

The Voice of Your Community

Eagle Scout Project at Medway Community Farm is Dedicated to Nate Borstel

Logan Thomsen says his friend is one of the reasons he joined Scouts

BY THERESA KNAPP

MEDWAY – Logan Thomsen, a member of Boy Scout Troop 108 in Medway, recently completed his

Eagle Scout project -- a three-stage compost bin located at Medway Community Farm -- and dedicated it to his friend Nate Borstel, a Med-

way Eagle Scout and family friend who died suddenly in December 2019.

Thomsen also installed a memorial plaque in memory of his friend who was “a big reason I joined scouts.” Thomsen said Nate’s former Scout Leader Mark Dobday was also instrumental in his participation in Scouts and, though Dobday has since moved to Montana, he was present for the dedication on Father’s Day.

At the event, Thomsen said, “I’d like to take a minute to thank all of you for your support during this project. I could not have done any of this without your encouragement, your expertise, and your time and effort. I would like to especially thank Mr. Dobday for having helped start Troop 108 for all of us, and my Dad - without him, I



SCOUT PROJECT
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Father’s Day Fishing Derby



The Millis Recreation Department hosted its annual Father’s Day Fishing Derby on June 20, 2021. Courtesy photos.

DERBY
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SCOUT PROJECT

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could not have made this journey or completed this project. He has been beside me every step of the way.”

Logan’s father, Mat Thomsen, said, “As we sit here now, at our community farm, and reflect on the profound impact this community has had on our family, we’d like to thank all of you who played a role. Because we know your support, inspiration, and involvement did not start and stop with our family... We’ve chosen to dedicate this project to Nate, whose scouting journey served as inspiration for our family, and whose spirit has been witnessed in the kind deeds of so many since his passing in December of 2019.”

Thomsen said the project involved many volunteers and consisted of three build days, a day for plaque installa-

tion, and the dedication day. “It was made possible through many generous donations of family, friends, community members” and he specifically thanked Don Canfield, Assistant Manager of

was instrumental in all aspects of the project, including coordination, expertise, and administration.

Thomsen says the bins at the composting station have many day-to-day benefits, noting they are economical, environmental friendly, practical, and accessible as they are available for public use at Medway Community Farm.

Farm president Carol Collard says, “Community members will be able to bring their compost to the farm and have a dedicated spot to drop it off. This compost material is meant for two of our programs: the community gardeners, and the education programs. I can’t imagine a better tool to use to teach about composting.”



Home Depot in Bellingham; Northeast Stamp and Engraving of Milford; and Steve Johnson, Scoutmaster of Troop 108, who

Father’s Day Fishing Derby



The Millis Recreation Department hosted its annual Father’s Day Fishing Derby on June 20, 2021. Courtesy photos.



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Have a teenager working as camp counselor, mowing lawns, selling ice cream, babysitting or another summer job?

If income is being reported to the IRS, you can open a Roth IRA for Kids in a child's name to help them save for retirement, qualified educational expenses and introduce personal investing.

Roth IRA for Kids. There is no age minimum, as long as they earn income. It's up to you to document that they had income earned from work, either W-2 or self-employment taxable wages. Recall a Roth IRA's tax treatment is most valuable when time horizons are long and current tax rates are low, both are true for kids.

Adult supervision. The account owner is the child, however, an adult maintains control

and invests for the benefit of the child. Once a child becomes an adult, usually 18 in most states, the account is transferred.

What if your teen spent their earnings? After a talk about budgeting (i.e. 3 Jars - Spend, Save, Gift), you or a grandparent can set up and fund the Roth IRA up to the amount of your child's reported earned income.

Some parents make contributions as a 'match reward' for money earned in a summer job. Remember, Roth IRA for Kids contributions count against the \$15,000 tax-free gifts per individual for 2021. So if you've funded \$15,000 for child's 529 Plan, find another individual (i.e. spouse, relative) who can make the contribution.

Introduction to personal investing. Have fun by letting

your kid research an ETF or company to invest in, have them explain why and teach how they can follow. The next year, have them choose a different investment with the new contribution. Over time, they have a mix of investments, outcomes and lessons learned.

Taxation of withdrawals before age 59 ½. A Roth IRA allows for 100% of contributions to be taken out at any time and for any reason, with no taxes or penalties. Furthermore, if a Roth IRA withdrawal is for qualified education expenses, you avoid the 10% penalty on earnings but still pay income tax on the earnings. Thus, Roth IRA for Kids could supplement educational savings.

Impact on financial aid? Yes, in a great way. The "expected

family contribution" or "EFC" formula has student-owned assets assessed at 20% with two notable exceptions: 529's at parent's 5.6% and retirement accounts owned by you or your child are not counted or 0%. However, if a child takes money from a Roth IRA, even to pay for college, up to 50% of the withdrawal may be assessed.

Getting Started. Not all institutions offer Roth IRAs for Kids, but many do with no minimums, no fees and no commissions. Consult your advisor or seek a fee-only CFP to learn more.

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a



Glenn Brown

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.

Woodside Color Run set for October

The Woodside Color Fun Run is back and will take place on Saturday, October 16, 2021,

organizers hope to have 200 to 300 kids, teens, and adults join in the fun. Attendees will enjoy

runners can choose from ranging from 3/4 of a mile to 3 miles where they will pass through multiple color stations and be doused with brightly colored powder. Registration is open now. For more details about the courses, schedule, activities, and to register, please visit www.millicolorrun.com

Organizers would like to thank Clean Portable Restrooms for their support of the 2021 Woodside Color Fun Run. This event would not be possible without their generosity. Additional sponsorship opportunities are available. Please contact colorrn@woodside-academy.com for more information.

The Woodside Color Fun Run is a fundraiser to benefit the Woodside Montessori Academy Parent Guild (a registered 501(c)(3) nonprofit or-

ganization). Proceeds from the event will be used to support a variety of enhancements to the learning environment as well as cultural and/or experiential enrichment for the children at Woodside Montessori Academy.

Woodside Montessori Academy is a regional Pre-K through 8th grade Montessori school in Millis. Its community consists of students from the surrounding Metro West area including Franklin, Medway, Millis, Medfield, Holliston, Norfolk, Bellingham, Milford, and more.



at 3:30 pm at Oak Grove Farm in Millis. Each of the previous three color runs has drawn over 150 participants and this year

music, complimentary snacks, a splendid park environment, and, of course, the color run. There are different courses that

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Massachusetts Elite Gymnastics Academy

World-class gymnastics academy is the MetroWest's best-kept secret

Tucked behind the old Ann and Hope building on Route 109, Millis's Massachusetts Elite Gymnastics Academy (MEGA) attracts high-level gymnasts from all around the region, and then sends them to win awards all over the world.

Those same coaches also teach area children basic recreational gymnastics, tumbling, and trampoline skills. Pre-Covid, they held birthday parties and camps for school-age kids.

"Gymnastics can start young, and it should be fun," says Levon Karakhanyan, owner of MEGA. "We've set up a safe, spacious academy for everyone to learn the art of gymnastics and see how far it can take them."

Levon Karakhanyan knows just how far that is, being a world class gymnast himself. He held the title of Armenian National Champion four times and competing in the European and World Championships. He's worked as a coach and as a judge on an international level since 1995, even coaching Armenian gymnast Houry Gebeshian at the 2016 Olympics in Rio.

Located in Ann and Hope's restored warehouse space, MEGA has twenty-five-foot ceilings and a spacious layout for dozens of pieces of equipment. With parallel bars, uneven bars, vaults, and more positioned around the cushioned floor, students can spread out and work with their class in different zones. One section is cordoned off for use by the youngest gymnasts, with miniature versions of all the equipment. Additionally, there are trampolines, a foam block pit, and padded areas for floor work.

Gymnastics isn't just for Olympic hopefuls. Recreational gymnastics helps children de-



MEGA MASSACHUSETTS ELITE GYMNASTICS ACADEMY
GYMNASTICS

velop core strength and flexibility that translates well into every other sport. "Our students have used their gymnastics background to transition into cheerleading, diving, and careers in the military," says Levon. "They become confident in what their bodies can do, and they see firsthand the results of training and discipline."

That discipline isn't just physical discipline. "All our

programs stress respect and positive growth," says Levon. "We teach our students to set goals and then achieve those goals through a series of safe progressions."

Children can start at MEGA as early as eighteen months with gentle and fun classes that show them the fun of using their bodies to play. Recreational gymnastics classes progress through three different age groups with no pressure to compete, although some students begin to identify as having the potential to do so. For students who opt into competitive gymnastics, the teams practice more often and with greater focus.

Levon says, "We also have adult classes for people who are interested in fitness, but who want to train in a different way than just going to the gym."

MEGA's coaches tailor each class to meet the goals of that group of students, whether it's grade schoolers needing to burn off energy or elite students, some even from Rhode Island or New Hampshire, who travel to train here.

Business spotlight

MEGA is a dominant force not only on a regional and state level, whether by team or individual. MEGA's students also compete successfully on the national and international level.

MEGA's competitive gymnasts have won remarkable acclaim in the five years MEGA has been open in Millis. Just this year, Isabella Ciolfi placed first on vault in the Women's Eastern Championship. Then, Boys' Team member Frederic Richard took First Place All Around in the 17-19 Junior Division at US Championships, earning him a place on the USA Junior National Team and was selected to represent the USA in the first-ever Junior Pan-Am Games that will happen this November in Columbia. His teammate Ian Lasic-Ellis competed in this same event at the senior level. At the Junior Pan Am Championships in Guadalajara, Mexico, where Levon served as head coach, Frederic placed first all around and Ian second. Of the six events, MEGA students took three of the gold medals, with Ian getting a gold medal on parallel bars, and Frederic getting a gold in high bar and vault.

MEGA students frequently come to the attention of college recruiters, as well. "It's extremely difficult to get scholarships for gymnastics," Levon says, "but our students have consistently won college scholarships. This not only saves them money, but it gives them the opportunity to continue competing at the college level."

To explore what gymnastics can do for you or your child, please visit <https://www.masselitegymnastics.com> or call (508) 376-0102.

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Medway High School Junior Carter Pomponio Awarded Second Place by Mass STEM Hub for Affordable Housing Design Project

Medway High School Principal John Murray and science and engineering teacher Jon Jasinski are pleased to share that junior Carter Pomponio was recently awarded second place for his Affordable Housing Design Project by Mass STEM Hub.

Pomponio, who is currently in the school's Civil Engineering & Architecture class, submitted his Affordable Housing Design Project to the Student Industry Connects program in February. Pomponio's project was recognized by STEM industry professionals and he was awarded second place among all high school engineering projects submitted for consideration.

He was presented with a certificate from Mass STEM Hub by Jasinski on June 3.

Pomponio's project aims to design a home that can be built



Medway High School Junior Carter Pomponio was awarded second place among all high school engineering projects submitted to the Mass STEM Hub Student Industry Connects. He was awarded with a certificate from Mass STEM Hub by science and engineering teacher Jon Jasinski on June 3. (Photo courtesy Medway Public Schools).

in a cost-effective manner and is affordable for the owner to maintain and support, as well as fit the "client's" guidelines. His design includes sketches and renderings for all areas of a home, including the kitchen, bathroom, closets and hallways, staircases, windows and more. His design features several sustainable components including garden terraces, a Greywater Reusable System, solar panels and floor-to-ceiling windows, as well as standard needs such as plumbing and electrical. The design also considers accessibility and other code requirements.

Pomponio also incorporated a tiny house design concept built with standard-sized shipping containers.

"Carter is exceptionally bright and hardworking. He seeks challenges and works hard to think

critically and creatively problem-solve his way through them," Jasinski said. "Carter went above and beyond with his project by incorporating the tiny house design and use of shipping containers, which was an added challenge he rose to meet. His final product is exceptional and

I am very pleased to see his work recognized."

For his work, Pomponio received an Amazon gift card. His project was among nine project portfolios submitted by Medway students to the Mass STEM Hub Student Industry Connects this spring.

Summer Pickleball Programs

Millis Recreation Department

INTRO TO PICKLEBALL- John Pelaez Certified Pickleball Instructor

This program is intended for players who have never played PICKLEBALL before. It is an introduction to the rules and court etiquette while learning to play a successful game. We do have demo paddles to try out and our pro "John Pelaez" welcomes any questions about the proper equipment necessary to feel safe and ready to play pickleball. All crossover players from tennis or racquetball are recommended to start with this to ensure you know the rules and proper techniques to advance to the next level.

Millis Town Park Pickleball Courts **Adults and Seniors**
Tuesdays, 8/10-9/7 **5 weeks**
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Register online at https://millisrecreation.activityreg.com/ClientPage_t2.wcs. If you have any questions, please contact Millis Recreation Department at kfogarty@millisma.gov or 508-376-7050.



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Medway Master Plan survey now open

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

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

Ways to share your opinion:

Community Survey: Take the community survey to help the project team create a community vision and identify goals to incorporate into the Master Plan. Community Survey: https://www.surveymonkey.com/r/MedwaySurvey1?fbclid=IwAR385WsAhPr-n5ffKD3D_PiuxVZN7x-dU0FD0pKIE8GbX0jnfkXK-8t5EsXJo

Crowd Mapping Activity: As part of Phase II of the Master Plan, we are eager to hear more from the Medway community about your priorities and vision for the future. Many of your ideas may be associated with a specific location or area of town, so we created this crowd mapping tool to provide a way for you to identify these critical locations. All you have to do is click the link to share your thoughts and provide feedback on other suggestions that are already on the map: Crowdmapping Activity <https://bit.ly/3ABhtVW>

When it comes to your town, YOU are the expert!

Visit the online **MEDWAY CROWDMAP** to share your thoughts and your vision for Medway's future.

<https://tinyurl.com/MedwayMap>

Meetings in a Box: Directions for a "meeting in a box" to host a get-together and to gather thoughts from your neighbors and friends can be received via email to Susy Affleck-Childs sachilds@townofmedway.org

Look for the Master Plan table at selected community events, i.e. movies in the park, farmers market, and concerts in the park.

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We refer to our clinicians as “healthcare heroes” because the work they do truly is life-changing and enables patients to stay in their homes. Working directly with patients as a home health or hospice nurse requires a distinct set of qualities as they deliver care in our communities. To succeed in these roles, VNA Care looks for these characteristics in candidates for our home health and hospice nursing positions.

Independence and Critical Thinking: Home health and hospice nurses work at the top of their licensure in an environment unlike any other in healthcare. They must possess high levels of aptitude and autonomy to operate independently while caring for patients with a wide range of needs. Our nurses must possess the ability to independently communicate assessment findings and care needs of the patient. This requires keen assessment skills, critical thinking, creative problem-solving, and self-motivation to empower patients to meet their health care goals.

Teamwork: Although home health and hospice nursing require autonomy there is a community of support at VNA Care. Nurses draw on the expertise of, and learn new skills from, VNA Care’s nurse specialists. They have support from clinical services managers and participate in interdisciplinary collaboration with other team members to provide the best possible patient care.

Organization: Organizational skills are critical in this role, particularly when working independently in the field. Our nurses visit with multiple patients per day with complex and unique needs. Organization helps them handle multiple priorities and adapt quickly to unforeseen changes if necessary.

Empathy and compassion: The people we serve may be recovering from surgery, managing an illness or other health conditions or they may be on their end-of-life journey. Empathy and compassion are important parts of support. An empathic and compassionate approach to care makes all the difference in creating that source of support.

Passion for the work we do: VNA Care nurses enjoy working face-to-face with patients and being an integral part of our communities. They build meaningful relationships with patients and families, becoming trusted partners to help live their best lives at home.

Home health and hospice care is uniquely rigorous and exceptionally rewarding. Although it requires a specific set of skills and characteristics, our nurses ease into their new roles while working with a preceptor and educator through our strong orientation program. If you see these qualities in yourself and are interested in joining our team, please check out our careers page. We would love to meet you and welcome you to our team!

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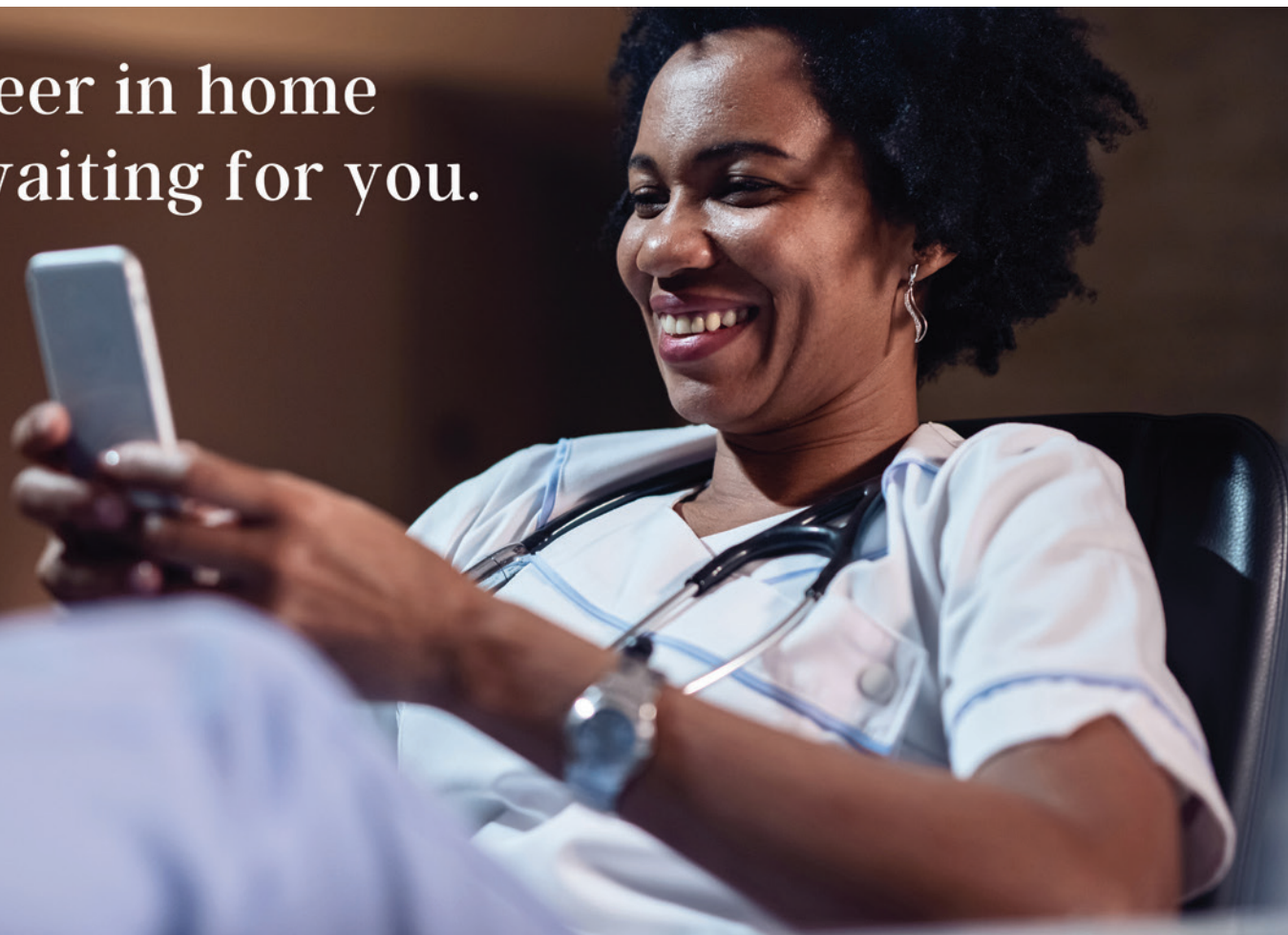


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Become a part of the SALMON at Medway Family

Learn more at a meet & greet with Executive Director Andrew Freilich

Open now and accepting reservations, SALMON at Medway is not your typical senior living community. From deposit to move-in day, living life the SALMON way includes support and accommodations at every step as you truly become a part of the family.

Operated by local, family-owned SALMON Health and Retirement -- a trusted leader in senior living since 1952 -- SALMON at Medway focuses on health, wellness and the longevity of its residents. Located at 44 Willow Pond Circle, SALMON at Medway features an integrated campus consisting of independent living together with assisted living and memory care.

For those who need a little more help with their daily routines, SALMON at Medway's Whitney Place, their full-service, assisted living community offers private apartments in a warm



CEO Matt Salmon welcomes SALMON at Medway's first resident Dottie Johnson to the community recently opened at 44 Willow Pond Circle.

and gracious setting with unique offerings and amenities at all levels of care.

Featuring the added convenience of Resident-centered care, 24-hour emergency response from personal care staff, "Anytime Dining" featuring locally grown chef-prepared fare, plentiful social activities and excursions, state-of-the-art fitness center with an indoor heated pool & hot tub and on-site amenities including banking, library, convenience store, postal center and more!

If you are ready to make the most out of your retirement or want to learn more for a loved one, we invite you to join Executive Director Andrew Freilich, a member of the SALMON community for over 15 years, on August 31, 2021 and September 9, 2021 at 3pm for refreshments and a tour.

RSVP by visiting www.MedwaySeniorLiving.com/events or call them at 508-533-3300. To get deeper glimpse into the SALMON lifestyle they invite you to follow @salmonatmedway on Facebook, Instagram and TikTok.

Become a part of our SALMON family!

Join us in August and September for a meet & greet with Executive Director Andrew Freilich.

Discover what family means to us when you visit SALMON at Medway's Whitney Place, our full-service, assisted living and memory care community offering private apartments in a warm and gracious setting for those who need a little help with their daily routines.

Learn more about the community from Executive Director Andrew Freilich, a member of the SALMON community for over 15 years, over refreshments on August 31st and September 9th at 3pm. **RSVP at medwayseniorliving.com or call 508-533-3300.**

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The b.LUXE *beauty beat*

BY GINA WOELFEL

As a kid, summer always seemed like such a magical time with it's long, lazy days, beach trips and friend-filled afternoons. It was a time to kick off routines, close our school books and enjoy the sunnier side of the year. We stayed outside until dark with only the mosquitos forcing us indoors.

A summer job meant freedom and hard work, but money to save and spend. We babysat, picked vegetables, worked as clerks and mowed lawns. I watered plants in a hot, steamy greenhouse and hauled them outdoors for the customers to buy. I left work a damp and dreadful mess, but I had the money to afford my first car, a 1971 Triumph Spitfire convertible. Top down, with the sun on my face, I'd take the long way home. That was summer to me.

We didn't think much back then about the harmful effects of the sun or pool water or the not-so-healthy ingredients in our products.

I'm sure more than a few of us can wax nostalgic of those by-gone beach days, (Nantasket was mine). Bodies slathered in baby oil and hair spritzed with *Sun In*, by the time the boardwalk lights flickered on, our skin was blistered and our hair was orange. All was right in the world, but what was it that made that time so special?

For me, it was the effortless-ness of it all. We didn't have to

care so much about our health and beauty routines. My red, angry skin would eventually peel to reveal a sea of freckles and I'd box-dye my hair in the fall and return to school the hot mess that I was in 1989.

Now, at 50 years old, with my "freckles" redefined as age-spots and SPF my new best friend, I miss the effortless-ness of it all... Don't you?

Let's throw it back to that un-complicated time and talk a bit about the three salon services we feel can streamline your beauty routine, add more free time to your day and help you get your summer groove back!

1. Organic Spray Tanning - Go on, get your bronze on and love your healthy, sun-kissed, skin! From a pretty, all-over honey glow, to a deep, island tan, we have the perfect shade to make you look your bronzy-best. And best of all - No sun damage to your skin.
2. Lash Lift + Tint. Oh man, where were these when I was young? Imagine waking up to lashes that already look curled and coated with a hit of mascara...all before your feet hit the floor! Not only is it possible, it's magical and yields 6-8 weeks of beautiful, mascara-free lashes that appear thicker, darker, longer + have the *va-va-voom* factor we all crave.



hair • makeup • skincare • editorial

3. Waxing - Now here's a service that's been around the block! We've all endured the yearly, pre-summer bikini wax, (Ouch) but, it's time for you to revisit this hair removal option. Hit the beach with no shaving or fuss. Wax formulas have improved immensely in the past few years and this depilatory service is galaxies apart from its predecessors. Bikini, arms, legs, or wherever you don't want hair - wax it off!

Here's a few August specials from b.LUXE Hair + Makeup Studio to help you enjoy the rest of your summer. We'll see you next month with some back-to-school beauty and a September Giveaway you won't want to miss!

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This month's *beauty beat* was written by guest contributor, Gina Woelfel

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Living Healthy

Summer Eye Safety

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

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses,

you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

Cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Extensive exposure to the sun is one of the major reasons why we develop cataracts. Cataract surgery is by



far the most common surgery performed in the United States.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of

Ophthalmology recommends the following:

- Wear sunglasses labeled "100% UV protection": Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.
- Choose wraparound styles so that the sun's rays can't enter from the side.
- If you wear UV-blocking contact lenses, you'll still need sunglasses.
- Wear a hat along with your sunglasses; broad-brimmed hats are best.
- Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.
- Know that clouds don't block UV light: The sun's

rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

- Be extra careful in UV-intense conditions: Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ... And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top ophthalmologists in the US and around the

EYE

continued on page 11



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Living Healthy

Ask the Farmer

A monthly column by
Medway Community Farm

1. Are there certain flowers or herbs that can be planted with vegetables that help or keep away pests?

Using companion planting is a wonderful way to control pests in an organic way. Not only do these plants deter pests, but they also encourage birds and beneficial insects into the garden. Marigolds are a good example of flowers to grow alongside vegetables. They repel whiteflies but they also can reduce the damage from slugs. Slugs like marigolds

more than they like most vegetables! Another good example is chives planted along with carrots. Chives can deter carrot flies, whiteflies, and aphids. An additional advantage of chives is that deer and rabbits don't care for them, or any other plant in the allium family. Do keep the chives away from peas and beans though. They could reduce your crop yield of those veggies.

2. How often do you need to swap crops, is 2 years in one spot too much or should

problem as these implants can now be offered even if you have astigmatism thanks to bladeless laser surgery. Our percentage of complications is one of the lowest in the nation and is measured by independent sources. We operate in a state-of-the-art surgery center with door to door concierge service. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and their risks and no need for stitches. With 16 years of established experience and thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care to our communities.

For more details, see our ad on page 10.

EYE

continued from page 10

world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sun glasses. And if you need cataract surgery, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a

they be rotated every year?

The basic idea of crop rotation is to rotate the crops on an annual basis. The benefit to doing this is to break the cycle of insects, diseases and weeds that attack the vegetable crop. Rotating the crops prevents a particular plant from stripping a specific nutrient from the soil and it re-

duces the demand on soil fertility. Usually, a rotation cycle would consist of 3-4 crops over 3-4 years. There is a science behind which plant should follow or precede another but luckily, there's a lot of information available on the internet.

3. If planting seeds when is too late to plant pumpkins?

If you're hoping for a pumpkin patch this year, I'm afraid you're out of luck. Depending on the variety, pumpkins can take 3-4 months to produce the fruit you want. Yes, it really is a fruit! If you want pumpkins this year, check out our fall festival in September at the farm!



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Millis High School 2020-21 Quarter Four Honor Roll Announced

Congratulations to the following students for making the Millis High School Honor Roll for Quarter Four:

GRADE 12 HIGH HONORS

Bickford, Courtney Lee
Bortman, Ty Richard
Davies, Nikei Reese
Ferrantino, Jordyn Nichole
Gelasco, Georgia Beth
Jakubowski, Nathan Maxim
Johnson, William Ryan
Jurgelewicz, Ryan James
McPoland, Ian Michael
Miller, Abigail Pypier
Rice, Eryn Elizabeth
Stefanowicz, Dory Mae
Steiner, Bethany Caitlin
Sumner, Dylan Daniel
Tavarez, Madelene Isabella
Wilcox, Megan Elizabeth

GRADE 12 HONORS

Agostino, Daniel Joseph
Agostino, James John
Albert, Julia Rae
Balboni, Stephen Christopher
Bennett, Allison Catherine
Calais, Livi Sky
Cyr, Mahoney Trundley

Donovan, Madison Lee
Dowd, John Thomas
Giardi, Tessa Paige
Hari, Ritika Sai Ra Ghavi
Jewett, Grace Ann
Kane, Bryan Matthew
Legere, Devin Michael
Melia, Marissa Frances
Nichols, Brian Demille
Nolan, Kathryn Elizabeth
O'Connell, Autumn Angelina
O'Toole, Casey Rose
Pasquantonio, Jane Francesca
Saykali, Alex Gaby
Smith, Lucas Ming
Soares, Angelina Marie
Viana, Kayla Marie
Works, John Gerard
Zammarchi, Helena Skye

GRADE 11 HIGH HONORS

Adams, Jaden Adrienne Virginia
Azir, Thomas Mina
Conroy, Riley May Maxwell
Coutts, Anthony Rocco
Davis, Brendan Philip
Hatch, Andrew Lee
Hourihan, Daniel Jeremiah
Johnston, Megan Mahoney
Mundy, Caroline Leigh
Pudelka, Benjamin Hansen
Sisto, Sophia Jeannette

Stapels, Jonah Christopher
Streck, Colin James
Verrochi, Chloe Lynn

GRADE 11 HONORS

Ambrose, Weston Philip
Blumenau, Cole
Burns, Haley Katharine
Cantoreggi, Carlson Robert
Clark, Emmett James
Collins, Reilly David
Delaney, Darwin Divan
El Khoury, Adela Banda
Farrington, Ashley Frances
Ferzoco, Carla Noelle
Flint, Krystal Lynn
Gatz, Devon Elizabeth
Geddes, Rachel Lynn
Grattan, Julia Lynn
Halloran, Jack Matthew
Hoyland, Kayla Elizabeth
Hubbell, Joseph Charles
Joe, Kailey Nicole
Khan, Jess Zion
Krauss, Matthew Joseph
Molinaro, Daniella Renee
Peck, Kailie Marie
Ryan, Timothy Patrick
Schofield, Julia Grace
Stallings, Allison Evelyn
Welch, Bridget Kate

GRADE 10 HIGH HONORS

Antony, Lillian Barbara
Arguijo, Cynthia MNM
Arian, Mirola Hany
Bennett, Luke Gerard
Borst, Jackson Walker
Bouret, Joseph Robert
Burns, John Patrick
Cabral, Zoe Blossom
Cassidy, Lilly Elizabeth
Catalano, John Patrick
Daron, Austin Chase
Fabian, Eva Cathryn
Ferrimy, Amany Maritza
Hockman, Ava Katherine
Hockman, Olivia Maurita
Jurgelewicz, Nora Ann
LaDuke, Katherine Olivia
Leone, Ryan Charles
Maher, Alexander Patrick
Mahoney, Aiden Brian
McKersie, Alexa Marie
Miga, Madeleine Rose
Pasquantonio, Daniel William
Sugrue, Norah Gertie
Walsh McCarter, Kayla Marie

GRADE 10 HONORS

Abraham, Leah Hanna
Ashiagbor, Abena Acheampoma
Avakian, Lily Grace
Barber, Logan Michael

Bender, Ella Frances Veronica
Chandler, Carlie Elizabeth
Connors, Jane Ryanne
Costa, Lauren Marie
Cruz, Jose Gabriel
Cyr, Maryn T
DiBartola, Connor Michael
Ferrantino, Shea Matthew
Howley, Brooke Nicole
Lyons, Della Matthew
Molinari, Mia Marie
Pardi, Juliana Patricia
Petrush, Ryan Ferguson
Pizzarella, Francesca Lucia
Scanlon, Lydia Anne
Sullivan, Mackenzie Katherine
Summer, Olivia Christine
Whelan, Brooke Hope

GRADE 9 HIGH HONORS

Bassett, Hailey Rose
Berube, Ryan Dennis
Blanchette, Troy David
Copice, Wilson Sydney
Corcoran, Declan Van
Johnson, Arijus Timothy
Kale, Manasi Amod
Ludwig, Aidan Joseph
McCarthy, Benjamin Nathaniel
Murillo, Lindzey Ingrid
Pillai, Aditya Sethumadhavan
Powers, Abigail Rose

Roy, Julianne Nmn
Rubalcaba, Sophia Julianne
Ryan, Jack Joseph
Schneiderat, Macy Mcguiggin
Scolponeti, Jennifer Marie
Steiner, Emily Rose
Villakis, Adriana Michelle

GRADE 9 HONORS

Banks, Gavin Nicholas
Barisano, Dominic Joseph
Butch, Andrew Joseph
Cantoreggi, Amelia Jane
Caulfield, Ivra Riley
Doherty, Isabella Frances
Ferzoco, Mark Richard
Giardi, Beckett Michael
Govoni, Maria Rose
Hill, Nicholas Adam
Kelly, Kristen Colby
Keomorokot, Thidavanh Anna
Legere, Ava Nanine
Macfarlane, Jack Brian
Mathews, Olivia Florence-Jean
Miller, Andrew Christopher
Rice, Kyra Evelyn
Ruggeri, Scarlett Snow-Angel
Santos, John Stephen
Skerry, Emily Florence
Wasselley, Joyce Milad Ayad
Whooten, Annika Kristine
Zarnofsky, Paige Alena

Tri-County Regional Vocational Technical High School 42nd Graduation Ceremony

Tri-County Regional Vocational Technical High School officially gave 221 diplomas during the school's 42nd graduation ceremony on Sunday, June 6, 2021.

Among the graduates were:

Medway residents: Ryan Bain, Joseph Charlebois, Owen Fedele, Curran French, Caitlyn Gorman, Andrew Johnson, Brandon Joy, Mikaela Lannigan, Aaron Leach, Aaron Mar-

kow, Willow O'Gassian, Michael Shawlis, Francis Silva, John Taylor, Brandon Ward, and Robert Whyte

Millis residents: Jason Beaudry, Haley Berrio, Gina Castagna, Eric Conway, Annabelle Donaghey, Patrick Eldredge, Lucas Faria, Daegan Gaudreau, Ivy Hayes, Sean Kubacki, Justin Nelson, Anthony Noonan, Ethan O'Gara, Matthew Pineau, and Anna Schulz

Superintendent-Director, Stephen Dockray, was joined on stage by School Committee Chair Brian Mushnick of Norfolk, Principal Michael Procaccini, Vocational Director Cathie Rebelo, Director of Special Education John Martin, Class Valedictorian Vivienne Seested of Franklin, Class Salutatorian Gerard (Ace) Ayotte, III of Seekonk, and Class President Jennavive Barber of North Attleboro.

"You have made it to today despite a world-wide pandemic happening around you for the past 15 months. You have had to adapt continually over your last two school years here at Tri-County. This is a skill set that will serve you well in future years," Superintendent-Director Stephen Dockray said. "Class of 2021, you did it! You should be SO proud of

yourself. It may not have been an easy road, but you made it!"

During her inspiring Valedictory speech, Seested spoke about Tri-County's motto, "Work Hard, Today Counts," and encouraged her classmates to "Work hard, work smart. Your yesterday, today, and tomorrow count."

Barber's Class President speech saluted her graduating classmates by saying, "Among us are electricians who powered light to hospitals, IT experts who fixed students' Chromebooks during distance learning, and even healthcare workers who took care of COVID patients. We may have not had a normal high school experience, but as a vocational school, we did something bigger; we impacted the world in ways teenagers have never done before. We were unlike any others before us; we were unprecedented."

Several students were awarded local scholarships and tool awards totaling \$82,100 available exclusively to Tri-County students during the ceremony. Similar to scholarships, tool awards are given by local businesses, civic organizations, and families to aid students entering the workforce to purchase tools for their trade.

One of the largest scholarships awarded is the Dean College scholarship given annually to one Tri-County graduate. Anna Weidman, an Engineering Career Program graduate from Franklin, has been awarded a \$36,000 tuition scholarship to Dean College for the 2021-2022 academic year. The scholarship is renewable for up to four years/eight semesters of attendance at Dean College. This is the twenty-third year that Dean College has awarded a scholarship to a Tri-County Regional student.

This year, Digital Federal Credit Union granted \$10,000 in scholarships to graduating seniors.

The Tri-County graduation was held on a stage designed and constructed by the teachers and students of our Carpentry Program. The new stage will be used for years to come, and their hard work is much appreciated.

Many Tri-County graduates will further their education by attending a university or post-secondary education. Others will enter the workforce with the certifications and skills gained throughout their high school career, and five Tri-County graduates plan to enter into the U.S. Military.



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Medway Cable Access is hosting Movies in the Park this summer. August movies include Trolls World Tour (August 4) and Ghostbusters (August 11). Movies start at dusk. Free movie admissions, concessions available for sale. In case of rain, movies will be shown inside the Thayer House.



MFE Seeks Board Members

MEDWAY - The Medway Foundation for Education is looking for parents, school staff, teachers and community members to play an active role on the MFE Board for the 2021-2022 school year. Help bring innovation and engaging programs to our schools! Interested in joining, email medwayfoundationforeducation@gmail.com



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Don't Let These 5 Misconceptions keep you from making a will

Have you put off making a will? If so, you're not alone. According to a 2020 survey conducted by Caring.com, only 32% of American adults have estate planning documents, like wills and living trusts, in place. 1

While preparing a will may not be the most pleasant way to spend an afternoon, it could be the most productive — especially for your heirs. Without a valid will, your assets could be tied up in probate court for months, possibly years. What's more, the court will be forced to make decisions that may not conform to your wishes.

Why are so many people reluctant to take this basic — but important — step? In many cases, it is the result of five common misconceptions:

• I'm not wealthy enough to need a will.

If you consider the value of your car, furniture, and other worldly possessions, you may be worth more than you think. Plus, some items may have sentimental value to your heirs and will need to be distributed fairly. You can also use a will to make legal arrangements—such as naming

a guardian for your minor children—that have nothing to do with your wealth.

• My spouse will inherit everything.

Consider children from a previous marriage and discuss with your attorney how to include them in your estate planning. Plus, there's always a chance that you and your spouse could pass away at the same time. If so, the distribution of assets could get tricky. Also, be aware that assets with a designated beneficiary, such as life insurance, IRAs, or

401(k)s, goes to the designated beneficiary. So, check periodically to make sure your beneficiaries are up to date.

• All my assets are jointly titled.

Legal titles, such as Joint Tenants with Right of Survivorship (JTWROS), can be helpful when it comes to transitioning financial accounts. In some cases, however, they can make things more complicated— especially if the joint owner has also passed away and no further instructions have been provided.

• I don't have any heirs.

If you don't have any surviving family members, your assets can still be put to good use. You can leave them to a trusted friend, to your alma mater, or to a favorite charity.

• I'm not ready to set my final wishes in stone.

Updating a will is very common and, because circumstances can change, almost expected. Once the basic framework is in place, adjustments are relatively easy to make and can usually be done at a modest cost.

Please don't let these common misconceptions keep you from preparing a will. Given the vital role a will plays in distributing your assets, protecting your loved ones, and making sure your final wishes are carried out, now is the time to seek out a qualified attorney and make sure you have a legally viable will in place.

This educational third-party article is provided as a courtesy by Michael Damon, Agent, New York Life Insurance Company. For information on life insurance for your estate planning needs, please contact Michael Damon at 508-321-2101.

Neither New York Life nor its agents provide tax, legal, or accounting advice. Please consult your own tax, legal, or accounting professional before making any decisions.

1 Nick DiUlio, "More than Half of American Adults Don't Have a Will, 2017-2020 Survey Shows," Caring.com. <https://www.caring.com/caregivers/estate-planning/wills-survey>



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A release of oil and/or hazardous materials has occurred at this location, which is a disposal site as defined by M.G.L. c. 21E, § 2 and the Massachusetts Contingency Plan, 310 CMR 40.0000. To evaluate the release, a Phase I Initial Site Investigation was performed pursuant to 310 CMR 40.0480. The site has been classified as Tier II pursuant to 310 CMR 40.0500. On July 28, 2021, MillisHome LLC filed a Tier II Classification Submittal with the Department of Environmental Protection (MassDEP).

To obtain more information on this disposal site, please contact Charles Young of Stantec Consulting Services, Inc., 400 Crown Colony Drive, Suite 200, Quincy, MA 02169, 508-591-4326. The Tier Classification Submittal and the disposal site file can be viewed at MassDEP website using Release Tracking Number (RTN) 2-0021360 at <http://public.dep.state.ma.us/SearchableSites2/Search.aspx> or at MassDEP, Central Regional Office – Worcester, 8 New Bond Street, Worcester, MA 01606, 508-792-7650.

Additional public involvement opportunities are available under 310 CMR 40.1403(9) and 310 CMR 40.1404.

Sports

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By KEN HAMWEY
STAFF SPORTS WRITER

Rick Porter was one of the best athletes to compete at Medway High School.

A three-sport star, Porter excelled in football, earning a full scholarship to play at Boston University. But, he also got top-notch results in basketball and track. Before graduating in 1971, the 6-foot, 175-pound Porter competed as a tailback and defensive back in football, a guard in basketball, and a sprinter and weight man in track.

Consider these achievements at Medway:

- Played on two Tri Valley League championship teams in football
- Led all football players in the greater Milford area in scoring his senior year with 124 points
- Led the football team in interceptions as a sophomore with 8
- Rushed for 1,000 yards as a senior
- Was a TVL all-star seven times in three sports
- Averaged 19 points in basketball as a senior
- Set records in the javelin, triple jump, and hurdles
- Was featured in "Faces in the Crowd" in *Sports Illustrated*

"The titles in football were a thrill and leading the area in scoring was an honor," Porter said. "It's always nice to be part of a successful team but there were many teammates and quality coaches who deserve credit. I competed with excellent teammates; and coaches like Hal Ryder, Bill O'Donnell, Bill Phipps and Eric Sidman were motivators who inspired their players."

Porter, who mulled a dozen offers to play Division 1 football, attended Boston University where he was a three-year starter at cornerback and captain his senior season.

"I led the team in interceptions as a senior and felt fortunate to win the Tom Gastall Award," Porter noted. "That award was for being the most

valuable back. I also was chosen as an alternate for the Blue-Gray all-star game.

"I was lucky to meet and play with and against many great people. One was tight end Pat McNally from Harvard, who's in the College Football Hall of Fame. He was tall and agile. Another was Mark van Eeghen of Colgate. There were many other future pros that I played against."

Other colleges that pursued Porter were Tufts, Villanova, West Point, the University of North Carolina, Rhode Island, UMass-Amherst, Maine and New Hampshire.

They obviously liked his football IQ, his speed, strength and quickness, his instinctive nature and his physical and mental toughness. Unlike today's schedules that number 11 games, Porter's high school statistics were achieved during nine-game campaigns.

A science and physical education major, Porter graduated from BU in 1975, then signed a contract to play for the Memphis Southmen of the World Football League.

"I got to training camp but suffered a hamstring injury," he said. "I was penciled in as a starter at cornerback, but was told to go home, rehab, then return. The league was having trouble staying afloat and it folded before I ever got back to Memphis. That was a disappointment that really hurt. I would have liked to know how well I could have done but I needed time to mend."

A quality educator at a variety of venues, Porter's first stop was at Bellingham High where he taught science and health for 25 years. He became head of the Wellness Department and earned a masters in administration from Fitchburg State. He also was an assistant in football and coached the Blackhawks' girls track team for 12 years.

Eager to become an administrator, Porter joined the Milford High staff as an assistant principal and he also was an assistant football coach for two seasons, helping the Scarlet Hawks win a Super Bowl.

After four years in Milford, he became principal at Blackstone-Millville Regional in 2004.

During his eight years at BMR, Porter worked diligently to expand educational opportunities for students and to enhance the school's academic standing.

"BMR had a high dropout rate when I got there," Porter noted. "We worked hard to reduce that rate and we kept it low. Advanced Placement courses were added to help students broaden their opportunities. Our band, which had lots of success before I got there, continued to excel, performing in a variety of big events, one being the Rose Bowl Parade in Pasadena, California."

Porter says his days as a teacher, coach and administrator were "challenging but rewarding." Starting a varsity football program at BMR no doubt was a challenge and a reward.

When pressure mounted to add football, Porter stepped up in a big way. He was acutely aware of the valuable disciplines and the valuable life lessons the sport could teach students.

"During my eight years as principal, I got lots of letters and phone calls from fans eager to get a program organized," Porter recalled. "We presented our plan to the school committee and they approved it at the jayvee level. Our jayvee team went 5-4. I know the two towns were excited about starting football and I knew the interest would keep building. I was pleasantly surprised at how much we improved every week. BMR got varsity football a year later, starting in 2013."

Porter emphasized that he was fortunate to be surrounded by supportive people who were proactive in the drive to start football at a school where it was dormant for 43 years.

"Adding football was a big plus because it provided an opportunity for kids," he said. "It was a win-win situation. Football, like many other sports, teaches student-athletes how to be good teammates, how to be goal-oriented, how to handle adversity, how to be leaders and how to handle success. Sports also help students to develop confidence."

Since his retirement from BMR, Porter has been in demand



Rick Porter had a rewarding career as an athlete, coach and administrator.

to assist at the administrative level. He spent two years as an assistant principal at Advanced Math & Science Academy in Marlboro, then alternated between Bartlett High and the Webster Middle School as an assistant principal for another two years. And, for two months last winter, he was interim principal at Tourtellotte Memorial High School in Thompson, Conn.

The 67-year-old Porter and his wife Judy live in Medway and are the parents of three adult sons. Porter enjoys golf, exercising, stock market investing, the Boston sports teams, and traveling.

Calling his late parents (Jean and Dick) role models for their support and encouragement, Porter's athletic philosophy focused on winning. "I was competitive," he said. "But, I also strived to reach my potential and enjoy whatever sport I was playing."

The life lessons Porter learned as an athlete, however, will never be lost. He recalled a telling incident from his high school days.

"I remember a track meet against Dover-Sherborn," Porter noted. "Their guy threw the javelin 180 feet and my best had been 175. On my last throw, I reached 183 feet and won the event. It just goes to show that you can surpass your limit when pushed. I often told our faculty members at BMR staff meetings to 'be careful not to limit yourself when you set objectives.'"

Porter loved to compete and he enjoyed coaching. And, as an administrator, he was always eager to provide student-athletes with opportunities so they could improve and gain confidence.

Rick Porter personifies excellence and he displayed that quality as an athlete, a coach and an administrator.

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Millis Council on Aging Upcoming Events

The Millis Senior Center is located at 900 Main Street on the ground floor of the Veterans Memorial building. The Center is open Monday, Tuesday, and Thursday from 8:30 a.m. to 4 p.m., Wednesday from 8:30 a.m. to 2 p.m., and Friday from 8:30 a.m. to 12:30 p.m. For more information call 508-376-7051

Regular events include:
Stretch & Strength Training DVD: The Stronger Seniors

workout program is safe and easy to follow. It will increase stamina and improve balance. This effective strength training program targets your upper and lower body. Every Tuesday and Thursday from 9 a.m. to 10 a.m.

Technological Training for Multi-Devices: Having trouble with your laptop, smart-phone or tablet? Available by appointment any Monday from 10 a.m. to noon.

Blood Pressure Checks: We have a registered volunteer nurse that will provide a blood pressure check for you every Thursday from 11 a.m. to 11:30 a.m.

Scrabble: The group meets every Monday at 9:30 a.m.

Cribbage: Meets every Monday or Friday from 9:30 a.m. to noon.

Bingo: Every Thursday at 12:15 p.m. in Room 21. SUPER Bingo (the last pot is worth \$25) is every 2nd and last Thursday of the month.

Holly's Chair Yoga: Every Friday at 10 a.m. in Room 130. Cost is \$3 per class.

Line Dancing with Jean: Every Tuesday and Thursday at 10 a.m. Cost is \$4 per class.

Free Bread and Pastry: Available on a daily basis every day in Room 21 courtesy of Roche Brothers, Shaws, Country Kitchen, and Blue Moon Bakery.

Coyles Antique Roadshow: Our annual Antique Roadshow with Coyles Auction Gallery from Medway will be held on August 18 at 1 p.m. in Room 18. Please bring in your valuables to be appraised. Some things to consider bringing in would be toys, dolls, Hummel's, paintings, fine pottery, stoneware, coins, military items, or whatever else you may have laying around the house that you think may be of value. There is a \$4 charge per item for an appraisal. All proceeds go to the Friends of Millis Council on Aging and are used to fund activities at the Center.

New Podiatrist: Either Dr. Curley or Dr. Engelthaler from Main Street Podiatry will be at the Center on August 4 from 9 a.m. to 11 a.m. to trim your toenails and provide an initial evaluation of your feet at no cost to you. They accept most insurances with the exception of BMC. Preregistration for appointments will be required. We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry 508-533-3500.

August events include:

Medication Safety: Anne McManus, NP will give a talk about medication safety in the Senior Center on August 11 at 11 a.m. in Room 19. Topics to be discussed include timing and storage of medication, knowledge of medication usage, actions to take if a dose is missed or taken incorrectly. It is very important to keep a current list of prescribed medications and know the reason they are prescribed. Please come and join this program. Walgreens has generously donated gift bags containing a pillbox, lip balm, moisturizing lotion, stress ball, and medication log.

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Senate Passes Animal Welfare Improvements for Egg-laying Hens

Legislation now in front of the Massachusetts House of Representatives

(BOSTON - 06/24/2021)

The Massachusetts Senate passed legislation on Thursday to create a more secure egg supply chain and raise Massachusetts' farm animal welfare standards to align with other states. The bill would upgrade Massachusetts' egg production law—which resulted from the 2016 ballot question, *An Act to prevent cruelty to farm animals* (Question 3)—to create predictability and certainty by mirroring the even stronger national United Egg Producers cage-free guidelines, which have been adopted by leading retailers, producers, and other states.

In 2016, Massachusetts voters overwhelmingly passed what at the time was the strongest law for farm animals in U.S. history, *An Act to Prevent Cruelty to Farm Animals*, known as Question 3. Since then, leading retailers, producers, and other states mandated even stronger standards in the shift to cage-free conditions for hens. The legislation passed in the Senate, *An Act to upgrade hen welfare and establish uniform cage-free standards*, updates existing state law to meet this new standard. This bill has the support of the animal welfare groups that supported the 2016 ballot question, as well as the support of the leading egg producers in

the Commonwealth.

“With this bill, Massachusetts would join leading retailers, producers and other states in taking action to prevent cruelty to farm animals,” said Senate President Karen E. Spilka (D-Ashland). “Upgrading conditions for egg-laying hens will keep our farms in line with cage-free standards and ensure the stability of Massachusetts’ egg supply.”

“In 2016, the advocacy of animal welfare groups across the Commonwealth and overwhelming support from voters passed Ballot Question 3 to ensure that the factory farming industry provides more humane standards for pigs, calves and egg-laying hens, representing a historic victory for animal welfare,” said Senator Jason Lewis (D-Winchester), the lead sponsor of the Senate bill. “Since then, the standard around the country for egg-laying hens has evolved, and Massachusetts is now an outlier, which could threaten our supply of eggs. Fortunately, the egg producers and animal welfare groups have come together to agree on a fix to the ballot question, ensuring safe and humane conditions for egg-laying hens and egg affordability for Massachusetts consumers.”

“We’re grateful to the Senate for passing the upgrade to the Commonwealth’s farm ani-

mal protection law today, and to Senator Lewis for his strong leadership on this bill,” said Laura Hagen, Massachusetts State Director for the Humane Society of the United States. “The mandate of critical environmental enrichments for chickens, including areas for them to dust bathe, perch, scratch, and lay eggs in nest boxes will improve the lives of millions of these birds.”

“We commend the Massachusetts Senate for their vote and Senator Lewis for his leadership on this issue. This is a victory for consumers, common sense

and good animal husbandry,” said William Bell, General Manager of the New England Brown Egg Council. “We also thank the Legislature’s Committee on Environment, Natural Resources, and Agriculture and especially the Committee Chairs for giving this bill the necessary priority.”

An Act to upgrade hen welfare and establish uniform cage-free standards would raise Massachusetts’ standards to align with the laws of other states more closely.

Upgrading the standards of the 2016 farm animal law would

help streamline regulatory and enforcement processes as we elevate to mirror similar laws in other states. Specifically, these amendments would bring the Massachusetts standard in line with other states by:

Incorporating industry standards and animal welfare upgrades passed in other states. This upgrade enacts the standard used by leading food companies and other states and provides detailed cage-free stan-

HENS

continued on page 18

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Pizza My Heart



Papa Gino's donated lunch to the Medway Police Department as part of its ongoing *Pizza My Heart* donation program.

The Friends of the Millis Library will hold a Pop-Up Book Sale on August 7 from 10 a.m. to 1 p.m. Bags will be provided, exact change preferred. \$5 per bag.

Medway Community Education will sponsor Kids in Action with Mrs. Lomuscio on August 16-19 from 9 a.m. to noon for children entering grades K and 1. Register now at www.medwayschools.org

HENS

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dards, including enrichments that provide hens the ability to engage in vital natural behaviors such as perching, scratching, dust bathing, and laying eggs in a nest.

Ensuring the sales provision covers various types of eggs. As passed in 2016, the law applied to shell eggs, but not egg products. This legislation would also cover egg products, mirroring legislation passed in other states.

The bill would also enhance market and regulatory certainty by:

Updating authority for promulgating rules and regulations to include both the Attorney General's Office (AGO) and the Massachusetts Department of Agricultural Resources (MDAR). As passed in 2016, the law assigns to the Attorney General exclusive authority to promulgate rules and regulations as well as to enforce the law. This legislation would update the regulatory authority so that it's shared between the AGO and MDAR. (Enforcement authority would remain exclusively with the AGO.) Many states with similar laws include

their state department of agriculture in the regulatory process.

An Act to upgrade hen welfare and establish uniform cage-free standards is endorsed by New England Brown Egg Council, The Country Hen (the major egg producer in the Commonwealth), United Egg Producers, and the Massachusetts Food Association, which notes that the language in this legislation offers a "readily available solution" to ensure retail-endorsed cage-free standards. The bill also has the support of numerous animal protection organizations, including the Massachusetts Society for the Prevention of Cruelty to Animals, Farm Sanctuary, the Humane Society of the United States, Animal Rescue League of Boston, Animal Equality, Animal Outlook, The Humane League, Harvard Law School Animal Law & Policy Program, Mercy for Animals, Compassion in World Farming, and World Animal Protection—all groups that have been working to increase welfare for farm animals, and egg-laying hens, for decades

The bill now goes to the Massachusetts House of Representatives for consideration.

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The Friends of Millis Council on Aging will host its annual Antique Roadshow with Coyle's Auction Gallery from Medway on August 18 at 1 p.m. at the Millis Senior Center, Room 18. Please bring in your valuables to be appraised. Some things to consider bringing include toys, dolls, Hummels, paintings, fine pottery, stoneware, coins, military items, or whatever else you may have laying around that you think may be of value. There is a \$4 charge per item for an appraisal. All proceeds go to the Friends of Millis Council on Aging and are used to fund activities at the Center.



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Outside Careers and Their Health Benefits

According to the experiences of workers at Harrison McPhee

BY AIDAN POOLE

MILLIS - The employees of Harrison McPhee, a landscaping and plant care company in Millis, reported increased physical, social, and emotional well-being as a result of their outside careers.

Scott McPhee has co-owned Harrison McPhee alongside his wife, Jennifer, for seven years. "When I was in college, I always wanted to work outside," he said. While he studied toward a degree in arboriculture and urban forestry at UMass Amherst, he began working at Hartney Greymont, another landscaping company, where he would remain for 30 years before starting Harrison McPhee.

McPhee said one reason he enjoys his job is that each day "the work and the people and the environmental aspects are

different...you get to work on a different property every day." This variety, he said, keeps his job interesting and makes him feel like he is "still learning new things every day."

"It's almost like a sports team," McPhee said, referring to the comradery he feels with his employees. "Everybody has a role on the team and is watching out for each other" when they work on a project.

He also noted that "the fresh air and exercise...especially during COVID" is a great benefit of his job. "Just being out in nature," he said, has given him personal well-being that no indoor job could in the past year.

James Tobin, a field arborist at Harrison McPhee for three years, shared a similar sentiment, agreeing that "the outdoors part of [the job] is huge" because it helped him

escape isolation at home due to COVID-19 restrictions. He said that "using your mind and body" to face a new challenge each day is emotionally and physically rewarding.

Carson Hussey, who started at Harrison McPhee in June, said, "I knew that after the pandemic, I wanted to work outside." He said the physical aspect of the job is especially refreshing after he was not able to be very active in the past year. Hussey also said his job is fulfilling because he is "doing a service that helps keep the area beautiful" by caring for nature.

"It's a challenging job," said McPhee, as there is a great deal to learn about horticulture, soils, trees, and ecosystems. However, he said, these challenges produce arborists that are passionate about their jobs. "I think there's a great combination of really brilliant people that work in the industry," Tobin said.

Enjoy Summer Fun with Medway Community Education

Summer Fun continues during the month of August! Medway Community Education has numerous fun and exciting programs for everyone in your family! Sign up for our Community Farm Workshops, Camp Invention, Lego Civics, Kids in Action, Art Gizmos, Magic Pets, Dodgeball & Hockey, Basketball, Flag Football, Track & Field, Ladies Night Out at Molly's Apothe-

cary and more! Visit our website, www.medwayschools.org, for more information and to register.

Watch for our Fall Brochure arriving in early September. All of our popular adult fitness programs are returning to Medway schools - Volleyball, Basketball, Pickleball, Strength & Stretch, Zumba, Weight Room - plus many more programs and events for all ages!

St. Sebastian's Fourth Quarter Honor Roll

St. Sebastian's School is proud to announce the following students were named to the Fourth Quarter and Second Semester Honor Rolls:

Aidan J. Harrington of Millis, Grade 12, Honors; Eamon J. McCarthy of Medway, Grade 7, High Honors; John F. Williams of Medway, Grade 9, Honors, Honors with Distinction

Distinctions include:

High Honors: A- or above in all subjects
 Honors with Distinction: B or above in all subjects
 Honors: B- or above in all subjects
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Medway Public Schools Students Compete in Virtual Special Olympics Activities

Superintendent Armand Pires is pleased to announce that Medway Public Schools students competed in Special Olympics activities recently. Throughout the month of April, 20 Medway Public Schools students of all ages — from elementary to high school — took part in the virtual Special Olympics. Throughout May and June, athletes who participated received medals, provided by Special Olympics of Massachusetts, for their hard work and accomplishments.



Medway Public Schools students competed in Special Olympics activities recently. Activities ranged from the 50/100 meter dash and long jumps to strength exercises and ball throwing. Photos courtesy Medway Public Schools

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Students were able to choose from a number of activities and participate while at school or at home. The activities included the 50/100 meter dash, jumping, volleying with a tennis racquet or paddle, throwing or hitting a baseball and strength exercises. Medway's Special Olympics coordinator Jessica Bartha gathered clips of the students completing the various activities and compiled

them into a video. Medway Public Schools usually participates in the five-town Special Olympics alongside Ashland, Holliston, Millis and Medfield. Normally, students from each school would take a bus to the hosting school. There, local first responders hold a parade for the students and an opening ceremony takes place before students rotate through 10 activity stations. They also do arts and crafts, and are provided snacks and lunch. Over 100 students usually attend the five-town Special Olympics. Typically, students age eight and over are able to participate. Due to the different format, there were no age restrictions this year and Medway students of all ages were able to partici-

pate and receive medals for their efforts. "Congratulations to all of our Special Olympics athletes," Bartha said. "It was great to see the videos of the students having fun and participating in the activities. Our students always look forward to this event, so being able to hold it this year, even if it was a bit different, was exciting. Our thanks to Special Olympics of Massachusetts for their continued support of our students, and we're looking forward to hopefully being able to host the usual five-town Special Olympics with our neighboring districts once again next year." Visit us on Facebook for the video <https://www.facebook.com/MedwayMillisTownNews>

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Rising fifth-grader launches second weather balloon

Max Kendall is now working on a third with the Medway Balloon Society

In May, we profiled Max Kendall, age 10, who started a club at the Medway Public Library to share his passion for weather balloons. Since that time, he has created a second weather balloon and is working on a third.

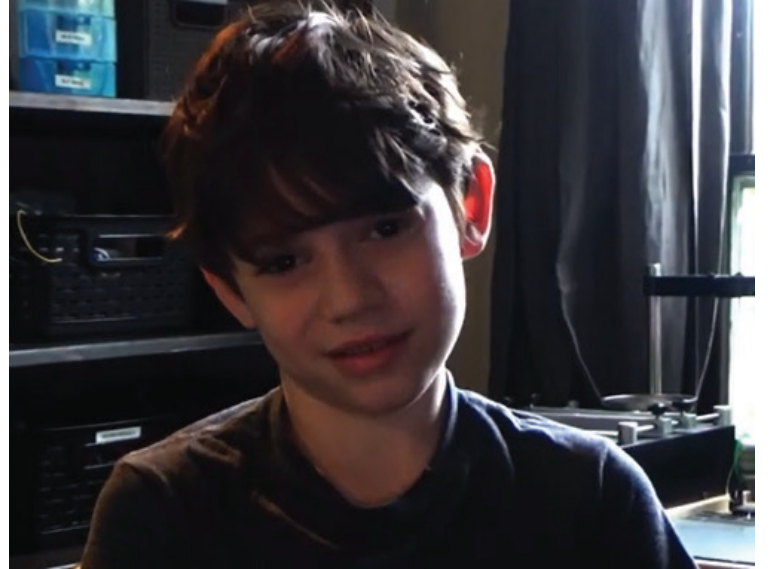
In early June, Max launched "WB-2" which only captured

about 30 seconds of video footage due to a hidden trash folder full of tests, according to his mother Jennifer Kendall; WB-2 also required the help of a tree climber to retrieve the payload (where all the electronics and software are located).

Max then successfully launched, tracked, and recovered

(using Ham Radio technology) WB-2.5 which Max called an "epic moment." That payload had a great deal of footage with one small problem which they resolved in the field.

"Now it didn't go perfectly due to some kind of automatic white balancing the footage ended up tinted completely red so we had to color correct it," said Max, who will enter fifth grade in the fall.



Max Kendall, age 10, of Medway works on his second weather balloon project. Courtesy images.




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"He is now working on WB-3 with the Medway Balloon Society," says his mother Jennifer. "He is working on a cut-down system for that one, as two payloads [where all the electronics and software are located] have landed in trees and required the

services of a tree climber. WB-3 will also have more weather sensors and fly with some science experiments."

Visit <https://www.youtube.com/watch?v=JwvZ9ZvIOQw> to hear Max talk about his project.

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 - Jon M.

| | | | | |
|---|--|--|--|---|
| | <p>ON MARKET</p> <p>26 Knox Ave, Framingham</p> | <p>ON MARKET</p> <p>9 Delmar Road, Medway</p> | <p>ON MARKET</p> <p>36 Pond Street, Medway</p> | <p>ON MARKET</p> <p>**Similar to be built 58 Adams Street, Medway</p> |
| <p>PENDING</p> <p>9 Cedar Farm Road, Medway</p> | <p>PENDING</p> <p>10 Southwoods Circle, Millis</p> | <p>PENDING</p> <p>121 Country Club Drive, Franklin</p> | <p>PENDING</p> <p>17 Franklin Street, Medway</p> | <p>PENDING</p> <p>27 Azalea Drive, Medway</p> |
| <p>SOLD</p> <p>20 Sagamore Road, Bellingham</p> | <p>SOLD</p> <p>14 Sanford Street, U24, Medway</p> | <p>SOLD</p> <p>73 Pleasant Street, Millis</p> | <p>SOLD</p> <p>42 Shrewsbury Street, Grafton</p> | <p>SOLD</p> <p>2 Tulip Way, Medway</p> |
| <p>SOLD</p> <p>50 Summer Street, Medway*</p> | <p>SOLD</p> <p>19A Evergreen Street, Medway</p> | <p>SOLD</p> <p>254 Village Street, Medway</p> | <p>SOLD</p> <p>4 Hooksett Circle, Medway*</p> | <p>SOLD</p> <p>21 Fox Run Road, Medway</p> |

*Buyer

To keep up to date with local listings, visit www.teamrice.info

A portion of each of our sales is donated to the local Children's Miracle Network Hospitals & The REMAX Executive Realty Charitable Foundation. Thank you to our clients for letting us do what we do and making each one of our homes a Miracle Home.



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Medway and Millis Residents to Participate in the 2021 Pan-Mass Challenge

Locals will cycle with the goal of raising \$52 million for Dana-Farber Cancer Institute

On Aug. 7 and 8, more than 6,000 riders, including eight participants from Medway and four from Millis, will take part in the Pan-Mass Challenge (PMC), a two-day 211-mile bike-a-thon across Massachusetts, with the goal of raising \$52 million for cancer research and patient care at Dana-Farber Cancer Institute (Dana-Farber).

Medway participants will include: Cody Baker, Beth Cabral, David Cabral, Jay Dobek, Chris Harvey, Addie Lynn, Jason Reposa, and David Savaria; and

Millis participants will be: Michael Brennan, John Cofer, Deborah Keenan, and Maryellen Oleary.

The PMC is the nation's single most successful athletic fundraiser, donating 100 percent of every rider-raised dollar to Dana-Farber as its largest single contributor, accounting for 64 percent of its Jimmy Fund's annual revenue. For the first time

since 2019, more than 6,000 riders from 47 states and 11 countries will once again hit the road together during the first week-end of August with the common goal of making an impact in the fight against cancer. In 2020, the PMC raised an impressive \$50 million through its summer-long Reimagined campaign, bringing its 41-year contribution to \$767 million.

"We couldn't be more excited to bring our passionate PMC riders, volunteers, donors and sponsors back together in person for PMC Ride Weekend this year," said Billy Starr, founder and executive director of the PMC. "With fully supported routes and Reimagined options, everyone can customize their PMC experience to join us in the fight against cancer. Cancer doesn't stop for anything, even a global pandemic, and funding for research, treatment and care is as critical as ever."

PMC 2021 will include 16 routes – from 25 to 211 miles – designed to cater to all levels of cycling and fundraising ability, including Reimagined options for those who prefer to complete their PMC ride on their own. Most participate in honor of a family member or friend fighting cancer and more than 950 riders and volunteers are cancer survivors or current patients, considered Living Proof® of the PMC mission. More than 150 Dana-Farber employees are committed to the cause as riders and volunteers as well, in some cases to fund their own cancer research.

Registration for PMC 2021 is open through June 30. Join in the fight against cancer by registering for one of the following featured routes still available:

25 & 50-Mile Routes (1-Day 25 or 50 Miles; Sunday, August 8) - Starting and finishing in either Wellesley or Foxboro, these Sunday routes are perfect single day options for those passionate about giving back.

Wellesley Century Ride (1-Day, 100 Miles; Sunday, August 8) - NEW this year, the Wellesley Century route is a popular option for riders looking to challenge their endurance in a single day format while making an impact in the fight against cancer.

Reimagined Ride (Rider's Choice Mileage/Timing) - PMC Reimagined riders can ride wherever and whenever they want – except for the PMC routes on PMC weekend. This option is intended to provide flexibility for those that want to contribute to the fight against cancer without specific time or mileage constraints.

The PMC is presented by the Red Sox Foundation®. To make a financial contribution to a rider from your town or to register as a rider, visit www.pmc.org, or call (800) WE-CYCLE. Connect with #PMC2021 on Facebook, Twitter, Instagram and LinkedIn.

About the Pan-Mass Challenge: The Pan-Mass Challenge (PMC) is a bike-a-thon that today raises more money for charity than any other single athletic

fundraising event in the world. The PMC was founded in 1980 by Billy Starr, who remains the organization's executive director, an annual cyclist and a fundraiser. The PMC has since raised \$767 million for adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute through the Jimmy Fund. The event donates 100 percent of every rider-raised dollar directly to the cause, generating 64 percent of the Jimmy Fund's annual revenue as Dana-Farber's single largest contributor. The PMC has successfully melded support from committed cyclists, volunteers, corporate sponsors and individual contributors, all of which are essential to the PMC's goal and model: to attain maximum fundraising efficiency while increasing its annual gift each year. The PMC's hope and aspiration is to provide Dana-Farber's doctors and researchers with the necessary resources to discover cures for all cancers. For more information on the Pan-Mass Challenge, visit www.pmc.org

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Recent Home Sales

| Date | Medway | Amount |
|---------------|-------------------------|------------|
| July 15, 2021 | 2 Pine Ridge Dr, Unit 3 | \$539,000 |
| July 13, 2021 | 79 Milford Street | \$475,000 |
| July 9, 2021 | 32 Milford Street | \$735,000 |
| July 9, 2021 | 4 Shamrock Lane | \$840,000 |
| June 30, 2021 | 4 Birch Bark Road | \$637,500 |
| June 30, 2021 | 2 Sledding Hill Way | \$709,000 |
| June 30, 2021 | 11 Village Street | \$560,000 |
| June 28, 2021 | 3 Pine Ridge Dr, Unit 4 | \$546,000 |
| June 25, 2021 | 8 Morningside Drive | \$705,000 |
| June 25, 2021 | 6 Goldenrod Drive | \$850,000 |
| June 25, 2021 | 1 Newton Lane | \$1.10 mil |
| June 25, 2021 | 5 Virginia Road | \$472,000 |
| June 25, 2021 | 35 Pond Street | \$415,000 |
| June 25, 2021 | 83 Main Street | \$469,900 |
| June 24, 2021 | 9 Milford Street | \$550,000 |
| June 22, 2021 | 18 Delmar Road | \$580,000 |
| June 21, 2021 | 4 Rockwood Road | \$775,000 |
| June 21, 2021 | 26 Broken Tree Road | \$1.06 mil |
| June 18, 2021 | 33 Ohlson Circle | \$545,000 |
| June 17, 2021 | 3 Williamsburg Way | \$503,000 |

| Date | Millis | Amount |
|---------------|---------------------|------------|
| July 15, 2021 | 18 Heritage Path | \$475,000 |
| July 13, 2021 | 372 Exchange Street | \$451,000 |
| July 12, 2021 | 34 Village Street | \$530,000 |
| July 7, 2021 | 26 Acorn Place | \$539,800 |
| July 6, 2021 | 85 Island Road | \$592,500 |
| July 2, 2021 | 25 Acorn Place | \$550,000 |
| June 30, 2021 | 397 Village Street | \$590,000 |
| June 28, 2021 | 6 Lexington Lane | \$550,000 |
| June 28, 2021 | 308 Orchard Street | \$905,000 |
| June 25, 2021 | 172 Pleasant Street | \$466,000 |
| June 25, 2021 | 227 Causeway Street | \$1.04 mil |
| June 18, 2021 | 26 Bogastow Circle | \$767,500 |
| June 18, 2021 | 233 Causeway Street | \$1.04 mil |

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



227 Causeway Street in Millis recently sold for \$1.04 million. Image credit: www.zillow.com

Congratulations!



**Top Listing Agent of the Month
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|--|--|---|---|
| SOLD | KENSINGTON PLACE MILLIS | | PENDING |
|  <p>198 Congress Street Milford - \$589,000</p> | <p>New Construction - Ava Marie Model \$519,000</p>  | |  <p>68 Glenview Street Upton - \$870,000</p> |
| SOLD | TOWN HOUSE | | PENDING |
|  <p>342 Village St, Millis \$489,000</p> |  | |  <p>51 Lincoln Street Natick - \$1,250,000</p> |
| PENDING | PENDING | PENDING | PENDING |
|  <p>78 Fisher St, Medway \$699,000</p> |  <p>177 Plain Street Millis Townhouse - \$559,000</p> |  <p>164 Village Street Millis - \$599,000</p> |  <p>64 Village Street Millis - \$675,000</p> |
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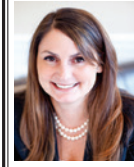
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Laina Kaplan



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135 West Street, Milford
Janine Azzouz



SALE PENDING

\$479,900
355 Village Street, Medway
Laina Kaplan



SOLD

\$550,000
6 Lexington Lane, Millis
Jennifer McMahon



SALE PENDING

\$779,900
1 Shamrock Lane, Medway
Laina Kaplan



SALE PENDING

\$479,900
2 Temple Street, Medway
Laina Kaplan



SOLD

\$709,000
2 Sledding Hill Road, Medway
Laina Kaplan



SALE PENDING

\$849,900
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Jannifer McMahon



SALE PENDING

\$409,900
334 Village Street, Medway
Laina Kaplan



SOLD

\$530,000
34 Village Street, Millis
Laina Kaplan



SOLD

\$905,000
308 Orchard Street, Millis
Jannifer McMahon



SOLD

\$560,000
32 Rockville Meadows, Millis
Jannifer McMahon



SOLD

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



SALE PENDING

\$569,900
15 Olde Carriage Lane, Douglas
Laina Kaplan



SOLD

\$600,000
349 Plain Street, Millis
Jannifer McMahon