the building. Come in via Park Road (please do not drive through parking lot) and tables will be on Park Street. Stay in your vehicle. We will ask you what you would like and a staff member

will bring you the baked goods. Leftover goodies will be delivered to Housing around 11:00 a.m.

HOLLY'S OUTDOOR CHAIR YOGA: Every Friday at 10:00. Pre-registration is required. The class will take place outside behind the ramp entry. Cost is \$3.00 per class. Limited 10 participants with social distancing. Millis residents will be signed up first.

THE COA WALKING CLUB: Every Friday join us at 9:00 a.m. at the rear entrance in the Senior Center parking lot. This is a free activity but we do ask that you call the Center to register so we have an accurate count of participants. Masks and social distancing required. Please call if you have any questions and let's get walking!

TO USE THE FITNESS ROOM:

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

TRANSPORTATION: Medical and Shopping only

- Limited hours 8 a.m. to 1 p.m., Monday to Friday Verbal wellness screening upon transportation booking

- Please take your temperature at home prior to trip. Any temperature 100.4 F or greater is considered a fever, please reschedule.
- Temperature checks and verbal wellness screening of all passengers upon pick-up
- 3 passengers on van 3 per trip. 2 passengers on van 1. 1 passenger in vehicle.
- Riders are to sit separately
- Masks required for all passengers and driver.
- We will clean and disinfect commonly touched surfaces in the vehicle at the end of each shift and between transporting passengers.

OUTREACH—APPOINTMENT ONLY:

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

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

FACE COVERINGS : Required For Entry

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

The Millis Senior Center is located at 900 Main Street on the ground floor of the Veterans Memorial building. The Center is open Monday, Tuesday, and Thursday from 9:00 a.m. to 4:00 p.m., Wednesday from 9:00 a.m. to 2:00 p.m., and Friday from 9:00 a.m. to 12:30 p.m. For more information, call (508) 376-7051.

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MDP for Men

Local CVS Stores Lead the Way with Revolutionary Product for Men

By JANE LEBAK

CVS now featuring a new product for a problem no one wants to talk about: unpredictable light bladder leakage for men.

MDP (Male Drip Protection) is a revolutionary super-absorbent sleeve designed to be worn directly on the male anatomy. MDP's developer, Ian Heyman, says, "Twelve million men in America experience light incontinence for reasons including prostate problems, kidney issues, or even Crohn's disease. For too many men, this leakage gets in the way of an active life."

Ian developed MDP after he witnessed his father's embarrassment at the occasional wet spot. "There was nothing on the market to help my Dad, so I designed and patented an anatomically conforming solution for men."

Although the product was previously sold only through MDP-4men.com, high demand has brought it to local CVS shelves. "We're excited that CVS recognizes the innovation MDP brings to the men's incontinence market," says Ian. "These MetroWest locations will be the first stores in the country to offer MDP products."

MDP is light, flexible, and discreet. Its design permits it to flex with the anatomy while men are working, walking, lifting, or sitting. "When it comes to bladder leakage, some men don't tell anyone what they're dealing with, not even their wives," Ian says. "Light incontinence is more than just a laundry problem. It's a quality-of-life problem, but one that is absolutely solvable."

Ian developed the product in consultation with doctors, prostate support groups, and several expert designers. Although there are plenty of guards and shields on the market, the challenge in designing a man's incontinence product was the variability of the male anatomy.

"A man's anatomy changes size and position many times throughout the day," says Ian. "Everything else for men functions as a shield that attaches to the clothes. A man's product needs to attach to his body to accommodate changes immediately as they occur."

Business spotlight



MDP achieves exactly that, fitting like an absorbent sock right onto the male anatomy, then staying secure using two straps with variable zones of elasticity.

Although MDP features four functional layers, it's as thin as a pantyliner, and also feels like silk. "Once a man learns to secure it, MDP stays in place for as long as he needs it."

This made-in-the USA product features an innermost layer comprised of a silklike nonwoven fabric, the softest available for hygiene products. "The male anatomy is extremely sensitive," says Ian. "Our product needed to be ultra-soft where it comes in contact with the anatomy."

The second layer channels fluid away from the body. This keeps the user dry and prevents skin irritation.

The third layer is the absorbent core, trapping the fluid until the wearer is ready to dispose of the product. Enclosing it all is the fourth layer, a poly-barrier that is breathable for comfort but prevents any leakage from escaping.

The side panels have variable zones of elasticity that instantly adapt to changes in shape, size, and position. Finally, the two hook-and-loop straps ensure MDP is a self-adjusting product that the man doesn't have to think about.

Put all together, the MDP product is comfortable, breathable, and much more discreet than a bulky guard or ineffective shield. "This is the first product



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embarrassment factor that makes men not want to talk about this," says Ian. "But there should be no stigma in taking care of your body."

With its bold logo and black and gold packaging, MDP's sleek box stands apart in the aisle of bulky incontinence products. Ian says, "I've met men who try to make do with paper towels and a rubber band, but men deserve

better. They deserve to take their wives out for dinner and trust they won't have to hurry home. They deserve to cut the grass, go golfing, or see their grandkids, all with the security of knowing they'll stay dry and comfortable."

Comfortable, secure, dry, and discreet...that's what MDP delivers. MDP is available on shelves now at CVS in Millis, Wrentham, Millbury, North Kingstown, and four other locations. For more information or to have MDP shipped discreetly to your door, visit <https://mdp4men.com> today.

of its kind," says Ian. "It's invisible to the wearer, and it's invisible to everyone else, too."

That very invisibility was a primary concern to all the test-users and early adopters. "There's an

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Ask Your Local Farmer - A Monthly Column

Hi Seth. I understand you've been the farmer at Medway Community Farm for a few years now. Can you tell us a little about yourself?

Sure, I've been a commercial farmer for over 10 years now and the Farm Manager at Medway Community Farm for the past 3 years. It's been a great community to live and work in. The people in town are so supportive of their local farm. At MCF, we grow in a sustainable and organic way, which I'd love to spend some time on in a future article. But not only is farming important at Medway, it's about community, education, and enjoying the great outdoors.

It looks like you're in the middle of putting up quite a large greenhouse at the farm. If someone doesn't have a greenhouse, what do you need to start seeds indoors?

Yes, we're in the middle of expanding our greenhouse capacity. With this new greenhouse and an adjacent one we're planning in the fall, our propagation area will quadruple in size. But that's if you're growing to the extent we are at the farm. In one form or another, we put over 2 million seeds in the ground over the course of a season. For the average home growing operation, a few simple things will get you started in the spring. Most seeds like a warm, moist environment to get started. I'd highly recommend heating mats, kept at a constant temperature of around 75 degrees to get your seeds germinated. Until they germinate, it's a good idea to keep them lightly misted and covered loosely to maintain a moist environment. The cover can be removed once the seeds germinate.

In addition, the seeds need really good lighting. You can purchase grow lights but fluorescent shop lighting will work just fine. The key is to provide 16-18 hours of light per day for these seedlings and then allowing them some darkness at night, which is important for a plant's healthy growth. The advantage of greenhouse growing is that it extends the growing season, especially for plants with a long growing season.

But do all seeds need to be started in this way? Can some be planted directly in the ground?

Many seeds actually do much better directly sown in the ground rather than under lights. The best approach is to read about your particular plant that you're trying to grow. Typical plants that are better direct-sown are those with a tap root such as radishes and carrots. Some plants don't transplant well and are better direct-sown such as morning glories and sunflowers.

I know sometimes the seeds are planted too close together or there are too many of them. Is it better to pull them out or cut them off?

To avoid disturbing the roots of the seedlings that you DO want to save, it's better, and easier, to just snip them off at the soil line. It's always a good idea to plant more than you're looking to grow because the germination rates vary from anywhere between 70 and 90%. You can always use the thinned lettuce in your salad too!

What if you have a shady yard? Are there any vegetables that you can grow in a partly shaded area?

Most herbs and vegetables grow best in full sun but if part shade is all you have, be sure to start with good soil and select veggies that will do the best in this situation. Some of the leafy vegetables like spinach and chard will do ok in part shade, especially if they can get a few hours of direct sun. Root vegetables too can be grown in part shade. Smaller tomatoes can also be grown with fewer hours of direct light.

When you're ready to bring the plants out of the greenhouse, how do you get them ready for the "real" outdoors? What is the best way a home gardener should harden off seedlings?

That's a great question. You're absolutely right that you don't want to bring plants from indoors to outdoors without a transition period to harden off. This period is to get the plants used to the direct sun, wind and rain which they're not exposed to indoors. We use a cold frame at the farm and ideally, this period should be started 1-2 weeks before you are ready to plant outdoors. Typically, this is after the last frost date in your region. In this region, that's May 15. Once the temperatures outside reach 45 degrees, gradually expose the plants to more and more sun going from dappled shade to morning sun to full sun. Increase the exposure by an hour a day, as long as it's not really windy and it's above 45°. Within a couple of weeks, your plants should be ready to be planted outdoors.

If folks out there have questions, how do we reach you so we can get our questions answered?

I'd love to hear from members of the community and if I can be of help, that would be wonderful. I can be reached at askyourfarmer@medwaycommunityfarm.org.



Seth Terramane is the Farm Manager of Medway Community Farm. (Courtesy photo)

The Medway Farmer's Market will open for the season on June 3 from 4:00 p.m. to 7:00 p.m. at Choate Park. More details to follow.

Preschool Program has openings for next school year

The "Terrific Twos" preschool program has openings for the 2021-2022 school year. This program provides socialization, exploration, and hands-on learning for two and three year olds. Children will create, dance, sing and play in this fun-filled program. Classes meet Tuesday and Thursdays from 9:00 a.m. to 11:30 a.m. The program runs from Sept. 21, 2021 to May 26, 2022. For more information and to register, visit www.medwayschools.org

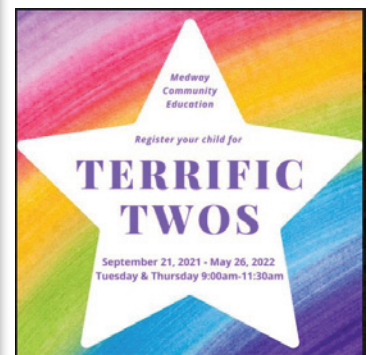


Image credit: www.medwayschools.org

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Medway Public Schools Now Accepting Nominations for Memorial School Plaque Honorees

Submission Deadline is May 31

The Medway School Committee is pleased to announce that Medway Public Schools is now accepting nominations for names to be placed on the Memorial School plaque.

To be considered for the plaque, nominees must have made a significant or memorable contribution to the town and/or school community. The candidate should prove to be an extraordinary role model through their behavior and character. The nominee, through service, volunteerism or dedication has made Medway Schools or the town life better for those who follow in the coming years.

Individuals who have been honored in the past have shown exceptional commitment and service to the town and its residents. These individuals have gone beyond what is expected

when fulfilling the duties of a formal or elected role, or by showing exceptional dedication to serving on committees or town boards within the community.

Residents, past or present, who have sacrificed their lives or freedom in service to their country, either as members of the military or as civilians contributing to military or peace efforts may also be nominated.

Nomination forms can be found on the school's website or in the superintendent's office. Nominations must be submitted to the Office of the Superintendent located at 45 Holliston St., Medway, MA 02053, by Monday, May 31.

The Medway School Committee will vote on the nominations to select the 2021 honoree(s) in June.

The Millis Cultural Council Congratulates the following 2021 award recipients



Applicant	Project Title
Big Smile Entertainment LLC , Patty Kayo	Rockin' Rollin 50's
Charles River Sinfonietta, Jacob Litoff	Chamber Music Concert for Cable TV in Millis and m
Discovery Museum , Lynn Protasowicki	Open Door Connections
DR. "THE MACHINE", Jesse Green,	CHAINSAWS, CHEESEBURGERS AND ROCK N' ROLL- LIVE!
Gregory Maichack	Jean Francois Millet's Dandelions: How to Pastel Paint
Jim Manning,	Tails and Tales Summer Reading Magic Show
John Root	Organic Gardening for Everyone
Judith O'Gara	Kennedy Terrace Community Concert
Judith O'Gara	Community Activity Walk
Kirk Whipple	Duo Pianists, Composers & Educators Whipple & Morales in Concert
Millis High School Chemistry Club , Michaela Hafford	Cheese and Soap Making
MUSIC Dance.edu , Rondae Drafts	Hip Hop Dance Chair Exercise for Seniors!
Rob Zammarchi	Elijah T. Grasshopper & Friends
Sandra Elaine Scott	Everybody Has a Story: Memoir Writing Workshop
The Massachusetts Educational Theater Guild with Millis Middle School Drama, Michael T McGarty	Theater Collaboration with Millis Middle School Drama



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Space reservation: June 1

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Reserve your space today by contacting Jen Schofield at 508-570-6544 or by email at jenschofield@localtownpages.com



Medway Town Election is May 18

Taken from the Town Clerk's webpage:

There are three ways to apply for an absentee or vote by mail ballot:

- Via Mail: Mail-In Ballot Request Application. Please fill out the application and mail it to The Town Clerk's Office, 155 Village Street, Medway, MA 02053.
- By email: Send an email to absenteeballot@townofmedway.org requesting a mail-in ballot.
- In-person: Visit the Town Clerk's Office located at Town Hall, 155 Village Street, and complete the request form in-person. Normal business hours. Monday 7:30 a.m.-5:30 p.m., Tuesday-Thursday 7:30 a.m.-4:30

p.m., Friday, 7:30 a.m.-12:30 p.m.

There are three ways to return your ballot:

- Via USPS mail.
- 24/7 Official Ballot Box: located in the rear of Town Hall at 155 Village Street, your ballot can be dropped off using the secure drop box any time, day or night.
- In-person: Ballots can be hand-delivered to the Town Clerk's Office during normal business hours (see hours above).

For more information, visit <https://www.townofmedway.org/home/news/vote-mail-town-election-may-18-2021>

Offices available include:

- Select Board – two seats
- Board of Health – two seats
- School Committee – two seats
- Parks Commission – one seat
- Board of Library Trustees – one seat
- Water/Sewer Advisory Board – one seat
- Housing Authority – one seat
- Planning and Economic Development Board – one seat
- Redevelopment Authority – one seat

SOURCE: WWW.TOWNOFMEDWAY.ORG/TOWN-CLERK

Millis Annual Town Meeting is May 1

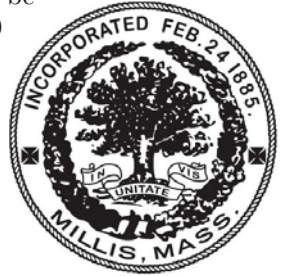
Taken from www.millisma.gov

Millis Annual Town Meeting will be held on Saturday, May 1, 2021 at 2:00 p.m.

The meeting will be held in the Millis Middle School/High School parking lot at 245 Plain Street.

The town meeting warrant can be found on the town website at <https://www.millisma.gov/home/news/important-information-annual-town-meeting-5121-and-town-election-51021>

A rain date (or continuation of the meeting) would be held on Sunday, May 2, at noon.



Millis Annual Town Election Set for May 10

Taken from www.millisma.gov

The annual town election will take place on Monday, May 10, from 7:00 a.m. to 8:00 p.m.

Voters from all three precincts can vote at the Veterans Memorial Building at 900 Main Street.

Offices available include:

- Moderator – one position
- Select Board – one seat
- School Committee – two seats
- Board of Health – one seat
- Library Trustee – one seat
- Planning Board – one seat

Visit the Millis Community Media YouTube channel to see several candidate interviews <https://www.youtube.com/channel/UCzZT-5bqudNKKlo4mI9AJGPg>

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Sports

Nichols College Football Program Is TVL-friendly

Ex-Millis Coach Rebuilding The Bison

By KEN HAMWEY
Staff Sports Writer

Nichols College in Dudley has 11 players from the Tri Valley League on its football roster for 2021. A coincidence? Far from it.

Dale Olmsted, who has been directing the Bison for eight years, coached in the TVL for nine seasons at Millis High where he compiled a 27-7 record in his final three seasons and guided the Mohawks to three straight playoff appearances. He also was selected Coach of the Year five times — twice by The MetroWest Daily News, twice by coaches in the TVL Small Division, and once by The Boston Globe.

The 52-year-old coach, who has lived in Walpole for 43 years, not only knows the TVL's players, but he has also developed strong relationships with the circuit's coaches. And living in Walpole makes it easy for Olmsted to travel to all 12 of the TVL's venues.

The schools include Medway, Bellingham, Millis, Dover-Sherborn, Dedham, Norwood, Ashland, Hopkinton, Norton, Westwood, Medfield and Holliston.

Olmsted is bullish on other conferences, like the Hockomock League and the Bay State Conference, but top-notch players from the TVL who commit to Nichols seem to adjust to the college quickly.

"Players from the TVL have a blue-collar work ethic," Olmsted said. "They're also fundamentally sound and many of them compete for traditionally strong programs."

Olmsted has another reason why the 55-year-old league is ripe with potential prospects for Nichols. "We're a small college (1,325 enrollment)," he said. "So, it's comforting for players who compete for small schools in the TVL to choose a college that's small. TVL players see comfort in choosing Nichols because its size isn't overwhelming."

Josh Pierre-Charles, an all-star running back from Millis, is a great example of a small-school halfback jelling at Nichols. He's been a dominant Division 3 player.

"Josh's career statistics are so good that the Houston Texans and Washington's football team came to Nichols in February to check him out," Olmsted said. "He's a senior who'll play in the fall, graduate in December, and possibly earn a pro-day invitation before next year's NFL draft."

The 5-foot-10, 195-pound Pierre-Charles is third in career rushing at Nichols with 1,858 yards. He's fourth in rushing attempts (350) and third in career touchdowns (15).

"Josh is old-school and his work ethic is relentless," said Olmsted. "He's got speed, strength and excellent field vision. An explosive back, his hand-eye coordination enables him to catch passes consistently. Solid physically, he's a very durable back who relies on swivel-hip moves."

Following is a capsule look at the other 10 TVL players on Nichols' roster:

JOSH JONES (junior, defensive end) — A 6-foot, 230-pound lineman, Jones played at Bellingham High where he was a TVL all-star and a team MVP. As a Nichols sophomore, he played in all 10 games, compiling 18 tackles and 2 sacks as a positional third-down player. "Josh has a good sense of the game," Olmsted said. "He's got quick hands and feet, his football IQ is high and he's got lots of potential."

ELIJAH BROWN (sophomore, defensive end) — The 6-2, 240-pounder played at Dedham where he was a TVL all-star. As a Nichols freshman, he saw action in five games. "Elijah is very coachable, a great kid who's got size and strength," Olmsted said. "His ceiling is high. We expect him to keep progressing and be a prime contributor in the future."

HAYDEN OLMSTED (sophomore, center) — The coach's son, he initially attended Sacred Heart University in Fairfield, Conn., where he was a walk-on freshman. The former Millis High all-star, however, transferred to Nichols and now is a projected starter. The 6-foot-2, 285-pound center should get more opportunity with the Bison. "Hayden moves well, is adept at reading defenses, has a high football IQ



Star running back Josh Pierre-Charles and coach Dale Olmsted both have Millis roots that extend to Nichols College.



Josh Pierre-Charles is third in career rushing with 1,858 yards at Nichols College where he is being scouted by the NFL.

and has experience calling the blocking schemes," Olmsted said.

SHAMAR HALL (freshman, halfback) — A two-year starter at Westwood, the 5-foot-11, 210-pounder was used primarily as a blocking back. "Shamar is strong physically, a good athlete with good hands," Olmsted noted. "We'll utilize him on short-yardage situations. He's kind of like James Devlin, who was used primarily as a blocker by the Patriots."

DAVID HARDING (freshman, defensive end) — The 6-foot-1, 225-pounder enjoyed a superb senior year at Holliston High. "David had a great playoff game against Stoughton," Olmsted said. "We project him as an end on defense. He's got a strong work ethic, he's crafty and quick. He'll bulk up and we see him doing good things in the future."

MARK JAMES (freshman, cornerback) — The 5-foot-11, 175-pounder was a three-year starter at Westwood where he was a captain and TVL all-star. "In pre-season, Mark was the most athletic freshman among our defensive backs," Olmsted said. "He's confident, competitive, quick and has good height."

JUSTIN KELLEY (freshman, linebacker) — The 6-foot, 200-pounder was a quality linebacker at Dedham High. Olmsted projects him as a reserve middle linebacker but has high expectations for him moving forward. "Justin has good instincts and a nose for the ball," he said. "As a freshman, he'll play on special teams but he should be in the rotation eventually. He's got a bright future."

ETHAN MEISNER-NELSON (freshman, linebacker) — The 5-foot-10, 185-pounder, who played at Norton, will see action

on special teams but Olmsted believes he'll be a starter eventually at outside linebacker. "Ethan has a great attitude," he said. "A solid player, he moves well and is athletic."

KYLE MORAN (freshman, guard) — The 6-foot, 220-pound lineman played at Medway High. "Kyle is a bit undersized," Olmsted noted. "But, he's a hard-worker who will progress. Dependable and reliable, he's a very coachable player from a good program."

CHRISTOPHER RYAN (freshman, wide receiver) — The 6-foot, 180-pound Ryan was a TVL all-star and a team MVP at Holliston High. "We expect a lot from him immediately," Olmsted said. "He's got strong hands, he's quick, athletic and runs good routes. His hand-eye coordination enables him to be top-notch receiver."

Nichols has a three-game schedule for this spring but Olmsted is using the abbreviated season to gauge his squad for a 10-game season in the fall. "The three games are important," Olmsted said. "They'll be learning experiences and if we win them, we'll know we're heading in the right direction."

Nichols competes in the Commonwealth Coastal Conference, which includes Curry, Salve Regina, Endicott, Western New

England, University of New England, Husson and Becker. During the 2019 season, the conference champion was Western New England. Endicott was second and Nichols tied for third. Western New England hosted Nichols in both teams' openers on April 18, three days after Local Town Pages deadline.

"We'll contend for the title in the fall," said Olmsted, who twice has been named Worcester Area Coach of the Year. "We'll be competitive. We finished 6-4 in 2019 and we've played at .500 or better in three of our last four seasons."

Olmsted, whose career record at Nichols is 21-39, leans on a balanced offense that focuses on a run-pass option. "That's how we'll approach opponents if we have the talent," he said. "We may also employ a pro-style offense."

The attributes Olmsted prefers in prospective players are high character, mental toughness, size, speed, strength, leadership and a high football IQ. He also likes to recruit players from traditionally strong programs.

The 2021 recruits from the TVL no doubt give Nichols' grid program many of those traits. After all, five of the last six Super Bowls have been won by TVL squads (Millis and Holliston two each and one for Ashland).

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Annual Seedling Sale on May 15 and 16

The Medway Community Farm will be holding its annual seedling sale on May 15th and 16th. You will be able to find almost anything you can think of for your home garden. The Farm always has a great selection of vegetables, flowers, and herbs, both heirloom varieties as well as the tried and true favorites. Maybe this is the year to try a variety of tomato you have never heard of before or the year to have a cook's herb garden. You can find seedlings perfect for pots on your deck or varieties for that newly dug vegetable garden.

This event, run over two days, brings in many gardeners from Medway and many neighboring towns. Last year the Farm offered an online ordering option and that again will be available, people will be encouraged to visit the website for options and how the pick-up will run so go to the website www.medwaycommunityfarm.org for information. With Covid protocols in place, you will be able to browse the offerings, get some advice on which variety to buy, visit the Farm Store with their new offerings and enjoy the Farm itself and maybe take a walk on the trails.

This will be a chance to get locally-grown seedlings that have not traveled great distances to get to you, thus being ones grown for your climate and zone. This is not a select few mass-produced seedling varieties, it is a curated group of seedlings that you can be assured will grow in the area as this is where they were started. The prices are reasonable, you help a local farm continue their work of providing locally grown organic produce all the while



Medway Community Farm will hold its annual seed sale on May 15 and May 16. Courtesy photo.

getting a chance to get your hands dirty and experiment with old and possible new favorites.

Medway prides itself on being a green community and places like the Medway Community Farm are a big part of that. The Farm is a community asset and one that has helped provide fresh produce to the food pantry, especially important during this past year, held great classes in conjunction with Medway Community Education for both local children and adults, and provided a wonderful source of locally grown organic produce for purchase. The CSA shares usually sell out and they are always looking for different ways to connect with the community. If you haven't been to their seedling sale, it is an event not to be missed. See you there!

Medway Memorial School Class of 2021 Graduation Photo

The Medway Memorial School Class of 2021 graduation class photo was continued this year thanks to the efforts of Tim Rice Photo. View the photo on Facebook at Medway Public Schools and see the video at <https://www.youtube.com/watch?v=ALle7QpRX5o>.

The video explains that the photo was taken using "24 drone photos over two hours - social distancing and COVID-19 safe procedures were practiced during the session. Students arranged in post-production using photoshop to create the final 2021 photo to keep the Memorial School Graduation Photo tradition alive."



Medway Memorial School Class of 2021 graduation photo tradition was kept alive by using 24 drone photos that were then photoshopped to create the final photo. Source: www.facebook.com/medways





One entry per day/per person.
Contest open
May 1 - 20, 2021

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Winner will be chosen at random and posted on facebook.com on May 21.

**Congratulations to our April Winners:
Sharon Ross, Tina Rambarran & Paula Vician**

Medway Lions “no charge” Shred-it Event will take place on May 22

The Medway Lions Club is again pleased to bring a free shredding event to Medway Middle School on Saturday, May 22, from 9 a.m. to noon.

NOTE: This event is for residential customers only. Limit of six boxes per person.

In addition, residents can drop off redeemable bottles and cans at the same time.

Two secure shredding trucks will be available. Either residents can remain in their vehicle, and someone will remove the items, or they can physically bring their bags/boxes to the truck. Everyone must adhere to the COVID-19 guidance including wearing a mask and remaining at least 6 feet from Lions members or other residents.

SHRED IT! Bring all sensitive paperwork that includes account numbers, birth dates, passwords, PINs, signatures, and Social Security and/or driver’s license numbers. To protect privacy, consider other items that include names, addresses, phone numbers and email addresses. When in doubt, shred it!

Please note: No need to remove staples or paperclips. All documents will be shredded on-site, and residents will have peace of mind knowing that they have taken an important step in the fight against identity theft and fraud.

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Millis Public Library Events

May 1 at 12:00 p.m. “A Novel Occasion,” a virtual fundraising event featuring 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

May 3 at 4:00 p.m. Tween Book Club: A Zoom book club for 4th, 5th and 6th graders

May 17 at 5:30 p.m. Virtual “Dandelions” pastel painting inspired by Jean-Francoise Millet.

May 19 at 7:00 p.m. Organic Gardening for Everyone, virtual event.

Every Monday at 4:00 p.m. Virtual Book Club. Books vary by week.

For details and a full list of events visit www.millislibrary.org

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Medway Annual Town Meeting will be on May 10, preceded by a Special Town Meeting

Taken from the Town Clerk's webpage

The Medway Annual Town Meeting is Monday, May 10. A Special Town Meeting will be held at the Medway High School, 88 Summer Street at 7:00 p.m. and will be immediately followed

by the Annual Town Meeting at 7:30 p.m.

Social distancing protocols and other health and safety measures will be in place.

Special Town Meeting for financial matters related to the Fiscal Year 2021 closeout, COVID-19 funding, and funding necessities. Requires a minimum of 50 people.

Medway Annual Town Meeting to fund our Fiscal Year 2022 budget, to approve critical pro-

grams and infrastructure improvement, and other essential funding & operational needs. 100 people are required for a quorum.

Warrants will be posted when available.

For more information, visit www.townofmedway.org



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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

Millis Youth Basketball Season was a Success

Millis plays in the MetroWest Basketball league which includes 86 towns throughout the MetroWest area spanning from Woburn to New Bedford. Grades 4-8 participate and teams are placed into a division based on skill to ensure balanced competition. The league tournament finals were held in March at Mass Premier Courts in Foxboro and three Millis teams took home the championship:

- 5th grade girls (coached by Rick Connors and Dennis Seeley) won the D3 championship;
- 6th grade girls (coached by Matt Miller and Dyann Rice) won the D1 championship (repeat champions from 4th grade; 5th grade was cancelled due to Covid); and
- 7th grade girls (coached by high school senior Abby Miller and Lisa Leonardo) won the D5 championship.

Also in March, Mass Premier Courts hosted the state tournament which invites the top teams from across Massachusetts to compete. The 6th grade boys and girls teams represented Millis and both teams went un-



Millis 5th Grade Girls MetroWest Basketball team with coaches Rick Connors and Dennis Seeley. Courtesy photo.



Millis 6th Grade Boys MetroWest Basketball team with coaches Adam Hart, Mike Grattan, and Mike Leach. Courtesy photo.



Girls, three kneeling in front/Caption: Millis 6th Grade Girls MetroWest Basketball team (with coaches Matt Miller and Dyann Rice) were named Division 1 League Champions and State Champions. Courtesy photo.



Millis 7th Grade Girls MetroWest Basketball team with coaches Abby Miller and Lisa Leonardo. Courtesy photo.

defeated over the two-day tournament. The boys (coached by Adam Hart, Mike Grattan, and Mike Leach) defeated Mansfield 48-42 in the finals, and the girls defeated Braintree 48-41, a team that had not lost a game to any opponent this season.

Theatre Group of Millis Holds Amateur Playwriting Contest

High School students and adults are encouraged to apply

Have you ever thought of writing a one-act play? If so, we encourage you to enter the Theatre Group of Millis Amateur Playwriting Contest. To create your story in one act, think about a character, an idea, or situation you have always wanted to see on the stage.

The contest is open to high school students and adults. There is no fee for submission,

and plays must be received no later than June 11, 2021. Plays must be 30 minutes or less in length.

Plays will be judged on character development, story structure, dialogue, and use of dramatic or comedic situations by a panel of three judges who have expertise in playwriting, theater production, stage direction, and acting.

Submit plays electronically to mtgplaysubmissions@yahoo.com and attach your play in pdf format. Hard copies can be mailed to Theatre Group of Millis, 14 Milliston Road, Box

250, Millis, MA 02054. Be sure to include your name, email address, telephone number, and let us know if you are a student or adult. Submitted plays cannot contain inappropriate language or behavior.

The top two student plays and adult plays will be presented in a stage reading in July (TBA) and the playwrights will receive awards at that time.

If you require further information, please email us at mtgplaysubmissions@yahoo.com and we will respond to you.

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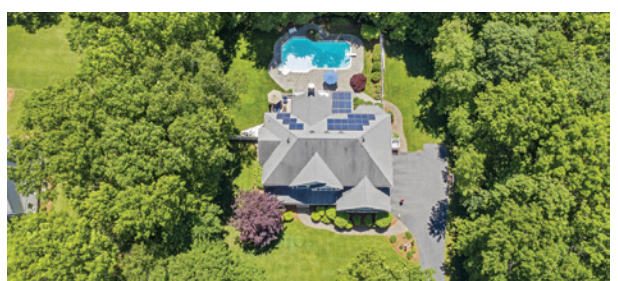
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Recent Home Sales

Date	Millis	Amount
March 12	30 Adams Street	\$1.12 mil
March 12	38 Adams Street	\$1.12 mil
March 17	8 Tupelo Lane	\$1 mil
March 17	10 Charles Way #138	\$677,739
March 22	61 Island Road	\$212,500
March 22	3 Meadowbrook	\$290,000
March 24	198 Village Street	\$198,000
March 29	15 Lexington Lane	\$431,250
March 30	38 Key Street	\$310,000
March 31	174 Pleasant Street	\$380,000
Date	Medway	Amount
March 12	138 Lovering Street	\$381,000
March 17	43 Lincoln Street	\$370,000
March 18	15 Autumn Road	\$450,000
March 23	105 Oakland Street	\$265,000
March 26	79 Lovering Street #B	\$620,000
March 26	8 Barber Street	\$285,000
March 26	7 Applegate Road	\$872,000
April 12	364 Village Street	\$375,000
April 15	9 Kingson Lane #6	\$459,900
April 15	12 Stanley Road	\$510,000



10 Charles Way #138 in Millis recently sold for \$677,739
 Image credit: www.zillow.com

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

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Medway fourth grader starts Weather Balloon Club



Max Kendall is 10 years old and a huge fan of weather balloons and has started a club at the Medway Public Library to share his passion. To learn more about Max and his project (including photos and videos), visit <https://maxkendall.wixsite.com/home/post/first-weather-balloon> and to learn more about the Weather Balloon Club, visit <https://medwaylib.org/Pages/Index/182134/maker-space>

Medway's Max Kendall invites you to join his Weather Balloon Club at the Medway Public Library. Courtesy photo.

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