Medway & Millis

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July 2021



Have you seen these "Selfie Stations" around town?

Initiative started to raise mental health awareness

By Theresa Knapp

MILLIS - Selfie Stations are now in place around town and social media is being flooded with photos from "Project Smile," a collection of outside murals meant to foster positive self-im-

"The Project Smile initiative was started in honor of Mental Health Awareness Month to share positive images via social media and encourage outside activity," says Millis Recreation Department Director Kris Fogarty who sought local artists to paint murals around town.

"We were very grateful for the generous donation from Needham Bank and Plaid Paints to help see this project come to frui-



Be the Change by Abby Barrett. Source: Millis Recreation Dept.

tion," says Fogarty. "These wonderful artists donated their time and talent to help spread joy to our community."

Selfie Stations include:

• Be the Change by Abby Barrett

SELFIE STATIONS

continued on page 2



See

Source: www.townofmedway.org/cultural-council

Faichney Wins Medway Cultural Council's Photo Contest

First annual spring contest draws 105 entries

By Aidan Poole

MEDWAY - The Medway Cultural Council's "Signs of Spring" photo contest winners were announced on June 5, kicking off a season of

events including "Art in Choate Park," "Park Pixies," and the "Bridge Festival."

CONTEST

continued on page 2





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SELFIE STATIONS

continued from page 1

- Hearts by Karen Bouret-Demarzo
- Nature by Jen Donahey
- Tree by Katie Hurwitz
- Umbrella by Benny Kessler
- Bubbles by Sophia & Autumn Richard
- Wings by Jaena Tuleja
- Butterfly by Gina Woods

There are eight stations in all. When patrons locate a station, they are encouraged to post their selfies to social media and tag #millisrec #Projectsmile #mentalhealthawareness

Here are some location clues:

- Recreation Headquarters
- Building where red trucks park

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Chuck Tashjian

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Theresa Knapp

Send Editorial to:

editor@millismedwaynews.com

Advertising Director Kathy Benoit

Advertising Sales Manager

Jen Schofield 508-570-6544

jenschofield@localtownpages.com

Multi Media Sales Consultant

Jeremy Wardwell 413-204-5296

jeremy ward well @ local town pages.com

Creative Design & Layout Michelle McSherry

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Butterfly by Gina Woods. Source: Millis Recreation Dept.

- Field of dreams for little leaguers
- Where girls might hit a home
- Container where Recreation Dept. would store soccer nets
- Place that active adults live on Union Street
- Courtyard if you were checking out a summer read
- Father's Day Fishing Derby location

For more Selfie Station images, visit Medway & Millis Town News on Facebook.

CONTEST

continued from page 1

Kim Blenkhorn, a Medway Cultural Council member for nearly two years, said, "This was the first annual spring photo contest and we're really happy with the results." A total of 105 photo entries were judged by Lorie Brownell, who runs the "Oh Shoot!" photography group at the Medway Public Library and who came in second place in last fall's (first annual) photo contest.

The "Signs of Spring" winners include:

First Place: Jenna Faichney - "Robin Chick"

Second Place: YuhYun Li - "The Heart of Spring"

Third Place: Sue Rorke - "Courtship"

Honorable Mention: Betsy Memishian - "Almost Ready to Go"

Honorable Mention: Matthew Dwyer - "Spring in the City"

Honorable Mention: Gidget Green - "Solo Strawberry."

Blenkhorn said, "We're giving a ribbon and certificate" to the top three winners to recognize their talents. For photos of all entries, visit www.medwayartists.wpcomstaging.com

The Medway Cultural Council has more programming in



First place winner of the Medway Spring Photo Contest was Jenna Faichney with her photograph entitled "Robin Chick." Source: Medway Cultural Council.

store for later this summer, including "Art in Choate Park" on June 17, an event where "artists can set up and paint outdoors," said Blenkhorn. On July 24 and 25, the "Park Pixies" event will display a tiny pixie village, created by community members, at Choate Park while T.C. Scoops serves ice cream outside. In August, the Medway Cultural Council will debut its new "Behind the Scenes" series which spotlights local culinary artists. Lastly, the "Bridge Festival" on September 25 and 26 will name Medway's 11 unnamed walking trail bridges using interactive themes to distinguish them.

The Medway Cultural Council meets the second Tuesday of each month, with June marking

a return to in-person meetings at the Thayer House. Blenkhorn said, "We're actually looking for members right now" and encourages locals to attend.

Medway Cultural Council Seeks New Members

The Medway Cultural Council meets on the second Tuesday of each month. If you are interested in serving on the council, email medwayculturalcouncil@gmail. com or visit www.townofmedway.org/cultural-council







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, giveaways and contest announcements for Medway & Millis!



Your Money, Your Independence

Take this job and shove it!? Measure twice, cut once.

More workers are quitting parisons are important, but a their jobs than at any time in at least two decades.

The Wall Street Journal shared how professionals are burned out from extra pandemic workloads and stress, while others prefer the flexibility of remote work.

Given my recent engagements, there are new perspectives on health, family, and time. Less focus on "earning more, to do more", but what needs to happen for a new lifestyle while maintaining future goals. Some seek semi-retirement (less pay and responsibilities, more freedoms), others full retirement in their 40's or 50's.

Before firing off a resignation, consider the financial and family impact. A few (of the many) items examined:

Employer benefits are left behind and taxation created? Health and life insurance comgreater impact is on the values and taxation on RSUs, ESPP, pension, and deferred compensation distributions.

Also, bonuses. Is your current firm far-exceeding '21 plan and you'll forfeit by leaving? Will the new firm offer prorated bonus eligibility?

If over 55 but under age 59 1/2 and need income from oversized retirement accounts, pause on rolling over all of your 401(k) until you understand IRS Rule

Buying a new home or refinancing? When applying for a mortgage, refinance, or HELOC, lenders base decisions on many factors, including consistency of earned income. Witness a few days before closing, they will again ask for a most recent paystub.

If you plan to earn less or become self-employed, this can limit your ability to borrow or refinance. Thus, timing is equally important as the desire for a change.

Will the new employer's grass stay greener? Firms seeking talent are being aggressive with benefits and amenities. Part is due to retention of their own talent, so what do things look like in a year?

Are promotions as frequent?

Are "team-building" events still posting every Friday on LinkedIn?

Are you still fully, or partially, remote?

What is your cash flow in 2024, 2026, or with kids in col**lege?** Entering investments into a "retirement calculator" is nice, but it's the equivalent of checking tire pressure and declaring a car will be fine in 5 years.

Want confidence in sending your resignation?

Run various cash flow analy-

ses with a CFP encompassing income, assets (growth, taxation), liabilities (rates, maturity), expenses, taxes, entitlements, and experience spending goals. Add stress tests by planning for the unexpected and sequence of investment returns.

Beyond understanding data, it's critical all household members are engaged throughout and desire the "why" behind the change.

With cash flow models, family buy-in, and a focus on well-being, now have an honest conversation with your manager. If the firm says, "Sorry, but...", personally thank your manager and make sure to log off Zoom before playing Johnny Paycheck or the Dead Kennedys cover.

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 PlannerTM helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

Medway Democrats To Elect Convention Delegates

The Medway Democratic Town Committee (MDTC) is pleased to announce that registered Democrats from Medway will hold a caucus on Saturday, July 10 starting at 10:00 am to elect Delegates and Alternates to the 2021 Massachusetts Democratic State Convention. The caucus will take place virtually, via Zoom. Democrats wishing to participate may register through the Caucus link posted on the MDTC website www.medwaydemocrats.org.

The caucus is open to all registered and pre-registered Democrats in Medway. Pre-reg-

istered Democrats who will be 16 by June 15, 2021 will be allowed to participate and run as a Delegate or Alternate. Medway can elect 6 Delegates and 4 Alternates to the Convention.

Youth, minorities, people with disabilities, and LGBTQ+ individuals who are not elected as a Delegate or Alternate may apply to be an Add-on Delegate at the caucus or at www.massdems.org by August 6, 2021.

This year's state convention will be held on Saturday, September 25, where Democrats from across the state will come together to adopt a Party platform, discuss Party business and celebrate our successes as we prepare for upcoming elections. The event will take place in accordance with all federal, state and local health guidelines and will include a virtual option for participation.

Those interested in getting involved with the Medway Democratic Town Committee should contact the MDTC at email@medwaydemocrats. org or check out their website at www.medwaydemocrats.org or their Facebook page @MedwayDems.



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MERIT to Resume In-Person Fundraising for Millis Schools

By Aidan Poole

The Millis Educational Resource Initiatives Team (MERIT) is a non-profit volunteer organization that funds enrichment programs for Millis Public Schools. MERIT plans to soon renew fundraising campaigns that were paused due to COVID-19.

Theresa Mahoney, president of MERIT, said "this [school] year has been totally unique' in its challenges to traditional fundraising methods. MERIT's annual "Haunted Hayride" at Tangerini's Spring Street Farm is typically the organization's largest fundraiser, but Mahoney said last year they had to cancel it due to social distancing measures. However, she noted the non-profit will be "working closely with Tangerini's" to resume the Haunted Hayride this year for Oct. 16, with a provisional "nor'easter date" slated for Oct. 23.

She also said MERIT stopped requesting donations through their "letter-writing campaigns to local businesses"

last year. "We didn't know if people would have to close their doors or were struggling financially due to COVID restrictions, so out of respect we decided to pause our ask," said Mahoney. Without these sources of income last year, MERIT has relied mostly on clothing donation bins at the Millis High School and Transfer Station along with donations through the organization's website (www.meritmillis.org)

In an effort to accommodate teachers' needs in a novel learning environment, MERIT has adopted a "rolling grant application," said Mahoney, that gives educators the flexibility to request money as they need it. She said, "It's great to be able to help teachers" in any way possible.

Mahoney said MERIT was originally started by Millis parents in 1991 to raise money after "a lot of budget cuts from the federal level" left the town's public schools struggling. "We have, since 1991, invested \$300,000 into enrichment pro-

grams."

In past years, Mahoney said MERIT has paid for the start of and continuation of the engineering program at the high school and a podcasting studio in the middle school. MERIT primarily pays for "items that are not normally covered in the school budget," she said. Recently, this included DSLR cameras for photography students as well as keyboards for first graders who lacked exposure to typing during remote learning.

Mahoney has volunteered as MERIT's president for three years and has been involved with the non-profit for four years. She joined when she moved to Millis and said it's "a good opportunity to meet new people and help out" the town. MERIT is "always looking for new volunteers" and is open to parents of students and community members. For more information, visit www.meritmillis.org or www.facebook.com/MERITmil

Students Recognized for Achievement in Chinese Writing Contest

Medway High School Principal John Murray and Mandarin teacher Alice Cheng are pleased to announce that 10 Medway High School students recently received recognition from the Chinese Language Association of Secondary-Elementary Schools (CLASS) for their entries in the 17th National CLASS Essay Contest.

Writing Chinese characters is a difficult skill that takes time to master, but by manually writing by hand, students are able to learn more and practice their character recognition, which in turn benefits their Chinese reading skills. Cheng wanted students to be recognized for this task and encouraged their entry into the CLASS competition.

In this nationwide contest, students wrote in Chinese about three items they would include in a time capsule that best represent everyday life during the COVID-19 pandemic.

In all, 20 Medway High School students participated in the competition. The 10 to win awards were:

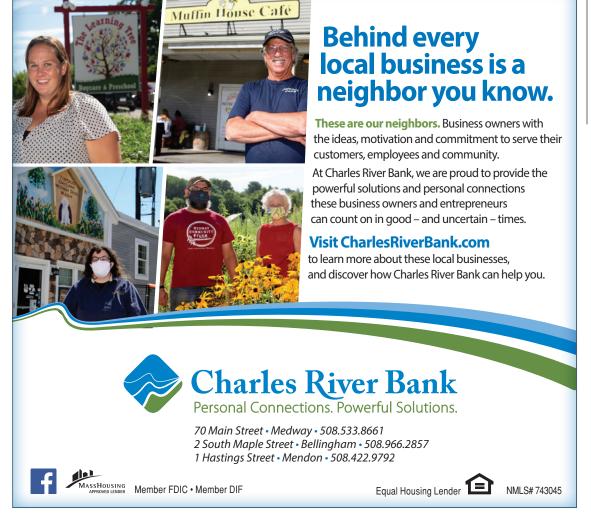
- Jessica Wong, 12th grade Gold Award
- Charles Ross, 10th grade Gold Award
- Muhua Wu, 11th grade Gold Award

- Sydney Maurer, 10th grade — Silver Award
- Leah Coffey, 12th grade Silver Award
- Rebecca Chleboski, 11th grade — Silver Award
- Molly Britton, 12th grade Silver Award
- Meredith Petersen, 10th grade Honorable Mention
- Josh Auler, 12th grade Honorable Mention
- John Guagenty, 12th grade
 Honorable Mention

Cheng facilitated the entries of students into the competition by assisting in their preparation. Over the course of six weeks, from the beginning of September 2020 to the middle of October 2020, she worked with students on their essays and helped to submit materials to the contest.

Medway Middle School Mandarin teacher Joyce Wu assisted with the project and one of her students, Riley Ashok, also won an award.

"It's clear students put a great deal of effort and time into their submissions, and I am pleased to see them recognized for this achievement," said Principal Murray. "Congratulations to all students who entered their work and for taking on this arduous challenge."





Medway Schools Fill Three Assistant Principal Positions

Positions were vacant due to resignations, all start in July

By Aidan Poole

On May 27, Medway Superintendent Armand Pires announced the selection of new assistant principals for Medway High School, Medway Middle School, and Burke-Memorial Elementary School.

"They will all start in July," said Pires, noting there is a lot of work that takes place over the summer. "It's important that we use this summer to... get them to know Medway."

David Passeggio will become a new assistant principal at Medway High School, filling a vacancy that has been open since Sonja Metcalf left the position in fall 2020. Passeggio said, "I look forward to...begin building positive relationships with students, parents and staff members" and said he "can't wait to get started this summer."

According to a press release from Medway Public Schools,

he worked as the mathematics department chairperson and a teacher at Walpole High School for nearly 11 years and was a math teacher at the Watertown Public Schools for nine years" before working for Medway.

Lauren Marien will be Medway Middle School's new assistant principal, replacing Craig Juelis who resigned last spring. She said, "A huge part of the work that I want to do in Medway is assist Principal Luizzi in facilitating a strong feeling of connection and community at Medway Middle School."

The release also stated that Marien has worked as a sixth-grade science teacher and part-time assistant principal for a remote school within the Brookline Public Schools, and has served in the past as an assistant principal in the Worcester Public Schools.

Christopher Terzigni will become Burke-Memorial Elementary School's new assis-







From left: David Passeggio is the new assistant principal at Medway High School; Lauren Marien is the new assistant principal at Medway Middle School; Christopher Terzigni is the new assistant principal at Burke-Memorial Elementary School. Source: Medway Public Schools.

tant principal, taking over for Brian Menna who resigned last spring. Terzigni said, "I have felt at home since the moment I stepped through the doors and I look forward to being a part of such a strong community with a commitment to learning."

According to the release, Terzigni has worked as a principal at Beacon Charter School in Woonsocket, Rhode Island, and previously spent over six years in the Guilford County Schools in Greensboro, North Carolina, serving varied roles including principal intern and assistant principal.

Pires said Medway has hired mentors to help the assistant principals adjust, but noted that the budget will not be negatively impacted because "we anticipate each year that we'll have to hire mentors," meaning the costs are accounted for already. Pires said he is "pretty excited by these three individuals."



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Xaverian Brothers Class of 2021 Holds Commencement

Xaverian Award goes to Kazis of Millis

On Saturday, May 15, 2021, Xaverian Brothers High School celebrated the commencement of the Class of 2021. Diplomas were conferred to the 179 graduates by Dr. Jacob Conca '94 (Medway), Head of School, and Dr. Michael Nicholson (Norfolk), Xaverian's Principal. The Class of 2021 hails from 47 cities and towns and represents the 55th graduating

class since Xaverian opened its doors in Westwood in 1963. Collectively, these young men were accepted to 195 different colleges and universities. They have committed to continue their careers at institutions such as Cornell University, Babson College, Tufts University, NYU, UCLA, Trinity College (Dublin, Ireland), Boston University, and Boston College.

Medway graduates include Andrew Cookson who will attend The University of Tampa.

Millis graduates include Drew Briones who will attend The Ohio State University: Christopher M. Francis who will attend Merrimack College; and Athanasios V. Kazis who will attend Suffolk University.

Every year at commencement, one senior is selected for the highest honor bestowed to a graduate -- the Xaverian Award. The members of the graduating class, in concert with the faculty and staff, nominate a senior for this special honor and the recipient isn't revealed until the graduation ceremony. The Xaverian Award recipient must have distinguished himself by living the mission and core values associated with Xaverian. This year's recipient is described by the Head of School, Dr. Jacob Conca '94, as "a young man who freely gives of himself to the Xaverian community and to the greater community at large." He has performed exceptionally well in the classroom while being especially active within Xaverian's campus ministry program, as well as mock trial and model United Nations. Dr. Conca describes him as "a true giver who believes deeply in service to others." The 2021 Xaverian



Athanasios (Thano) Kazis of Millis won the "Xaverian Award" for "living the mission and core values associated with Xaverian." Kazis is the son of William and Mary Kazis. Photo courtesy of

Xaverian Brothers High School.

Award winner is Athanasios (Thano) Kazis, son of William and Mary Kazis, from Millis.







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Left, Millis High School student Abby Miller's senior project was a solo marathon, in and around Millis, that raised \$8,600 for the Millis High School Athletic Department. Miller is shown here with Siobhan Clayton, Millis HS Track & Cross Country Coach, and Athletic Director Chuck Grant. Miller is a member of the MHS Class of 2021. Courtesy photo.

Above, Millis' Abby Miller (center) received a great deal of community support, in the field and in donations, for her senior project which raised \$8,600 for the Millis High School Athletic Department. Miller is a member of the MHS Class of 2021. Courtesy photo.

Summer Programs Available for All Ages

MEDWAY - Medway Community Education continues to offer a summer of fun with exciting programs for youth, teens and adults. Register before it is too late! Visit us online at www. medwayschools.org and browse our Summer Brochure for detailed information on all programs and to register. Please contact our department with questions: communityed@medwayschools. org or call 508-533-3222 option 4.

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Medway High School Class of 2021 graduates 156 students

On June 6, 2021, Medway High School graduated a class of 156 students during its outdoor commencement exercises. Valedictorian was Lillian Andrea Woodard, Salutatorian was Nicholas Andrew Tomasetti, and Honors Essayist was Grace Eileen Montez Brueckner To watch a video of the graduation ceremony, visit https://livestream.com/med-waycableaccess/mhsclassevents/videos/221963073







From left: Medway High School Class of 2021 Valedictorian Lillian Andrea Woodard, Salutatorian Nicholas Andrew Tomasetti, and Honors Essayist Grace Eileen Montez Brueckner. Source: Medway High School.

Millis Recreation to Host Family Fun Series in August

Save the date for these August programs:

August 4 at 6:00 p.m.

Bicycle Stunt Show by Chris Poulos

Town Park Basketball Court

Amazing bicycle stunts and a few life lessons mixed in. Safe distance audience participation. A sneak peek at some new stunts never seen before.

August 11 at 6:00 p.m.

Miss Elaine

Bandstand at Town Park

Join Miss Elaine at our Family Fun Series at the Town Park Gazebo. Bring a chair and pick a social distance circle to enjoy the show.

August 18 at 6:00 p.m.

Birds of Prey by Tom Ricardi

Bandstand at Town Park

Interactive presentation featuring live birds of prey! Learn about the great work done by Tom Ricardi's organization, the Massachusetts Bird of Prey Rehabilitation Facility which cares for injured birds and operates a successful captive breeding program.

For more information, visit www.millisma.gov/recreation. The Family Fun Series is sponsored by Middlesex Savings Bank.

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The b.LUXE Beauty Beat

Don't Let Summer Fun Ruin Your Hair

Can you feel it? The shift in the weather, the longer, warmer days, and that sudden urge to go for a swim! Yup...Summer's here!

For many of us, summer is the time to amp up our beachy, blonde highlights or try a lighter, brighter hair color. But, sun and swimming can damage hair and turn your tresses a not so beautiful shade of green.

Pool and well water can wreak havoc on hair color. Most people believe that chlorine is the culprit, but that's only part of the problem. There's a whole gang of harsh metals turning your hair green, and copper's the ringleader!

Copper's found in most swimming pools, particularly ones filled with well water. It also enters your pool from copper-based algaecides. Chlorine oxidizes the metals in the water and binds them to the protein in your hair shaft. With oxidation, copper turns a soft shade of green called a patina. While we love that hue on the Statue of Liberty, it's far less flattering on your blonde hair.

So, saltwater pools are safe, right? Nope. Unfortunately, they're all the same. Instead of manually adding chlorine to balance the pH, salt is added to the pool water, where it runs through an electrically charged generator, converting the salt to chlorine. Your local pool store offers test strips to check your water's metal levels. They can also recommend alternative treatments, metal removers and filters that will keep your copper levels in check.

Here's a few tips for keeping your hair summer sensational.

1. Wet and protect your hair

Wetting your hair down before you swim is key. Hair is porous and when dry, absorbs the minerals and chemicals from your pool. This is where a little hair prep goes a long way. Use filtered or bottled water to wet down hair and comb through a leave-in conditioner like Kevin Murphy's Staying Alive Treatment. This will seal your hair and protect it from sun and water damage.

2. Try a swim cap

Yeah, we know, they're not exactly poolside chic, but, if you're a regular swimmer with color treated hair, they're the way to go. They'll protect and hold your hair in place while you get your laps

3. Stop using copper-based algaecides

Some pool algaecides contain copper and yes, they do work, but they could also be turning your hair green. Look for metallic-free algaecides or pay close attention to your chlorine levels and don't use algaecides at all.

4. Start with healthy hair

The better condition your hair is in, the less likely it is to turn green. Your hair is vulnerable when dry or damaged. Regular conditioning treatments will help repair and seal your hair's cuticle to stop green absorption. We recommend Brazilian Blowout's Acai Deep Conditioning Masaue.

Exhaust & Brake

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5. Wash your hair

Shampoo and condition your hair as soon as you're done swimming and once every two weeks, we recommend using Kevin Murphy Maxi-Wash, a detoxifying shampoo that removes unwanted build-up and preps your hair to better absorb conditioner.

6. How to fix green hair

Sometimes, even with our best efforts, green hair happens and a trip to the salon is necessary. To rectify those mossy locks, you'll need a demineralizing treatment to draw out hard-to-budge deposits and a *glaze* to restore and protect shine and lustre. With a little prep and care, your color can stay soft, vibrant and most importantly,

green-free all summer long!

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Living Healthy

Glaucoma Treatment: DURYSTA

Commonly Asked Questions

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

Glaucoma is a condition that can damage our field of vision. It affects us when the pressure inside the eye is higher than what the eye can tolerate. Glaucoma is treatable with drops targeted at lowering the eye pressure. There are patients who have problems remembering to use the drops and sometimes the preservative in the drop cause irritation, redness and intolerance to the drops. In other instances, one can be traveling and forget to carry the eye drops during the trip. In those instances, a novel treatment using DURYSTA glaucoma implants can help manage the pressure while reducing or eliminating the need for drops.

What is Durysta?

Durysta is a breakthrough in the treatment of open-angle glaucoma and ocular hypertension with FDA approval. Durysta (made by Allergan) will be a game-changer for those patients who have difficulty taking daily medicated eye drops for glaucoma because it frees patients from having to apply drops altogether.

How does Durysta work?

Durysta is the first biodegradable sustained-release implant that continuously delivers Bimatoprost, a prostaglandin analog, within the eye that helps reduce and maintain healthy eye pressure levels. The preservative-free medication is housed within a tiny rod-shaped cartridge that is inserted in the eye's anterior chamber by an ophthalmologist during a safe 5-minute office pro-

The implant comes preloaded with 10 mcg of Bimatoprost in a single-use applicator that your ophthalmologist uses to inject the implant directly into the front side of your eye. This means that the drug delivery system is a one-time use sterile applicator used on you and you

The bimatoprost implant is biodegradable and breaks down naturally over time, so you do not require another procedure to remove the delivery system. It simply dissolves and is eliminated by your body. In fact, most patients continue to have controlled intraocular pressure levels even after Durysta has broken down.

How long does Durysta

The great news for patients with open-angle glaucoma and ocular hypertension is that the Durysta implant is designed to

last up to 6 months. However, most patients continue to have controlled intraocular pressure levels after Durysta has broken down. This means you'll continue to benefit from Durysta for months and sometimes a year or 2 later. Meanwhile, you'll be free from having to deal with inserting eye drops and worrying about whether the correct amount of medication actually got into your eye.

Who is a candidate for **Durysta?**

Durysta is indicated for people diagnosed with open-angle glaucoma and ocular hypertension. That said, not everyone is an ideal candidate for Durysta and it is contraindicated under the following circumstances:

If you have an infection within or surrounding your eye

If you have undergone a corneal transplant

If you are diagnosed with corneal endothelial cell dystrophy

If your posterior lens capsule is ruptured or absent

If you are allergic to bimatoprost or to the components of the implant

What are the side effects of Durysta?

As with any medication, clinical trials have shown that some people can experience side effects from Durysta. However, the interesting thing about the Durysta trials was that patients who were randomized to receive Durysta actually experienced fewer side effects than the control group patients taking standard glaucoma eye drops.

It's highly unusual for a new medication to exhibit fewer side effects than the standard medicine it's being compared to, but



that's exactly what happened with Durysta. The Durysta patients had fewer complaints and tolerated the medication better than the patients using traditional glaucoma eye drops. Fewer side effects and better eye pressure control make for a compelling argument to consider switching to Durysta.

Some adverse events for Durysta patients can include:

Eye redness

Eye irritation

Eye pain

A foreign body sensation within the eye

Light sensitivity (photophobia) Blurred vision

Headache

Conjunctival hemorrhage

Iritis

Increased intraocular pressure

This is not a complete list of side effects and others may occur. Also, the safety of taking Durysta during pregnancy has not been studied.

Is Durysta for me?

If you have tried other treatments for glaucoma, including eye drops and they did not work, or If you've found eye drops are challenging or you can't use them as prescribed, contact us. Eye drops are not always the best option for every patient, and Durysta may be a better solution.

EYE

continued on page 11



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Living Healthy

Ask the Farmer

A monthly column by Medway Community Farm

Wow. I can't believe another month has gone by. This is certainly a busy time of year for us at the farm. We've gotten a couple of questions through the website which has been fantastic.

Do you have suggestions for Noninvasive and non-lethal ways to curb bunnies and woodchucks from turning yard into a wildlife salad bar?

You've asked the milliondollar question. When you think about it, there are three ways to prevent animals from coming into your gardens. You can erect a physical barrier such as a fence. The type of fence would be aimed at the type of animal you're trying to keep out. Deer for instance would be a higher

(and most likely doubled for depth) fence than it would be for rabbits. There are also chemical barriers which are aimed at creating an unwanted scent in the garden. There are several on the market, but people have used human hair or garlic as examples. There are also noise barriers which are meant to scare them off. To be honest, woodchucks are exceedingly difficult to get rid of. If you're able, you may want to consider putting in raised beds that they can't access.

What is the best way to rid plants of bugs, spray with water or release beneficial insects?

For small scale, like backyard gardens and the like, spraying the plants with just water will work to knock off several types of insects which delays their return and gives your plants enough growing time to be strong enough to withstand aphid pressure. But knocking them off into soapy water or using a neem oil spray (which I have used in the past) will kill them. The methods I have utilized in the past have been a combination of overhead

watering, which knocks some of them off, yellow sticky traps interspersed among the crops, and the releasing of ladybugs, which love to eat aphids. As a matter of fact, we're working with The Lost Ladybug project and we released ladybugs in the flower garden for aphid control at the end of June which is part of our

youth education program.

When tomatoes start to appear should you pinch back leaves to let sun get to them?

Especially as our summers are getting hotter, you'd actually want to protect the tomatoes from the sun; the thicker leaves can prevent the tomatoes from sun scald.





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EYE

continued from page 10

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hours to have eye surgery and laser glaucoma surgery. If your eye provider is still recommending you travel far away to have eye surgery, we are available for a second opinion. We are proud to offer excellence in glaucoma management and surgery with world class outcomes and here is the great news: In Milford, and closer to home than ever before!

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Millis High School Announces **Valedictorian and Salutatorian** for Class of 2021

School graduated a class of 93 mulative grade point average for students during its 118th com- the class. Bethany is President mencement exercises.

ognized at graduation ceremo- Happiness Club, is a member of

On June 3, Millis High Bethany achieved the highest cuof the National Honor Society, Bethany Steiner will be rec- founded the Millis High School nies as the class Valedictorian. the Leo's Club, a Peer Leader,

and part of the Chemistry Club.

A decorated student-athlete, Bethany has been a two-year Captain of the indoor and outdoor track and field teams, and has a chance at the end of this spring track campaign to be a Tri-Valley League All-Star for all four years in both seasons. She's represented Millis High at the State, New England and National levels in track and field. In addition, Bethany served as Captain of the soccer team this past season, a sport in which she has also been a Tri-Valley League All-Star. Bethany helped the soccer team to backto-back state championships in 2017 & 2018, and fell just short of a third straight title, losing in the state championship game in 2019. Last year, Bethany was the school's recipient of the Harvard Book Award, and this vear she earned the Millis Superintendent's Award. A member of our grades 1-12 Spanish Immersion Program, Bethany will graduate having earned a dual diploma from the Spanish Consulate, as Millis is an International Spanish Academy. She will be attending Syracuse





Left, Bethany Steiner is Valedictorian of the Millis High School Class of 2021. Steiner will attend Syracuse University in the fall.

Right, Megan Wilcox is Salutatorian of the Millis High School Class of 2021. Wilcox will attend Northeastern University in the fall.

University next fall, where she will major in Exercise Science, while minoring in Nutrition and Spanish, and competing as a member of both the cross country and track and field teams. Bethany is the daughter of Brian and Christine Steiner of Millis

Megan Wilcox is Millis High School's Salutatorian for 2021. Megan is Co-Vice President of our School-Wide Student Council this year, has been her class Student Council Treasurer for all four years of high school, serves as Vice President of the Leo's Club, and Treasurer of the Chemistry Club. A member of the National Honor Society, and a Peer Leader, Megan has won a number of awards over the years including: Excellence in Honors Biology, Excellence in Art, Design and New Media,

JOHN ELHILOW, C.PED, O.S.T.

John's

Excellence in Health, Excellence in Spanish III, the Fibonacci Award for Excellence in Algebra II, Excellence in British Literature, and last year was the school's recipient of the Wellesley College Book Award. Megan helped the soccer team to back-to-back state championships in 2017 and 2018, and fell just short of a third straight title, losing in the state championship game in 2019. Megan has also been part of both the winter and spring track teams, and this past year served as one of the captains of the winter track team. Megan will be attending Northeastern University next fall, where she will be in the honors program and majoring in health science. She is the daughter of Reginald and Kristin Wilcox of Millis.

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New York Life finds Northeasterners are feeling hopeful, eager to adapt to the next normal - and ready to take action on their finances.

In order to better understand As the curve flattens, how people in the U.S. are experiencing the emotional and financial impacts of the COVID-19 pandemic, New York Life asked 2,200 adults in late March 2020 and again in early and late April, a range of questions about how their emotions connect to their financial outlook.

Data was broken out by a number of demographics, including region, revealing some key findings about how people are responding here in the Northeast.

positivity in the Northeast is rising

The Northeast has been one of the regions hardest hit by the coronavirus pandemic. But New York Life data shows Northeasterners are showing their characteristic resilience, and are feeling more hopeful, less scared and eager to adapt to the next nor-

States across the Northeast have undertaken concerted efforts to contain the virus and flatten the curve - and that's had a big impact on how people feel. The proportion of Northeasterners feeling scared fell from 62% when we first polled them in late March to 51% in late April. Meanwhile, hopefulness is on the rise, climbing from 50% to 56% over the same period. However, the most prevalent feeling is restlessness - with 66% of Northeasterners now eager to get out and do more of their normal day-to-day activities.

Graphic: How Northeasterners are feeling compared to the rest of the US

Wave	Hopeful	Restless	Scared
Northeast - Late March	50%	59%	62%
Northeast - Early April	54%	60%	58%
Northeast - Late April	56%	66%	51%
Whole of US - Late April	57%	60%	46%
Source: New York Life, 2020		n.	

Northeasterners ready

to take action on their

The pandemic has raised new

and urgent financial and family

concerns for many people in the

Northeast, as well as across the

country, but the New York Life

survey shows that Northeast-

erners are aware of these issues

- and are increasingly ready to

take steps to address them. The

percentage of survey respondents

in the region who said they are

likely to revisit their financial

strategies leapt from 49% in late-

March to 70% in late-April – and

those saying that COVID-19 has

made them more likely to seek

professional financial guidance

has grown from a quarter to a

ahead to what will become the

next normal, it's clear that fur-

ther challenges may lie ahead.

The good news is that a sound fi-

nancial strategy, created with the

support of a local financial pro-

fessional, can offer greater peace

of mind in these uncertain times.

help you better understand your

clients. However, every individual

conversation you have must be

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As Northeasterners look

finances

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Finance is becoming a bigger focus for many in the region

ple across the region re-evaluate many aspects of their lives - including their financial strategy. In late April, 70% of Northeasterners said the coronavirus had made them think about their finances more - up from 58%

Caring for aging relatives is also a growing concern

The long-term well-being and care of older relatives is another major focus for people in the Northeast. In every wave of our survey, two-thirds of respondents in the region have said COVID-19 has made them think more about their aging family members. In addition, the proportion of respondents who believe they're more likely to have to care for an aging relative as a result of the pandemic has risen sharply from 23% in late-March to 32% in late-April.

But only a third of respondents in the Northeast say they

Recent events have made peoearlier in the month.

For many, that's meant thinking more about financial security in the long-term. By late-April, 37% of Northeasterners said retirement planning had become more of a priority, up from 24% in late-March. While 30% of those polled say they are saving less for retirement, some are seeking guidance on what to do. Around a quarter (22%) of Northeasterners, for example, say guidance on saving for retirement would make them feel more confident right now.

feel confident about caring for an aging relative. This suggests some additional planning will be beneficial for families to cope with the impact of the virus on more vulnerable family members.

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Sports

Grant Optimistic Fall Sports Will Return To Normalcy

Millis A.D. liked how students coped with Covid-19

By KEN HAMWEY STAFF SPORTS WRITER

Millis High Athletic Director Chuck Grant is extremely optimistic that the fall sports season will completely return to normalcy in September.

"The key to our return to normalcy is greatly dependent on our ability to sustain our trending numbers," Grant emphasized. "Certainly, a big part of those trending numbers will be our ability to support them through vaccinations.'

Interscholastic sports were able to get the State's okay to compete last fall after the Massachusetts Interscholastic Athletic Association (MIAA) canceled sports during the spring of 2020 because of the Covid-19 pandemic. To compete for the 2020-21 school year, modifications were imposed that included wearing masks, social distancing, crowd limits, hand-sanitizing, and limited numbers on buses.

"Those restrictions worked out because everyone abided by them," Grant said. "Most everyone understood that was the new normal. I'd say that 97 percent of fans bought into the changes."

The Mohawks' fall teams boys' and girls' soccer, golf, and cross-country - got athletics underway in 2020. Their schedules were shortened and no tournament play was allowed.

"Our boys' cross-country team played very well, going 4-1," Grant said. "The other teams didn't reach .500 but the season was all about participating and all about providing opportunities. We kept bus rides

shorter by playing Tri Valley League Large Division schools.'

The teams that competed during the winter included boys' and girls' basketball, boys' and girls' ice hockey, girls' gymnastics, and boys' and girls' indoor

"Five boys played ice hockey for Hopedale's co-op team," Grant said, "and they were ultrasuccessful. The girls' basketball team posted a 10-2 record and were runners-up to Medway for the TVL Small Division title. We had to postpone some games but we had no cancellations at the varsity level. There were no quarantines in the fall but during the winter season only the boys' basketball team and the boys' and girls' track teams escaped quarantines."

The Fall 2 season, which ran from late February to late April, included football and volleyball.

"We had a 1-5 season in football and volleyball was 4-4 in league play," Grant said. "Our football squad gave great efforts against Bellingham, Dover, and Norton. And, when they faced Bellingham, the eventual small division champion, they scored 14 points, the most points registered against Bellingham."

Grant called the Fall 2 season "a great idea."

"We didn't lose focus on health and safety," he said. 'Sports were a distraction from the pandemic. People wanted something to make the virus a fading memory. The season worked because the protocols were in force and our support personnel was crucial to the season's success. This was the first time that fans were allowed to be at away games, definitely a step towards normalcy."

The spring season included baseball, softball, boys' and girls' lacrosse, boys' and girls' track, girls' tennis, and boys' volleyball.

The softball team had a 14-2 record and the baseball squad was 4-12 with one game remaining at Local Town Pages' deadline. Both contingents opted to enter the playoffs. The girls' tennis team was 2-11 with one match still on tap and the boys' volleyball team finished at 5-9. Both of those squads decided to forego tourney play. The track teams, both winless at 0-4, were set to compete in both the Tri-Valley League meet and the State com-

"Early in the spring we had to adhere to modifications," Grant noted, "but we were able to compete without masks for the last 30 percent of the season. We got a full season in for all the teams and that was a big plus for the kids. And, it was great to finally have a season where sectional and state tourneys were a reality again."

Grant was delighted with the way Millis High student-athletes, especially the senior class, handled the Covid-19 situation. "We were fortunate to have a senior class that enforced protocols inside and out," he emphasized. "They were disappointed at times but they worked to control what they could and they re-focused to stay positive."

Grant has a way of maintaining perspective and he has a terrific ability to remain flexible. He said he often had to adjust and adapt to changes during the school year. His job was all about maintaining a calm approach to any and all changes required by local and state officials.

Grant said Athletic Directors had to learn to expect the unexpected. "We had to read the data, find resources on the data, and be prepared at all times. The key is staying focused 24-7 and be willing to accept responsibility. A.D.s know they'll be creating disappointment but the key is to make everyone's health and safety the No. 1 priority."

Grant's background in athletics and as an educator is impressive. Before taking the administrative reins at Millis, he was an assistant ice hockey coach for Harvard's women's team. Before his role at Harvard, Grant coached and taught at Walpole High School for 11 years. He taught history, law, and banking, and he coached football, baseball, ice hockey, and track. During his eight years as the Rebels' varsity grid coach, his teams won two of three Super Bowls (Tewksbury and Lincoln-Sudbury).

A native of Walpole, Grant graduated in 1981 from Walpole High where he played football, hockey, and baseball. A goalie



Millis High Athletic Director **Chuck Grant**

in hockey, he was selected as the Bay State Conference's MVP as a senior. After a year at the Taft School in Connecticut, he enrolled at Providence College where he earned his bachelor's degree in business and history. Grant has a master's in school administration from Cambridge

Hopeful that administrators will never have to deal with another pandemic, Grant said the summer of 2020, leading up to schools re-opening in September, was a very difficult time.

"When you're not in control, it's tough to watch numbers being analyzed," he said. "It was all about keeping hope alive for the kids and keeping coaches engaged. It was agonizing but the results worked out well. What we had last fall was much better than zero."



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Lawn Sign Campaign Raises Support for Local LGBTQ+ Community

Initiative raised \$1,500 for OUT MetroWest outreach programs

By Theresa Knapp

MEDWAY - You have likely seen them around town, the signs with a multi-colored heart that read "We Support, Love, Uplift, Empower, & Celebrate Our LGBTQ+ Community Members" but did you know they were designed by a local teen for a campaign organized by two Medway women?

The signs can be found in many communities including Medway, Hopkinton, Franklin, Medfield, Dedham, Brookline, Acton, and more.

"If one kid is on the bus in Medway and is feeling alone and not supported, and they see one of these signs and feels the community loves and sup-



ports them, then I met the goal of the project because my son did not have that," says Andrea Moores whose son's experience in the Medway schools drives her to help others feel included. "He had a hard time when he came out, I know it was hard for him. He had love and support at home but did not always feel he was in a community that

supported him, and it definitely affected his high school years."

With Pride month approaching, Moores found herself in conversation with Angelica Crosby, who (along with seven other people) founded Medway Marches in 2020 with a vision to create "deep-rooted, continual change" while working

to build an inclusive community.

In 2020, Pride activities were cancelled because of the COVID-19 pandemic and the women "did not want another June to go by without our youth feeling love and support during Pride," says Crosby.

"Andrea and I wanted to take some pressure off of the high school students and focus on creating a community event," says Crosby. "Medway Marches strives to create space for Black, Indigenous and people of color within our suburb and it was obvious LGBTQ+ issues are also our issues seeing as Black and Brown people are even more marginalized within the community. The majority of those brutalized during

stonewall were gay or trans Black people."

Moores and Crosby worked with the TADA (Tolerance Acceptance Diversity Alliance) group at Medway High School, and the local sign idea was created. The sign itself was designed by student Aoife Bergeron, TADA president.

They also worked with Medway Youth Against Racism, a community group that started in 2020 after a former MHS student shared their personal experience on Facebook.

The organizers held a lawn sale pickup event in late May which they described as a "playful and fun event" where people

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LAWN SIGNS

continued from page 16

gathered and shared their experiences within Medway.

Lawn sign sales raised \$1,500 which was donated to OUT MetroWest in Framingham which "builds communities where LGBTQ+ youth thrive." They also offer programs for families and the community.

"We're a small non-profit that depends on donations from community members to provide our services," says Julie Blazar, Director of Communications and Outreach at OUT MetroWest. "All of our offerings are free of charge to participants, so a \$1,500 donation is huge for us. \$1,500 allows us to support LGBTQ+ middle school youth for a month. This donation will translate directly to serving local youth, including those from Medway and surrounding communities."

For links to these groups and organizations, visit us on Facebook at https://www.facebook.com/MedwayMillisTownNews

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What is "Medway Marches"?

"Myself and seven other people decided to plan a peaceful march in 2020 directly correlated to the outrage of seeing the murder of George Floyd. We wanted to educate the community on different perspectives regarding relations in white suburbia as well as explain how those experiences correlate to racial situations throughout the US. For speakers, we had the town administrator, chief of police, Harvard graduate educators, a Black teen currently living her experience as a Black person in a white school, and my husband who is a Black father, coach, and friend. We thought 100 would show up but we had hundreds if not a thousand. WCVB reached out and some viral posts later, our community made it clear that they wanted to continue the dialogue so we started a Facebook group (@MedwayMarches). With the help of our followers, we donated close to \$8,000 to various causes relating to anti-racism work, held community talks, supported various structures within our town and we plan to still do much more.

- Angelica Crosby, founder of Medway Marches

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Stefany Ohannesian is Medway's New Town Clerk

By Aidan Poole

Medway's town clerk position shifted hands for the first time in 30 years in March when Stefany Ohannesian took over for the recently-retired Maryjane White.

Although she grew up in Assonet, Mass., Ohannesian moved to Milford nine years ago, where she currently lives with her husband and two children. Equipped with a degree

in social work from Bridgewater State University, she said she has "always wanted to work in municipal government" because "I love working with people."

Ohannesian previously worked for the Massachusetts Department of Children and Families before she started at Medway Town Hall in 2019 as an administrative assistant to the Community and Economic Development Department. She

said she "primarily assisted the Zoning Board of Appeals, Planning and Economic Development Board, and the Conservation Commission."

During this time, Ohannesian said she discovered that she "absolutely loved working for Medway" and applied for town clerk as soon as the opportunity arose. After two interviews, she was appointed by Town Manager Michael Boynton, and an interview commit-

tee, marking the first time the position had been appointed rather than elected.

"A lot of towns are switching over to have it appointed," noted Ohannesian.

She said her new job has "been going absolutely awe-some" and she is thankful to all those who aided in a smooth transition including Charlene Tingley, Medway's assistant town clerk for 14 years. Ohannesian said there has been "lots of training with other town clerks in the state" to help her adjust as well.

At her first town meeting on May 10, Ohannesian said it was "really great to be able to have the prior town clerk, Maryjane White, up on stage with me." White also helped prepare her for the job during the weeks before White retired.

Between maintaining records on town meetings, births, deaths, marriage certificates, dog licenses, and more, Ohannesian said "the list of responsi-



Medway Town Clerk Stefany Ohannesian. Courtesy photo.

bilities keeps going on and on." She said she is excited to modernize some of the town clerk's responsibilities using Poll Pad, a new recordkeeping technology that will help document town meetings more efficiently.

Ohannesian plans on working as town clerk for many years to come. "Everybody in the town hall is so wonderful to work with," she said.



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Fred Richard (front row, far left), a student at Massachusetts Elite Gymnastics Academy (MEGA) in Millis, came in first place in the junior 17-19-year-old division at the U.S. Championships in Fort Worth, TX. He placed first in floor, vault, and highbar, and also placed second in rings. Fellow MEGA student Ian Lasic also made it to the US Championships and competed very well. Courtesy photo





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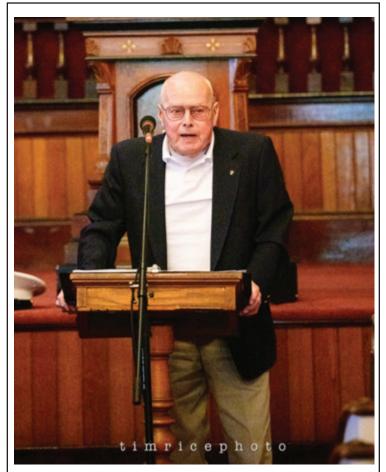
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Medway Summer Lunch Program Starts July 6

The Medway Public Library will provide free lunch this summer on Tuesdays, Wednesdays, and Thursdays from noon to 1 p.m. for children and their caregivers. Teens are also welcome to stop by and grab a bag. Thirty bagged lunches will be provided each day on a first come, first served basis. Lunches will include a sandwich (ham & cheese, tuna salad, or turkey & lettuce), fruit cup, dessert, and bottled water or milk. The program will run from July 6 to August 19. All are welcome and there are no restrictions or income



Former Medway Police Chief William "Dave" Lambirth served as Grand Marshall at this year's Medway Memorial Day Ceremony. For more photos of the event, visit www.timricephoto.com. Photo credit: Tim Rice.

Contrina Glynn of Millis Recognized in Boston Globe's Salute to Nurses

Nominated for Outstanding Work at **Hebrew Rehabilitation Center in Boston**

In May, Contrina Glynn of Millis was recognized in the Boston Globe's annual "Salute to Nurses," for her exemplary work at Memory Care at Hebrew Rehabilitation Center - Boston in Roslindale. Hebrew Rehabilitation Center offers long-term chronic care, post-acute rehabilitation, and outpatient services to seniors. Hebrew Rehabilitation Center is the flagship campus for Hebrew SeniorLife, a senior care organization that is committed to improving the lives of older adults.

The Globe's annual "Salute to Nurses" recognizes nurses whose dedication and caring have saved lives, soothed fears, and eased the pain of countless patients and their families.

Glynn was nominated by her colleague Robert Treiber, B.S.N., R.N., Nurse Manager at Hebrew Rehabilitation Center. In his "Salute to Nurses" nomination of Glynn, Treiber said, "Perseverance is Trina's middle name. She perseveres through the many challenges a nurse has to deal with and this makes her a great nurse. During the spring of 2020, when we were overwhelmed with COVID-19, Trina always maintained a high level of professionalism and compassion. There were so many instances when Trina spent one-on-one time with very sick patients to make them feel at ease."

"We have a nursing staff of

1,200 people who truly represent and live Hebrew SeniorLife's core values," said Tammy Retalic, M.S., R.N., Chief Nursing Officer and Vice President, Patient Care Services, Hebrew Rehabilitation Center. "Every day, they go above and beyond to provide world-class clinical care and to make a difference in the lives of our patients and their families.

"We all know that 2020 was a challenging year. I'm incredibly proud of the way our nurses led the way in protecting and caring for our patients, while providing comfort and solace during some of the most challenging days in their own lives, too."

Hebrew SeniorLife offers many opportunities for nurses to advance their careers through professional development, tuition assistance, scholarships, and leadership opportunities. Hebrew SeniorLife recently launched a paid training program for those interested in beginning a career in nursing as a Certified Nursing Assistant. The next paid training session will run in August and is intended for those who have not already been working in this role. Please email nurseaidtraining@ hsl.harvard.edu for details.

About Hebrew SeniorLife Hebrew SeniorLife, an affiliate of Harvard Medical School, is a national senior services leader uniquely dedicated to rethinking, researching, and redefining the possibilities of aging. Based in Boston, the nonprofit organization has provided communities and health care for seniors, research into aging, and education for geriatric care providers since 1903. For more information about Hebrew SeniorLife, visit https:// hebrewseniorlife.org and follow us on our blog, Facebook, Instagram, Twitter, and LinkedIn.

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4 Meryl Street, Medway

31 Broad Acres Farm, Medway *Sold!*

221 Main Street, Medway *Sold!*

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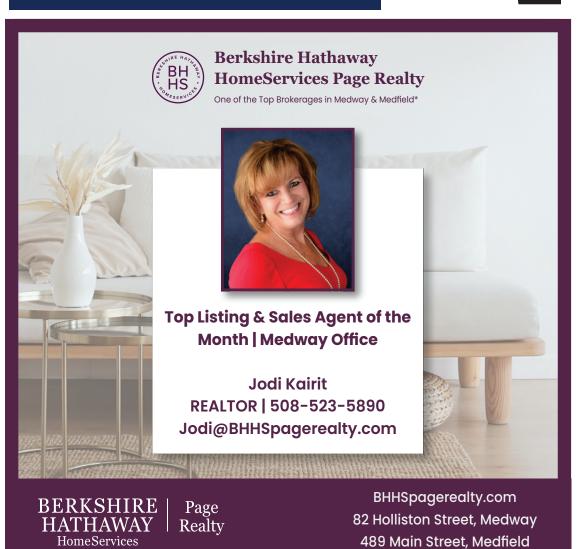


Real Estate Corner





RECENT HOME CAL



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Date Medway Amount June 16 50 Summer Street \$465,000 \$950,000 June 15 13 Stable Way June 15 19 Evergreen Street #A \$355,000 5 Colonial Road \$625,000 June 14 June 11 203 Main Street \$486,000 June 11 58 Summer Street \$350,000 142 Main Street June 9 \$405,000 June 9 29 Summer Hill Road \$580,000 June 8 4 Meryl Street \$700,000 65 Ellis Street June 7 \$1.10 mil June 4 10 Guernsey Street \$460,000 June 3 12-A Barber Street \$400,000 June 1 \$452,000 4 Kingston Lane, Unit 3 June 1 160 Lovering Street \$716,000 May 28 14 Sanford Street, Unit 66 \$310,000 May 28 14 Sanford Street, Unit 5 \$320,000 May 27 31 Broad Acres Farm Road \$979,000 May 26 4 Hooksett Circle \$661,000 May 26 35 Milford Street \$330,000 May 25 14 Sanford Street, Unit 20 \$259,180

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Date	Millis	Amount
June 15	244 Farm Street	\$610,000
June 15	186 Pleasant Street	\$465,000
June 11	14 Baltimore Street	\$577,555
June 10	31 Acorn Place	\$549,900
June 8	4 Acorn Place	\$661,900
June 8	25 Forest Road	\$510,000
June 7	1 Pine House Road	\$875,000
June 3	12 Morse Avenue	\$555,000
May 27	22 Jameson Drive #312	\$869,786
May 27	349 Plain Street	\$600,000
May 26	54 Glen Ellen Blvd	\$959,097
May 25	30 Charles Way #128	\$663,486
May 24	13 Hemlock Circle	\$336,000

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



30 Charles Way, #128, in Millis recently sold for \$663,486. Image credit: www.zillow.com



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