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June 2021

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## Millis Senior Parade



Millis High School Class of 2021 held its Senior Parade on May 14, 2021. Credit: @Adriana Arguijo Photography

The community lined the streets to celebrate the resilience of the Millis High School Class of 2021 when they held their Senior Parade on May 14, 2021. Credit: @Adriana Arguijo Photography



## Crowley and Rossi Win Medway's Select Board Race

BY AIDAN POOLE

On May 18, Medway's annual town election drew over 1,500 voters to the polls and saw incumbent Dennis Crowley and Frank Rossi win three-year seats on Medway's Select Board.

Crowley, with 15 years of Select Board experience, said he hopes the group "can continue to improve quality of life for residents in the town." This term, he plans to address high "taxes and water bills" and "put more money in capital reserves" to pay for large expenses down the line, such as maintenance to Medway's police and fire stations. Crowley's

advocacy for financial responsibility can be traced back to his initial election to the Select Board, in which he said "cutting budgets all over the place" and swiftly repaying loans helped prevent Medway from bankruptcy.

Rossi said that, although this was his "first time running for an elected position," he has been involved with Medway's Finance Committee since 2007. He was chair of this committee from 2014 to 2020 and currently serves as vice chair. Since he also works as a financial advisor, he

**ELECTION**  
*continued on page 2*



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ELECTION

continued from page 1

said his background makes him a good fit for the Select Board.

Rossi has lived in Medway since 1998 and coaches Medway High School's JV Lacrosse and the Medway Youth Lacrosse teams for boys. He said his Select Board position is another way for him to keep "giving back to the town" and that he was "really pleased with the support and turnout" at the election.

Crowley's sentiment was similar. "I want to congratulate both Marty [Dietrich] and Frank" for "running a great campaign." Although Dietrich lost, Crowley said he was impressed that he "got the young kids involved," a demographic that usually does not vote in high numbers.

Aside from the Select Board, all 10 other races went uncontested and consisted of Cynthia



Incumbent Selectperson Dennis Crowley being sworn in by Town Clerk Stefany Ohannesian after the May 18 annual town election. Source: www.facebook.com/MedwayTownHall



Selectperson Frank Rossi being sworn in by Town Clerk Stefany Ohannesian after the May 18 annual town election. Source: www.facebook.com/MedwayTownHall

Sullivan and Melissa Greenfield for the School Committee, John A. Mill III and Leanne Yarosz-Harris for the Board of Health, Jessica Chabot for the Planning and Economic Development Board, Debi Rossi for the Parks and Recreation Commission, Julie MacEvoy for the Library Trustees, Carl Rice for the Housing Authority, Andy Rodenhiser for the Redevelopment Authority, and Michael Callahan for the Water and Sewer Advisory Board.

localtownpages logo and contact information including Publisher Chuck Tashjian, Editor Theresa Knapp, and various sales and advertising roles.

Medway & Millis Town News now has its own Facebook page! Like Medway & Millis Town News on Facebook to keep up-to-date with articles, events, give-a-ways and contest announcements for Medway & Millis!

Millis Senior Parade advertisement featuring a vintage car decorated with balloons and a photo of the Millis High School Class of 2021.

ANGEL NAILS & SPA advertisement offering professional nail care for ladies & gentlemen with a \$5.00 OFF Manicure/Pedicure Combo.

CLEANOUT COUPON advertisement for JUNK it NOW! us, offering \$25 OFF on one coupon per cleanout with a \$100 minimum.

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## New Dependent Care FSA Changes Provide Tax Savings

Mo' stimmy, mo' complexity.

It's like the more stimulus we come across, the more complexities we see.

**The Good.** The American Rescue Plan Act (ARPA), signed into law on March 11, raises pretax contribution limits for dependent care flexible spending accounts (DC-FSAs). New DC-FSA annual limits for pretax contributions increases to \$10,500 (up from \$5,000) for single taxpayers and married couples filing jointly, and to \$5,250 (up from \$2,500) for married individuals filing separately. This is only calendar year 2021, for now.

Money put into a DC-FSA not only reduces taxable income but it also avoids the 7.65% tax of Social Security and Medicare.

For example, if in a 24% federal tax bracket + 5% state tax + 7.65% = 36.65% DC-FSA

Contribution Tax Savings Rate. Thus, the new \$10,500 maximum for 2021 is \$3,848 tax savings in this scenario. In a 32% federal bracket, make it \$4,688 (44.65% x \$10,500) in tax savings.

So just go to your HR benefits and raise your DC-FSA amounts?

If it were only that simple, as Congress loves complexity.

**The Bad.** ARPA doesn't require employers to offer the new DC-FSA annual limits. Those that are, many offer a one-time, midyear change. If you're not proactive or paying attention to HR communications, you will miss out.

If miss out on DC-FSA, fear not as the ARPA also increased the child & dependent care (C&DC) tax credit for 2021, which is positive but...

**The Ugly.** The C&DC credit is fully refundable, and maximum credit percentage increases to 50% (from 35%). This phases down to 20% with AGIs between \$125,000 and \$400,000, and further phases down 1% for each \$2,000 over an AGI exceeding \$400,000. The amount of expenses eligible for the credit increases to \$8,000 (from \$3,000) for one qualifying child and \$16,000 (from \$6,000) for two or more qualifying children, thus maximum credits are \$4,000 and \$8,000.

Got that?

Furthermore, you can't "double-dip". Meaning contributions to DC-FSA to cover qualified expenses can't be used for C&DC tax credit, but you can create a combination to maximize tax savings.

**Questions To Ask.** If better to put money into a DC-FSA or take C&DC tax credit or a combination, consider:

- Able to participate in DC-FSA?
- What is your AGI?
- How many qualifying children?
- Expected qualified dependent care expenses (i.e. day-care, after-school, summer camp)?

Yes, summer camps count, even for your 12 year old's soccer camp.

Tax laws and regulatory changes remain constant, connect with your Certified Financial Planner to see how to maximize tax savings to your situation.

*The opinions voiced in this material are for general information only and are*



**Glenn Brown**

*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.*

## Jazz Duo Bo & Bill Winiker to Present Outdoor Concert June 23

### Short Performance to Take Place at Millis Senior Housing

They grew up in Millis, and now jazz artists Bo & Bill Winiker will bring their talents back to their hometown for a small outdoor performance for residents of all ages at Millis Senior Housing, at 310 Exchange Street in Millis. The free, short, socially-distanced concert will take place from 4-5 p.m. on Wednesday, June 23, 2021.

Bo Winiker began performing professionally at 10, right in Millis, in the Winiker Family Band. Bo graduated from the New England Conservatory of Music, where he joined the Grammy-award-winning New England Conservatory Ragtime Ensemble. Bo toured with the ensemble for 25 years, under conductor Gunther Schuller. From 1972-1973, he was featured trumpet soloist with the Stan Kenton Orchestra and has soloed with the New York Philharmonic and Cleveland Orchestras.

Bill Winiker, a graduate of the Boston Conservatory of Music, is a charismatic drummer and skilled bandleader. A music histo-

rian, Bill produces many original programs on American popular music and jazz.

Residents of Millis Senior Housing are encouraged to enjoy the concert from their porches, or to pull up a lawn chair in marked, socially-distant spaces in the courtyard. A limited number of chairs will be provided. In case of inclement weather, the concert will be rescheduled to a time to be determined.

This concert is funded by the Millis Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. For more information about the Millis Cultural Council, email [millisculturalcouncil@gmail.com](mailto:millisculturalcouncil@gmail.com), or find more information at [http://www.millis.org/Pages/MillisMA\\_BComm/Cultural/index](http://www.millis.org/Pages/MillisMA_BComm/Cultural/index) or on Facebook under "Millis Cultural Council."

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Medway Community Education is offering a variety of programs this summer including Arts & Crafts, STEM programs, summer athletics and more. Programs will be offered from July 6 to August 27. For more information, visit [www.medwayschools.org/schools/community\\_education](http://www.medwayschools.org/schools/community_education)

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# Former Police Chief Served as Grand Marshall

## William "Dave" Lambirth recalls his move to Medway in 1945 and his first Memorial Day Parade

By THERESA KNAPP

MEDWAY - Former Millis Police Chief William "Dave" Lambirth served as this year's Grand Marshall at the Millis Memorial Day ceremony held at Matondi Square. He has lived in Medway since 1945, served as a Marine, worked at General Motors, then joined the Medway Police Department in 1966 from which he retired in 2002 as Police Chief.

Here is his story in which he writes about his move to Medway in 1945, gathering shell casings at his first Memorial Day Parade in town, his time in the Marines, his service on the Medway Police Department which he led as Chief for 23 years, and more memories of "the little town of Medway."

In May of 1945, I moved to Medway with my family from West Roxbury MA. I was seven years old at the time (so not officially a "townie"). We moved to what was then "West Medway" and quickly learned that many considered it an entirely different community. I was

the youngest of three children and had moved with an older brother, older sister, and Mom and Dad.

I entered the third grade at the High Street School which was quite exciting for me because the building was brand new, and the four kids I had met in the neighborhood helped make the adjustment easily.

We arrived too late in the year to realize that the Medway Memorial Day Parade was a huge event in town, so it wasn't until 1946 that I experienced my first parade. I couldn't believe the turnout, including so many returning veterans participating and marching. My favorite part was watching the rifle squad conduct salutes to those present and past who had served our country then scrambling with the other kids to collect shell casings that fell to the ground from the rifles!

My father was interested in animals and farming so, once we were settled in our home on Philips Street (there were only four houses at that time!), he started raising chickens and



**Former Medway Police Chief William "Dave" Lambirth will serve as Grand Marshall at this year's Medway Memorial Day Ceremony. Chief Lambirth is captured in this undated photo during his tenure on the MPD with the department's then "new" computers.**

Source: www.ebay.com

goats which grew from a few to many. As it turned out, because both of my parents worked as well as my sister and brother, I became the primary caretaker of the animals. Keeping up with this on top of my schooling was just fine, as my friends had gardens to tend to and animals to care for as well so playtime was limited.

During the 1940s and 1950s in Medway, we didn't have any organized sports teams, so we kept busy indulging in pick-up games in our back yards, or at the West Medway Park, now

Choate Park. Because of this, I can't lay any claims to being a star athlete out of Medway, an achievement I have been honored to see unfold for others through the years in this community.

After grammar school, I moved to the Jr./Sr. High school (7th-12th) which is now the Anderson Village Condos. It was there that I learned that West Medway seemed to end around Charles River Road, and became Medway, and the place where I met many friends and acquaintances -- some that I still have to this day.

After my sophomore year, I moved on to the Norfolk Agricultural School because of my interest in farming. When I completed "the aggie" I, along with a close friend, enlisted in the US Marine Corps. In those days, for a lot of us, college wasn't in our immediate future so serving our Country was a great option and an honor.

After four years as a US Marine, I was Honorably Discharged as a Sergeant and returned home to Medway. I had mixed emotions about leaving the service, and the friendships and loyalty of that organization that I experienced, are everlasting. After working a few odd construction jobs, I went to work for General Motors, where I stayed until 1966, when I accepted a position with the Medway Police Department.

The Police Department was rather small back then, employing only five full-time officers, in addition to the Police Chief.

I learned quickly how much I loved the job, in part due to the great coworkers and mentors that I had. The Medway Police Department had always enjoyed a great reputation and I was proud to be a member.

In 1970, I was promoted to Sergeant, along with another officer, to fill a vacancy that had been created a few years previous. The years seemed to flash by, and the department grew to more members, and many of us started attending service schools to provide more professional services to the community.

In 1980, following the retirement of my chief, William Giallonardo, I was appointed Police Chief to replace him. By this time, the number of officers had increased from five to 18.

As new officers arrived, the ranks were being filled by young people I had seen growing up as young children, into smart and responsible adults. They were a great addition to the department. Some of those officers have already gone into retirement -- how time flies!

I can't lay claim to any great accomplishments during my 23 years as Chief, but with the support of various boards and committees, along with a supportive town administration, we were able to build and move into a brand new facility on Village Street in 1990. This was a long-overdue change after years of being stationed in a small area of the Town Hall building.

When my time came to retire in late 2002, it was with mixed emotions. However, because age dictates retirement, I was History. I am so thankful, even among all of the hardships in the world, that I am able to see and be in contact with many officers from the department, and with some who have already put in their time and retired.

I am still enjoying my retirement, happy to be alive in 2021, and while limited in my daily activities, I treasure my life here in the little town of Medway. I have been blessed to be part of a special community, and loving family with a wife, seven children, 18 grandchildren, two great-grandchildren, plus friends and neighbors.

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal Business

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with

stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away



your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day

service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a

junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [affordablejunkremoval.com](http://affordablejunkremoval.com).

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# Millis Celebrated Earth Day with its Annual Beautification Day

### Residents gathered to pick up trash around town during this annual event

By THERESA KNAPP

MILLIS - The Millis Lions Club and the Millis Garden Club held their town beautification day event on Saturday April 24, 2021.

Many people signed up through the new Millis Beautification Day Facebook page where schools, teams, scouts, new residents, as well as volunteers who have consistently showed up for more than 15 years, showed up ready to work.

Project co-chairs Jen Donehey and Janet Gashler of the

Millis Garden Club say that “77 large contractor trash bags were picked up by our DPW throughout the day; town gardens, school fields, roadways, parks and more, were tended to and it shows.”

“The groups of children were Daisies and Scouts, and many teachers and coaches were jumping in throughout the day -- some were still on school vacation so it was much appreciated,” said Donehey.

Organizers estimate 135 adults and children participated in the event and say new volunteers may have been in-



Jane Hardin, a regular trash picker on her many walks through town, officially participated in this year's Millis Beautification Day. Credit: Olivia Donehey.



Millis High School students Maria Govoni, Jane Connors and Nora Sugre clean up near the MHS frog pond as part of Millis Beautification Day. Credit: Bill Lawson.



Above and below, Millis Beautification Day volunteers. Credit: Olivia Donehey.



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# Millis Town Meeting Approves Operating Budget and Purchase of Village Street Property

By J.D. O'GARA

MILLIS - The 2021 Millis spring town meeting took place on Saturday, May 1, on a blustery, sunny day in a socially distanced manner due to Covid-19, in the parking lot behind Millis High School.

on the Millis Board of Health.

The Town Warrant consisted of 31 articles regarding the business of the town 25 of which passed, 22 of those with little debate; four articles were dismissed; two articles were voted down including (1) Article 23 which sought to amend off-street park-

members responded that a decrease in enrollment does not automatically translate to a lower cost for the town. Ultimately, Article 3 passed. Voters approved the FY22 operating budget of \$37,383,110.52 which included a school budget of \$17,173,130.55 (up \$700,599.42 from FY21).

Article 20 passed. Voters exercised the town's right of first re-

fusal under Massachusetts Chapter 61A law to purchase the 23.1-acre Braun Property at 377 Village Street. The agricultural land purchase, which will be made with unrestricted money (to allow it to be used for open space, development, or re-sale), will not increase taxes to the town and passed following much debate and a standing count vote of 237 to 95.

Article 21 passed. The article amends the town's zoning by-laws regarding Large Scale Mounted Solar Installations, and it passed after a resident's amendment to the language increased the front yard buffer from town roads and residential properties from 50 to 200 feet.

The full warrant is available at [www.millisma.gov](http://www.millisma.gov)



Millis Town officials and Select Board members applaud on May 1<sup>st</sup>, 2021 as Senator Becca Rausch, and later, State Representatives David Linsky and Shawn Dooley, recognized James McCaffrey for his many years of service to the town.

Proceedings began with Senator Becca Rausch and State Representatives David Linsky and Shawn Dooley, plus fellow members of the Millis Select Board, recognizing Millis Select Board member James McCaffrey for his many years of dedication and service to the town, including 12 years as a Select Board member and 13 years as Town Moderator.

Kathy Lannon was also recognized for her 22 years of service

ing to include the use of compact car spaces by special permit, and (2) Article 26 which sought town authorization to sell a .94-acre parcel of land off Acorn Street.

The first of the articles to raise debate was Article 3 which had to do with the town operating budget beginning Fiscal Year 2022. One town resident suggested a \$700,000 decrease to the school budget as enrollment in the town was down. School Committee



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# The b.LUXE Beauty Beat

Hello and welcome to the b.LUXE Beauty Beat, a new monthly column covering all things beauty!

We'll share new hair trends, makeup tips, skincare advice, and our must-have products of the moment.

For many of us, 2020 was the year we stayed home, the year we worked from our kitchen tables and forgot what it felt like to wear pants with buttons.

Self-care in 2020 was a challenge. With our salons, spas and gyms closed, many of us were left to navigate a home health and beauty routine that wasn't always healthy or beautiful.

But those months in quarantine certainly showed us that we're stronger and more resilient than we ever imagined. And our idea of beauty in this (almost) post-pandemic world has changed so much. We're taking a healthier approach, with more emphasis on what's good for us, as opposed to what just makes us look good. A "less is more" philosophy, perhaps, this shift in our beauty doctrine gives our health and our aesthetic equal attention.

So, with this in mind, let's chat a little bit about this

month's most important beauty tip - SUNSCREEN!

If there's one thing we're all pumped for it's Summer. Outdoor gatherings, beach days and that warm, summer sun is just around the corner.

What should we do to prepare ourselves for the sunshine?

We can't stress to you enough the importance of wearing a daily SPF on your face and any exposed skin. Again, it's good for you AND good for your appearance. Regular daily use of SPF 15 sunscreen can reduce your risk of developing squamous cell carcinoma (SCC) by about 40%, and lower your melanoma risk by 50% (skincancer.org) Also, regular use of SPF keeps you from looking like a handbag. So there's that...

What many people don't know about sun protection is that SPF application shouldn't stop at the hairline. Your scalp is your skin, too, and if exposed, it'll burn. Work that sunscreen through your part and any bare, unprotected areas on your head. Even better, wear a hat! Sun hats are great for protecting your skin and your hair's health. UV rays can cause hair to become dry and brittle and



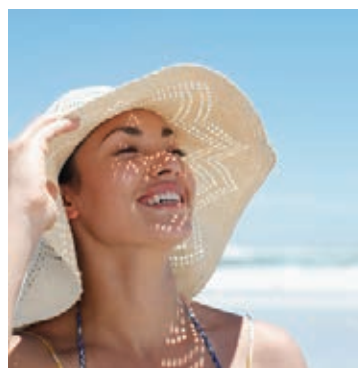
hair • makeup • skincare • editorial

fade your hair color simply from exposure. We also recommend a heat protection spray that coats the tresses, locking in moisture and saving your beautiful hue. See products below.

Next month we'll talk about safeguarding your hair from pool and hard water, hand painted highlights and packing the perfect beach bag.

Recommended products are available for purchase at b.LUXE Hair + Makeup Studio, Medway Use **CODE LTP10** to receive **10% off these products, now through June 30th**

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## A Taste of What's to Come at SALMON at Medway

When Food Goes Beyond the Dining Room for Seniors

SALMON at Medway – the new 55+ community, opening this summer at 44 Willow Pond Circle – loves doing senior living ‘outside the box.’ Nothing about this combined active independent and assisted living facility has a been-there, done-that feel, especially true of the 57-acre campus’s dining program.

Passionately and creatively helmed by Director of Culinary & Dining Operations, Chef Jason Wallin, SALMON’s ‘Anytime Dining’ restaurant-style meal plans are enough to make any college student drool with envy.

“It’s not just about eating fresh, local and healthy”, says Wallin. “It’s about making dining more than a meal and truly making it a lifestyle. Our offerings will feed and nourish the body, mind and soul.”

Residents will have tough decisions to make when it comes to eating as they will find many

choices available anytime of day, including fresh, locally sourced Mediterranean and plant-based options designed with input from on-site nutritionist Sarah Clarke.

Speaking of local, let’s talk about SALMON’s partnership with Medway Community Farms. Not only is the farm providing 20-30% of all produce at the community and helping tend to the on-site hydroponic garden, they and SALMON will host on-campus farmers markets open to the public all summer long.

And the sweetest little ‘extra’? A collaboration with Best Bees of Boston making SALMON at Medway the only senior living community in New England to boast on-site beekeeping. Residents can immerse themselves in education, experience and fresh honey drizzled on top of anything they want.

As a family-owned business, Wallin, SALMON CEO, Matt Salmon and their team are committed to making the community feel like ‘home’ for seniors’ family

and friends, too. “Our campus is an open, inviting place where people want to be”, says Wallin. “Every element is thoughtfully planned to maximize the health, well-being and happiness of our residents and their extended social circles.”

Included among the family-friendly dining and entertainment: a game room for grandkids to hang featuring a more kid-focused menu; a casual café with grab-and-go items for in-room entertaining; and cooking classes hosted by Wallin.

When it comes to the menu and lifestyle at SALMON at Medway, there hasn’t been a detail overlooked and the community is excited to open its doors to residents and the local community. Check them out at [www.medwayseniorliving.com](http://www.medwayseniorliving.com) or on Instagram, Facebook and TikTok @SalmonatMedway.

## Medway Community Education:

### Summer Programs are here!

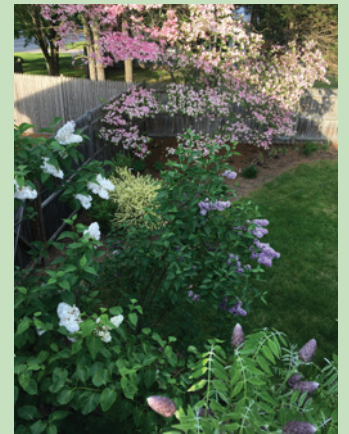
Medway Community Education is excited to offer exciting and fun In Person programs this summer for all ages!

For youth and teens, we have a wide variety of programs in STEM, arts & crafts, drama and sports. In addition, there are still openings in our fun-filled Summer Adventures Camp, running June 21-August 13.

For adults, our popular Ladies Night Out at Molly’s Apothecary will host two events. Stay active with Zumba, yoga, golf, tennis and more! Let’s get this summer started!

Visit us online at [www.medwayschools.org](http://www.medwayschools.org) and browse our electronic Summer Brochure for detailed information on all programs and to register. Please contact our Department with questions: [communityed@medwayschools.org](mailto:communityed@medwayschools.org) or call 508-533-3222 option 4.

**Do you have a garden photo you would like to share? If so, post on our Facebook page @ Medway & Millis Town News. Credit: Theresa Knapp**



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# Living Healthy

## Eye Care Facts and Myths

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

We have all been told by someone at some time, "You'll hurt your eyes if you do that!" But do you really know what is or is not good for your eyes?

Test yourself with the following true or false statements and see how much you know about your eyes.

**"Reading in dim light is harmful to your eyes."**

False. Using your eyes in dim light does not damage them. However, good lighting does make reading easier and can prevent eye fatigue.

**"Using computers can damage your eyes."**

False. Working on computers will not harm your eyes. Often, when using a computer for long periods of time, just as

when reading or doing other close work, you blink less often than normal. This reduced rate of blinking makes your eyes dry, which may lead to the feeling of eyestrain or fatigue.

Try to take regular breaks to look up or across the room. This should relieve the feeling of strain on your eyes. Keep the monitor between 18 to 24 inches from your face and at a slight downward angle. Also consider the use of artificial tears. If your vision blurs or your eyes tire easily, you should have your eyes examined by an ophthalmologist.

**"Wearing the wrong kind of eyeglasses damages your eyes."**

False. Eyeglasses are devices used to sharpen your vision. Although correct eyeglasses or contacts help you to see clearly,



wearing a pair with the wrong lenses, or not wearing glasses at all, will not physically damage your eyes. However, children less than eight years old who need eyeglasses should wear their own prescription to prevent the pos-

sibility of developing amblyopia or "lazy eye."

**"Children outgrow crossed or misaligned eyes."**

False. Children do not outgrow crossed eyes. A child whose eyes are misaligned may develop poor vision in one eye because the brain will "turn off" or ignore the image from the misaligned or lazy eye. Children who appear to have misaligned eyes should be examined by an ophthalmologist.

**"Learning disabilities are caused by eye problems."**

False. Difficulties with reading, mathematics, and other learning problems in children are often referred to as learning disabilities. There is no strong evidence that vision problems cause learning disabilities. Children with learning difficulties often need help from teachers and people with special training. Before such treatment begins, make certain your child is seeing

as well as possible.

**"Sitting close to the television can damage children's eyes."**

False. Children can focus at close distance without eyestrain better than adults. They often develop the habit of holding reading materials close to their eyes or sitting right in front of the television. There is no evidence that this damages their eyes.

**"People with weak eyes should avoid reading fine print."**

False. It is said that people with weak eyes or people who wear glasses will "wear out" their eyes sooner if they read fine print or do a lot of detail work. The concept of the eye as a muscle is incorrect. The eye more closely resembles a camera. A camera will not wear out sooner just be-

EYE

continued on page 11



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# Living Healthy

## EYE

*continued from page 10*

cause it is used to photograph intricate detail.

### “Wearing eyeglasses will cause you to become dependent on them.”

False. Eyeglasses are used to correct blurry vision. Since clear vision with eyeglasses is preferable to uncorrected vision, you may find that you want to wear your eyeglasses more often. Although it may feel as if you are becoming dependent on your eyeglasses, you are actually just getting used to seeing clearly.

### “Older people who gain ‘second sight’ may be developing cataracts.”

True. Older individuals who wear reading eyeglasses sometimes find themselves able to read without their eyeglasses and think their eyesight is improving. The truth is they are becoming more nearsighted, which can be a sign of early cataract development.

### “A cataract must be ‘ripe’ before it is removed.”

False. With older surgical techniques, it was thought to be safer to remove a cataract when it was “ripe.” With today’s modern surgical procedures, a cataract can be removed whenever it begins to interfere with a person’s lifestyle.

### “Contact lenses can prevent nearsightedness from getting worse.”

False. Some people have been led to believe that wearing contact lenses will permanently correct nearsightedness so that eventually they won’t need either contacts or eyeglasses. There is no evidence that wearing contact lenses produces an improvement in vision.

### “Eyes can be transplanted.”

False. Medical science has no way to transplant whole eyes. Our eyes are connected to the brain by the optic nerve. Because of this, the eye is never removed from its socket during surgery. The cornea, the clear front part of the eye, has been successfully transplanted for many years. Corneal transplant is sometimes confused with an eye transplant.

### “Laser assisted cataract surgery is the same as traditional cataract surgery.”

False. The 5 best rankings Eye Hospitals in America offer bladeless laser assisted cataract surgery. We do offer exactly the same. Bladeless cataract surgery is all about aiming towards better precision, more safety and excellent outcomes. The laser advanced bladeless precision and ability to correct astigmatism translates into better likelihood of seeing well without glasses following cataract surgery. The

same laser used in bladeless cataract surgery breaks up and softens the cloudy cataract so there is less ultrasound needed to remove the cataract. Less ultrasound translates into less energy used inside the eye and clearer corneas, which in turn helps producing better vision on the first day after the surgery. This becomes even more critical if you have a weak cornea or a small eye with

a dense cataract.

It is always useful to separate fact from myth in eye care. Our eye center and ophthalmologists have state of the art equipment to diagnose and treat almost any eye problem. At Milford-Franklin Eye Center, we continue to support our communities during this health crisis we are living. We sterilize equipment between patients and screen all patients

before they enter the building and before they register. With 2 offices in Franklin and Milford and a dedicated surgery center in Milford, no more need to travel hours for your eye care or surgery. We are the area’s leading eye care practice, and we continue to support our communities during this health crisis.

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## EMASS Senior Softball League Opens Registration for 2021 Season

**The 50+ League Played Safely in 2020 and Plans to Do It Again in 2021**

March 1, 2021 – Eastern Massachusetts Senior Softball (EMASS) is opening its annual registration campaign for slow-pitch softball players age 50 and over. With over 400 members, the league attracts players from towns across Eastern Massachusetts with games played on fields in Wayland, Medfield, Ashland and Framingham. The EMASS season opens in May with 18 weeks of regular season games scheduled through Labor Day and year-end playoffs completed in early October.

“We played ball safely in 2020 and we will do it again in 2021,” said Walker Royce, Commissioner of EMASS. “Our players will do whatever it takes to get out on the field with their teammates and we will adjust the COVID protocols we used successfully last year to ensure the safety of our members in the 2021 season.”

After COVID-19 delayed last year’s season opening until July, EMASS salvaged a welcome half-season in its Saturday divisions and delivered a full 36-game season in the weekday divisions by playing twice a week. With facial coverings, social distancing and other common sense guidelines, EMASS played throughout the summer and fall of 2020 without any member testing positive.

“The 2020 EMASS season was a healthy escape and a lot of fun with a new twist,” said Royce. “With masks concealing the identity of every batter, it was hard to tell whether the player at bat was a rookie power hitter or an old veteran place-hitter.”

Players Share The Joy of Getting Outside to Play Ball With Their Friends

EMASS players cherish being able to get out of the house and have their weekly getaways to the field. They are inspired by the

elder players who can still perform well into their late seventies and eighties. These active seniors love seeing an opponent or a teammate make a tough play, a clutch hit, or a comeback from an injury. That weekly three-hour escape to the softball fields distracts from life’s challenges with face-to-face camaraderie, teamwork and healthy outdoor competition.

“Playing EMASS Senior Softball during the pandemic was the highlight of 2020,” said Greg French, a ten-year EMASS veteran. “EMASS protocols set up a safe playing environment and our community had a great season with no positive cases.”

“I feel 20 years younger when I am out on the field,” said Rocco Andreotti, who played in EMASS for the first time last year. “Playing a team sport and getting outside with a bunch of softball-loving peers is the highlight of my week. I am looking

**EMASS**

*continued on page 13*

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**“My family of six have been patients for 25 years. Our doctor always goes above and beyond, including squeezing us in or calling after hours to check on how we are doing. Her care and compassion always makes us feel we are in very competent hands. She is more like a friend to us!”**

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# Aging Gracefully: Advice on What to do Now!

Doctors and patients have all kinds of difficult conversations. How to prepare for aging and caring for an aging partner or parent is one of those. For Lee Willis and her husband Hal, the conversation started this way: their beloved doctor of 15 years asked Lee, point-blank: "Are you prepared for the possibility that Hal may outlive you?"

At 94, Hal is ten years older than Lee. A plane accident broke multiple bones in his legs, and arthritis had settled in. Walking is hard for him. He does his own laundry and washes the dishes, but he doesn't drive and often uses a wheelchair.

Lee, on the other hand, just bought herself a new kayak. A nine-year cancer survivor, she relieves pain with exercise, not medicine. She swims three times a week. When not caring for Hal, she's active, traveling, and socializing.

Still, the doctor had a point: Be prepared.

## Facing the Facts of Aging

Most people avoid the subject

of getting old. Death is as natural as birth, but too many people simply don't want to think about it until they are too ill to participate in decision making, leaving family members and their physicians to make decisions that may or may not be what they would have wanted at the end of life. We need to prepare better.

## Finding a Place to Age

The main goal for Lee in preparing for Hal and her own aging was to find a place that could happen. Lee didn't just do a Google search. She visited dozens of nursing homes. She made lists of in-home care services, and visited each of those.

But Lee wasn't satisfied, mainly because of shifting staff. "You can never guarantee the same people. The bottom-line dictates staffing. This turnover and the resulting lack in continuity of care, is a problem."

So, she looked at the option of aging in place. She volunteered at programs of all-inclusive care for the Elderly, which offers 24/7 coverage for anyone qualified for

a nursing home. It seemed like "this would probably be what we choose to do," she said.

But then Lee discovered The Green House Project, a new model for long-term care for elders. In 2001, a doctor named Bill Thomas was appalled at the state of elder care. He saw it was a hospital, not a home with people just sitting in wheelchairs. So, he introduced a lot of changes, brought in birds, dogs, cats, and plants. But it still wasn't enough. So, he "super-trained" staff to behave like family members, not healthcare providers. He built a new structure, with one central room, the residents living in rooms off in spokes. It became a communal place, with a common kitchen where people cook family recipes and behave like relatives.

Lee found one in her state. "If we both have to go somewhere, this will be it!"

## Aging Gracefully: How to Get Started Now

The best advice Lee's received from her doctor: Exercise. He told her that the biggest factor

that differentiates healthy from unhealthy aging is exercise—folks who remain sedentary clearly become frailer more rapidly than those who either remain or become active in their later years. Exercising on a regular basis makes a huge difference in how one ages.

Lee's primary lessons for younger people: Be proactive. "It's really hard when you're 50 to think about being 80, but you should." She advises younger people to:

- Take your health seriously—eat well and exercise.
- Prepare with a reputable Estate Planning Attorney who cares about your health as well as your assets.
- Be an advocate for yourself.
- Get political and advocate for end-of-life care.



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## EMASS

*continued from page 12*

forward to many more years in this league."

EMASS will open the 2021 season as soon as the towns give the go-ahead. After the experience with pandemic play in 2020, the league knows how to get its COVID-19 protocols approved with town officials to ensure a safe environment.

"Player feedback in 2020 was exceptional and we will build on that experience to deliver a great

Senior Softball season in 2021 as well," said Royce.

About EMASS Senior Softball League

EMASS was founded in 1995 and offers over 400 seniors of all skill levels a safe, well-organized opportunity to play competitive slow-pitch softball. EMASS members range in age from 50 to 90. Skill levels range from casual recreational players to those who play on nationally competitive tournament teams. Players of any skill level will find a spot with teams of similar abilities in one or more of EMASS's five

divisions. The American division (average age 60) and National division (average age 67) play doubleheaders on Saturday mornings. The weekday divisions play once-a-week doubleheaders on different days with the Pacific (average age 64) on Mondays, the Metro (average age 75) on Tuesdays, and the Atlantic (average age 69) on Thursdays. Many members play on different teams in multiple divisions.

For more information about EMASS Senior Softball League, visit [www.e-mass.org](http://www.e-mass.org).

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# Medway High School Ranked Among 2021 Best U.S. High Schools

Principal John Murray is pleased to announce that Medway High School has earned a spot on the list of the 2021 U.S. News & World Report Best High Schools.

Medway High School placed 28 out of 229 Boston metro-area high schools, 31 out of 365 Massachusetts high schools and 771 among the national rankings. The school received an overall score of 95.68/100.

Ranked by 2021 U.S. News & World Report, the Best High Schools Report ranks nearly 18,000 high schools in the na-

tion and provides school-specific data on enrollment, graduation rates, student body demographics, location, school type and results of state assessments as well as Advanced Placement and International Baccalaureate tests.

"We are honored to receive this recognition among the best high schools in the metro-area, the state and the nation," Principal Murray said. "These rankings represent the accomplishments of our students and the continued dedication and hard work of our educators at Medway High School."

Schools are ranked based on six factors:

- College Readiness
- College Curriculum Breadth
- Math and Reading Proficiency
- Math and Reading Performance
- Underserved Student Performance
- Graduation Rate

According to U.S. News data, approximately 75% of Medway High School's students participate in Advanced Placement coursework and exams and the graduation rate is 99%, well

above the state's median.

To expand on their interests outside of the classroom, students can be involved in an array of clubs and activities offered at MHS, along with many athletic programs.

MHS previously received a ranking on the Best High Schools list in 2017. The school earlier this year also earned the College Success Award from GreatSchools.org, which recognizes the school's work ensuring students are prepared for the college admissions process and for success in college.

To see Medway High School's full online report and ranking, click here.

### About Best High Schools 2021

U.S. News Best High

Schools numerically ranked nearly 18,000 schools nationwide this year. The Best High Schools rankings, available online only, are produced in conjunction with RTI International, a global research firm.

The 2021 edition of Best High Schools includes a numerical ranking of nearly all public high schools nationwide – almost 18,000 of them. There are rankings within each state and within each census-designated metropolitan area that has three or more high schools, as well as the Best STEM Schools ranking and comprehensive Best Charter Schools and Best Magnet Schools rankings. Also published are rankings of high schools within each school district that has three or more high schools.

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# Millis Students, Circa 1929

*Do you recognize anyone in this photo?*

By THERESA KNAPP

MILLIS - As Millis prepares to graduate another class of students, and as celebrates Memorial Day, a reader sent in this photo of her mother, Gladys Bonney Clewes Weeks (2nd row), and her father Sgt. Thomas M. Clewes (3rd row).

Gladys Bonney (1918-2016) was born in Millis on Feb. 6, 1918. She started school at age 4 when her brother Weston (2nd row) began; she graduated from Millis High School and then Katherine Gibbs Secretarial School by age 18. She ran the Ration Board in Medfield for the duration of World War II.

Gladys Bonney was married to Thomas Clewes, a veteran who died in World War II and has a memorial in Waites Park at

the corner of Myrtle and Pleasant Streets.

Students in this photo include:  
**First row:** Ruth Bandalin, Fern Lee, Florence Lebage, Harold Wambolt, Albina Yarish, Frank Holt, Dorothy Ferguson, Ed Gavin, Mary Clancy

**Second row:** John Harovitz, Helen Essefen, Augustus Moran, Doris Woodmansee, Wendall Coldwell, Mary Congdon, [unknown], Gladys Bonney, Weston Bonney, Rita Gilboy, Bill Purdy

**Third row:** Fred Ellis, Olive-Jane Mott, Thomas Clewes, Naomi Congdon, [unknown], Elizabeth Dineen, [unknown], Winifred Dilbert, Peter Leonti

*Do you have stories related to these students? Do you recognize any of the unknowns? If so, please comment on our Facebook page @Medway & Millis Town News*



Millis students gather for a class photo in 1929. Source: Bonney Clewes Schermerhorn.

## SGT THOMAS M. CLEWES

Location: Waites Park at the corner of Myrtle Street and Pleasant Street

Decorations: Combat Infantry Badge, Bronze Star, Purple Heart

Brother of Ernie, Tommy was also a celebrated equestrian, who often rode with the Norfolk Hunt Club in Medfield.

We remember the times he took our breath away by riding and jumping bareback. Graduated Millis High School in 1933. Good football player. Very personable and well liked. Caught in ambush, he was killed by a gunshot wound to the abdomen.

His buddy Orlando Giallanardo, who was with him on the fatal patrol, says, "He was the bravest man I ever knew." He left behind his wife Gladys and his daughter Bonny Jean. The Clewes brothers are buried side by side in the American Military Cemetery in Manila, The Philippines. Their monuments are also side-by-side in Waites Park in the Rockville section of Millis.

Source: <http://www.millisle-gion.org/millis-memorials.html>



Sgt. Thomas M. Clewes was a member of the 164th Infantry Regiment Americal Division, and was killed in action on January 1, 1944, Bougainville, South Pacific. Source: [www.millisle-gion.org](http://www.millisle-gion.org)

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# Medway Town Meeting Results

For the results of this year's Medway Town Meeting, visit us on Facebook @Medway & Mills Town News.



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# Medway Winter Sports Recognition

MEDWAY — Athletic Director Jeff Parcells and Principal John Murray are pleased to announce that Medway High School's athletic teams recently completed a

TVL Small Champions)  
TVL All-Star: Lauren Beach, Amy Johnston, Maggie Regan  
Boston Herald All-Scholastic: Lauren Beach  
Boys Hockey (7-2-2,



Above, the Medway girls' basketball team finished its season with a 9-2 record and as the Tri-Valley League Small Champions, as well as with three Tri-Valley League All-Star recognitions and a Boston Herald All-Scholastic recognition. Below, the Medway boys' alpine ski team finished its season third in the league and with three league medal recognitions. The Medway girls alpine ski team finished its season third in the league and with one league medal recognition. (Photos courtesy Medway Public Schools)



successful 2020-2021 Winter Season.

"Our teams completed another enjoyable and exciting season this winter as our student-athletes and coaches continued to overcome challenges and adversity due to COVID-19 restrictions," Parcells said. "Congratulations to all of our student-athletes who have been recognized this past winter."

Medway student-athletes who were honored following the 2020-2021 Winter Season include the following:

Boys Basketball (Varsity Record: 7-5)

Tri-Valley League (TVL) All-Star: Liam Harrigan, Oliver Magliaro, Brady McNamara  
Honorable Mention: Christian White  
Team Award: Tri-Valley League Sportsmanship Award

Girls Basketball (9-2,

TVL Small Champions)  
TVL All-Star: Alex Infanger, Evan Monaghan, Cole Theodore  
Honorable Mention: Kavveh Bahery, Pari Lykourinos, Nick Zanella

Boys Alpine Ski (3rd place in the league)  
League Medal Recognition: Andrew Faichney, Jared Hultstrom, Andrew Rozak

Girls Alpine Ski (3rd place in the league)  
League Medal Recognition: Emily Landry

Additionally, the co-ed gymnastics co-op completed its season with a 0-6 record with team members from Milford and Holliston receiving TVL recognition, and the girls co-op hockey team finished its season 3-6-2 with team members from Ashland and Holliston receiving TVL recognition.

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# Ask Your Local Farmer, a monthly column by Medway Community Farm

The following are a few questions we have been asked quite a bit lately.

## 1. Should you mulch a vegetable garden and if so, what should I use?

That's a great question. So much of the answer, as with many things, is "it depends". It depends on what you have available, your watering situation, your weed management ability as well as what crops you're growing. We have tried various mulches at the farm from plastic to crushed leaves. Given the organic nature, the weeds love to grow as much as the veggies do. Some crops really don't like the heat generated by the plastic mulch such as your cooler

weather crops, while others love the additional heat it provides, such as eggplant. We water with overhead sprinklers, but you need to think about how the crops will be watered. If you cover the crops with plastic, you may need to use a watering system underneath the plastic to ensure your crops are getting sufficient water. On the other hand, straw and leaves will allow water through but if not sufficiently layered, may either blow away or create another issue with seed heads if the straw isn't clean. If you can get out there and weed on a regular basis, and ensure your crops are watered sufficiently, you may not need any at all.

## 2. How long can you harvest young leaves from greens before the plant is done?

The "cut and cut again" method of harvesting greens is a wonderful way to lengthen your growing season. Greens could be categorized into a couple of categories: baby greens and headed greens. The best way to keep your greens growing is to start harvesting them when they're not fully mature, which is still in the baby stage, about 3-4" tall. The plant will then continue to push out new leaves allowing you to have greens for quite a lengthy season. The headed greens, like lettuces, escaroles, and radicchios, can have the outer leaves harvested while still producing from the center.



**Seth Terramane, the farm manager of Medway Community Farm. Courtesy photo.**

At some point, your plants will no longer produce new leaves and will try to go to seed. After all, that's really what the plant is supposed to do. It's then time to plant some more.

## 3. What is your favorite early vegetable?

By the time the spring arrives, I'm craving fresh greens. So, all the greens fall in that category but especially mustard greens and arugula. I love the spiciness these greens provide and in the spring they are so tender and fresh that it makes me crave salads and pizza topped with them.

For the complete article, including tips on watering your vegetable garden, visit us on Facebook at Medway & Millis Town News.

For more information on the farm, including events such as a Family BBQ with DJ BISHOFF on June 27 from 12 p.m. to 4 p.m., visit [www.medwaycommunityfarm.org](http://www.medwaycommunityfarm.org)

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# Estate planning for you and your family

An estate plan is not just for high-net-worth individuals, it's for everyone who is single, has a spouse, has a partner, has dependents, owns a business, has investments, has retirement funds, owns property, or has material possessions of value such as a car. An estate plan may reduce estate taxes and shield your beneficiaries from having to go through probate. It means your last wishes will be heard. You can name a guardian for any young children and can even direct how you wish a beloved pet to be cared for after you are gone. Having an estate plan can also prevent a mess by bringing clarity to your beneficiaries, and it

can protect assets from unforeseen creditors.

The estate plan may contain a will or living trust, the names of your beneficiaries, the appointment of an executor, a letter of intent that tells a beneficiary or executor what you wish to be done with specific assets, funeral details, and special requests. It should contain a healthcare directive with a power of attorney appointing a trusted person to make medical decisions for you when you can no longer voice your opinion, and a durable power of attorney appointing a trusted friend or relative to make financial and legal decisions for you, if you become incapacitated. It may also

contain a trust or trusts for passing on assets to your beneficiaries. Life insurance can be an important component in the overall estate plan.

You should update your estate plan whenever a major change occurs in your life, such as purchasing a home, moving in with a significant other, getting married, having or adopting a baby, selling your business, getting a divorce, retiring, or having a beneficiary die before you do. Review your plan when federal and state law on estate taxes change.

If you should die without a will (which is called "intestate"), the state and federal governments will have standard proce-

dures for distributing your assets, and they may not be in line with our wishes. Your beneficiaries may have to pay more in estate taxes, and probate may take considerably longer than it would if you had a will in place.

Consult a professional financial advisor on tax and estate planning. Trusts can be complicated to set up, so consult a professional trusts and estates attorney or certified public accountant before you begin.

This educational, third-party article is provided as a courtesy by Michael T. Damon, Financial Adviser, New York Life Insurance Company. To learn more about the information or topics

discussed, please contact Michael Damon at 508-321-2101.

*1 Julie Garber, "Top 5 Reasons Why You Need an Estate Plan," The Balance.com, June 18, 2018. <https://www.thebalance.com/top-reasons-why-you-need-an-estate-plan-3505444>*

*2 Glenn Curtis, "6 Estate Planning Must-Haves," Investopedia.com, April 18, 2018. [https://www.investopedia.com/articles/bf/07/estate\\_plan\\_checklist.asp](https://www.investopedia.com/articles/bf/07/estate_plan_checklist.asp)*

*3 Aine Cain, "What Happens If You Die Without a Will," Business Insider.com, August 21, 2018. <https://www.businessinsider.com/what-happens-if-you-die-without-a-will-2018-8>*



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# Sports

## Newman's Priorities, Perspective Keys For Medway Nine

By KEN HAMWEY  
STAFF SPORTS WRITER

MEDWAY - Troy Newman made the jump from Medway High's freshman baseball squad to a starting role in centerfield as a sophomore on the Mustangs' varsity. And, he made it look easy.

Batting ninth, Newman hit .304 (17-for-56), had 5 RBIs and scored 12 runs. His play in the outfield was solid and consistent for a rookie whose season ended in the State championship at UMass-Lowell where Taconic Regional downed the Mustangs, 4-1.

The 5-foot-10, 150-pound Newman was aiming to improve on his sophomore statistics in his junior year and perhaps return to the State tourney again. After all, seven of the nine starters who faced Taconic were back and even Medway's coach (Mike Coppinger) was optimistic about another playoff run.

But, something strange happened on the way to the 2020 spring campaign. Like a thief in the night, Medway's promising baseball season was stolen — canceled because of the covid-19 pandemic.

"My first reaction was disbelief," Newman said. "Then, when reality set in, disappointment ruled the day. But, now as a senior, I'm thankful and feeling blessed to be playing. There's changes but we're all adjusting to the rules in place. I played varsity soccer and my final season last fall involved wearing a mask. What's most important, however, is the health and safety of everyone. That's the top priority for our country."

The 18-year-old Newman, who's now a captain, has some specific goals — for the team and for himself.

"I want us to qualify for the tourney and advance as far as possible," he emphasized. "We lack varsity experience but we've got decent talent, our team chemistry is good and we're re-

silient. Personally, I want to be the best captain I can be, have some fun, strive to be a Tri Valley League all-star and compile a higher batting average."

Coppinger is utilizing Newman in the outfield but he can also play shortstop. Wherever the Medway native plays, the Mustangs' veteran coach knows it's a win-win situation.



Medway baseball payer Troy Newman. Credit: Ken Hamwey

"Troy has a high baseball IQ, he's a leader and was one of our steadiest hitters as a sophomore," Coppinger said. "His approach at the plate is awesome. He's got quick hands, a good swing and has gap-to-gap power. Defensively in the outfield, he's got excellent range and good instincts."

Newman will play wherever he's needed but prefers centerfield.

"I'm more comfortable in the outfield," he noted. "I love tracking the ball, running and making the catch. There's a lot of space in centerfield and the position comes easy. Shortstop is tougher because I have more difficulty with a ground ball than with a fly ball."

Newman's athletic assets no doubt convinced Coppinger to consider him for shortstop. His baseball IQ enables him to make correct decisions in the infield. He's also calm, instinctive and has speed and quickness. "Shortstop involves being aware of all kinds of situations and to be effective there, communication is a must," Newman said.

At Local Town Pages dead-

line, Medway was 0-4, losing three times by only one run. Newman was hitting .455 and had 3 RBIs, 6 runs scored and 3 stolen bases.

"I'm both patient and aggressive at the plate," he said. "If I get the perfect pitch, I'll jump on it. If I'm looking for a fastball and don't get it, then I'll assess what's coming next. I can be pa-

Coppinger has a lot of positive energy and he gets the most out of his players," Newman offered. "He knows the game, is solid with strategy and loves the sport."

Newman lists two games during his sophomore campaign as memorable — Medway's tourney triumph over Ashland and a victory over Bishop Fenwick in the State semifinals.

"The 1-0 win over Ashland gave us the Sectional championship," he noted. "They're also one of our main rivals. We played a great game in our 5-1 victory over Fenwick. I got a line-drive single and a walk. Both games were exciting."

Although he's played only one full year of varsity baseball, Newman has experienced two thrilling moments in his brief career. "Being selected a captain was a thrill," he said. "I'm not super vocal but I'm focusing on being positive and supportive. My other thrill was facing Taconic in the State title game. We were playing at LeLacheur Park in Lowell and to hear my name announced and to see my name on a big scoreboard screen was an honor."

A National Honor Society student, Newman will attend the University of Connecticut next fall and major in biomedical engineering. If he had opted for WPI, he would have tried

out for soccer as a walk-on. An instinctive and technically sound player, he was a center back on defense. "I was a captain and a three-time TVL all-star," he said. "And, in my junior year, we got to the State final but lost, 1-0, to Belchertown in overtime."

Calling his parents (Nancy and Mike) and his brother (Zach) role models for their support, encouragement and emphasis on learning life lessons through athletics, Newman relies on a competitive philosophy that combines winning, potential and enjoyment. "Winning is most important," he stressed, "but doing your best and having fun play a role, too. My personal stats will never be more important than winning."

Newman says that life lessons have been learned in soccer and baseball. "I've learned how valuable teamwork is and how to deal with adversity," he said. "Leadership and sportsmanship are also valuable life lessons that sports teach."

In addition to his academic excellence, Newman is a member of SADD (Student Against Destructive Decisions) and he volunteers at a food pantry in Medway.

The pandemic no doubt has interfered with many individual goals. For Newman, he wanted to improve on a positive sophomore season in baseball. It didn't happen his junior year but it's unfolding now.

Troy Newman deserves a happy ending to his senior year because of his priorities and his perspective.

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# Millis High School Ranked in Top 15 Percent of US High Schools

Millis High School has been ranked in the top 15 percent of high schools nationwide by US News and World Report in their latest evaluation of Best High Schools. In addition, MHS was in the top 30% of all high schools in Massachusetts and of Metro Boston Area High Schools. U.S. News ranked approximately 17,860 public high schools after

reviewing nearly 24,000 in all 50 states and the District of Columbia. Criteria assessed by US News included: college readiness; college curriculum breadth; math and reading proficiency and performance; underserved student performance; and graduation rate.

Millis High School is proud of this recognition as one of Ameri-

ca's Best High Schools. It is a testament to the hard work of our students and staff and the foundation of excellence fostered by Millis Middle School and Clyde Brown Elementary School. More details about the rankings can be found at: <https://www.usnews.com/.../millis.../millis-high-school-9445>



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# Medway Farmers' Market Returns in June

The Medway Farmers' Market is back at Choate Park in Medway for its annual market this June! Opening day will be Thursday, June 3, from 4 p.m. to 7 p.m. The market will run every Thursday afternoon through October 14th. Local farms, crafters, food trucks, and artisans will be in attendance.



We look forward to a wonderful market season at Choate Park in Medway, 7 Oak Street (off Main Street). To follow weekly happenings at the market this

season visit Medway Farmers' Market on Facebook.

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# Medway High School, WeSTEM Club Adapts Annual STEM Fair to Provide Virtual and In-Person Experiences

MEDWAY — Principal John Murray and WeSTEM club advisers Shanley Heller and Kristy Macedo are pleased to announce that the Medway High School WeSTEM club recently held its annual STEM fair.

What is usually an in-person, hands-on learning experience transformed this year into a series of engaging science, technology, engineering and mathematics programs held both virtually and in person.

“Despite the continued challenges posed by the pandemic, we were very excited to be able to find a way to hold this year’s fair and help students learn about the many fascinating topics, opportunities and careers in the STEM field,” Heller said.

“I would like to recognize Lilly Woodard, WeSTEM president, for her outstanding job organizing the fair and motivating our club. Kristy also worked tirelessly to coordinate the logistics for the in-person students, allowing us to hold the in-person portion of the fair safely.”

On Friday, April 16, students were able to choose from 18, half-hour workshops taught by professionals from a variety of fields. Session topics ranged from thermal shock testing to modeling wind turbines to how to apply for a research position.

One workshop allowed students to act as the public health director and make recommendations about whether a new diagnostic test should be approved

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for use.

Framingham State University’s Nutrition Club hosted “How to Build the Perfect Cookie” where they demonstrated the science of the different ingredients in a recipe. The program was followed by a discussion about a career in dietetics as well as health and wellness.

Another program titled “High School to STEM Major: Tips and Tricks from MHS Alumni,” allowed students to hear firsthand from Amanda Heafey and Olivia Dennehy, two MHS and

WeSTEM alumni, about how a Medway High School student transitions to college as a STEM major.

WeSTEM’s leadership team this year includes President Lilly Woodard, Vice President Isabelle Basso, Secretary Nora Sullivan, Treasurer Rebecca Chleboski and Historian Julia Francis. Several additional club members helped to organize the fair, including Arni Potnis, Hannah Marsh, Alex Montana, Katie Gage, Julia Madrona, Addison Thompson and Ava Fahey.

“Continuing the fair in this non-traditional way was a monumental task for our WeSTEM club, and I would like to congratulate them on a successful event. The adaptability of our teachers and students during this time continues to be impressive and inspiring,” Principal Murray said. “I would also like to thank the many professionals and community members who presented sessions for our students on the many exciting STEM fields.”



FROM THE DESK OF

Dennis  
Crowley

# THANK YOU

**Thank you to the residents of Medway for your faith in me and turning out to vote**

I also want to thank all those that worked on my campaign for Select Board and supported me. Frank and Martin ran excellent campaigns. We are lucky to live in a town that cares so much and is involved in local government.



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# Medway High School Math Team Celebrates Successful Year

MEDWAY — Medway High School Principal John Murray and teacher Shanley Heller are pleased to share the success of Medway High School’s Math Team.

The club allows students to work together to solve problems in order to master math concepts such as basic geometry or complex theoretical problems. The club offers a place for every student regardless of their level of math proficiency and continues to support learning and academic growth alongside friends and peers.

The team has grown significantly in the past couple of years following the team’s transition to an online competition league in 2019. The team is led by President Lilly Woodard, Vice President Rebecca Chleboski, Secretary Nick Tomasetti, and

Treasurer Simon Beyzerov. Other student members included Megan D’Souza, Lily Erving, Ava Fahey, Katie Gage, Alex Montana, Destiny Ojukwu, Jess Signore, and eighth-grader Palak Yadav.


The team met virtually every Tuesday to practice and prepare for competitions, which took place once per month from October to March. The online contests generally consist of six problems of increasing difficulty, with 30 minutes to complete. The questions are often atypical to what the students see in school but relate to similar concepts.

Despite the challenges posed by COVID-19 for this season, students have excelled in online competitions this year. The

**MATH TEAM**

*continued on page 23*

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# Millis Town Election Results

By THERESA KNAPP

The Town of Millis held its annual town election on May 10, 2021. The winners were:

Moderator (1 year): Donna Cabibbo

Select Board (3 years): Craig Schultze

School Committee (3 years): Steven Catalano and Robyn Briggs

Board of Health (3 years): Donna Scotland

Library Trustee (3 years): Laura Satta

Planning Board (5 years): Nicole Riley

Source: www.millisma.gov

TALLY SHEET				
TOWN ELECTION - May 10, 2021				
CANDIDATES	PRECINCT 1	PRECINCT 2	PRECINCT 3	TOTAL
<b>MODERATOR (1 yr)</b>				
Donna Cabibbo	288	264	267	819
Write-ins	2	4	7	13
Blanks	64	47	62	173
<b>SELECT BOARD (3 yr)</b>				
Bohda B. Raut Chhetry	121	84	75	280
Autumn Richard	42	69	46	157
Craig W. Schultze	187	159	213	559
Write-ins	0	2	0	2
Blanks	4	1	2	7
<b>SCHOOL COMMITTEE (3 yr) vote for two</b>				
Robyn L. Briggs	233	197	209	639
Steven G. Catalano	245	217	239	701
Write-in: Annmarie Chase	41	48	46	135
Write-ins	2	0	5	7
Blanks	187	168	173	528
<b>BOARD of HEALTH (3 yr)</b>				
Jean E. Oakland	94	72	71	237
Donna M. Scotland	213	208	216	637
Write-ins	1	0	0	1
Blanks	46	35	49	130
<b>LIBRARY TRUSTEE (3 yr)</b>				
Laura K. Satta	292	259	272	823
Write-ins	1	2	0	3
Blanks	61	54	64	179
<b>PLANNING BOARD (5 yrs)</b>				
Nicole M. Riley	256	215	235	706
Taiwan Kim	75	77	70	222
Write-ins	0	0	1	1
Blanks	23	23	30	76
<b>Total Ballots:</b>	<b>354</b>	<b>315</b>	<b>336</b>	<b>1005</b>
	( 15% of 6,692 registered voters)			

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With special thanks to the Medway Department of Public Works

## MATH TEAM

continued from page 22

team's final competition took place at the end of March, and they ended their season just four points shy of being one of the top-scoring high schools in

cess this year," Principal Murray said. "It's great to see students able to continue to pursue their interests through clubs and other extracurriculars in spite of the challenges this year. I'd like to thank advisor Shanley Heller for her dedication to the team and



The Medway High School Math Team wrapped up its season in March following a successful year of online competitions and earning the highest number of points in its history. (Photo courtesy Medway Public Schools)

the New England League. The club earned the highest number of points in its history, with 101 points overall.

The team's exceptional season was led in part by Beyzerov who was one of the top-scoring students in the New England League, finishing with a score of 33 points out of 36 possible points.

"I would like to congratulate the math team for their accomplishments and incredible suc-

her efforts working with the students through remote practices and competitions."

The team is advised by Heller, a Medway High School math teacher. Volunteer Barry Heller from EMC/Dell has been assisting the team for three years, providing mini-lessons and helping the students learn to problem-solve. In previous years, the team met in person and also participated in the WPI Invitational competition, which was canceled this year due to COVID-19.

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- Tracey H.



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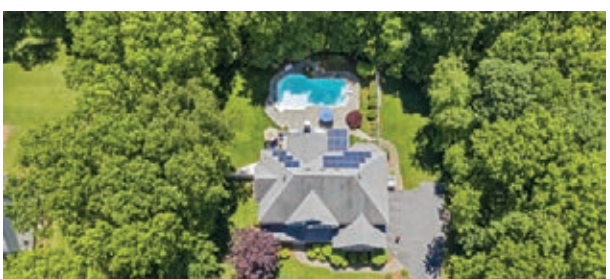
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Date	Medway	Amount	Date	Millis	Amount
April 22	5 Coffee Street	\$320,000	April 21	11 Castle Road	\$475,000
April 23	16 Meadow Road	\$505,000	April 23	10 Rockville Meadows	\$550,000
April 23	9 Hemlock Drive	\$520,000	April 23	32 Acorn Place	\$519,900
April 28	4 Shamrock Lane	\$650,000	April 26	17 Rockville Meadows	\$500,000
May 5	6 Stephanie Lane	\$635,000	April 26	193 Ridge Street	\$500,000
May 7	9 Lovers Lane	\$520,000	April 29	32 Rockville Meadows	\$560,000
May 10	11 Main Street	\$275,000	April 29	309 Plain Street	\$479,500
May 10	16 Buttercup Lane	\$555,000	April 30	29 Acorn Street	\$514,900
May 11	21 Fox Run Road	\$550,000	April 30	9 Granite Drive	\$600,000
May 13	33 Granite Street	\$750,000	May 3	1 Evergreen Terrace	\$840,000
May 13	14 Sanford Street, #60	\$338,000	May 7	6 Holbrook Way	\$725,000
			May 7	246 Pleasant Street	\$575,000
			May 12	29 Jameson Drive #226	\$824,700
			May 14	19 Dyer Street	\$710,000
			May 14	136 Spring Street	\$450,000
			May 14	2 Tara Terrace	\$716,000
			May 14	23 Lexington Lane	\$585,000
			May 14	30 Acorn Place	\$514,900

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

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